

Structured Teaching Techniques

The Ritual Creation Worksheet and The Living Rede

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Overview

Structured teaching techniques provide a standard format for sharing information. Properly structured, the format itself is useful in teaching and reinforcing lessons even without instructor involvement. This workshop presents two methods of standardized teaching, the *Ritual Creation Worksheet* (RCW) and *The Living Rede*. Both are available for Free on www.PaganWisdom.com.

The Ritual Creation Worksheet

Creating a ritual from scratch, starting with a blank sheet of paper and an idea might not sound very difficult, but it often results in forgetting or omitting some “little things” that you just didn’t think of at the time.

Did you close anything you opened? Did you banish or release anything that you summoned or invited? Who will light the candles? Who is bringing the food? Do we have enough parking?

Enter the Ritual Creation Worksheet (RCW). The RCW was designed to help guide people through each step of ritual creation, from “why are we having a ritual” to “who is helping clean up afterwards?” It is designed to be usable across religions and traditions, and can be used to both create new rituals and serve as a journal to rituals already completed.

Teaching with the RCW

The simplest way to use the RCW as a teaching tool is to create a ritual with it.

Simply start at the beginning of the worksheet and move through each section. For each part, provide an introduction to what that part of the ritual is used for, provide a few examples of things that could be done, and then have each person fill out their own form either with a ritual designed by you, the class, or themselves.

As you move through each section, relate back to the parts of previous sections that provided the foundation for what you are working on, and explain how the various aspects flow through the ritual from start to finish.

Upon completion, have each person review what they have written down for consistency and see, now that they have the whole thing down, if there is anything they want to change to improve it. Depending on your class size and structure, you can have people exchange RCWs with each other and discuss ways of refining their rituals or review them personally yourself and make suggestions on ways to improve or enhance them.

Journaling with the RCW

Many times the effects of a ritual are not felt for weeks, months or years later. Journaling your rituals is a powerful way of preserving what happened and your impressions at the time for later review. By keeping a ritual journal you can go back later and find connections and patterns that were not detectable at the time of the ritual.

The RCW also serves as a quick and easy way to document the rituals you attend, guiding through each key part of the ritual. You can document in as little or as much detail as you like, but you won’t have to worry about forgetting a part inadvertently.

Effective Ritual

Once you know what you are going to do in ritual, it is important to know *how* to do it.

One of the most important parts of ritual is **Authenticity**. This means that you can't just *say it*, you have to *mean it*. You can't just pretend it, you have to do it. In other words, **you have to make ritual real**.

For the best results, make people part of the ritual, not just spectators. Here is a simple formula for doing this:

- **Have them bring something:** a thought, an idea, a fear, a gift, a feeling.
- **Do something with what they bring:** take it away, trade it, give it, offer it, transform it.
- **Give them something to leave with:** a memory, a token, a new idea, a transformed feeling, a new relationship with Self, Man, Nature or Spirit.

This works even in a ritual purely of worship: have them bring a gift of love, adoration or devotion, give them a way to offer it, have them understand and feel how it has been transformed into something new and valued, and leave them knowing it has been accepted.

Here are some of key elements for making rituals effective and powerful for those attending:

Being vs. Doing – Don't just do something, *be* what you are doing. If you are in the Priest/ess role, don't just 'do the Priest/ess stuff', but *Be the Priest/ess*. It is a subtle, but vital difference that will be picked up unconsciously by the people at your ritual. It is not only about *being in the moment*, but being *what you are* at that moment.

Becoming vs. Pretending – Don't just say "I am the symbol of the God/dess Whomever". Actually become them for the purposes of your ritual. Speak in the first person as their voice, walk as they would walk, act as they would act, think as they would think. *Become* them. Speak confidently, "***I am the God/dess Whomever***" and it will carry far more impact with those present.

Modeling vs. Telling – Don't just tell people what they should do, show them. If you want people to walk with confidence to the altar and pick up a stone, you do it first and show them what you want. People are social creatures and inherently good at doing what others have already done. By showing people what to do, they see exactly how to do it. It removes their apprehension and worries of doing something wrong, because they've already seen how to do it. It also removes peoples' fear of 'going first' at something, because you have already done it.

