Tab 1

# Week

18

# Day

1

# Day Title

Clearing Old Patterns for New Growth

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Clearing old patterns means noticing the habits and beliefs that once served us but no longer align with our future self. By honoring their origins, practicing new responses, and creating rituals of release, we make space for growth. This process is gradual and compassionate, allowing new pathways of authenticity to take root.

# Daily Passage

As we walk toward our future self, we carry habits, beliefs, and patterns that once served us but now weigh us down. Some of these patterns were protective strategies that helped us survive. Others are simply routines repeated so often that they became automatic. Clearing old patterns is not about judgment or rejection. It is about creating space for new growth by releasing what no longer aligns with who we are becoming.

Old patterns often show up in familiar cycles. We may find ourselves reacting the same way in relationships, falling into similar conflicts, or repeating habits that drain our energy. These patterns feel safe because they are known, even when they keep us stuck. The brain favors repetition, and the nervous system interprets the familiar as secure. Breaking free requires awareness, intention, and compassion.

The first step in clearing patterns is noticing them. This means slowing down enough to observe our thoughts, emotions, and behaviors with curiosity. Journaling, mindfulness, and honest reflection can reveal where we are repeating scripts rather than choosing consciously. For example, we might notice that whenever we feel criticized, we withdraw instead of speaking our truth. Or we may see that we overcommit to please others, sacrificing our own needs. Awareness shines light on what was once hidden.

The next step is understanding where the pattern came from. Many of our patterns began as strategies for safety. A child who stayed quiet to avoid conflict may grow into an adult who avoids confrontation. A person who learned to overachieve for approval may carry that drive long after it has stopped serving them. Recognizing the origin of these patterns allows us to honor them. They once had wisdom. But what helped us survive does not always help us thrive.

Clearing old patterns is not just about letting go. It is also about choosing new responses. Each time we catch ourselves repeating an old script, we can pause and ask: What would my future self choose here? This question helps us shift from autopilot into authorship. Instead of withdrawing, we might express how we feel. Instead of saying yes automatically, we might pause to consider whether the choice aligns with our values. Small shifts gradually rewire the brain and reshape our story.

Somatic practices can support this work. Old patterns often live in the body as tension, posture, or habit loops. By breathing into tightness, moving in new ways, or grounding ourselves during triggers, we send the nervous system signals of safety. This makes it easier to try new responses without slipping back into old defenses.

Ritual can also help mark the clearing of patterns. Writing a letter to an old story and then burning or burying it can symbolize release. Creating a new daily practice, like beginning the morning with gratitude or intention, can signal to ourselves that a new chapter has begun. These symbolic acts make change feel tangible and embodied.

It is important to be gentle in this process. Patterns formed over years do not disappear overnight. There will be times when we fall back into them. This is not failure but part of the learning process. Each time we notice, pause, and choose again, we strengthen new pathways. Over time, the old patterns loosen, and new growth emerges.

Clearing old patterns creates space for vitality, creativity, and authenticity. It allows us to move forward without the weight of outdated scripts. Our past does not disappear, but it no longer dictates our future. With compassion and courage, we clear the ground so new possibilities can take root.

# Alternative View

Some patterns may be deeply ingrained due to trauma or systemic pressures. In these cases, clearing them may require professional support and patience. It is also important to recognize that not every old pattern must be discarded. Some may still hold wisdom and can be adapted rather than abandoned.

# Activity

What patterns do I notice repeating in my life?

Where did these patterns begin, and what purpose did they once serve?

How does my body respond when I fall into these patterns?

What new response would my future self choose in these moments?

What ritual could help me release an old pattern and welcome a new one?

Tool to create:

Pattern recognition tool

# Sources

James Clear, *Atomic Habits* (2018)

Peter Levine, *Waking the Tiger* (1997)

Brené Brown, *The Gifts of Imperfection* (2010)

Rick Hanson, *Hardwiring Happiness* (2013)

Pema Chödrön, *When Things Fall Apart* (1997)

# Domain

Psychotherapeutic and Cognitive

# Modality

Psychological and Therapeutic

Cognitive and Psychospiritual Education

Tab 2

# Week

17

# Day

2

# Day Title

Dreaming As Guidance

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Dreams offer guidance by revealing hidden fears, desires, and possibilities. By recording, reflecting, and engaging creatively with dreams, we uncover inner wisdom that supports our journey toward the future self. Each element of a dream can be understood as a symbol from the unconscious, best explored through our personal associations. Dreams are not puzzles to solve but living stories that invite us into deeper authenticity.

