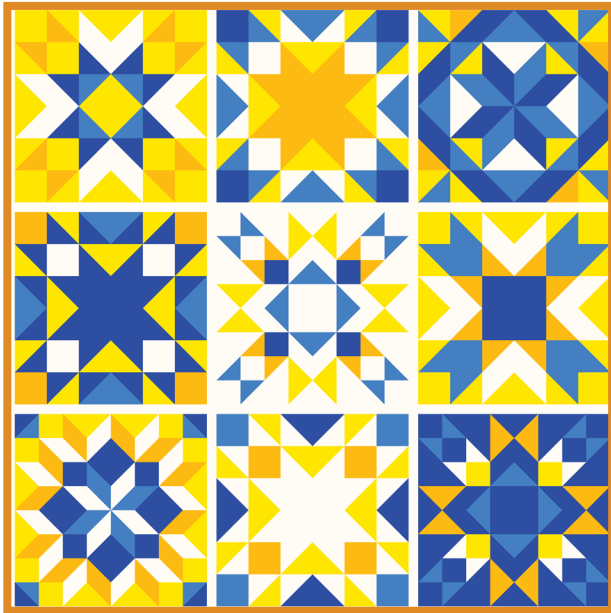


# THE VALUES OF SOUL: The spiritual practice of REPETITION, as a ritual of every day life

Summary of an essay by Francis Weller, psychotherapist, writer, soul activist, specialist in the healing work of ritual, author of *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief*, & other books — <https://www.francisweller.net/about.html>



which we gain a precious essence and without which the soul cannot live.”

Our sense of discontent, in part, arises out of neglecting the core practices repeated unbroken for hundreds of generations. When largely forgotten, the ritual of life is reduced into the routine of existence, a repetition that deadens.

drawing the community together. The great stories were told over and over again and the multiple layers hidden in the tale slowly revealed. Our earliest shared acts were designed to weave and knit the community together, and then into the surrounding field of nature and cosmos, renewing and reaffirming the entangled nature of our beings.

**Soulful repetition is musical, rhythmic, and enduring, a gesture of affection, of fidelity.** We return again and again to tend what it is we love and so keep it alive and vital.

**We live in a society prizing constant growth and innovation.** New devices and technologies provide a degree of ease seldom known by our ancestors. It also casts a long and weighty shadow, felt in the constant pressure to have more, be more, achieve more [surely reminding us of the temptations of Jesus in the wilderness] but leaving a residue of discontent.

**Soul [individual or collective], on the other hand, values repetition,** a sustained attention to a place, person, or practice that engenders depth and familiarity. There is no depth without digging into the marrow of what matters to soul and culture. Consider how often we are brought back, often unwillingly, to the cave of our wounds. James Hillman says our wounds and traumas are “salt mines from

**Increasingly our cultures encourage amnesia and anaesthesia;** we forget, and we go numb. Whereas soulful remembering, through dances, rituals, songs and stories; the intricate knowledge of plants and animals; how to shape adult human beings; the continuity of wisdom passed on through generations, was crucial for our survival.

**Nearly all enduring cultures developed practices designed to help us remember who we are,** where we belong, and what is sacred. Prayer, meditation, and ritual, are, at root, designed to help us stay awake.

**Soul repeatedly calls us into the rich loam of image, emotion, memory, dream and longing,**

## PRACTICE/REFLECTION:

**In what ways do you nourish the ritual of everyday life?**

**What core practices help sustain your intimacy with soul?**



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Everyday God**

<https://www.youtube.com/watch?v=erZuM8rjWso>