Experiencing vs. Witnessing – Involve the people at your ritual *in* your ritual. Don't just have them watch it, have them be a part of it. At the end of it you want them to say "That felt powerful" not "That looked good". Effective ritual is about involvement, not just watching it happen to other people.

Experiential vs. Intellectual – Teaching is an intellectual exercise. Ritual is an experiential exercise. It is important to keep this in mind and not spend lots of time in ritual teaching things. Ritual is the time for people to experience things, either that you have taught about before or will teach about later. Do not occupy the rational mind too deeply in ritual. Engage the creative mind and allow it to experience new things in new ways, or old things in comfortable ways, depending on your focus. But make it something to be experienced, not learned.

Sharing vs. Teaching – Teaching is what you do in a class. Sharing is where you open yourself up to others and allow them to look inside and see how you work. Effective ritual happens when you allow your true self to be seen by those present. Be "human." Don't tell them about you, let them see it. Let them join you, somehow, in whatever you are doing. They will feel a part of it, and a part of you.

The Living Rede

Effective Ritual is a microcosm of our world and our lives. It is a small, condensed, focused way of looking at a particular aspect of ourselves and the world of form and spirit around us.

The Living Rede addresses the broader sense of life, providing a systematic way of exploring and teaching many of the concepts integral to a fulfilling spiritual existence.

It provides a convenient way for teaching many of the concepts important to developing and maintaining a spiritual awareness in an (at least mostly) religion-neutral approach.

The Living Rede includes lessons on awareness, balance, duality, plurality, symbols, magic, energy, focus, change, death, divination among other things.

Teaching with The Living Rede

While the poem itself is simple, it offers lessons at a variety of levels of depth, depending on the level of the student.

The most basic lessons can be taken directly from the words of the rede, simply explaining what they mean and how they are meant. Once these lessons have been learned you can delve below the surface with more advanced concepts, again using it as a guide for where to explore, moving through it from start to finish or jumping around as your lessons dictate.

There is a Living Rede online coursework on *www.PaganWisdom.com* that you can use directly or base your own lessons off of. Each stanza is broken down and explored individually with discussion of the topics involved. Following each discussion are a series of questions and exercises designed to provide experiences to complement the information just presented.

It can also be used as a meditation tool, picking a particular stanza to focus on in meditation and see what arises from that focal point.

As you discuss various topics in similar and even unrelated subjects, many times a point can be related back to The Living Rede as an example of the point that the stanza is making, which allows it to serve as a common reference point for a variety of lessons in different contexts, but sharing the same mechanism or goal.

Knowledge + Experience = Wisdom

Though using the resources here you can provide yourself and your students with a combination of acquired knowledge and guided experiences which, when integrated, lead to personal wisdom.

Knowledge is the intellectual understanding of how things work, why they are the way they are, and how things can be used together. However, without practical application of this knowledge (experience), it is just a collection of facts and ideas in your head.

Experience is your own conscious participation in something. It provides you with the visceral understanding of what it is like to have gone through the experience. However, without a rational understanding of what happened, how and why, it is simply something that happened, an experience without context or relationship.

The key to achieving the greatest understanding of something is to both experience it and know it. This is Wisdom: the ability to know what something is, what to do with it, how, when and why.

This ritual created by / for:

Ritual Creation Worksheet

Version 1.08

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The Goal of this Ritual is:

The Theme of this Ritual is:

Type of Ritual:

- Worship Sabbat Esbat Social Protection Healing Attraction Repulsion Binding
- Dedication Devotional Meditation Guided Meditation Journey Visualization Prayer
- Divination Celebration Ritual Drama Rite of Passage Self-Development Karmic Release
- Karmic Acceleration Summoning Banishing Glamour Channeling Chanting Drumming
- Transformation Astral Projection Dreamworking Pathworking Other:

Select what you want to include in the ritual:

Common Parts of Ritual	Purpose in this ritual	Ideas on how to do it	What order will it be done in?
<input type="checkbox"/> Preparation / Setup			
<input type="checkbox"/> Greetings / Welcome			
<input type="checkbox"/> Cleansing / Smudging			
<input type="checkbox"/> Cast Circle / Protections			
<input type="checkbox"/> Invite / Summon / Call			
<input type="checkbox"/> Building Energy / Focus			
<input type="checkbox"/> Primary Ritual Act			
<input type="checkbox"/> Offerings / Communion			
<input type="checkbox"/> Thanks / Dismissal			
<input type="checkbox"/> Grounding / Release			
<input type="checkbox"/> Dissolve Circle / Protections			
<input type="checkbox"/> Release Group			
<input type="checkbox"/> Cleanup / Takedown			

