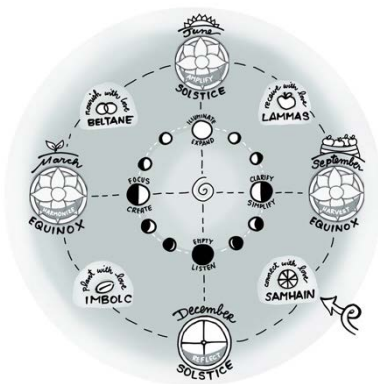


THE CRAZY WISDOM RITUAL

A CO-CREATION PROCESS
FOR CONNECTING INTO
INTUITIVE WISDOM &
FOCUSING ON WHAT MATTERS
TO COMPLETE THIS YEAR

CREATED FOR
THE FEMININE WISDOM WAY
BY CHRISTINE ARYLO
ILLUSTRATIONS BY KATHERINE TORRINI



When we live in harmony with the natural cycles, our inner and outer realities naturally come into more harmony.

We make this practical to every part of our personal, professional and relational lives through the co-creative practice of Cyclical Living and Pathing – a different kind of visioning, intention setting, planning and prioritizing that is more natural to how humans work best, and is way more fun and enjoyable.

At this time of the year – regardless of where we live on the planet – we come to what is called the “7th turn of the wheel of the year,” the cross-quarter point between the quarter points of September Equinox and the December

Solstice. The quarter points and cross-quarter points are natural shifts the earth makes (regardless of what we humans do!). Each turn has a specific energy and focus you can work with to support you in all realms of your life – to stay out of overwhelm, burnout, pushing, over-efforting, over-care-giving, etc and stay on track with your wellbeing, desires, goals and path. If you look at the arrow on the glyph, you will see where we are for this specific turn apex of this turning point takes place around the days of October 30 – Nov 2nd.

If we were farmers, in the Northern Hemisphere, this would be the third and last harvest. Regardless of where you live on the planet, If you think of your dreams, intentions, goals, desires and daily living as a field you tend over the years, you will start to see the same kind of cycles available to you. Which creates natural ebbs and flows, and spaces to pause, reflect, and on the cross quarter points tune into deeper wisdom, magic and joy.

Different wisdom traditions have different names for this time of year shift.

- **In the Celtic earth wisdom tradition it is called Samhain**, pronounced *saah-win* or *saa-ween*, and is celebrated as the both the end of the harvest, and honored as the beginning of the spiritual new year.
- **This turn has a long association with death and the Dead, reflecting the earth’s rhythms.** In the Northern Hemisphere it coincides with the end of the growing season. Vegetation dies back, frost comes and therefore, literally death is in the air.
- **It is historically a time to honor the ancestors who have come before us.** As Christianity spread through Europe, Samhain took on Christian names like All Saint’s Day or All Hallows on Nov 1st. When the Christian Spaniards came to Mexico, the indigenous customs honoring the dead at this time of year mixed with Roman Catholicism to give birth to the Day of the Dead, Dia de los Muertos, and in the U.S., Halloween.

It is also known as the time ‘when the veils are the thinnest between the worlds.’ You can translate this in different ways. Some say it’s the veils between the worlds of the ancestors and the here and now that thin. So the communication with ancestors or those who have come before is more accessible. My personal belief is that the veils between time are thinner and the veils between the material world of matter and the mystical world of energy are more subtle. Giving us access to communicate with those we should like to receive guidance from – including our guides, teachers who are no longer in body, loved ones that we had a special connection to, the ancestors on a familial and spiritual lineage level, and even our soul and it’s expression past and future.

In some earth wisdom traditions this is the beginning of ‘the Kiva Time’ – marking the time between now (Nov 1) and the end of January to slow down and begin the journey inward, before emerging on Feb 1st (another cross-quarter point) to plant your seeds for the new year cycle. Think of it like a nice gradual slowing down vs. the way our modern culture starts speeding up and getting busier mid-November through late December. There is a rush of holiday madness, leading to falling into a hump at the end of the year, only to start January already feeling behind and pressuring oneself to have their goals figured out in the first week or two.