# Daily Passage

Dreams are one of the oldest ways humans have sought guidance. Long before psychology or neuroscience, cultures treated dreams as messages from the spirit world, the unconscious, or the ancestors. Whether we view them as symbolic stories created by the mind or as glimpses into deeper wisdom, dreams continue to offer insight into who we are and who we are becoming.

Dreams often arrive as glimpses of our becoming, carrying symbols that point not only to hidden desires but also to the self we are growing toward. Freud believed that dreams are a form of “wish fulfillment,” expressions of unconscious desires disguised in symbolic form. Even troubling dreams, he argued, reveal hidden longings. Jung, however, saw dreams less as wish fulfillment and more as guiding messages from the unconscious, offering images and stories that help us move toward balance, integration, and wholeness. In this way, dreams can be understood as both reflections of what we yearn for and invitations to step into the deeper possibilities of our future self.

When we dream, the usual filters of the waking mind relax. The subconscious speaks in images, metaphors, and sensations. A dream might reveal a fear we have avoided, a longing we have not named, or a possibility waiting to emerge. In this way, dreams act as companions on the journey to our future self. They remind us that imagination is not limited to waking hours.

Dreams often carry archetypal patterns. A journey into a dark forest may reflect a descent into the unknown. Meeting a wise guide may symbolize inner wisdom ready to be heard. Flying may express freedom or release. These symbols do not have one fixed meaning but invite us to reflect on how they resonate with our own life story.

Working with dreams begins with remembering them. Keeping a notebook by the bed and writing down fragments upon waking strengthens recall. Over time, we may notice patterns or recurring themes. For example, dreams of being chased may point to fears we are avoiding, while dreams of water may reflect emotional depth.

Once recorded, we can explore dreams through reflection and creativity. Journaling about the feelings they evoke, drawing the images, or even moving as the characters in the dream can bring insight. One helpful practice is to ask, *“What part of me is represented by this character or image?”* By seeing each element as a piece of ourselves, we discover hidden voices within.

Each element of a dream can be understood as a symbol emerging from the unconscious. The best way to work with these symbols is not by consulting a universal dictionary but by asking what each symbol means to us personally. For one person, a dog in a dream may symbolize loyalty and protection. For another, it may stir fear or remind them of childhood. The meaning lives in our own associations. By reflecting on what each element evokes in us, we uncover the deeper messages our unconscious is offering.

Dreams can also serve as rehearsal. Just as athletes visualize performance, dreams allow us to practice scenarios and emotions. A dream of speaking boldly in front of others may prepare us to do so in waking life. A dream of reconciliation may soften us to healing a relationship. By paying attention, we can integrate these lessons into daily choices.

Not all dreams are comfortable. Nightmares can surface unresolved trauma or anxiety. While frightening, they also hold information. They may be asking us to face something we have avoided. Approaching them with curiosity rather than fear can reveal their wisdom. If a nightmare feels overwhelming, support from a therapist or trusted guide may help unpack its meaning safely.

Cultivating a relationship with dreams requires openness. We do not need to decode them like puzzles. Instead, we can treat them as living stories that enrich our self-understanding. Sometimes a dream’s meaning unfolds immediately. Other times it reveals itself slowly, through reflection or synchronicities in daily life. Trusting this process deepens our connection to inner wisdom.

Dreams remind us that the future self is already alive within us. They offer glimpses of qualities, desires, and possibilities that may not yet be visible in waking life. By honoring and engaging with them, we strengthen the bridge between subconscious insight and conscious becoming.

# Alternative View

Dreams can feel confusing, random, or overwhelming. Not every dream carries deep meaning, and overanalyzing them can lead to frustration. Authentic engagement with dreams requires balance: holding them lightly, exploring what resonates, and letting go of what does not.

# Activity

What dream images or themes appear most often in my life?

How do these images reflect parts of myself I have not fully acknowledged?

What feelings do my dreams stir, and how might they guide me?

How can I honor a recent dream through writing, drawing, or movement?

