Top Tips for Embracing Uncertainty

Transitions Tea Ritual

& Meditation WORKBOOK

TarotNRitual.com

Ritual

Empowerment

Tarot

- Ritual

Transitions

Tea Ritual

Meditation

Workbook

with Mystic Mario Zeleny

Uniting with Transition

Closure and Arrival
TRANSITIONS TEA RITUAL
MEDITATION
Workbook

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PREFACE

“One does not become enlightened by visualizing beings of light but by making the darkness conscious.”
Carl Jung

Samhain hearalds the coming dark time of the year, when we often turn our attention to the light. Light... as something to be made. Light... as a tool we must get for the darkness.

The light we bring to the dark time of the year is us and there is only one way to do this: by making the dark conscious. It’s like waking up.

Waking up is a transition and for many it is a delicate transition. But, as many things are within the western world, we suck it up, jump out of bed into our day ASAP and you better be happy about it, too!

Waking and going to sleep are two very important transitions of the day and often something we forget to honor. These are spiritually vulnerable times and ideal for rituals.

So are other transitional periods like transitioning from one season to the next, birthdays, holidays, births, deaths and a whole host of other kinds of transitions, like waking and going to sleep.

The Transitions Tea Ritual has been designed as a meditation to work with tea, coffee, cocoa, water or nothing at all. If you can visualize the ritual and tea, then your mind and spirit behaves as if it is really happening. The same applies to ritual. So, this meditation is ideal for waking, going to sleep, and other transitional changes.

I encourage you to do this tea ritual as many times as you wish to access all the insights your guides and higher self have for you.

The video doesn’t pause and is about 25 mintues long. Feel free to pause the video any time to write in the workbook, or to pause and think about your day, or other transitions you may be meditating on.
Preparation

This may be a different approach to ritual than you are used to, and I hope that you find some freedom, roomy-ness and east in this particular structure.

Since this ritual is dedicated to transition, there are no rules except one: use what you have. Use what is around you. Accept that things are not as you may want them to be but also accept that you have everything you need inside you.

You can make tea out of anything, if you don’t have some. You can make vegetable tea from the tops of some vegetables. You can make spice tea from the spices in your cupboard. You can use left over thanksgiving herbs. You can use a mason jar for you tea cup and a face towel for your napkin.

Let what you have today be good enough. Let who you are and where you are at be good enough.

Also, grab your allies!! Who are your allies? You have some around you right now. It could be an herb in your cabinet, your dog, a rock, a favorite pen, a trinket or a toy from your childhood. It can be a book or a gift someone gave you. You could include your favorite tarot or oracle deck.

Allies are all around us waiting to be called on for their unique gift of support. And don’t forget to bring a bit to eat, too. Choose it something you enjoy!

Lastly, use all these things and perhaps some pillows, blankets or your favorite scarf, make a sacred space for yourself. And If you can’t be alone, get some earphones and be comfortable in your ritual space alone with your spirit and this ritual meditation playing privately in your ears.

Lastly, be sure to gather a pen and paper and have some way to view the free workbook for this ritual. Don’t be afraid of putting this ritual on pause as you jot things down and don’t feel pressure to have to get it all out now. You can come back and do this again.

Thank you for joining me on this journey and for allowing me the privilege of sharing this with you.
RITUAL INTRODUCTION

Like grief, waking up and going to bed, ritual has phases. These phases are important, however how long you do it and how you do it is strictly up to you. But do be warned, rushing isn’t advisable and should be avoided whenever possible.

There are three basic ritual stages, which you are probably familiar with:

• A beginning or initiation or invocation
• A middle, also known as immersion
• An ending or departure

Each phase needs to be respected and honored. Rushing through is not to your advantage unless you have no other way. In which case, the ritual will need to be done again, when you can.

During the initiation, we are getting used to our ritual space and everything that comprises it. Music, bells, rhythm, silence and mindfulness are great ways to initiate yourself into the ritual space. This could be followed by mindfully considering all the elements that have been gathered to comprise this ritual space and make it happen. This can include examining, touching or being present with a particular element.

The goal is to decompress you from the “regular world” and preparing for the “non-ordinary world”. Abrupt starting and stopping in a ritual should be avoided and can disturb the ritual experience and become jarring. It could change the whole energy and experience otherwise.

Initiation also includes invocation, or invitation. We not only invite ourselves but we invite others. These “others” include your higher self, your spirit guides, ancestors and support allies.

Immersion is generally the meat and potatoes of a ritual because initiation got you ready for it. This is where the main elements happen and there isn’t a time limit on how long you spend here. Spend as much time as you are able or you are called to do.

In a tea ritual, this is where we brew and drink our tea. Initiation is when we heat the water and get ready to brew the tea. And should the ritual need to be extended, we brew and drink more tea.
Immersion is also where we allow tea to help us with our ritual goals. If you are new to ritual work, to tea or to a particular kind of ritual, try not to have expectations about this “non-ordinary” space and your experience.