Below are some checklists for the different parts of the Ritual to help figure out what you want to do:

Time and Place:	Preferred Choice	Reasons
<input type="checkbox"/> Time of Ritual		
<input type="checkbox"/> Date of Ritual		
<input type="checkbox"/> Phase of Moon		
<input type="checkbox"/> Weather		
<input type="checkbox"/> Indoor or Outdoor / Where		
<input type="checkbox"/> Physical Space Required		
<input type="checkbox"/> Number of Participants		
<input type="checkbox"/> Number of Spectators		
<input type="checkbox"/> Amount of "Involvement"		
<input type="checkbox"/> Private or Public / Open		
<input type="checkbox"/> Gender / Orientation-only?		
<input type="checkbox"/> Other:		

Cleansing / Smudging:	What / Why	How / With What
<input type="checkbox"/> Pre-Ritual Cleansing (bath, diet, anointing, etc.)		
<input type="checkbox"/> Cleanse Ritual Area		
<input type="checkbox"/> Cleanse Leader(s)		
<input type="checkbox"/> Cleanse Participants		
<input type="checkbox"/> Cleanse Observers		
<input type="checkbox"/> Other:		

Cast Circle / Protections	What / Why	How / With What
<input type="checkbox"/> Define ritual area		
<input type="checkbox"/> Cast Magic Circle		
<input type="checkbox"/> Create Other Defenses		
<input type="checkbox"/> Personal Protections (amulets, stones, etc)		
<input type="checkbox"/> Other:		

Invite / Invoke / Summon / Call	Who / What to be called	Why calling them? What will they do?	Who will call? How will you call them?
<input type="checkbox"/> God / Goddess / Deity			
<input type="checkbox"/> Guardians			
<input type="checkbox"/> Elements			
<input type="checkbox"/> Ancestors			
<input type="checkbox"/> Spirits			
<input type="checkbox"/> Other:			

Energy to be used	What will it be used for?	How will it be used?	How will you build it?
<input type="checkbox"/> Personal			
<input type="checkbox"/> Divine			
<input type="checkbox"/> Elemental			
<input type="checkbox"/> Ancestors			
<input type="checkbox"/> Planetary / Celestial			
<input type="checkbox"/> Cosmic / Universal			
<input type="checkbox"/> Fairy / Fey			
<input type="checkbox"/> Mythical Being (dragon, unicorn, etc.)			
<input type="checkbox"/> Other:			

How will energy be raised / focused / banished	What will it be used for?	How will it be used?	How will you build it?
<input type="checkbox"/> Chant / Song			
<input type="checkbox"/> Dance / Movement			
<input type="checkbox"/> Meditation			
<input type="checkbox"/> Guided Visualization			
<input type="checkbox"/> Prayer			
<input type="checkbox"/> Calling on another entity			
<input type="checkbox"/> Physical Movement (sweep, jump, crawl, hop, etc.)			
<input type="checkbox"/> Screaming / Emotional Release			
<input type="checkbox"/> Music			
<input type="checkbox"/> Drumming			
<input type="checkbox"/> Sexual / Tantric			
<input type="checkbox"/> Other:			

Ritual Components / Tools	What kind(s)	How will it be used	Charge Before Ritual?
<input type="checkbox"/> Athame / Sword / Blade			
<input type="checkbox"/> Cup / Cauldron			
<input type="checkbox"/> Candle			
<input type="checkbox"/> Incense			
<input type="checkbox"/> Feather			
<input type="checkbox"/> Poppet / Voodoo Doll			
<input type="checkbox"/> Rope / Ribbon			
<input type="checkbox"/> Animals (claws, teeth, etc.)			
<input type="checkbox"/> Elements (earth, water, etc.)			
<input type="checkbox"/> Plants / Flowers / Herbs			
<input type="checkbox"/> Oils / Essences			
<input type="checkbox"/> Masks			
<input type="checkbox"/> Bells / Gongs / Chimes			
<input type="checkbox"/> Wand / Staff / Rings			
<input type="checkbox"/> Other:			

