



REWired

RITUAL, SACRED & EVERYDAY MAGIC
COMPANION WORKBOOK



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WELCOME

Hello lovely.

Thank you for joining me in this workshop on connecting with the sacred, conjuring everyday magic, and cultivating your own rituals. I am grateful for your presence here and honored that you have chosen me for this work.

About Ritual, Sacred & Everyday Magic

During this spirited conversation we are going to be delving into how to incorporate more ritual and more everyday magic into your life. For me, these practices are at the crux of creating a life that fills me up to the brim and has so much to do with the small ways that I connect more deeply with myself in even the most mundane moments. These include delving into kitchen alchemy, the deep devotion of self-care, and immersing ourselves in nature.

During this workshop we will be discussing key practices for turning inward and connecting with our own spirituality and the natural world around us.

This workbook is the companion to our live call. In it, you will find the most salient teachings from the workshop, writing prompts for digging deeper into this topic, and invitations for putting these principles into practice in your daily life.

I am here to support and nurture your process. If you'd like to get in touch with me, all of my information can be found on the last page of this workbook.

Know this: *I think that you are truly amazing.*

xxMara

Accessing the Call Recording

You can skip over and watch the video from our workshop anytime your heart desires.

[Click here to watch the video of our workshop online.](#)

About Rewired: Tender Tools for Brave Living

REWIRED is a monthly series of workshops filled to the brim with my best tools and exercises to help you thrive in your daily life.

Each month, members of our community will be joining together online for a virtual workshop and lively conversation. I created this series to provide you with access to tools for cultivating compassionate awareness and rewiring your intuitive connection with your powerful, brilliant spirit.

Wondering what's next? Check out future Rewired workshops by [clicking this link.](#)

Want to suggest future workshop topics? It is my hope that these gatherings are really useful for you, so I would love to hear any ideas that you have.

[Email me by clicking this link.](#)

PRE-WORK: PROMPTS TO DIG INTO THE SACRED...

Give yourself permission to respond to these prompts in whatever way feels really good to you.

You can pull out a piece of paper and a writing implement, and use the prompt as a guiding concept while you free write. You can draw, collage, dance, or dream your response.

Or, you can choose to simply allow these questions to integrate into your consciousness.

Creative Prompts

When I think about my spirituality, I am yearning for more...

I feel most connected when...

Sacred means...

I struggle with believing...

I find myself attracted to...

WHY WE SHOULD CARE... ABOUT CARVING OUT SACRED SPACE

*Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting --
over and over announcing your place
in the family of things.*
{Mary Oliver}

At the core of this work is this simple definition for sacred...

Set aside for divine purpose.

So many of us are hungering for a connection and for a deeper spiritual tether of faith, trust, and understanding. Yet, often we associate faith and spirituality with organized religion and for many of us that brings up feelings, questions, and a further sense of disconnect.

For the purpose of this workshop, we will be operating outside of the realm of organized religion, though there may certainly be components that are familiar for you. For the purpose of this workshop, we are going to focus instead on a feeling of being connected to the divine and whatever way you describe the feeling of being a part of something greater than ourselves. You believe and commune with God or Creator or the Universe or nature or simply your own highest self. In this workbook, I will use some of these terms interchangeably to describe the divine.

This feeling of being connected to source energy is connecting to something outside of ourselves, but it is also the cultivation of a deep reverence for our own internal light and wisdom. It is the way that we honor our own natural instinct and

the beauty that exists within each and every one of our hearts. This has to do with our beliefs and with our faith, but it also has to do with finding our place in the natural family of things including the seasons, the tides, the sun and the phases of the moon.

This space is sacred space. Meaning, it is set aside for our divine purpose.

It is set aside from the cluttered business of our everyday lives so that we can use it as a moment to deeply listen to ourselves, honoring our natural cycles, and processes for getting things done. This is highly personal work, deep work.

And, it will look differently for each and every one of you, because you are a unique individual.

In this sacred space, I implore you: *Open yourself up to following your own lead. Notice what calls your name and lights you up. Devote yourself to studying the intricacy of your own heart, holding open space for yourself to investigate with curiosity and wonder.*

In this sacred space, there are no wrong answers.

