

Welcome to the ceremony and celebration of

Beauty, Awe, & Wonder

This ceremony is designed to run from **sunrise on Saturday, June 5 until midnight** that day, though if you can't take that much time, you can modify it to fit your schedule. Even a few hours of attention, if that is all you have, will be incredibly beneficial to you. But can you imagine beginning such a celebration at any time other than dawn? And what celebration of beauty, awe, and wonder would be complete without some time immersed in these qualities under the night sky and the stars?

This letter is to share the purpose and design of the day, and to describe various practices that will help you engage fully with the celebration. It will also help you counter the resistances that might arise from within as we engage in such an exuberant display of pure heart. This is especially important given that we have just experienced such a long period dominated by fear and being shut down (and shut in).

It is important that you protect whatever time you set aside for the ceremony and maintain your focus on beauty, awe, and wonder. Do not try to maintain your daily schedule while occasionally turning your attention towards these things. It would be better to do a shorter ceremony with a focused intent than weaken it and spread it out over the day.

So, the **intent** of this ceremony **is to refocus attention on all that is good and beautiful within your heart, and within life, by dancing with these special qualities** throughout the day. These three qualities are several of the pure and loving expressions of life that are always within you awaiting your attention and the invocation of them into your experience. Today, we give them

that attention. Today, we remember them and move back into harmony with them through our focus and intent. This is truly a day of celebration!

It bears repeating that this ceremony starts as we begin the dance with these qualities, and all efforts are then bent towards evoking and maintaining the vitality of them within your awareness. The best way to accomplish that is to ACT on the qualities you have quickened in your experience, and to continually express them through the day whether you are alone or with others. This is how we build the presence of these qualities into our experience and break the habits we have formed of allowing the darker aspects of our mind so much power in our awareness.

Of course, there is no “prescription” that we must follow to evoke these qualities. This is a personal dance, and each of us must find our own right path, our own inner knowing to continue our journey and to dance with each of them.

To laugh, to sing, to dance, to connect with others or nature, to do what brings you joy and fulfillment, this is the order of the day. Cultivate your appreciation of **BEAUTY** by searching it out in familiar and unfamiliar pathways and by saturating your awareness with gratitude for so much beauty all around you.

Look at our life through the lens of **AWE** by experiencing the presence of so much beauty around you, feel the swelling tide of awe as we stand face to face with the lively presence and action of all that is sacred in life. Awe is the appropriate response as we begin to see the vast

magnificence of life and how harmoniously interwoven it is. From the infinitely small to the infinitely large, and everything in between, there is connection, communication, harmony, and love.

And in it all, we are left speechless with **WONDER** at the magnificence of the small mundane things as well as the vast Oneness of life at every level and the love that holds it all together. We allow ourselves to surrender to this wonder as we saturate our senses with a simple leaf, the profound intricacy of a lovely wildflower, the vast spaces of life around and within us. The expressions of these qualities are endless; all we have to do is look for them and they will begin to reveal themselves until they are virtually all we see!

There is an ancient saying; *“what you see, you become”* and this is the active process of this ceremony. The journey is to ‘see’ these qualities all around, and then discover that we are changed by that seeing.

The place to start this journey is within your own intent and commitment to engage these qualities throughout the day, and the equal intent to challenge any uprising of darkness and negativity that might arise. The ceremony is the journey of discovery to find expression of each of these qualities both around you and within you.

Naturally, our old habits, will arise to knock us off this day-long celebration. This might look like over-thinking, negative emotions, skepticism of our abilities to see these things etc. Sometimes it will be easy to simply turn back to the three qualities, but other times the

struggle to return will be huge. This is where your commitment will help, as well as some of the exercises outlined below. They are designed to help you return your focus to the qualities. Be patient and allow it to happen.

Generally, this is a personal journey as each of us has a different starting relationship with these three qualities. It is your intent and focused commitment that will guide you through the moment-to-moment experience of this ceremony. Below are a few suggestions to get you thinking and planning for what may arise.

- **Gratitude and appreciation walk.** This is an exercise Malcolm has taught many of you to help you cultivate the spiritual qualities of ‘gratitude’ and ‘appreciation’. You can follow that template but modify the qualities. For example, you might search for beauty, and when you find a manifestation of it, be with it, look at it, allow it to overwhelm you until you feel a sense of awe or wonder at the mystery of beauty or of that beauty in particular. When you experience that, move on in your walk of discovery to another expression of beauty.
- The **Silence Quest** can move you out of distraction and back towards the place in your heart where these qualities live. Malcolm will teach this Quest during the preparatory call on Thursday June 3rd. This may be as simple as Tom’s Breath to Surrender, or some variation of that. These can be very effective to refocus a wandering or distracted attention.
- The **Good Medicine Basket** (or stick -

we feel a basket would work best for this ceremony). Here, with every experience of beauty, awe, or wonder, you celebrate that quality by selecting something from the environment to represent that experience—it can even be a small piece of paper where you write a brief description of the event or a single word or symbol. Then you gather them in your basket or satchel (or tie it onto the stick).

- An **Offering Fire** can be kindled at dusk (or any time that works). Take each item from the Good Medicine Basket, contemplate with gratitude the quality that is contained within it, and offer it into the fire to release that quality back into the flow of life and spirit. Modifications can be made if a fire is not possible. Consider using a BBQ or a fireproof container on a balcony to simply light the paper on fire.
- An **Evening Fire** under the stars is a lovely way to evoke powerful feelings of connection and beauty.
- **Rest!** This work can sometimes evoke the release of distress that we have held for a long time. Often what we need in these moments is to simply rest and be gentle with ourselves. This can help the distress move and be healed. You may then find that you are able to reconnect with the ceremony from a deeper, more whole place.
- **Dance!** This can help move stuck energy and allow you to refocus on the three

qualities. But it can also be a vehicle that helps you evoke the frequencies of Beauty, Awe, or Wonder into your life. Dance with, or as, a particular quality to evoke it. It can help you to tune to them, so that you recognize them more easily.

Remember, “*what you see, you become*” so whatever practices you use (either those suggested above or your own) will help transform your experience and lighten your heart as you become tuned to the deep inner qualities in your essence.

There will be a **preparatory zoom call** on Thursday, **June 3rd at 7 PM EST** to answer any questions and help you prepare. Please plan on attending if you require clarification. If your schedule or time zone doesn’t allow for this, a recording will be sent out to all registered participants shortly after the call has ended.

There will also be a **post-ceremony call** to share your experiences and hear from each other. This is scheduled for Thursday **June 10th at 7pm EST**. Details on how to connect to these calls are given below.

We hope to see you on the zoom calls and are honored and excited to share this celebratory and ceremonial space with you on the 5th. Thank you for joining us in this global ceremony.

Blessings from,

The Hearts of Fire Council

Zoom Call Information

Preparatory Call: **June 3** at 7 PM EDT

Join Zoom Meeting

<https://us02web.zoom.us/j/87089840800?pwd=QkRZRjh1TnByVFNoYXlXSVNWamlTdZ09>

Meeting ID: 870 8984 0800

Passcode: 602506

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+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

Meeting ID: 870 8984 0800

Passcode: 602506

Find your local number: <https://us02web.zoom.us/u/kdSpAbQj0I>

Post-Ceremony Call: **June 10** at 7 PM EDT

Join Zoom Meeting

<https://us02web.zoom.us/j/84353275154?pwd=OHk3YkdUYTV6c09mRnQxYllnZnJxZz09>

Meeting ID: 843 5327 5154

Passcode: 289860

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