Luckily you have chosen to live differently – in a rhythm that is more sustainable and supportive. From a Cyclical Living & Pathing and Feminine Wisdom Way perspective, this is a potent and powerful time to slow down,

unplug from the mundane world or the madness matrix and 'go behind the veil' to do some deeper plugging into the more subtle realms of your Divine and soul connection – where there is wisdom to be found!

Wise women don't wait until the end of the calendar year to begin feeling into and thinking about the year to come. We weave into the new year, starting now. We know the threads we sew, aka the choices we make, the ways we focus our life force will play a part in what comes into form in Jan and Feb next year. This is not the time to 'ramp up' like we do at June Solstice, this is the time to deliberately make choices about where to invest your time, money, care and life force so come the new year you have what you need to begin it already thriving.

The wisdom ritual for this turn near Oct 31 / Nov 1 is a simple one, purposefully, but don't think that doesn't make it powerful. It's the sacred space you create to go behind the veils. Even if just for a couple hours, allow yourself to connect more deeply to the spiritual realms, to receive wisdom for the months ahead. Allow yourself to experience existing 'out of time,' in what some call 'no time.' This is where you will often find wisdom that can both heal the past and open the portals to the future.

I've included the short but mighty ritual here along with some suggestions on other things you can add in. Explore, experiment and remember you can't do this wrong. Also, one thing to note about these turns of the wheel of the year. Think of these like time spans with apex points in which there is fluidity and flexibility as to when you engage in the ritual. Different than the mainstream linear calendar approach of one-day holidays - if you miss that day, you miss the energy. Wisdom honors both the feminine (think water + fluidity) and the masculine (think fire + focus). Create space for this ritual in the days leading up to and after Nov 1st, and don't stress out about getting it right. Do what feels right for you.



The Feminine Wisdom Ritual (Turn #7):

LISTEN
GATHER
WEAVE
INTEND

PART ONE: Set the Space to Listen to the Whispers. Create space to connect with your heart and soul and the Divine, where you choose to unplug from the mundane world so you can move into the mystical world. This is a conscious choice to "listen" at a different, deeper and more subtle level than the mind or talking can get you to. Three of our most powerful (and wonder-ful) co-creative tools for receiving insight, guidance and wisdom are Crazy Wisdom, Inquiry and Oracle Decks/Texts. You will use all. Here's the prep:

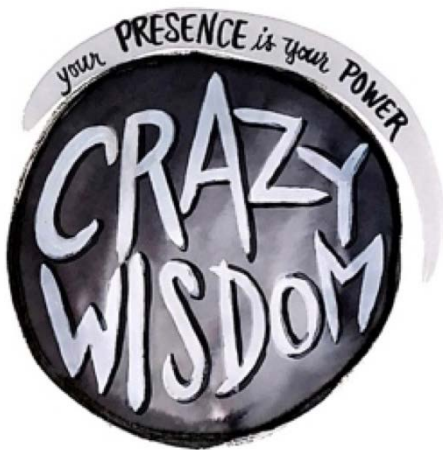
1. **Turn off the chatter of everything from the outside** – people, phones, all internet & social media – turn inward to tune into what matters.
2. **Set "sacred" space on the physical plane in a way that inspires you** – create space in your home or outside that feels like a sanctuary for you, invoking the spirit of magical energy and synchronicity. Use candles, music and other elements that create beauty. Set up an altar with seasonal colors/items.
3. **Choose 5 Books/Decks to work with your as your "co-creative listening tools" for accessing wisdom + receiving guidance.** These texts will become your "oracles" for this ritual. The word oracle comes from the Latin verb *ōrāre*, "to speak." We work with books written by wise teachers, thinkers, sages, people and

intentional decks as tools of co-creation, along with the power of inquiry and intention. Working with these texts brings (speaks) language, symbols, metaphor, images forward from our deeper consciousness and creative intelligence (the mystical, intuitive, sensing and invisible), into a format that can give us insight on how to see things, expand our perspective, create and do things differently and align our energy and focus with the wisest path and most harmonious actions in the now, as we create the next.

