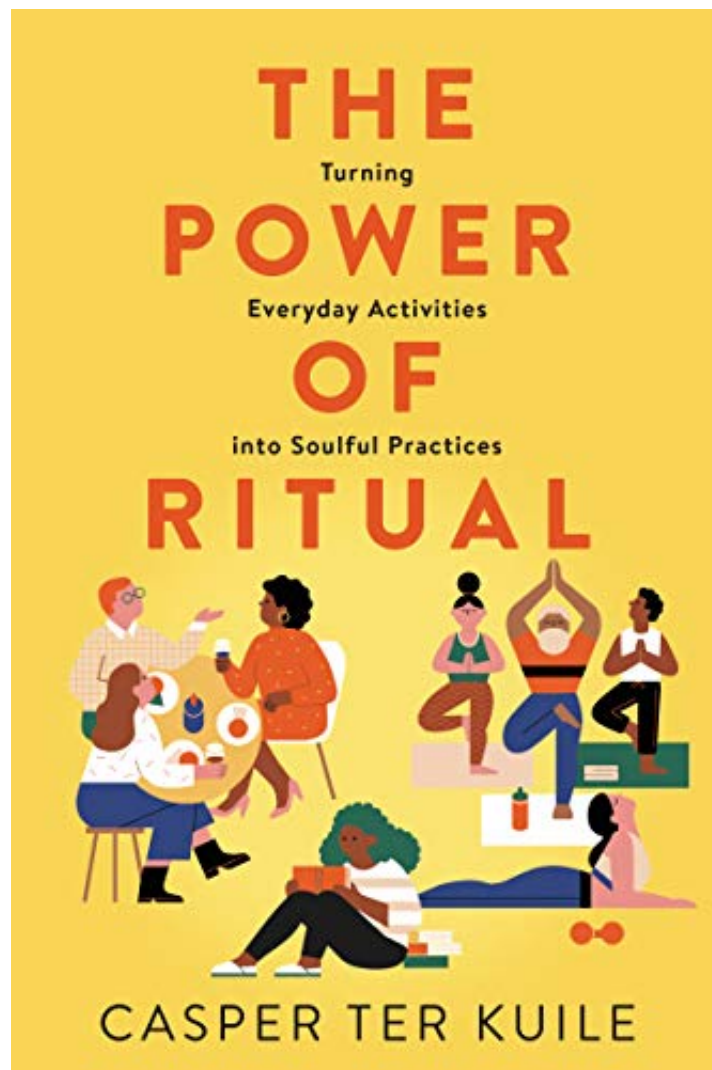


The Power of Ritual: Turning Everyday Activities Into Soulful Practices

by

Casper ter Kuile



DOWNLOAD E-BOOK

Synopsis

Casper ter Kuile, a Harvard Divinity School fellow and cohost of the popular Harry Potter and the Sacred Text podcast, explores how we can nourish our souls by transforming common, everyday practices—yoga, reading, walking the dog—into sacred rituals that can heal our crisis of social isolation and struggle to find purpose—a message we need more than ever for our spiritual and emotional well-being in the age of COVID-19. “After half a decade of research and hundreds of conversations with people around the country, I am convinced we are in the midst of a paradigm shift. That what used to hold us in community no longer works, and that the spiritual offerings of yesteryear no longer help us thrive.”—Casper ter Kuile

What do Soul Cycle, gratitude journals, and tech breaks have in common? For ter Kuile they offer rituals that create the foundation for our modern spiritual lives. We are in crisis today. Our modern technological society has left too many of us—no matter our ages—feeling isolated and bereft of purpose. Previous frameworks for building community and finding meaning no longer support us. Yet ter Kuile reveals a hopeful new message: we might not be religious, but that doesn’t mean we are any less spiritual. Instead, we are in the midst of a paradigm shift in which we seek belonging and meaning in secular practices. Today, we find connection in: CrossFit and SoulCycle, which offer a sense of belonging rooted in accountability and support much like church groups Harry Potter and other beloved books that offer universal lessons Gratitude journals, which have replaced traditional prayer Tech breaks, which provide mindful moments of calm In *The Power of Ritual*, ter Kuile invites us to deepen these ordinary practices as intentional rituals that nurture connection and wellbeing. With wisdom and endearing wit, ter Kuile’s call for ritual is ultimately a call to heal our loss of connection to ourselves, to others, and to our spiritual identities. *The Power of Ritual* reminds us that what we already do every day matters—and has the potential to become a powerful experience of reflection, sanctuary, and meaning.

