



Ritual Theme & Arc (pg 5): An Example

Journey of the Salmon

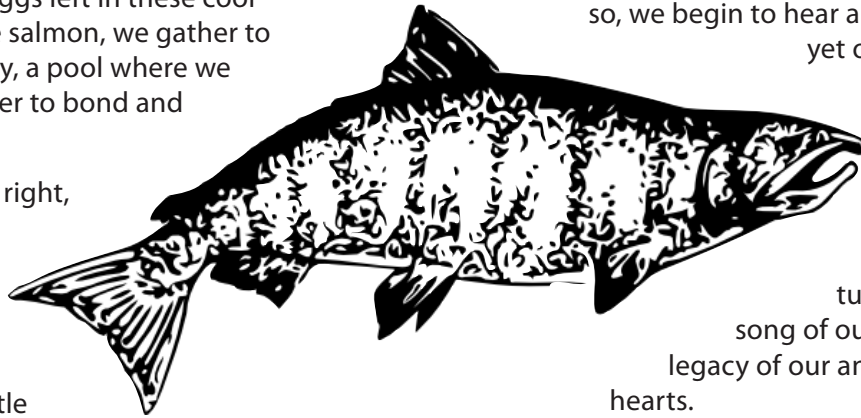
See preceding pages for discussion of how this story can be worked as a “ritual arc” – the paragraphs correspond to a series of rituals and morning paths.

We begin far to the North, in the pristine mountain streams surrounded by madrones and manzanitas and round gray boulders with unnaturally smooth, alabaster-like surfaces.

In this sanctuary, the salmon come to life, born out of the eggs left in these cool streams. Like the salmon, we gather to create a sanctuary, a pool where we can come together to bond and share our stories.

When the time is right, the salmon begin their journey downstream. Growing with every little rivulet and fin-stroke, we learn that each new estuary that might seem like a turning-away from the path, or a period of stasis, is completely necessary in order for us to have accumulated the skills and stature that we need in order to make it through the challenges ahead of us. We dive into the flow of our journey and experiment with new identities, ideas, and ways of doing things.

Once the salmon reach the delta, this period of experimentation takes on a more urgent timbre. As waves and waves of unbreatheable salt water merge with the sweet fresh waters of the rivers, they find themselves in a place of intense transformation. Their bodies change rapidly in order to prepare them for the next chapter of their lives, preparing them to go out into the deep darkness of the ocean’s depths. We learn to understand cycles, to investigate how our bod-



ies transform and grow, and how to navigate the tricky brackish waters of transition.

The ocean is a place of mystery. No one really knows where the salmon go, or what they do, as they undertake the long journey across thousands of miles of uncharted sea sand. This is a time of testing, of self-sufficiency and empowerment. We delve into the shadows and the unseen, learning to trust ourselves and our intuition. And, in doing

so, we begin to hear a call from far away, yet one that is also from deep within ourselves. It grows and grows within us until it becomes impossible to ignore. We turn and follow the song of our destiny, of the legacy of our ancestors, of our own hearts.

The song continues to lead us, mile after mile, back to the rivers from which we came. As we return to our communities, we bring with us the lessons and nourishment of the ocean, all that was once thought to have been lost downstream. We return abundance to the wider community of bears, madrone and manzanita trees, people, osprey, and the river herself. We find ways to engage our fully empowered selves into the healing of the earth.

We swim unerringly through the labyrinth of streams and rivulets, upstream and over dams. We return to our true homes — whether it is the place of our birth or a place in our heart — and take the steps that we need in order to leave a legacy of healing and connection to the circle of life for future generations.

By Riyana & Jason Scarecrow / Teen Earth Magic 2009



Ritual Theme & Arc (pg 6)

Details of the Salmon Story: A Brainstorm

Here's our brainstorm of ideas for the various rituals and paths, based on the Journey of the Salmon theme (see previous page).

Sanctuary (Saturday night ritual)

Schooling up – who am I? what called me here?
 Milling Exercise
 Creating sacred space, the sacred container
 Group altar
 Group agreements
 Questioning and uncertainty
 Getting acquainted / bonding / name games

Swimming Downstream (Sunday morning path)

Skills building exercises
 Stations exercise — multiple challenges
 Team Building
 Experimentation
 Building confidence
 Trying things on / possibility and potential
 Mask exercise / Identities / Projections

The Delta (Sunday eve ritual, Monday path)

Transformation
 Gender – body changes and transformation topics, cycles
 Physical changes that are necessary for the next stage of life
 Salt-water trickery
 Salt-water scrying / Mirror work
 Getting ready to step into the unknown
 Mirror work during the day time
 Where do we end on Sunday night — leave it as a question, unresolved, “What do you still need to do in order to be ready to go into the deep unknown depths of the ocean?”
 The transformation part of the story we cover at night as ritual, the preparation to head into the depths we do during the day on Monday, plus the first part of the Ocean topics.

At the River (Monday afternoon fieldtrip)

Magic with water, healing the waters, healing ourselves
 Calling back the salmon ritual
 Salmon altar
 Dams / environmental destruction of the Yuba

The Ocean (Monday night ritual)

Power and self-sufficiency, testing ourselves. Going into the great unknown, growth
 Nature sensing or attuning (nature divination, tracking, etc)
 Authentic voice exercises, learning how to hear it
 What are my special talents?
 Watershed issues & dams
 Overcoming disempowerment — ally circle, group work
 Night walk, leaving them one at a time to do meditation
 Emotional response to environmental situations, the Truth Mandala from Joanna Macy (at night)
 Moving through, not around, our shadows
 Being seen and not seen, like the salmon who are dark on the top and light colored on the bottom
 Ending with the call, rounding teens up with a conch, then doing something that reinforces that the salmon (and us, too!) hear the call from deep within themselves as a subtle yet undeniable knowing of sorts. Trusting ourselves. Questioning teens as we collect them from their solo meditation — are they ready to answer the call?

Swimming Upstream (Tuesday path)

Activism, returning the abundance to the community
 Moving through adversity
 Writing a letter to politicians or water board (EBMUD) about river issues
 Scrub Jay Line
 Physical games, teams
 Stations work with activist activities, other activities
 Affirmations
 Group Art Project

Renewal (Tuesday night ritual)

Spawning, new life
 Next steps
 The world we want to leave for future generations – our legacy

Closing ritual (Wednesday closing ritual)

New salmon going out into the world, the beginning of a new cycle, intention setting.