TIPS: For this ritual, choose books/decks of people who are truly wise, not just the latest fad or famous. Since this is ancestor time and you are asking for their guidance, it's powerful to choose people who are no longer embodied, and you can also choose people who are still alive. The books don't have to be spiritual in nature – they can be non-fiction or fiction, even poetry or autobiographies. I often will scan my book shelves and sense intuitively who wants to give me guidance this year. If you have a deck you like to work with, use that, with the intention to tap into the wisdom of the lineage that deck is written from... less about the person who wrote it and more about the energy the deck is working with. If you don't have books or decks, go to a used book store and see what pops up, intuitively order a few decks or books online, or borrow some from a friend.

- 4. Activate and invite in your Crazy Wisdom to guide you + give your brain a break for the day.** Crazy Wisdom is what we call a 'feminine super power' – an innate power rooted in feminine energy that when allowed to flow, works to create realities and worlds where harmony, connection, beauty, creativity, inclusivity, diversity, sustainable growth and sufficiency is the norm. While we all have access to these powers, most women do not have full access to their power or have the wisdom of how to use it ... because the mainstream culture is built to stifle vs. free it. For this feminine wisdom ritual, every year, we choose to activate and wield our feminine super power of Crazy Wisdom more powerfully and freely, from a place of wholeness. We take back the word 'crazy' and take actions that may seem crazy to an unhealthy culture, but that we know are deeply rooted in embodied wisdom.

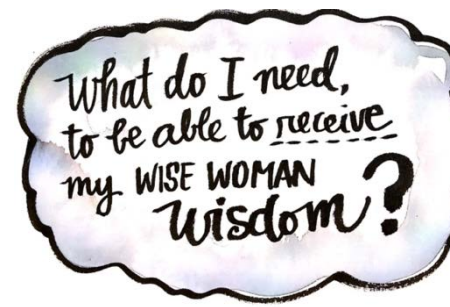
Here's the definition of the feminine super power of Crazy Wisdom:



The willingness to explore, trust, speak, and act from your deep heart wisdom, over conventional wisdom or outside intelligence, even if it seems 'crazy,' 'irrational,' 'improbable,' 'irresponsible' or stretches you outside of your comfort zone.

For more on Crazy Wisdom, you can refer to pages 35 to 42 in [Overwhelmed and Over It: Embrace Your Power to Stay Centered & Sustained in a Chaotic World](#)

PART TWO: Gather the Wisdom. The intention of this phase is to gather wisdom for the months ahead, without agenda or attachment, and with purpose and curiosity. You are looking for pearls of wisdom that can guide you to stay aligned to your design & path, focused on your part & desires, open to possibilities & synchronicities you cannot yet see through your intellectual mind.



Here's how this ritual rolls:

1. **Lay the oracle books/decks out in the shape of the template you see on the page after next titled Feminine Wisdom Reading, which mimics the shape of the compass directions.** Choose and place one oracle book/deck in the North, South, West and East. And one for the center. While there are different meanings for each of the directions, don't get all heady about it, just intuitively place the books where you sense they want to go.

TIP: You can lay these out on a table or the floor. When I lay them on the floor, I often leave space for me to sit in the middle of this wisdom compass – it's fun and it feels good. But do you – whatever feels right.
2. **Set the intention to deeply listen for the highest good and set a field of good energy around you.** This can be as simple as taking a few breaths to get present body/mind/heart/spirit and saying the words: "I ask for Divine Guidance for My and The Highest Good." Or taking a few breaths, envisioning golden rose light (the color of grace and love) around you and within your space, and saying the words, "Only love here." You can also use sound or scent to signal to your senses you are making a shift from the ordinary mundane into magical intuitive energy. Do whatever feels right for you – remember this is your ritual. Just get present.
3. **Use the Co-Creative Tool of Inquiry to tap into intuitive insight and intelligence.** Inquiries are different than questions in that questions seek definite answers and inquiries seek wisdom. Inquiries open up portals to expanded levels of insight, intuition, intelligence, imagination and possibility. Inquiries connect our higher consciousness with the higher infinite potential of the Universe. Sages have called this "field" that is invisible to the eye, but can be felt with the subtle sense body many things for thousands of years, including the morphic field, Indra's net, the supra-consciousness, Divine consciousness, the Tao. Western-Scientists call it the quantum field.

