
THE RITUAL

Step 1 | Release: spiritual blockages

Go to a place you have a special relationship with: like a park or a fountain or a bridge or a forest or a grove or a meadow or a body of water. Throw an orange as high in the air as you can. Film in slo-mo. Or not. Either way: throw again. Let the orange be a fiery emotional orb, supercharged with the feelings you need to release.

Step 2 | Navigate: difficult emotions, situations, and interactions

Recite “Kiss of the Sun” out loud. Speak the words as if they were a divine pact, a sacred offering, an occult incantation a prayer—sending out a message in the sign language of the heart, the symbolic language of poetry.

Record yourself. Or not.

Step 3 | Activate: the magic of the world around you

Gift the orange to a natural body of water, bury it on cemetery grounds or another sacred place where you can interact with the spirit world, donate it to a temple, church, gym, holistic center, hospital, healing center, or park, or compost it on an outdoor ancestor altar.

Step 4 | Connect: with poetry as the catalyst

Ask your friends and family to throw oranges as high as they can, film in slo-mo, and share the footage with you. Stitch the raw footage together into a virtual bouquet. Share your virtual bouquet with your friends and family—or with me. For an extra-spiritual boost: Pick an astrologically significant day or a personally important day, like the full moon or a birthday to message your virtual bouquet to family and friends.

Step #5 | Sync Up: with a larger story

Pay attention for signposts that signal the process is ongoing. Watch for: messages, movement, and manifestation—the final result, achieving what you set out to accomplish. In my case: singing to the dead in the sign language of the heart.