What might my future self be showing me through my dreams?

Tool to create:

Dream analysis tool

# Sources

Carl Jung, *Man and His Symbols* (1964)

Jeremy Taylor, *The Wisdom of Your Dreams* (2009)

Robert A. Johnson, *Inner Work* (1986)

Thomas Moore, *Care of the Soul* (1992)

Clarissa Pinkola Estés, *Women Who Run With the Wolves* (1992)

# 

# Domain

Functional and Medical Support

# Modality

Lifestyle, Habit, and Behavioral

Tab 3

# Week

17

# Day

3

# Day Title

Practices of Becoming

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Daily practices anchor the vision of our future self in the present. Through intention setting, reflection, gratitude, embodiment, and ritual, we align with our values and live into possibility. These small, consistent steps create transformation that is steady, sustainable, and authentic.

# Daily Passage

Our future self is not just a vision we imagine. It is a way of being we practice, day by day, in small and intentional ways. Daily practices are the threads that weave vision into reality. They anchor possibility in the present, reminding us that transformation is less about one dramatic moment of change and more about consistent, grounded steps that move us closer to who we are becoming.

When we live on autopilot, it is easy to drift back into old stories and patterns. Our days are filled with habits that may not reflect our deepest values. The future self remains distant, a dream we revisit occasionally but struggle to embody. Daily practices shift this dynamic. They bring the qualities of our future self into our routine so that alignment becomes a lived reality rather than an abstract idea.

A daily practice does not need to be elaborate. It can be as simple as pausing each morning to set an intention, journaling for five minutes before bed, or choosing gratitude during transitions. The key is consistency. When repeated regularly, even small actions rewire the brain, calm the nervous system, and create new pathways of being. Each practice becomes a rehearsal for the person we are becoming.

One powerful daily practice is intention setting. Each morning we can ask, *“How would my future self live this day?”* This question orients us toward presence and alignment. It might lead us to choose patience in traffic, authenticity in a conversation, or courage in taking a small risk. By setting the tone early, we remind ourselves that we are authors of the day ahead.

Another practice is reflection. At the end of the day, we can pause to notice: *Where did I live in alignment with my future self? Where did I drift back into old patterns?* Reflection allows us to celebrate progress and course-correct without judgment. Over time, this practice builds self-awareness and resilience.

Gratitude is also a vital ally in daily alignment. By noticing and naming where life already reflects our values, we strengthen the pathways of possibility. Gratitude shifts focus from scarcity to abundance, from what is missing to what is unfolding. This simple act brings joy and keeps us grounded in the present while still orienting us toward the future.

Embodied practices deepen this alignment. Breathwork, mindful walking, yoga, or even simple stretches can connect us to the body as a living compass. When we feel anxious, grounding in the body reminds us of our capacity to meet challenges with steadiness. When we feel disconnected, moving with awareness helps us return to presence. The body becomes a partner in aligning with our future self.

Ritual adds a sense of sacredness to daily practice. Lighting a candle before journaling, beginning a meal with a pause of gratitude, or ending the day with a short meditation can signal to the mind and heart that we are living intentionally. Ritual marks ordinary moments as thresholds of alignment, deepening our sense of meaning.

It is important to keep daily practices realistic. Trying to adopt too many at once can feel overwhelming. Instead, we can begin with one or two that resonate deeply and allow them to take root. From there, practices can grow naturally, becoming an integrated part of daily life.

Daily practices remind us that transformation is not about striving for perfection but about returning again and again to alignment. Some days we will forget, rush, or fall into old habits. The practice is to begin again. Each return strengthens our capacity to live authentically and to embody the qualities of the future self.

By weaving daily practices into our lives, we create continuity between vision and reality. Our future self ceases to be a distant possibility and becomes a lived presence. Each day becomes a canvas where small, intentional acts create a story of authenticity, growth, and becoming.

# Alternative View

Daily practices can feel like pressure if approached rigidly. If we treat them as perfectionistic tasks, they may add stress rather than create alignment. The key is flexibility: adapting practices to our needs, holding them lightly, and allowing them to support rather than burden us.

# Activity

What small daily practice could bring me closer to my future self?

How do I begin my mornings, and how might intention setting reshape them?

Where can I pause for gratitude during my day?

What evening reflection could help me track alignment with my values?

