



# RITUALS

*for Awakening  
the Divine Masculine*

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## Table of Contents:

Ritual 1) Father Healing

Ritual 2) Inner Masculine Inventory

Ritual 3) Sun Contemplation

Ritual 4) Fire Meditation

Ritual 5) Honoring Your Ancestors

Ritual 6) Digesting Emotional Energy

## *Ritual: Father Healing*

Gather some old photos of your dad or any small object linked to him that you have access to that feels like a genuine part of him. Bring these objects or photos to a sacred space/ altar or private corner of your living space where you won't be distracted. Sit with the images/ objects for 10 minutes, making the intention to remember your connection with your dad growing up- let your memory be active and start to remember what feelings you've felt around him. What you've shared openly with him and what you've repressed. What your interactions with him were like. Just gently remembering...

And then start to imagine what your dad's life was like when he was young, before he had you. Imagine his interests in high school, who he looked up to, what he wanted to do with his life. What did he share and what did he hide? Allow any emotions to come up without judgment. Peel away any mental story that comes up w/ the emotion. Simply place your hands on your body and say 'I can digest this.' Give yourself about 10 minutes then close the ritual by silently wishing your dad peace.

*Ritual: Inner Masculine Inventory*

Safety

Truth

Protection

Warmth

Structure

Stability

Humor

Trust

Healing energy

Fatherly Love

Providing

Sheltering

Choose up to five of the above keywords that you most resonate with, then take out your journal and write under each keyword:

What actions are you taking currently that are expressing this quality?

What actions are you taking currently that AREN'T expressing this quality?

What actions can you start taking to embody this quality?

## *Ritual: Sun Contemplation*

The sun connects us to yang energy and is excellent for uplifting mood and creating a feeling of joy/ emotional warmth. Also this practice gives energy to the body, and gives an opportunity to just be with yourself and let what naturally comes up to come up.

Over the next few days find a spot outdoors or a window where you can see the sun. You don't have to look directly at it, but just observe the area of light & sky around it and contemplate the phenomenon of light. When you wake up in the morning, spend a few moments looking out your window and honoring the light before you start your day. Reflect on how different it feels than night time/ darkness, how it makes you feel internally vs. if you were staring out at darkness. Reflect on how this illuminating light reappears and disappears each day. Offer your thanks. This ritual is best done at sunrise and sunset. Bonus points if you can get outside in the fresh air!

### *Ritual: Fire meditation*

*Simply light a candle and sit for 5-10 minutes gazing at the flame while focusing on your heart space. Let your breathing be natural and elongated. Notice what comes up while resting in the heart space and gazing at the flame. You can imagine a light starting in your stomach/ solar plexus rising up and filling your heart with warmth. Or, you can simply offer a few moments of silence/ thanks. Contemplate- what does it feel like to engage with the fire element? Blow out the candle and close the meditation.*

## *Ritual: Honoring Your Ancestors*

*Offering a few minutes of silence and a candle burning to ancestors is a common practice in many cultures that's done daily and said to heal ancestral trauma in the family lineage. Also, it's known to assist in opening yourself to your ancestors' good qualities, skills, and talents so that you can start expressing them.*

*This ritual is good for grounding and healing old wounds that you may still be carrying unconsciously in the body. Doing it a few days a week may open you up to guidance, insights, or inner knowledge.*

*First, gather a few pictures of your ancestors. Set up a mini-shrine and put it in a corner of your bathroom, or on the corner of the bathroom sink. Really any place you go to regularly and will see it often is fine (I used a little wooden box and propped up 3 pics in there with a crystal and a small candle in front of it and keep it on my bathroom sink)*

*Simply light a candle and ask for peace, and send them peace back. If you wish you can spend a few minutes contemplating their lives, or their spirit. At the very least just offer them a few minutes of silence while the candle burns. Notice what comes up without judgment. Blow the candle out and close the ritual. Again, you don't have to do this long. 5 minutes is sufficient!*

*Always feel free to invite in angels, guides, and light beings to send light energy to your ancestors too. Of course, know that you can skip this ritual if for any reason it doesn't feel safe.*



## *Ritual: Digesting Emotional Energy*

*Oftentimes we go through things and don't fully digest them in our energy body. The energy body is where the psyche can be felt in the body, where experiential phenomena come up. Example: feeling of tightness/ constriction around the throat when you need to tell someone something very vulnerable or that brings up a hard emotion/ blocked emotions. Heartbreak or falling in love. Butterflies in your stomach. Heat in the sexual center during arousal.*

*Digesting this kind of emotional/ spiritual energy lets us assimilate the experience in the deep layers of our being, and lets us truly contain the emotions as they flow through us, so that they feel complete and there is a kind of mysterious closure that comes naturally simply when we hold space for the process.*

*Here is a simple practice that I learned from tantra teacher Hareesh Wallis on how to digest energy/ emotion in the energy body. Here's what he says about it:*

*"With a strong energy body you can digest challenging emotions/ experiences. Even the most challenging experience becomes food. You can adjust to significant life experiences. It's almost impossible to digest emotional energy if you're too attached to a story around it. Otherwise, emotion is life force & food for the energy body. On the tantric path we don't 'let go', we digest it."- Hareesh Wallis*

The practice:

*Lay down in any restorative pose such as legs up against the wall, or place a folded towel or blanket under your neck, back, and knees.*

*Relax your breath. Place your hands on your body and start to feel...completely allow yourself to feel what comes up. You can place your attention on the heart space. Now, start to peel off any story that comes up around it. Without the mental story, just feel the raw energy/ emotion.*

*Make the silent intention to yourself 'I can digest this'.*

*This is a tantrik practice and in tantra it is understood that in the same way that the body knows how to digest food on its own, the energy/ emotional body also knows what it's doing if we allow it.*

*Give as much time to this practice as feels comfortable, and if it feels overwhelming allow yourself to come out of it and switch to more lighthearted, distracting activity such as calling a friend, watching a lighthearted movie or a hike/ walk in nature.*

*The idea is to keep coming back to the practice and doing it in the amount that feels right. Trust your body to guide the process.*

*Disclaimer: This ritual is not intended to be trauma therapy. If your anxiety is at a level which this practice is not sufficient enough to contain please seek the help of a trauma therapist.*