WHAT IS A RITUAL?

A ritual is a ceremony consisting of actions that occur in a particular order. Ritual is typically thought of as a religious event, but rituals occur everywhere within the fabric of everyday life. Societally we engage in rituals together, such as coming of age rites of passage or actions that are sanctioned for specific occasions like marriages, births, and deaths.

The beauty in this work is this truth: ***You do not need a mediator between you and the divine.***

Each and every one of us can grant ourselves unequivocal permission to make our rituals our own, fully. We do not need to ask if it is right or worry that we might not do it correctly.

This is between you and whatever higher power you believe in.

With ritual it is important that there is a flow to the ceremony, no matter if it is a large or small event. During this workshop we are going to be talking about cultivating our own rituals or personal ceremonies, and in doing so we will want to pay particular attention to crafting an experience with a beginning, middle, and end.

The Opening

During this phase you are opening to the experience and setting the stage for your ritual. This is how you claim your sacred space. You might choose to create your own sacred space in many different ways, but the only piece that is important is that you do something that marks the fact that you are now setting aside space for your own diving purposes.

Ideas: Light a candle, clear your space by lighting some sage, close your eyes and take a couple of deep breaths, mark a certain space for rituals in your house and move to that space, or use the scent of an essential oil to help you transition into your ritual.

The Middle

The middle is where the content of the ritual takes place. This is the space/time that you get to exist in after you've opened up the space and before you close it. You can use this sacred ground for whatever ritual you feel compelled to perform. You might feel the need to release or set an intention or simply be in the moment! If you were to think about your most mundane daily acts as rituals, you could think about this part as enjoying a meal. You might have set the table and you may clean up after, but this is the time when you are truly enjoying and actively participating in the experience.

Ask yourself the questions: *What do I need from this ritual? What will make me feel the most connected and supported by the Universe? How do I need to use this space for my divine purposes?*

And then give yourself permission to do just that.

Ideas: Write down your fears and light them on fire to release them, connect yourself with the four elements, set an intention for the month (or moon phase) ahead, prepare yourself for a difficult task, give yourself permission to embody a new part of yourself, create a piece of art, or devote yourself to yourself in some way.

The Closing

The closing is the part of the ritual where you bring right closure to your experience, sealing in the magic and good energy that has been gathered, and returning to the rest of your day.

If sacred space is space set aside for divine purpose, the closing is when you step back through the doorway into your life. However, you don't just want to hop up and move on! Creating some sort of closure for yourself is a way to honor your own hard work and devotion, as well as mark the space so that the ritual feels delightfully contained. It is a crucial aspect of holding the space and structure for yourself, so that you can do deep work in a way that feel good and safe.

Ideas: Blow the candle out, sing a song, put your hands over your heart and thank yourself for showing up, take three deep breaths, or symbolically put away your sacred tools.

THE SACRED MUNDANE: DAILY PRACTICES & RITUALS

It is a common misconception that we require a mediator or formal structure to communicate and connect with the divine. Many of us are wandering the planet with a deep yearning to connect, but eschew pieces of the models of religion that we were raised with.

There is a particular beauty to braiding our spirituality into our daily lives. It can be empowering to realize that we are enough, just as we are. Our prayers, our secrets, our desires are enough. This is fertile ground, and if we are able to give ourselves permission to explore it without the harsh overlay of rules and *shoulds*, we might find a deeper connection to source even as we navigate our daily lives.

You are a divine being, and, as such, you are loved and supported by the Universe.

The earth beneath your feet cradles your every step. You can trust that the sun will set and rise again each morning.

Approaching your life from the perspective of the sacred mundane is to approach each piece of your life with intention, awareness, and faith. It is not about the actions, but instead is about building your capacity to believe in a benevolent universe, in the idea that all of your many parts and experiences have value.

It is to bring a bit of celebration, ritual, and beauty to every corner of your life - from wiping the counters clean before you make your eggs, to scrubbing your skin while holding love for your body in your heart, to cultivating opportunities to be in nature.

