

A PRINTABLE RITUAL

Standing in the Threshold

A Practice for the In-Between Phases

You are standing in a threshold that is going to take a while. This practice is not designed to move you through it. It's designed to help your energetic body become comfortable being in it, so that when the in-between of your life flares up, you have somewhere to put your feet. Do it two or three times a week. Keep this guide somewhere you'll see it.

WHAT YOU'LL NEED

- A piece of Petrified Wood you can hold
- Mullein — a small bundle, a pouch, or dried leaf
- An interior doorway in your home
- Three minutes and quiet

THE RITUAL

1 Choose the doorway.

Interior door, not the front. Somewhere quiet. The same doorway each time, if you can, so the space becomes familiar.

2 Stand on the threshold.

One foot on each side of the line where the floor changes. Feel that you are in two places at once and neither place fully.

3 Hold the stone and the herb.

Petrified Wood in one hand, Mullein in the other. Which hand holds which is your choice. Notice which one feels right in the "before" hand and which feels right in the "after" hand.

4 Stand for three minutes.

Set a timer if you need to. You are not waiting for a message. You are not deciding anything. You are standing in the in-between, on purpose, and allowing your energetic body to learn what it feels like.

5 Integrate the experience.

When the three minutes are up, choose a side and step through. Take 30 seconds to be with what you felt — the feeling of being inside the threshold, in the midst of the middle, present with it not avoiding it. You are practicing the entering, the standing strong, the stepping through. Then go back to your day.

HOW THIS PRACTICE BUILDS

The first few times you do this, you'll feel silly. Nothing will happen. That's what the first repetition looks like.

The stone in your hand is millions of years of slow change stabilized into weight. Mullein has been used for centuries as the herb of the spine and the lungs, the plant of physical and energetic endurance. You are borrowing what both of them know about lasting.

The point isn't insight. It's spiritual stamina. Every time you stand in the door, you're building the capacity to stay in the actual in-between of your life without collapsing it into a false answer on either side.

Do this two or three times a week for a month. Notice what changes.