

Touchstones Project Theme: Ritual



“The tea ritual: such a precise repetition of the same gestures and the same tastes; accession to simple, authentic and refined sensations, a license given to all, at little cost, to become aristocrats of taste, because tea is the beverage of the wealthy and the poor; the tea ritual, therefore, has the extraordinary virtue of introducing into the absurdity of our lives an aperture of serene harmony. Yes, the world may

aspire to vacuousness, lost souls mourn beauty, insignificance surrounds us. Then let us drink a cup of tea. Silence descends, one hears the wind outside, autumn leaves rustle and take flight, the cat sleeps in a warm pool of light. And, with each swallow, time is sublimed.” *Muriel Barbery*

“This is what rituals are for. We do spiritual ceremonies as human beings in order to create a safe resting place for our most complicated feelings of joy or trauma, so that we don't have to haul those feelings around with us forever, weighing us down. We all need such places of ritual safekeeping. And I do believe that if your culture or tradition doesn't have the specific ritual you



are craving, then you are absolutely permitted to make up a ceremony of your own devising, fixing your own broken-down emotional systems with all the do-it-yourself resourcefulness of a generous plumber/poet.”

Elizabeth Gilbert

Join us in exploring Ritual

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