There are many ways to connect with the divine in the world around you - and the divine that exists within your skin. These are just a few. I encourage you to experiment here. Empower yourself. Explore what feels really good. Follow the lead of that feeling of connectedness.

Give yourself permission to be curious.

Kitchen Alchemy

I always begin in the kitchen. This is the hub of energy, the place where we feed ourselves both literally and metaphorically. In this epicenter of your home, you are offered a distinct opportunity to soften the tone how you nourish yourself, infusing it with radiant love and adoration.

For many years, I didn't think much of my kitchen. I cooked on messy surfaces. I grabbed something out of my refrigerator as I ran out the door. I did my very best to avoid what I considered to be a huge time and energy drain - cooking and tending to myself with slow, delicious kindness.

Though I didn't notice it at the time, this behavior spoke directly to what I allowed myself and what I believe that I deserved, which is to say... *not much*.

Your reclamation doesn't have to be time consuming or expensive. Mine wasn't. Mine was a simple promise whispered to myself... *you deserve more than this. More slowness. More intention. Better treatment. Real food, prepared with love.*

When my world gets big and discombobulated, I find myself in the moment of choice. I could choose to become escalated, loud. I could choose to rail against the multitude of things showing up, throwing myself on the floor in a fit of tears and terror about the enormity of it all.

Or I could choose to settle into a state of quiet coexistence with all that is happening around me.

I find myself by pulling out the cutting board. Ready my ingredients – going to the store and carefully perusing produce if I don't have everything that I need.

I find myself in the slow rough chop of garlic and brussels sprouts.

I find myself in the careful and quiet process of creating something delicious out of seemingly disparate parts.

This version of myself is the real me. The me that exists beneath the tendency towards melodrama, the loud exertions of my ego and bright spirit. The me that exists beneath my distinct ability to complicate matters, searching to reinvent the wheel at every turn.

I find myself, instead, in the steady boil of an unwatched pot, sprinkled with salt.

I come from women who cook. Women who share their love for one another through steaming, simple soups and silver dollar pancakes. Women who seek their own sustenance and nurturing in peeling the skin from the onion and a sense of order in the cutting it into tiny, similarly sized pieces.

I find myself, again and again, with my feet in my slippers on the wood floor, making order of my internal landscape by following a recipe and feeding my spirit by intuitively tossing in spices at the end.

The alchemy of kitchen transformation calls to us to slow things down. It begs us to invest in ourselves and the legend of our own happiness by turning our attention towards the things that light us up, that bring us home.

Choose your rough chop, your steady boil. Choose to clear your space before you begin. Choose to infuse the moments with nourishing love and intention. Choose to reclaim this space, making it sacred. Choose to believe that you deserve that.

Choose to find yourself in the spaces between.

Devoted Self-Care

Similarly to how we conduct ourselves in our kitchens, the way that we tend to our bodies speaks volumes about our belief in our own beauty, deserving, and enoughness. Beneath the realm of how your body *looks* or what other people might see and think if they were to view your physical form, your body is a powerful and dynamic organism of moving parts. Your body shows up for you faithfully each morning, pumping blood through your veins, metabolizing your food choices, and making the best out of what it is provided.

For you. In service to you.

Your body shows up for you, again and again, your humble servant and most tender possession.

When we think about self-care, so often we think about relaxation or beautification. We think about massages or candles or scented baths.

When I talk about devoted self-care and ritual, I am referring to the multitude of ways that you express your devotion and gratitude towards your body. This could

be the simple act of drinking a glass of water. Or whispering loving words to yourself in the mirror. It could be moving your skin in a way that feels deeply rejuvenating and playful.

It is not about improving yourself. It is about honoring yourself.

For, when I say self-care or self-love, I mean: The multitude of ways that I care for myself. These are my quiet rituals – not to placate myself or prove to myself that I am deserving, but action I take because I have been gifted with the care of this magnificent body and this magnificent life.

Over the last couple of years, I have grown to think of myself as both sprawling landscape and trusted groundskeeper. I care for myself now, not because I have to, but because I find myself so heart-achingly beautiful and intriguing, I cannot help myself.

We are deserving because we exist.