Sort review

"*The Power of Ritual* is essential reading for anyone interested in how to find meaning in our strange, new world. Bursting with wisdom and compassion, this is the rare book that really might change your life. It has certainly changed mine." -- John Green, Author of *The Fault in Our Stars*

"Casper ter Kuile continues to have his pulse on this generation's search for meaning. Building on the incredible work of *How We Gather*, *The Power of Ritual* offers a radical proposition: we decide what's sacred."-- Priya Parker, author of *The Art of Gathering*

"Casper ter Kuile's book is genuinely wise and utterly useful: it offers you the opportunity to remake your life in small but vital ways that will leave you happier, calmer, and more able to do the work that must be done on this planet. A classic the day it is published!" -- Bill McKibben, author of *Radio Free Vermont*

"If you are passionate about community building or simply seeking what feels good in life and how to get more of it...consider this book your new bible. " -- Cleo Wade, Author of *Heart*

Talk and Where to Begin"Human beings are made to experience the transcendent, for worship and, though this might surprise many people, for ritual as well. Casper ter Kuile invites our increasingly secular world to discover the sacred in the midst of the everyday and turn our days into rituals of joy, praise and gratitude." -- James Martin, SJ, author of *The Jesuit Guide to (Almost) Everything* and *Jesus: A Pilgrimage*"The Power of Ritual has a startling message: feeling better isn't about adding new things, but rather about seeing what we have through new eyes." -- Evan Sharp, Co-Founder of Pinterest"I've been waiting for a book like this. The Power of Ritual teaches us how to treat reading as sacred, fitness as sacred, alone-time as sacred, and people as sacred. No blasphemy but this book is my new sacred text!" -- Scott Heiferman, Co-Founder of MeetUp"Casper so perfectly captures the power of ritual in this very research-based, thought-provoking book. Ritual is an integral part of architecting community and he thoroughly shares so many important examples of just how to integrate it in everyday life and in creating community. A must-read for any leader." -- Radha Agrawal, Co-Founder and CEO of Daybreaker and author of *Belong*"As we reimagine our relationships, with self, one another and nature, The Power of Ritual provides deep insight into traditions both new and old. Brilliant." -- Elizabeth Cutler, Co-Founder of Soul Cycle"A thoughtful debut. Those who are beginning to explore spirituality will find many rich ideas." -- Publishers Weekly --This text refers to the hardcover edition.

About the AuthorCASPER TER KUILE is the co-host of the award-winning podcast *Harry Potter and the Sacred Text*, a Ministry Innovation Fellow at Harvard Divinity School, co-founder of startup Sacred Design Lab, and former Director of Possibility at the On Being Impact Lab. His work has been featured in the *New York Times*, *Boston Globe*, *Vice*, *The Atlantic*, and the *Washington Post* and on PBS. He is the co-author of seminal paper, ""How We Gather,"" and has presented his research at venues like the Aspen Ideas Festival, Institute for the Future, and Cannes Lions Festival.--This text refers to the audioCD edition.

[*Download to continue reading...*](#)

What people say about this book

Dev A, "So many ideas that I am excited to apply to my life and work. Casper brings you along as a reader right away. You are drawn in. The practices he talks about, the stories he tells throughout and the experience and wisdom that he writes from are refreshing. So many ideas that I am excited to apply to my life and work."