Ritual is like some kinds of medicine or a diet; it can be working and you may not realize it.

In addition, ritual is a lot like tea. Not highly process grocery store tea, however. Like the whole leaf, ancient tea trees. This kind of tea isn’t the same year to year and slight changes in processing can also mean a different experience. This kind of tea is the most suitable tea for a ritual primarily because it exemplifies real life and real magic.

Our experience of life, our day, our bodies and mind are not meant to be the same day to day, month to month, season to season. And yet, many of us are driven towards these goals. All of life is in a constant state of change and when this isn’t experienced it doesn’t reflect what is real.

Tea teaches us to accept and embrace our experience in the here and now however it is meant to manifest. This includes embracing things that may not feel so good as well as the things we enjoy. Each has something to teach us. But, change wakes us. It ruffles our feathers and makes us alert.

This by no means is some kind of new age philosophy of accepting discomfort or suffering and not taking care of yourself. If you have the means to change something and make yourself comfortable, please do it! However, what this is referring to mostly is expectations of how you think things should be versus how they really manifest.

This can often lead to blocks created by grief.

If this happens to you, pausing and attending toward the grief, accepting it and acknowledging it will help process it, rather than stuff it or ignore it... which doesn't really make anything “go away”.

Spending a few moments being mindful of what grief wants and why it may be here can be enlightening and help you move forward in a new, creative way.

The final stage is the departure and often this could be thought of as the reverse of initiation. It’s time to transition out of the non-ordinary space back to the ordinary. This can be done with prayer, music, journaling, art as well as putting away your ritual tools.
These steps can be as simple or complicated as you wish, but I encourage simplicity for a tea ritual meditation.

**Perspectives**

This ritual meditation is about seasonal transitions, but you can substitute the fall names for the days of the week, your week, your month or a situation. Feel free to substitute the words.

One repeating question in the workbook is the term “embody”. What does that mean?

- Taking inspired action/ movement
- Aligning with the vibration of what you desire/ attraction
- Determining the missing pieces to our goals and aspirations
- Putting energy behind it through planning and investigation
- Imagineering: Visualization creating emotional empowerment
- Accessing memories that are on par with the desire
- Finishing the sentence, “I am...” How can you be to support your desire?
- Creating visual triggers for the senses like a vision board, or special tea
- Working on reclaiming and strengthening your personal empowerment
- Changing your mindset to support the desire
- Altering your perception to support reality
- Affirmations upon waking or going to sleep
- Persistant action that become an identity that aligns with your desire
- Reviewing and reframing beliefs and core values to align with the desire
- It can include affirmation, rituals, altar work, strengthening personal and spiritual empowerment, overcoming blocks, and overcoming challenges

**Expectation**

The questions the workbook could be asking you about requires flexibility. What you desire and what is attainable can be different things. What you want may require steps to take to get there as well as time and consistency.

Please do not let that stop you from dreaming and achieving.
However, also keep in mind that what you want may not be reasonable or attainable at this time for you. And this may require more investigation about why it came up for you and what about this is important to you. For instance, you may be “too old” to begin your career as an astronaut, but your desire could hold the clue to something that is missing from your life. While you may not be able to be a astronaut, you may be able to bring elements of this dream into your life. This “thing” may be the very thing that your guides, higherrself and higher power have been trying to lead you too but not necessarily the concrete idea of going to space.

If however you encounter desires and aspirations that “you know” is impossible AND you are unwilling to accept anything less that this desire manifesting in a specified way that you wish, this could be a calling to investigate limiting beliefs, harmful mindsets, the need to control things even if it isn’t good for you. There also could be core values in beliefs that are incongruent and not in alignment for you.

Your higher power and the universe conspires to fulfill your aspiration and desires when we, on all levels, are congruent with the goal or aspiration. However, the universe and your higher power will not override other beings will or present your desire in a way that could potentially be harmful.

Being unable to accept this and let go of how and when the universe manifests this for you, is a huge block to healing and abundance. If this is the case for you, taking small steps to overturning this could be what is calling to you.

**Best Practices**

- Go with your first thoughts; clues and valuable information can be contained there.
- Accept and acknowledge whatever thoughts and feeling come up for you. Record them and when you are ready move forward with the ritual.
- Using this workbook like a journal can track trends, patterns and help you find solutions and overcome obstacles.
- Combining this workbook with tarot or oracles cards can spiritually level up this ritual.
- Keep it simple.
- Change up the ritual with new tools and allies especially if you want to shift your energy.
- Use the information in this workbooks to create important and custom affirmations tailored to you.
• Add to it! You can add prayers, perform Emotional Freedom Technique, sing, dance and craft art during this ritual instead of journaling.
• Keep it on the “I”. Yes, a lot of what goes on for us involved other people. We can’t do anything about them; only about us.