For this step:

- a) **Hold the book or card deck in your hand, and take a few breaths** - with the intention of connecting with the wisdom of this person/lineage and your own internal wisdom.
- b) **Then make an inquiry** – either saying the words out loud or silently. You can use a general inquiry such as "What guidance or wisdom do you have for me?" or you can ask something more specific, about a project, part of your life, or wondering you have. See a list of suggested inquiries on the next page.
- c) **Open the book intuitively to a page, or pull a card from the deck.**
- d) **Read the pages you open to (book) or look at the image and words (deck) and be curious.** The first line of intuition is always trusting your own intuition and what stands out to you. Notice what words pop out or resonate for you. Look at the image and symbol, and curiously contemplate what they mean to you. Note: if you are working with a book and the pages do not resonate, or the card in the deck feels challenging, you can always reset and open to a new page, and pull an additional card. There are no 'bad' cards in a deck, just ones that feel more challenging, so you don't want to throw that card away, just pull another one for guidance on what can support you. For books, sometimes we won't resonate or like what we read, so open to something new but don't discount what you read.
- e) **If you are working with a deck**, after looking at the card and tuning into your own intuitive sense, then read the pages in the book that comes with the deck that corresponds to the card. Sense into

the words and messages that especially stand out for you. **If you are working with at book,** contemplate and sense how what you are reading applies to your inquiry and overall life.

- f) **Gather up the pearls of wisdom and drawn and write them out on the template provided or in your journal.**

A few last things to consider:

