

A Commitment/Blessing Ritual

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Purpose and Summary

The purpose of this ritual is to allow each participant to reflect deeply on what his or her calling/commitment is for his or her spiritual journey for the next 3 months to a year. This will be in two areas: 1) for self-nurturing and personal/spiritual growth on the one hand and 2) for service to a cause greater than the self on the other.

Also this ritual allows for each participant to identify possible faults, obstacles, resistances, challenges and negative intentionality that could block both the self-nurturing intentions as well as the service intentions.

With this awareness clearly in mind, each participant declares before the group his or her positive intentions and expected obstacles and challenges and states his or her commitment to do his or her best, surrendered to God within.

With this statement of commitment, the participant receives the blessing of the group, a hands-on OM, allowing for the Force to pass into the participant.

Finally, after each participant is so blessed, an OM for the health and wellbeing for all sentient beings is offered by the group.

The Ritual

- 1) Setup for the ritual
 - Circle of chairs, enough for each participant, altar in one space of circle
- 2) Meditation
 - A commitment paper is handed out to each participant (*see attached*). The participant **puts his/her name at top** and sets paper aside until needed.
 - Quiet music is played while each participant meditates and comes to center him/herself. (5 minutes)
 - Each person, in a meditative/reflective state, spends time filling out the *notes section* (bottom) of his/her commitment paper – let thoughts arise spontaneously related to the three topics provided. (10 -15 minutes)
 - Each person *summarizes* his or her commitment – UP TO three points for each area. Be as focused as possible. (10 minutes)
- 3) Commitment/OM-Blessing
 - One by one (in order after one starts) each person stands before the altar (with back to altar) and reads his/her commitment paper *summary*. Afterwards, he/she places the commitment paper on the altar and moves to the center of the circle. The other participants stand, place hands on the participant making the commitment, and allow an OM to arise, inviting in the Force to fill and bless the participant.
 - When each person has been thus blessed, all stand and call in an OM blessings for all sentient beings or for particular needs or causes.

Commitment Paper

For: _____ (Name)

Summary

For Spiritual Growth, I commit to...	I anticipate these obstacles...
1.	1.
2.	2.
3.	3.
For serving a cause greater than myself, I commit to ...	I anticipate these obstacles...
1.	1.
2.	2.
3.	3.

Meditation Notes as Feelings and Thoughts Float Up (Use other side or separate pages as needed)

- 1) Things that nurture my emotional and spiritual growth...

- 2) Ways I serve or could serve a cause greater than myself...

- 3) Obstacles, resistances, negative intentions