• Keep it personal. This isn’t the kind of ritual to be sharing with someone else. There are other rituals for this. You can share the workbook and video so they can do it on their own!
• Don’t forget to celebrate! Yes, especially right now. Life can seem dark and difficult, but there are still good things. Don’t forget to look for them and celebrate them no matter how small.
• You don’t have to answer all the journal questions. These are meant as prompts to inspire you.

Thank you for allowing me in to your home and path and sharing this ritual with you. I appreciate your contribution and participation at the Samhain Spirit Summit and look forward to seeing you again next year.

Happy Tarot-n-Ritual!

Mario Zeleny
1. What are you carrying with your right now into your ritual? What is your state of mind? Do you have concerns? Expectations? Curiosity? Now’s the time to get them out. Did you come to this ritual fresh from an argument or dealing with a challenge? Is it still bother you? Write about these things.
2. Take some time and be mindful of what you gathered for your ritual. What do these things mean to you? Why did you choose them? It’s Ok if you don’t know; just write down any impressions you get. What do you sense when you hold them, look at them or experience them?
3. What's one thing you can do to create a gateway from the ordinary into the non-ordinary sacred ritual space? (Hints: Light a candle, lower the the lights, use incense, meditate with a guide or an ally).
4. How are you feeling in your mind, body, emotions and spirit? How would you rate this overall between 1-10. 1 being the best there is and 10 being the worst there is. What are you experiencing?
Part 1: WHERE YOU HAVE BEEN

1. **Journal on the following questions:**
   - What are the stand out highlight of the past season, or week, or year... where you have been?
   - What did you discover, learn or experience that changed you?
   - What would you change about it, if you could?
   - What were your challenges?
   - Did you experience any “victories” or “successes”?
2. **Journal on the following questions:**

- What do I want to “keep” or bring with you from this place you have been and bring forward into where you are going?
- What do I want to leave behind and say goodbye too?
- What can I do to support yourself with this vision?

Explore what comes to you.
3. **Journal on the following questions:**

- How can you say “goodbye” those things you wish to leave?
- How can you honor them?
- How can you bring those aspects of those things you want to keep into your new time as you transition forward? How can you do this simply?
Part 2: WHERE YOU ARE GOING

1. **Journal on the following questions:**

   - What are your intentions and aspiration for where you are going, for the future?
   - Do these things have anything to with what you want to bring forward from fall?
   - How can you embody this??
2. **Journal on the following questions:**

- What excites you about the future or where you are going?
- What are you looking forward too?
- If you don't know, what could you get excited about?
- How can you embody this?
3. **Journal on the following questions:**

- What might you not be looking forward too in the future?
- Do you think there are aspects of where you been that will follow you into the future?
- What can you do to make it more comfortable for yourself, if this happens
- How can you embody this?
RITUAL DEPARTURE
Worksheet

At this point you can begin to return to ordinary reality by playing music, doing yoga or stretching, singing, dancing, or blowing out a candle.

1. As a result of the ritual and questions, have you resolved to take action? If so, how or what? When will you begin?

2. If you enjoyed your ritual today, can you identify what you enjoyed best? Why?
3. Did anything unexpected happen or come up for you in the ritual today? How so?

4. Would you change anything about your ritual experience today, or do something different?
5. How are you feeling in your mind, body, emotions and spirit?
   How would you rate this over all between 1-10. 1 being the best there is and 10 being the worst there is.

   Acknowledge it and take note. Then release it!
Code of Ethics

- We will always respect my clients’ confidentiality. No-one but you and I will see your private reading, unless you choose to share it.
- We will always try to provide clear insight and useful information.
- We will always attempt to share practical ways for growth.
- We will always show my clients respect.
- We will do my best, whenever possible, to relate my insights to real life.
- We will always be as specific as possible, where appropriate.
- We will try to show my clients that they always have a choice.
- We will always ensure that my readings are useful and truthful.
- We will not knowingly read for anyone under the age of 18.

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I am committed to maintaining the accuracy, confidentiality, and security of your personally identifiable information (“Personal Information”). We know your Personal Information is important to you, so it’s important to me. We will not share your Personal Information with third parties, unless you have otherwise consented, or when it is required or permitted by law. Providing me with your Personal Information is always your choice. However, your decision not to provide certain information may limit my ability to provide you with my products or services.

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My tarot readings, rituals, and custom readings serve only as a tool for guidance and insight into your life. Tarot and ritual are a tool of empowerment and enlightenment. It wakes us to observe more, to recall, reimagine, realign. It is up to you how to best apply the information in tarot readings, ebooks and coaching to formulate your own answers and solutions. The value, answers and information presented in a reading, ebook or coaching session is for you to use as you see fit and is your responsibility.

Tarot and other psychic readings are transformation tools using archetypes, symbols and correspondences helping the client connect past and present into valuable insights on the day they are given for the energies of that day for answers on how they may move forward in the future. What you decide to believe and how you apply this knowledge to create a different future is up to you and is your responsibility.
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Mario Zeleny
Tarot-n-Ritual
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