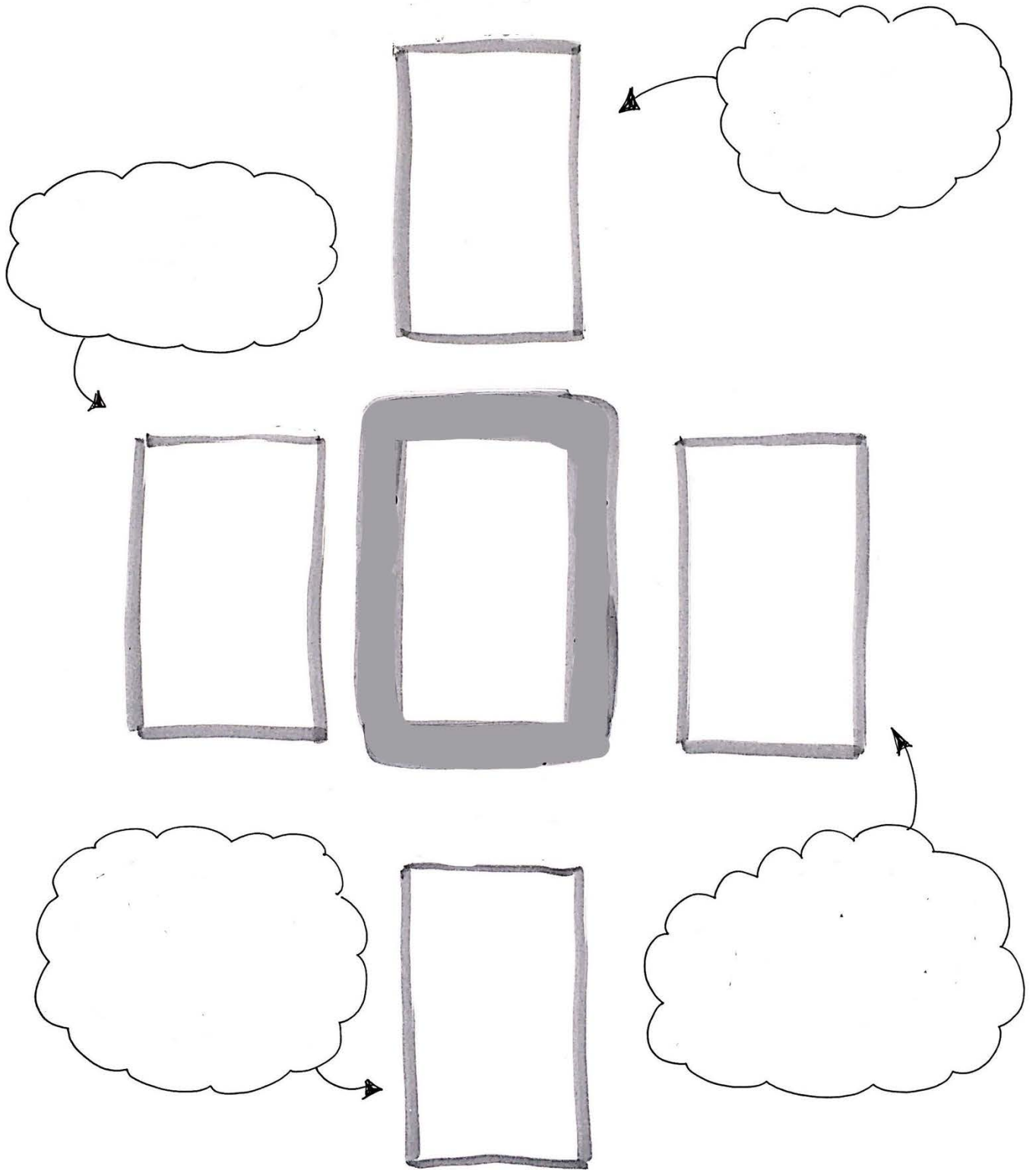
- Consider all realms of your whole life with you standing at the center - your work in the world, web of relationships, health, wealth and home, practice, and personal growth and desires.
- Do your best to stay in your heart and body, instead of your head.
- It's not about getting yes/no guidance, it's about opening up your access to wisdom.
- This is not a 'game' like the Magic 8 ball you can pick up from Target. This is an intentional connection with you and the Divine, whatever that invisible force means for you. So, while you don't have to be uber serious and somber, it's important to honor the process and the invisible and mystical connections that are just as real as the table we can see with our eyes and touch with our feet. Embrace being a woman who values her ability to connect with the mystical worlds as much as make stuff happen, take care of things and achieve success on the material plane.
- Accessing guidance this way is a gift, not a right. Show gratitude and heart for the wisdom received.
- This is not fortune telling or having a séance ☺ It's not woo woo or something to feel scared of. Working with the subtle realms, asking for Divine guidance, asking for support from ancestors, tuning into our intuition are all 100% normal in a world in which the feminine is valued, where intuition and the invisible are valued as much as the intellect and hard facts, and in which, women and all people are supported to have direct access to their own innate knowing, genius and sovereignty.
- Stay curious. Be in wonder. Try on living with magic.

A few inquiries you can play with:

- What do I need to know?
- What am I not seeing that would serve me to see?
- What would serve me to let go of?
- What crazy wisdom does the Universe or those who have walked before me want me to know?
- What would support me to open up to expand and to receive?

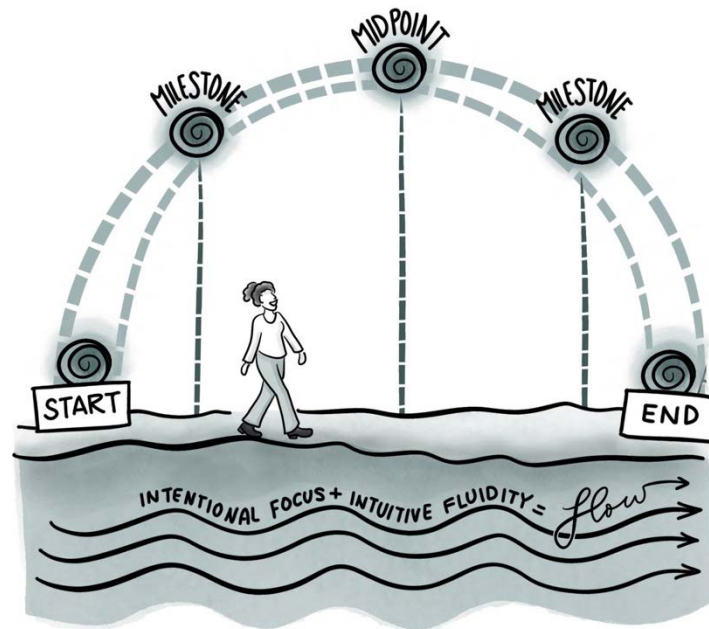
BONUS WISDOM: You can also do wisdom readings on specific projects, relationships, life force focuses to get guidance on how to best proceed, focus and use your precious life force and resources. Then use the power of this completion cycle to complete what matters to you!

