



# A ritual for procrastination

I am procrastinating. At least, I think I am...

I could be wrong. Maybe what I'm calling procrastination *could be* something closer to Divine Timing. Or at the very least Practical Protection. I'm really unsure!



Maybe, just maybe, there's a reason for the procrastination. Maybe it's serving a purpose I can't see.

- Maybe there's some piece missing that I haven't discovered yet.
- Maybe it's not the right time for what I think needs to happen and a better time will present itself.
- Maybe it's not the right thing. (I committed to a completely different blog post weeks ago that just refused to be written. This is what's actually flowing instead.)
- Maybe I'm not ready to move ahead.
- Maybe ego thinks it knows better. (It often does...)

What's called for is discernment. Discernment, which comes from the French root meaning to separate and distinguish. There are so many things these actions could mean. To know which one is most accurate will help me choose my approach going forward.

It's hard to practice discernment with a slippery topic like procrastination which comes with so many stories, so many judgements, so many cultural connotations.

It needs space to be explored. And it would help if it were more concrete, too.

What this needs is a ritual!

## What you'll need

Space for an altar  
An altar cloth  
Sculpey clay (or play dough)  
A plate



## What to do

Clear off the space for the altar and add the altar cloth and the plate.

### Step 1: Create Sacred Space

Focus on your breath for three full, deep breaths. Unwrap your Sculpey clay; begin to knead it and work it into a lump.

### Step 2: State the Reason for the Ritual

Say aloud: "I am procrastination and I need to know why."

### Step 3: The Body of the Ritual

Say aloud to the lump of clay: "This is my procrastination. I do not like it. I do not understand it. But. I am willing to make space for it. I am willing to let it be what it is. I am willing to explore what it really is, to hear what stories I am telling myself about it, and to entertain the idea that it might be serving me in some way.

"Little Lump, I am willing. Here is your space. Teach me."

While still in sacred space, engage with your procrastination.

Journal with your procrastination while looking at it. You've created a symbol of it, made it into something concrete. It's a thing you can interact with now. Use that to your advantage. Play with it physically – knead it or make it into simple shapes. Talk to it. Talk with it, and listen to what it has to say.

## *Step 4: Close the Ritual*

Put the lump on the plate on the altar. Say “Thank you” aloud to your procrastination lump (however begrudgingly.) Focus on your breathing for three deep, full breaths to finally close your sacred space.

Note: This ritual is the start of a practice. Continue to work with and explore your procrastination. Keep it up until you discern the answer or until your procrastination has passed.