How might ritual bring a sense of meaning to my ordinary routines?

Tool to create:

Microaction Tool

Tool to create:

Daily Practice Tool

# Sources

James Clear, *Atomic Habits* (2018)

Rick Hanson, *Hardwiring Happiness* (2013)

Thich Nhat Hanh, *Peace Is Every Step* (1992)

Tara Brach, *Radical Acceptance* (2003)

Angeles Arrien, *The Four-Fold Way* (1993)

# Domain

Functional and Medical Support

# Modality

Lifestyle, Habit, and Behavioral

Tab 4

# Week

17

# Day

4

# Day Title

Walking Each Other Home

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Growth is not a solitary journey. By sharing our vision with supportive others, we find encouragement, accountability, and belonging. Guides offer guardrails, helping us stay aligned and preventing self-deception. Community strengthens our capacity to embody the future self and weaves our individual transformation into collective possibility.

# Daily Passage

Becoming our future self is a personal journey, but it is not meant to be a solitary one. Human beings are relational creatures. We grow, heal, and transform in connection with others. While solitude and self-reflection are vital, community provides the mirrors, encouragement, and accountability that help us live into our vision.

When we hold a vision alone, it can feel fragile. Doubt creeps in, old patterns resurface, and the pull of the familiar can be strong. But when we share our vision in trusted community, it gains energy and resilience. Others remind us of what we are capable of when we forget. They see us not only as we are but as who we are becoming.

Vision in community begins with vulnerability. It asks us to speak aloud what matters most, even before it feels fully formed. This is risky, because it opens us to judgment or misunderstanding. Yet it is also freeing. Naming our vision aloud shifts it from an internal idea into a living reality. When someone else hears it, the vision takes on new strength.

Supportive community also provides accountability. Not in the sense of pressure or punishment, but as gentle reminders to stay aligned. When we tell a friend that our future self values balance, and they later ask how we are tending rest, we are reminded to live our words. These reminders help us stay awake to our intentions.

Our trusted people serve another critical role: they offer guardrails. They help us recognize when we are veering off course or caught in old patterns. They can lovingly challenge us, offering accountability and reminders of our deeper truth. This kind of support prevents us from spiraling into self-deception or bypassing and keeps us tethered to our integrity. For this reason, it is important to surround ourselves with a diversity of voices, not just those who echo what we already believe or want to hear. Healing does not happen in an echo chamber; it happens when we are seen fully and called gently toward growth.

Shared vision also fosters belonging. When we connect with others who are also imagining and becoming, we remember that growth is not an isolated project but a collective unfolding. We feel less alone in our struggles and more inspired by the courage of others. Their stories remind us that transformation is possible, and our own journey contributes to the larger story of human becoming.

Not all community is supportive, however. Some circles may resist change, preferring us to stay in old roles that feel safe and familiar to them. In these cases, we may need to set boundaries or seek out new spaces where our vision is welcomed. Choosing supportive community is itself an act of alignment, a declaration that we will surround ourselves with those who nourish growth.

Practically, vision in community can take many forms. It might be a circle of friends who gather regularly to share intentions. It could be a mentor or coach who listens deeply and reflects back our progress. It might be a group that practices creativity, meditation, or service together. What matters is not the form but the spirit of shared support and authentic connection.

Community also multiplies possibility. When we share visions with others, we weave them together into collective dreams. Movements for justice, healing, or cultural renewal often begin with small groups daring to imagine together. In this way, personal transformation becomes collective transformation. By living into our future selves together, we help shape the future of our communities and cultures.

Living vision in community asks us to both give and receive. We offer encouragement, presence, and honesty to others, just as we receive those gifts in return. This reciprocity builds resilience. It reminds us that we are not only authors of our own story but co-authors in a much larger one.

When we open our vision to our community, we discover that the path is not as lonely as it first appeared. We walk together, each of us carrying dreams that strengthen the whole. The future self becomes not only a personal practice but a shared possibility, nurtured by love, trust, and belonging.

# Alternative View

Community can also bring challenges. Not all spaces are safe or supportive of growth, and some relationships may resist change. Discernment is needed to choose communities that nurture rather than hinder authenticity. In some seasons, solitude may play a more central role than sharing.

# Activity

Who are the people that truly support my becoming?