Our bodies have stood by us, resilient and humble, and they deserve our very best efforts on their behalf.

If I am to be honored as the groundskeeper of this body, this spirit, this life – I should realize, first, how lucky I am.

Staying in my body, loving myself for exactly who I am, is my highest priority. I believe that my doing so enables me to truly enjoy my life in a way that I had never known how to before. I give myself the ultimate permission to be myself, and to need whatever I need.

I pray to know myself better, so that I can care for myself better. Caring for myself in this way is my primary vehicle for strengthening my relationship with myself. I believe that our relationship with ourselves is the single most important relationship that we have, and, like our other relationships, it requires upkeep and frequent communication.

I also manage to do many other things over the course of my day, and feel very grateful to have my ambitions supported by my body and energy. I am better when I care for myself – the quality of my life is better.

When you think about your own self-care, I ask you to pause and reflect on the energy that you are bringing to your actions and inquire non-judgmentally about what might be showing up for you.

Am I acting out of obligation or tender adoration?

What do I truly need in this moment?

What might I require, personally, that is inconvenient or messy?

How might it feel to provide for myself in this way?

...And, of course, what might be possible for me if I was able to show up for myself so deeply on a consistent basis?

The Forest is My Church

If the only prayer you ever say in your entire life is thank you, it will be enough.”

{Meister Eckhart}

The most surefire way that I know to connect with something greater than myself is to walk out of my front door and find myself a small patch of earth. A tree. A body of water. A flock of birds.

So often when we struggle to connect with the divinity in the world around us and our own inner beauty it is because we are keeping ourselves apart, tucking ourselves away in our homes. We feel separate from the natural world because we *are* separate from the natural world, isolating ourselves in our homes or places of work with forced air and artificial light.

This is the part of myself that yearns to connect with... something, anything.

This is the part of myself that lays dormant in the winter months, sealed beneath layers of ice and snow. This part, this wild part, longs to run my fingers through the dirt or feel my naked feet on the sand. This is the part that for many years I largely ignored. I felt disconnected and yet... I didn't allow myself access to the greatest resource that I had, the natural world right outside my door.

So many of us feel disconnected and concepts like prayer or connecting to divinity or communicating with the creator feel forced and uncomfortable.

And yet, what is a prayer but a statement of gratitude?

Gratitude for your life, gratitude for the fact that, no matter what, you can trust in the setting and rising of the sun, gratitude for trees that share their love for you in the form of oxygen.

This doesn't have to be complicated.

Start with stepping outside of your home and expressing your gratitude. Connect to a blade of grass or the ice cold of the snow. Marvel at the wonder of the natural world, and know that it is the same world that is operating within your skin. Moving pieces acting in a complex symphony of actions.

GETTING REAL: STAYING CONNECTED

*What nine months of attention does for an embryo,
forty early mornings will do for your gradually growing wholeness.*
{Rumi}

As you move out of this workshop and into your daily life, I encourage you to begin to experiment with finding your way into nature, tending to your body from a place of deep love and devotion, and cultivating sacred spaced for yourself within your own home.

String together some of your favorite activities into a ritual for yourself.

Start your morning with a daily practice.

Set an intention for the month ahead.

Allow yourself to play with feeling connected to the divinity that is all around you. There is so much here for you to explore! Remember, there is no wrong way to go about it.

Finding Your Way Back to Yourself When You Get Lost

On any given day there are a million places to forget our own worth, allowing it to slip through our tender hands and attach itself to moments that pass by.

Not enough food in the refrigerator... unworthy.

Yelled at the kids for taking too long... unworthy.

Favorite jeans really tight... unworthy.

Bank account overdrawn... unworthy.

Hysterically cried when I felt triggered by my partner, only to push them further away... unworthy.

No comments or little hearts on my favorite social media platform... unworthy.

As we navigate our way through our day, around the planet, we have opportunities to adhere our worth, our goodness to just about anything that we come into contact with. In the process, we tell ourselves the familiar story: Because I _____, I am not good enough.

We give our best selves away and we tell ourselves that we are inherently flawed.