Feminine Wisdom Reading



The Wisdom I have gained...

PART THREE: Weave into Next Year. The intention of this step is to bring things into the material plane, free you from the Holiday and New Year Madness, and give you the tools to consciously co-create a path from now through February that creates spaciousness, replenishment, meaningful connection and focus on what matters. So come February 1st you are feeling, being, working, living and standing where you desire to be. Take a look at the image below. This glyph from Section 4 in *Overwhelmed and Over It* illustrates what is called a "time span." Working with time spans is a co-creative practice we use to eliminate overwhelm and toxic time pressure, and instead create space and flow that leads us in the direction we desire to go.



As a first step, on the glyph above, name and claim this healthy time span for yourself, by marking/writing the start date as Oct 31st / Nov 1st. End date Feb 1st. Midpoint December Solstice, 21st. Then using the wisdom below, along with the wisdom from your wisdom ritual, use the inquiries on the next page to start tuning into the best way to focus your life force and resources these last two months of the year. Then empower yourself to say NO to what drains you, and YES to what sustains you..

- Tap into the "Kiva Time" and cyclical living vs. linear time to create spaciousness for yourself - there are only two months remaining of this Roman calendar year which ends on Dec 31st. But there are three months between now and the cross-quarter point of Feb 1st (when you start planting the seeds of your intentions for the next year cycle). Consider shifting your mindset to this arc of "Kiva Time" - going from now into February of next year – vs. a hard stop on Dec 31 and start in January 1. Then take an exhale and feel the spaciousness!
- At this Oct/Nov turn it is so wise to pause to consider what currently desires completing this year, and what can be reflowed into the next year cycle? Remember and reconnect with your intentions for this year and note what is left undone. And sense what is in flow to complete, or reflow.
- Sense into what you want to keep "weaving" as you want to complete this cycle and begin the next – what you give your energy to the next two months can create "threads" that will weave into next year.
- Tune into what you desire to be happening or what will be happening on a material realm in January and February, and sense into what is needed now - remember actions you take today will have an impact on what happens in Jan and Feb and beyond next year.



WIELD YOUR CRAZY WISDOM TO CHOOSE AND CREATE FROM WISDOM + IN FLOW
Use the inquiries below to tune into your deeper wisdom & to what is truly in FLOW
to complete, weave or reflow (vs. pushing, procrastinating or overwhelming)

What
STITCHES
need to be made to
SET the PATTERN in place
for NEXT YEAR, now?

What is still **NEEDING**
& **DESIRING** to be **COMPLETED**
this YEAR?

What does my ^{HEART} ^{SOUL}
need to be **NOURISHED**
as I end the YEAR?

What does my ^{BODY} & **MIND**
need to feel **REPLENISHED**
as I end this year

What can I
FLOW
into next
year?
... or just
let
go?

FOUR: INTEND to COMPLETE. Choose how you will focus your life force and resources the next two moons – as we go into November and December – so you actually complete or make progress on what matters to you, AND set the field for 2024. Be focused, clear and specific so you are connected to why you are doing what you are doing.

In my work in the world – vocation, career, job/role, care-giving, creative expression - I choose to focus my life force to complete or to weave:

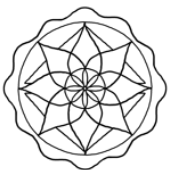
- 1.
- 2.
- 3.