Sally Marie, "Enjoyable, Relevant, Profound & Practical. I know this was written pre COVID but it is perfectly relevant for this moment. Casper knocked my socks off with his tight structure, and the way he makes the profound seem simple. This book is for anyone who would like spiritual direction, for those recovering from religion and craving the spirituality of ritual. It's for all of us. It's a quick read and will point readers in new directions too references many other resources and readings. A blessing to you Casper for what you put out into the world. You are gift to all of us. And a special blessing for those last pages. I had forgotten and I remembered. Thank you for reminding me and all of us of the paradox between loneliness and connection."

aminordim, "Enlightening. So far it has made me really take a look at my habits and try to bring some intentionality into my life! Would absolutely recommend reading this especially during this crisis that we are all faced with on many different levels. Thank you for sharing these thoughts with the world!"

Hannah Grosser, "Inspiring and empowering!. As a fan/follower of Casper's for years, I was thrilled at the publication of this book. I had very high expectations and still they were surpassed. The Power of Ritual speaks to a deeper yearning to make meaning of our limited time, demonstrating how simple things can take on rich and generative meaning with intention. Pulling the meat of rituals and traditions away from sometimes outdated or otherwise uncomfortable containers give us all the capability and reason to add them into our own daily lives. Casper also doles out the permission to make these powerful tools our own, which may be what I appreciate the most. I will be keeping and referencing this one again and again. Five glorious stars and points to Slytherin!"

Stacey, "How to find your soul when you don't believe in god. Look really blew me away and changed my life. As a former devout Christian who lost my belief in God, I thought on spiritual things were not for me anymore. This book gives both instructions and permissions to adopt and adapt the best of both secular and religious practices to find meaning and connection, without just being some new take on consumer spirituality. I plan to re-read immediately and expect to come back to this book many times in the future."

m, "Absolutely adored this book. It's a must-read for anyone who has a complicated relationship with religion. If you're trying to find ways to connect with the spiritual that feel authentic to your

lifestyle, this is where you'll find them.”

Hannah Ratliff, “Inspiring and Directive. I’ve grown to love Casper’s insight after listening to many podcast episodes of Harry Potter and the Sacred Text, and this beautiful work only continues to highlight that. He gracefully and truthfully explores everyday things and reveals the sacred nature of our very existence. The Acknowledgments section and one of my favorite musicals asks, “Who can say if I’ve been changed for the better?” Without a shadow of a doubt, I can answer a resounding “YES I HAVE!” after reading this book. 10/10 would recommend for those that consider themselves spiritual and those that are just beginning a journey of “eternal connection” with themselves and the world.”

Rebel Book Club, “good reminders but left wanting more.... Casper ter Kuile's 'How We Gather' project profiling some of the most interesting 'community' case studies from the last 10 years had a big impact on my so I was excited to read his book. The project is referenced often in the book in terms of how different orgs and communities use ritual to shape them. The majority of the book is really about you as an individual and how you can use ritual to connect better with yourself, others, nature and the transcendent realm. All really good reminders with some nice anecdotes and applications. But the excellent setup - the paradigm shift - and my hope to discover more orgs who had applied these kind of rituals left me wanting a little more. Casper is an excellent empathiser and communicator and I'm sure The Power of Ritual will be gratefully read by a lot of people.”

James Bruce, “Very timely - full of wisdom. Loved this book. At a time when so many are seeking greater spiritual connection and noticing the power of community, this book is full of ideas and inspiration. The author writes with clarity and passion, backed up by impressive research. I will be ordering lots of copies to give to friends.”

Katie Whatmough, “Recommended. This book is very special. In a world of technology overload and lost connections, Casper takes us through his guide to making connections with yourself, others and the natural world. A good read for anyone feeling like a bit of a lost soul. And if you love Harry Potter, he gets an honourable mention. But seriously, this is a wise book.”

Sarah Jane, “A thoughtful and inspiring book.. With humanity and generosity, Casper guides us to an understanding of how we find ourselves and relate to others through modern rituals. An inspiring book.”

[DMCA](#)