We believe the stories that we spin. We tell ourselves that because the project was late or the laundry went undone or we spilled coffee on our shirt – again – that we are undeserving.

We do it as if we don't have a choice... but we do.

We attach meaning to those actions, damning ourselves and giving a piece of our sparkle away, because we imagine that is what the world is thinking. That if we say it before someone else does, we will be safer. That if we take ourselves down a notch we will be inspired to keep striving, reaching for perfection.

But, you are not the food in the refrigerator or the late project or the overdrawn bank account.

You are not the jeans that don't fit or the fight with your partner.

You are a person, human and whole.

You are the sum of your many parts, both light and dark. We all are.

You will not be safer if you try to beat others to the punch, damning yourself and punishing yourself for your many transgressions.

Hurting and punishing yourself while you give all of your good stuff away is not the path to transcendence.

Instead, it keeps you here. Tethered to the ground and chained to you many negative beliefs about yourself. It keeps you from moving forward with trust and faith. It keeps you from being inspired by the multitude of your many strengths.

You are not the spilled coffee.

You are an ecstatic collection of cells with a radiant spark dwelling deep within, put on this planet for a purpose.

You will make mistakes. We all will.

You will break your own heart a million times. You will act out. You will yell when you wish you could calmly make your point.

You will make mistakes, but you do not have to make them mean that you are unworthy.

That is the part that you can control. The only part.

You control what you believe. What you say to yourself as you navigate the world. What you teach others about how to treat you.

You control the part where give your worth away, chipping pieces off and slipping them into the pocket of the jeans that don't fit or leaving them in the fridge where the half and half was supposed to be.

Until you have nothing left but a slew of evidence to support your belief that you are undeserving.

Like breadcrumbs, collect those chips. Follow them back to yourself, to your source.

Hold them tight in your hands and refuse to let them go.

Your worth is inherent, immovable, unchangeable – unless you choose to give it away.

Give yourself permission to hold those parts. Permission not to attach meaning to every little thing that goes wrong in your day. Permission to be who you are, flaws and all.

Give yourself permission to acknowledge all that you are and begin again.

GATHERING YOUR SACRED TOOLS

You do not need anything fancy for your rituals, but I so often get asked what tools I use that I wanted to compile a little list for you here of my favorite things. Again, notice what lights you up and makes you feel good. Start with those things and see where they take you.

Decks that I love...

- The Wild Unknown Tarot Deck
- Daily Essence Divination Cards
- Pixie Campbell's Animal Spirit Cards - she only sells these periodically so keep your eyes peeled on her space if you'd like some
- Medicine Cards

Sacred tools...

- Heartbalm from YouArePrecious on Etsy
- Feathers... I highly recommend collecting your own, but you can also buy some feathers and smudge wands on Etsy
- Sage
- Candles... I like beeswax candles because they don't have harsh chemicals
- Essential Oils
- crystals and other natural elements like shells or small rocks that you find on your adventures
- Art! My altar is decorated with pieces of art that I have collected along the way

THANK YOU

I so very much adored having you as a participant in this workshop! Thank you for showing up for yourself and for taking the time to do this sacred work.

If you would like to let me know what you thought of it, [please send me an email](#).

I would love to know what was particularly useful for you and any thoughts that you might have about how I might improve these workshops for the future.

It is an honor to do this work with you. Thank you for choosing me.

xxMara

ABOUT MARA



Mara Glatzel is an intuitive coach and writer. She works with audacious women who have the sacred (and stubborn) drive for evolution and a desire to cultivate extraordinarily joyful lives. Relying on her core tenets of self-love, self-trust, and radical self-responsibility, Mara guides women home to themselves, teaching them how to create lives and businesses brimming with ease, self-care, and permission.

In cultivating this online space for women to thrive, Mara is bringing a Masters in Clinical Social Work with a trauma specialization, her spot-on intuition, and the lessons that she's accumulated learning to fall madly in love with her own beautifully messy life.

To learn more about her work, you can catch up with her on [Facebook](#), [Instagram](#), or [sign up to receive weekly missives](#) and heart-opening encouragement.

Photo credit: [Cookie Hebert](#).