



## Ritual for a Dragon Year

2024 is Year of the Dragon in Asian culture. It's a time to let go of that which is not serving us (the old) and set a field for attracting that which will (the new) & which we may not be able to immediately articulate. In this situation, generalities work. Courage, abundance, health, joy &c. For our Dragon Year guide we'll go back to David Abram's essay "The Air Aware" and remember:

*It may be far more parsimonious, today, to suggest that mind is not at all a human possession, but is rather a property of the earthly biosphere — a property in which we, along with the other animals and the plants, all participate. The apparent interiority that we ascribe to the mind would then have less to do with the notion that there is a separate mind located inside me, and another, distinct mind that resides inside you, and more to do with a sense that you and I are both situated inside it — a recognition that we are bodily immersed in an awareness that is not ours, but is rather the Earth's. After all, mind is a quintessentially quicksilver phenomenon, impossible to isolate and pin down.*

How to understand the notion of "mind" as Abram articulates in his essay? This should be the main subtext of this ritual. I find a similarity in the poetics/personal mythology of Kenji Miyazawa. In the introduction to his book Strong in the Rain as translated into English by Roger Pulvers, it is said Miyazawa's approach to nature was that he: "...observed, absorbed and recreated it, without resorting to fashioned counterworking or the traditional artifice of lament..." That he saw himself as the "medium for reprocessing of nature: that is, natural phenomena of light, wind and rain are processed through him before they are recreated on the page." If that does not sound like Charles Olson's poem as "high energy construct" I'm not sure what would.



## NEW DRAGON YEAR RITUAL

- 1) Get your field work backpack on with incense, lighter, water, sacred text and pocket journal. (Though that could go in a pocket.)
- 2) Create an intention & note the time you start. Your intention could include being safe, connecting deeply with the More Than Human world & allowing the possibility of the experience being transformative and giving you greater understanding of how mind works as part of place.
- 3) Go to your ritual spot, or plan on visiting several spots. Access to running water is essential for this ritual.
- 4) Light incense, reiterating your intention. I sometimes light incense in two spots around me and ask that any being who comes in contact with the scent or the field of that incense have a healing experience. Note what critters appear and what they do.
- 5) Start a pocket journal entry that notes the time and place you started the ritual.
- 6) Look back on the past ritual experiences doing this work and maybe incorporate some of that. In my case it was drawing colorful leaves and writing poems.
- 7) Read from the sacred text you brought.
- 8) With a sheet of paper create 3-9 “paper boats.” These need not be fancy and you could color them and also note on them what quality you want to attract in 2024. Best to be abstract, but if specific, consider adding the phrase “or something better.” When you are ready, after you have been in the spot for a little while at least, send each “paper boat” into the stream,



or river, or lake current. Watch it until it goes completely out of sight. Note if your “prosperity” needs some tending, if your “vitality” gets stuck in the rocks, if your joy gets stuck on a log and what happens to your “love” boat.

9) Make sure the time in the field exceeds the time the incense is burning. Maybe you can burn more than one stick of incense after the original burns out. Always be sure to take care with items that involve flame.

10) Do make notes of what happens. You may be inspired to write a poem. Your notes can help you write a poem from the experience. The poem could be your steps on how to prepare for this ritual (see Ritual Poem) could be written as part of the experience, or the experience could be the rehearsal for the poem written about the ritual.

10) Plan in advance the action taken that will signal the end of the ritual and note them time when it does end.

9:49am  
10-FEB-2024  
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#### WORKS CITED:

<https://wapo.st/3w6Ddey>

<https://orionmagazine.org/article/the-air-aware/>

Miyazawa, Kenji *Strong in the Rain (Selected Poems)* trans. by Roger Pulvers

