

Description of Ritual as Resource

by Evan T. Pritchard

Dr. Michael Picucci recently followed up his groundbreaking fieldwork in resolving personal and cultural traumas and the addictions that can follow. His previous work centered on a direct approach to emotional/energetic healing and recovery through the exploration of radical authenticity, both for individuals and communities. This new book represents yet another leap forward in Dr. Picucci's discoveries. Through the use of story telling, observations and experience grown out of that research, Picucci describes how his desire to find solutions to the suffering caused by trauma and addiction eventually led him to a surprisingly successful experiment in energetic healing and transformation, an experiment with ritual.

With unforgettable biographical narratives and simple, accessible, step-by-step creative ritual exercises, he offers the reader a self-empowering path to energetic living through contact with what he calls "healing resources." These resources include several different types, including an innate intelligence that lies within us all, which he calls "the one taste," or non-duality consciousness.

The author demonstrates that ritual can be a potent therapeutic tool for healing even otherwise difficult emotional/energetic blocks and traumas, as well as for finding solutions to stressful everyday problems. He focuses these illuminations on both individuals and organizations. *Ritual as Resource* presents ritual as an art that can express our collective intentions and speaks intimately to the individual as well, art that transforms both the creator and observer.

Dr. Picucci convincingly demonstrates that ritual is a modality which effectively addresses the problems of our super-technological world, and its emotional side-effects. This is achieved through verbal and non-verbal communication (via ritual) with the "Old Brain" or "instinctual brain" which is often traumatized by the unnatural demands of urban living. This "shamanistic brain" grants us access to four important energetic pathways; awakening the felt-senses of the body, resolving emotional traumas and conflicts, communicating with our innate intelligence, and journeying into the "supernatural world," the worlds of light, energy and consciousness. He expands the meaning of the word ritual to include energetic, non-physical actions such as intention, visualization, and realization, as well as actions designed to speak to the cosmos, to express the unexpressable. Through this modern scientific understanding of ritual, the healing arts and the art of living can gracefully merge.

Rituals address (1) our urge to comprehend our existence in a meaningful way, (2) our search for a marked pathway as we move from one stage of our lives to the next, (3) our need to establish secure and fulfilling relationships within a human community, and (4) our longing to know our part in the vast mystery of the cosmos.

Picucci himself, a survivor of HIV/AIDS, heart attacks, cancer and the loss of many loved ones, could certainly be described as having “lived a tragic life.” Yet, through his own healing journey and more than twenty years of helping others as a researcher, consultant and psychotherapist he has become healthy and vital. He reveals that, like himself, many psychotherapists, business consultants, and physicians are now immersing themselves in ritualized healing and problem solving. They are also eagerly learning energy techniques to self-realize and more efficiently reduce suffering for their clients and patients.

Ritual as Resource teaches all of us how ritual helps us enjoy a healthier and more artful, vibrant way of living in our modern, technological age. In addition, this book reveals the role that opposing energy forces play in our lives. The dance of opposites is the key to generating energy fields, and it is the key to spiritual transformation—a fundamental change in a person, an institution, or a tradition that generates an experience of greater wholeness.

By experimenting with these many ritual exercises, readers will prove to themselves that ritual is not about wishful thinking or a deluded denial of reality, but is in fact one of the most powerful healing tools available. In these pages readers will be able to face trauma, conflict, pain, and hardship eyeball to eyeball, without blinking, and will be able to answer to these challenges with responses that are highly effective as well as transformational. It invites the reader to use these ideas as a foundation for vibrant living.

Like books such as Peter A. Levine’s *Waking The Tiger*, Peter Russell’s *From Science to God*, and movies like “*What the *%# Do We Know?*” this book celebrates a new possibility in human consciousness. Once the energy inside of each of us is increased in powerful, harmonious ways, we are able to focus our energy towards our selves, others, and the planet through ritual in ways that are truly helpful, and even miraculous.