In my web of relationships, I choose to give my life force to complete or weave:

- 1.
- 2.
- 3.

In my wellbeing foundation - health, wealth, home, practice - I choose to give my life force to complete or weave:

- 1.
- 2.
- 3.



Bonus: Choose Your Holiday Harmonizing Words.

**As I complete this cycle, and begin the next, I desire to FEEL –
3 words or phrases.**

- 1.
- 2.
- 3.

Other Creative Inspirations for this Turn

From Selena Fox about some ritual ideas taken from her site www.circlesanctuary.org

- **Mother Nature Walk.** Take a meditative walk in a natural area near your home. Observe and contemplate the colors, aromas, sounds, and other sensations of the season. Experience yourself as part of the Circle of Life and reflect on death and rebirth as being an important part of Nature. If the location you visit permits, gather natural objects and upon your return use them to adorn your home.
- **Ancestors Altar.** Gather photographs, heirlooms, and other mementos of deceased family, friends, and companion creatures. Arrange them on a table, dresser, or other surface, along with several votive candles. Kindle the candles in their memory as you call out their names and express well wishes. Thank them for being part of your life. Sit quietly and pay attention to what you experience. Note any messages you receive in your journal. This Ancestors Altar can be created just for Samhain or kept year round
- **Feast of the Dead.** Prepare a special dinner. Include a place setting at your table or at a nearby altar for the Dead. Add an offering of a bit of each beverage being consumed to the cup at that place setting, and to the plate, add a bit of each food served. Invite your ancestors and other deceased loved ones to come and dine with you. To have this as a "Silent Supper" experience, dine in silence. After the feast, place the contents of the plate and cup for the ancestors outdoors in a natural location as an offering for the Dead.
- **Ancestor Stories.** Learn about family history. Contact one or more older relatives and ask them to share memories of family members now dead. Record them in some way and later write accounts of what they share. Give thanks. Share what you learned and have written with another family member or friend. Add names of those you learned about and wish to honor to your Ancestors Altar.
- **Reset.** Select an area of your home or life as a focus. Examine it. Re-organize it. Release what is no longer needed. Create a better pattern. Celebrate renewal and transformation.
- **Bonfire Magic.** Kindle a bonfire outdoors if possible or kindle flames in a fireplace or bowl. Write down an outmoded habit you wish to end and cast it into the Samhain flames as you imagine release. Imagine yourself adopting a new, healthier way of being as you move around the fire clockwise.

And some ideas on how to share this time with your family and kids – from a Feminine Wisdom Way Member

Talk about them. My kids don't remember my grandparents so I tell stories about them. I share what made them so special; fond and funny memories I have, lessons they taught me and how they enriched my life.

Create an altar to honor them. We have done this in several ways. In our house, we set up a special place with photos, candles, flowers and other mementos. At school, my daughter created an altar box to honor her great-grandmother. She included a picture, a special note and some of her favorite things... light pink nail polish, her favorite flower, Folgers coffee and a picture of her favorite book.

Connect to them. Through prayer and conversation, we ask our loved ones for guidance. I encourage my kids to talk to their great-grandparents; asking them for help with something that's going on or information around a specific situation they are dealing with. We sit in circle together and connect as a family asking for blessings and guidance.



I'm not 'crazy'

Although I may say things,
Think things,
Do things,
That seem 'crazy' to others
who cling to their security blankets, comfort zones, and status quos
But that's their trip.

I didn't come here to be liked, accepted or to fit in.
I came here to be, live, express
deep, ancient, heart-centered, soul-aligned, beyond-time wisdom.

Not to prove myself.
Or evangelize 'my' truth.
But to be a force of resonance
that calls us all back to the heart,
where love leads us to
solutions + ways of living and leading
that serve instead of sacrifice all.

Am I crazy?
You bet.
Crazy for love.
Crazy for humanity.
Crazy for remembering what's real.
Crazy for solutions that blow our minds
and open our hearts
to the deep heart wisdom rooted at the center of all.
Call it crazy. Call it true.
Same difference.
I just call it Crazy Wisdom.