Where in my life do I feel safe enough to share my vision?

How does my community reflect back qualities of my future self?

What boundaries might I need to set with unsupportive relationships?

How can I offer encouragement to others on their own journeys?

# Sources

Parker J. Palmer, *A Hidden Wholeness* (2004)

Brené Brown, *Braving the Wilderness* (2017)

Howard Thurman, *The Search for Common Ground* (1971)

Jean Vanier, *Community and Growth* (1979)

Margaret J. Wheatley, *Turning to One Another* (2002)

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# Domain

Relational and Community

# Modality

Community and Service Oriented

Tab 5

# Week

17

# Day

(Insert Day Number)

# Day Title

Meeting Setbacks with Resilience and Grace

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Setbacks are inevitable, but they do not mean failure of the journey. By reframing setbacks as feedback, practicing self-compassion, leaning on community, and creating rituals of renewal, we build resilience. Setbacks remind us that growth is cyclical and that persistence matters more than perfection.

# Daily Passage

No matter how clear our vision or strong our practices, setbacks are inevitable. We will forget about habits we intended to keep, fall into old patterns, or face challenges that test our resolve. Failure is not proof that we are off course; it is part of the journey of becoming. How we respond to setbacks often matters more than the setback itself.

When we encounter failure, the inner critic may rise quickly, whispering, “You are not capable. You will never change.” In these moments, it is tempting to abandon our vision altogether. Yet setbacks are not the end of the story. They are invitations to pause, reflect, and realign. They remind us that growth is not linear but cyclical.

One way to reframe failure is to see it as feedback. Each stumble provides information. If a daily practice slips, perhaps it was too rigid or unrealistic. If we revert to an old pattern, it may point to an area that still needs tenderness and attention. Seen this way, setbacks become teachers rather than enemies.

Setbacks can also reveal hidden strengths. When life presses us, we often discover resources we did not know we carried: resilience we had forgotten, courage we had not yet called upon, or creativity born from necessity. A setback may be the very moment that awakens these latent capacities. What first feels like loss can become the ground where strength emerges.

At times, setbacks are also indicators that a shift in direction is needed. Not every obstacle is meant to be overcome by sheer persistence. Sometimes failure signals that the path itself is misaligned with who we are becoming. This does not mean giving up on growth but choosing another way forward. Here, our values become the compass. If authenticity, compassion, or creativity are central to us, then even in the face of disappointment we can ask: Does this path honor my values? If not, what choice would bring me closer to alignment? In this way, setbacks refine our course rather than derail it.

Self-compassion is essential here. Instead of judging ourselves harshly, we can offer the same kindness we would extend to a loved one. A gentle phrase such as, “This is hard, and I am still learning,” helps soften shame and keeps us moving forward. Compassion transforms failure from evidence of inadequacy into proof of humanity.

Rituals of renewal can also help. When we falter, creating a small symbolic act to begin again signals to the mind and heart that the path is still open. Lighting a candle, taking a deep breath, or writing down a new intention can mark the turning point from discouragement back to alignment.

Community support is another powerful ally. When we share our struggles with trusted companions, we find perspective and encouragement. Others remind us that setbacks are universal, not unique failures. In community, shame loses its grip, and resilience grows.

Most importantly, we remember that our vision is larger than any single stumble. Missing one practice does not erase months of growth. A difficult chapter does not negate the story we are writing. By keeping the long view, we see setbacks as brief pauses rather than final endings.

Ultimately, setbacks invite humility. They remind us that becoming our future self is not about perfection but about persistence. Each time we return, we strengthen our capacity for resilience. Each time we rise, we deepen our authenticity. Failure is not falling down, it is staying down. And every time we rise again, we embody the courage of our future self.

# Alternative View

For some, repeated setbacks may signal the need for deeper exploration rather than pushing forward. If a pattern feels immovable, it may point to unresolved trauma, burnout, or unmet needs. In these cases, slowing down or seeking support may be wiser than pressing ahead.

# Activity

How do I usually respond to setbacks?

What old patterns or beliefs surface when I “fail”?

What would it look like to meet myself with compassion in those moments?

What lesson or feedback might my latest setback hold?

What ritual or small act could help me begin again?