Dissolving Circle / Protection	What techniques or tools will be used?	Who will do it?	Special Notes
<input type="checkbox"/> Taking Down / Opening Circle			
<input type="checkbox"/> Releasing those Invited / Invoked / Summoned / Called			
<input type="checkbox"/> Thanking God / Goddess / Divinity			
<input type="checkbox"/> Breaking Wards			
<input type="checkbox"/> Cleaning Up (Mundane)			
<input type="checkbox"/> Other:			

Resolution	What techniques or tools will be used?	How will it be used?	Special Notes
<input type="checkbox"/> Energy Release			
<input type="checkbox"/> Grounding Leader(s)			
<input type="checkbox"/> Grounding Participants			
<input type="checkbox"/> Breakdown of Ritual Space			
<input type="checkbox"/> Cleaning Up (Mundane)			
<input type="checkbox"/> Other:			

Socializing	Who is in charge / who brings items	Details
<input type="checkbox"/> Any dietary restrictions for guests? (Vegetarian, Vegan, Allergies, Non-Alcoholic, etc.)		
<input type="checkbox"/> Coffee		
<input type="checkbox"/> Cakes / Bread		
<input type="checkbox"/> Wine / Juice		
<input type="checkbox"/> Ale / Mead		
<input type="checkbox"/> Chocolate		
<input type="checkbox"/> Other Food		
<input type="checkbox"/> Other Drinks		
<input type="checkbox"/> After-Ritual Discussion / Get Feedback on Ritual		
<input type="checkbox"/> After-Ritual Activities		
<input type="checkbox"/> After-Ritual Announcements		
<input type="checkbox"/> Info on Future Rituals		
<input type="checkbox"/> Need Help for Next Rituals?		
<input type="checkbox"/> Thank Guests / Participants		
<input type="checkbox"/> Other:		

Roles / Personnel	Who will do this?	What will they do?
<input type="checkbox"/> Preparation / Setup		
<input type="checkbox"/> Greetings / Welcome		
<input type="checkbox"/> Cleansing / Smudging		
<input type="checkbox"/> Cast Circle / Protections		
<input type="checkbox"/> Invite / Summon / Call		
<input type="checkbox"/> Building Energy / Focus		
<input type="checkbox"/> Primary Ritual Act		
<input type="checkbox"/> Offerings / Communion		
<input type="checkbox"/> Thanks / Dismissal		
<input type="checkbox"/> Grounding / Release		
<input type="checkbox"/> Dissolve Circle / Protections		
<input type="checkbox"/> Release Group		
<input type="checkbox"/> Cleanup / Takedown		
<input type="checkbox"/> Other:		

Ritual Content	Content Details: How will it be done? What will they need? Will others help? Will Presentation be Freestyle (Ad-lib) or Scripted?
<input type="checkbox"/> Preparation / Setup	
<input type="checkbox"/> Greetings / Welcome	
<input type="checkbox"/> Cleansing / Smudging	
<input type="checkbox"/> Cast Circle / Protections	
<input type="checkbox"/> Invite / Summon / Call	
<input type="checkbox"/> Building Energy / Focus	
<input type="checkbox"/> Primary Ritual Act	
<input type="checkbox"/> Offerings / Communion	
<input type="checkbox"/> Thanks / Dismissal	
<input type="checkbox"/> Grounding / Release	
<input type="checkbox"/> Dissolve Circle / Protections	
<input type="checkbox"/> Release Group	
<input type="checkbox"/> Cleanup / Takedown	
<input type="checkbox"/> Other:	

Sketch Layout of Ritual Area and/or Altar:

N
W+E
S

After the ritual, complete this section to help you remember, refine and improve future rituals:

Details:	This Ritual	Notes for Future Rituals
<input type="checkbox"/> Time of Ritual		
<input type="checkbox"/> Date of Ritual		
<input type="checkbox"/> Phase of Moon		
<input type="checkbox"/> Weather		
<input type="checkbox"/> Indoor or Outdoor / Where		
<input type="checkbox"/> Physical Space Required		
<input type="checkbox"/> Number of Participants		
<input type="checkbox"/> Number of Spectators		
<input type="checkbox"/> Amount of "Involvement"		
<input type="checkbox"/> Private or Public / Open		
<input type="checkbox"/> Gender / Orientation-only?		
<input type="checkbox"/> Other:		

