

The Importance of Rituals

Not A Routine. Not A Habit

A routine is something we do without thinking. Like brushing our teeth in morning, or pouring a cup of coffee before answering emails.

A tradition is a ritual that has been transferred from generation to generation. Like making certain recipes at Christmas time, or spending summers at the beach.

Rituals are a way of defining what is meaningful and important. Brushing your teeth may be important, but the value of a ritual comes from "Its ability to connect you to a larger context that clarifies your relationship to yourself, others and your place in the universe."

Michael Davis "Rituals".

Video clip: <http://www.youtube.com/watch?v=Ow8zJjZ5y60>

The Importance of Rituals - Swami Vedananda