# Sources

Kristin Neff, *Self-Compassion* (2011)

Carol Dweck, *Mindset* (2006)

Pema Chödrön, *Fail, Fail Again, Fail Better* (2015)

Brené Brown, *Rising Strong* (2015)

Dan Siegel, *Mindsight* (2010)

# Domain

Psychotherapeutic and Cognitive

# Modality

Cognitive and Psychospiritual Education

Tab 6

# Week

17

# Day

6

# Day Title

Integration and Ritual: Weaving the Journey Forward

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Integration and ritual work hand in hand. Integration weaves insights into daily life, while ritual marks transitions with meaning and intention. Together, they allow us to carry wisdom forward, release what no longer serves, and step into the future with authenticity and coherence.

# Daily Passage

Transformation is not a single moment but an unfolding process. Insights arrive in flashes; they come through reflection, creativity, community, or even peak experiences, but it is integration that allows those insights to take root. Without integration, breakthroughs remain isolated, beautiful but disconnected from daily life. With integration, they become part of who we are, shaping how we live, love, and create.

Integration is about continuity. It asks us to carry wisdom forward, weaving the extraordinary into the ordinary. This requires patience and persistence. A single moment of clarity may inspire us, but embodying that vision takes time. Like seeds planted in the soil, insights need tending through practice, reflection, and expression.

The first step in integration is remembering. Writing down insights soon after they arise keeps them alive. Journaling, sketching, or voice recording preserves the freshness of the moment. Revisiting these notes later often reveals deeper layers of meaning. What once felt abstract begins to connect with everyday choices and relationships.

Expression strengthens integration. Speaking aloud what we have seen or learned gives it form and power. When shared with trusted companions, insights are mirrored back to us, often with perspectives we may have overlooked. In this way, integration becomes relational rather than solitary.

Embodiment is also essential. Insights that remain in the mind are incomplete. They need to be lived through the body, in breath, posture, and presence. If we glimpse compassion in a vision, we practice kindness in our daily interactions. If we feel called to creativity, we make space for painting, music, or movement. Integration is not only about what we believe, but how we live.

Ritual deepens this process. Rituals mark thresholds, allowing us to honor what has passed and step into what is to come. A closing ritual helps us gather the threads of the journey, release what no longer serves, and invite qualities of our future self into the present. This can be simple: lighting a candle, offering gratitude for what has been learned, and speaking intentions for the path ahead.

One powerful ritual practice is to name three things we are releasing, three things we are carrying forward, and three qualities we are inviting into the future. Saying them aloud, or writing them down and placing them somewhere visible, makes the commitment tangible. If done in community, this becomes even more powerful, as others witness and affirm our intentions.

Gratitude lies at the heart of integration and ritual. By pausing to thank the experiences, challenges, and insights that shaped us, we honor the wholeness of the journey. Gratitude softens resistance and reminds us that even pain carried seeds of growth. It transforms the past from something we endured into something that nourished us.

Integration is not a final achievement but an ongoing practice. Life will continue to bring new challenges, new insights, and new thresholds. Each season invites us to return to integration again, weaving past, present, and future into coherence. Rituals mark these turning points, reminding us that endings are also beginnings.

Ultimately, integration and ritual bring wholeness. They allow us to embody our insights, honor our path, and step forward with intention. By carrying the extraordinary into the ordinary, we live as unified beings. The journey does not end here; it continues, renewed with every act of presence, gratitude, and authenticity.

# Alternative View

Not every insight needs immediate integration or ritual. Some require time to mature, and forcing meaning too quickly may distort their power. Holding space for patience is as important as intentional practice.

# Activity

What insights from this journey feel most alive and ready to be integrated?

How can I embody these insights in daily actions?

What simple ritual could help me honor what I release and invite what I wish to carry forward?

How can gratitude shape the way I hold my past, present, and future?

Who, if anyone, do I want to invite to witness or share in this ritual?

# Sources

Jack Kornfield, *After the Ecstasy, the Laundry* (2000)

Christina Grof & Stanislav Grof, *Spiritual Emergency* (1989)

Ronald L. Grimes, *The Craft of Ritual Studies* (2013)

Bessel van der Kolk, *The Body Keeps the Score* (2014)

Francis Weller, *The Wild Edge of Sorrow* (2015)

# Domain

Transpersonal

# Modality

Ritual and Ceremonial