What were the memorable parts of the ritual for you:

What were the memorable parts of the ritual for your guests / participants (Ask them!):

Part of Ritual	What worked and what didn't. How can it be improved next time?
<input type="checkbox"/> Preparation / Setup	
<input type="checkbox"/> Greetings / Welcome	
<input type="checkbox"/> Cleansing / Smudging	
<input type="checkbox"/> Cast Circle / Protections	
<input type="checkbox"/> Invite / Summon / Call	
<input type="checkbox"/> Building Energy / Focus	
<input type="checkbox"/> Primary Ritual Act	
<input type="checkbox"/> Offerings / Communion	
<input type="checkbox"/> Thanks / Dismissal	
<input type="checkbox"/> Grounding / Release	
<input type="checkbox"/> Dissolve Circle / Protections	
<input type="checkbox"/> Release Group	
<input type="checkbox"/> Cleanup / Takedown	
<input type="checkbox"/> Other:	

What lessons were learned from this ritual?

Other Notes:

The Living Rede

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*A lifetime of learning I've set to these pages,
Some learned from fools, and some learned from sages.*

*This tome contains musings: some wisdom, some rant.
Some will find truth here, some won't and some can't.*

*If your eyes fall upon this page, it's meant for you,
For the Universe offers what you're meant to do.*

*The Secret of Magic quite often astounds:
There isn't a Secret! Just look all around!*

*The Trees teach you lessons – the Willow that bends.
The challenge for you: learn the message it sends.*

*By Example and Symbol the Universe speaks.
It may happen quickly or take many weeks.*

*Be aware what you notice – it needs your attention
If you're going to hear what it's trying to mention.*

*For the Universe rarely speaks loudly and clearly,
But it speaks all the time if you listen sincerely.*

*You're here for a reason – to heal, teach and learn.
The better you listen, the more growth you'll earn.*

*The goal, it would seem, is reunion with Spirit.
Learn lessons while here, don't run from, don't fear it.*

*Though we travel our own paths, our lives interlace.
We must all grow together - this isn't a race.*

*So be mindful of others, and help when you can,
A bird, tree or pebble, a woman or man.*

*Material, Ether and Astral involved,
Work them correctly, your problems be solved.*

*Magic is simple, has rules, like Mundane,
Push or pull with your Heart and direct with your Brain.*

*The Emotions you raise will determine its power.
The more you project, that much sooner its hour.*

*The Thoughts that you hold in your mind as you cast
Tell the power its job – where to go and its task.*

*If your thoughts falter or change while you work,
Your focus is lessened - your power will fork.*

*Dual aspects to work with, the God and the Goddess,
Called Yang and called Yin – the names matter not, honest!*

*Yang feels like anger – you feel in your chest.
It jumps to the hand and for quick work is best.*

*Yin is much softer – it's felt at the womb.
The power of Love and the peace of a tomb.*

*Yang is aggressive – Male "Get It Done Now!"
If you're in a hurry, Yang does it, and how!*

*Yin is more subtle, for delicate tasks.
If you're working with love, it's the one you should ask.*

*All genders have both, their intensities varied,
And strong you will be with both energies married.*

*Be Humble and True, though, whatever your power.
Sometimes you're the lightning, sometimes you're The Tower.*

*The Cards hold no magic, the Runes have no secret
That's not found within you – if only you'll seek it.*

*Negative or Positive? Sometimes you must give.
The Antelope dies so the Lion may live.*

*Remember, when tragedy breaks down your door:
Whatever you lose, you will gain so much more.*

*I know it sounds hard, when loss brings pain and sorrow,
But you will know joy again – next year, or tomorrow.*

*One thing that I've found, and I hope you will heed:
Ask not what you want from life. Ask what you need.*

*Ask what you want and it may come to you,
But ask what you need: What you came here to do.*

*This far through my Rede you have stayed and have read.
Down paths much like mine you are likely to tread.*

*I welcome you, joyful, a companion to walk,
For someone to listen to, someone to talk.*

*These pages are yours to accept or critique.
May your road straight to Spirit unfold at your feet.*

*Stay if you will, here, or leave if you must.
Blessed Be, One and All. Perfect Love. Perfect Trust.*