

Everyday Sacraments

Meaningful Rituals of Daily Grace



The Sacred isn't restricted to once-in-a-lifetime events, as most believe. The Sacred is what you would make of it, yourself. Daily. *Some thoughts and suggestions for bring more grace into your life, easily and often:*

1. **Baptism** - a cleansing of the old and a rebirth into the new.

Your shower before starting your day can be the five minutes in the morning that you've been asked to give to God. Imagine that you are washing away the accumulated energies from the past that no longer serves you, as a washing away of your outer self and invigorating your Self by offering to It - and God - a refreshed and open "new" you.

2. **Communion** - a coming together with the Christ for his blessing of the new being that you are - today.

Breakfast can be a time of not only taking in your first physical nourishment of the day but also of making it a sacred meal simply by acknowledging in your mind that this is not the "bread" that truly sustains you - and by giving thanks for that which does. You have the power to consecrate. *(You are God's minister - whenever you so choose.)*

3. **Confirmation** - the rededication to Christ of a mature and devoted being.

This sacrament is a symbolic acceptance of the spiritual responsibilities of adulthood. The best testing ground of our spiritual maturity is often in the workplace. Whatever your means to getting there - or your normal rituals on the way - you can consciously choose to pray for Help to be better at your work. The "rubber meets the road" when your spirituality must contend with the beliefs of our materialistic world. Each day you can decide again to be the best person you're capable of being, and in so doing, become a worker for God in the world. *(And they ministers of God are **always** blessed.)*

4. **Confession** - a purging of guilt through ownership of past co-creations to heal them.

Call a friend or family member (if that's not possible, make that "call" in your head) and own that you accept your part in whatever's happened that is a wedge between you. This is not about accepting guilt. This is about accepting responsibility. You both did the best you knew how at the time. Forgive yourself and the other. The power to forgive both is IN you. *(Inward guilt and outward blame are equally toxic - to both your body and your spirit.)*

5. **Marriage** - the commitment, from a self-less love, to another's joy and wellbeing.

If you're in a relationship now, you can make it a habit of rededicating yourself to your partner every day. This can only bless both of you. If you're not currently in a relationship, this can be done as a commitment to work with the person that you're dedicated to becoming in the future. Many esoteric traditions believe that our future selves exist now (and this must be true, if only in potential) and that they can be enlisted to help us in the process of helping to make them manifest. *(This is an idea of spiritual partnership with your Higher Self, calling on Its power to manifest **as** you.)*

6. **Ordination** - the anointing of a minister of God.

Everyone has a ministry - a purpose in God's Plan that only they can fulfill. You don't have to commit yourself to any particular denomination or religion and still dedicate your life to God. The "anointing" can take any form that appeals to you, from a splash of a "special" perfume to a moisturizer that makes you glow, inside and out. *(It is the **intention** that sanctifies; the form is utterly unimportant.)*

7. **Closure** - a blessing before transcendence from the physical plane into the spiritual one.

The transcendence into spirit is not limited to dying. Sleep is a time when we can travel far beyond the confines of our physical forms. Five minutes given to the Holy Spirit each evening before we go to sleep, we are told, offers our sleeping to Him. Only then can He use it on behalf of our awakening. Spirit never sleeps. Neither does the mind. *(And they always follow the direction of our conscious attention.)*