



# The Way of 道Vibrantly

## Blossoming Party

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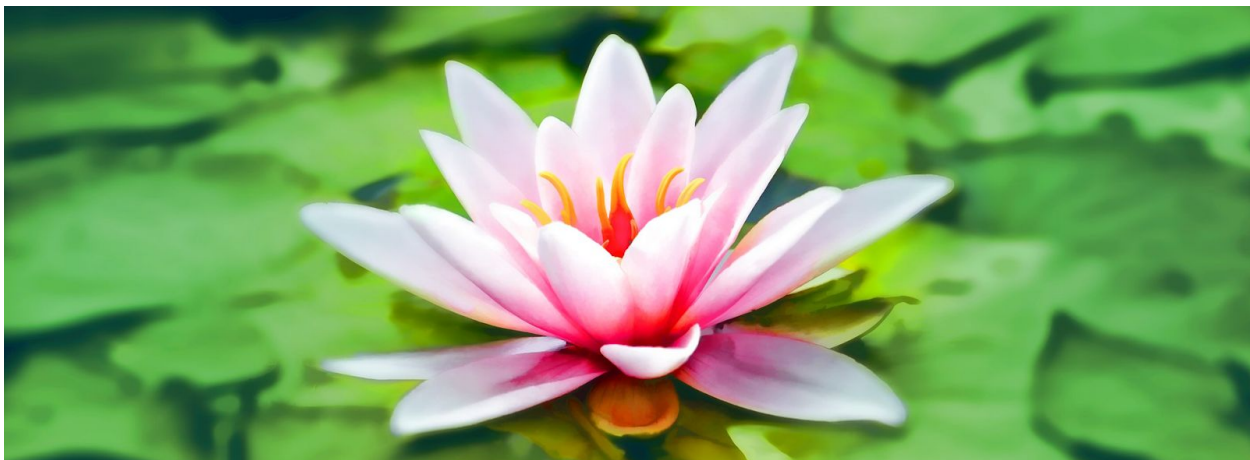
Blossoming parties are a way for an intentional community to build connection through transforming dissonance and welcoming in the delight of resonance! Living in community, there are many beautiful aspects that keep us engaged and allow us to grow. In the best of situations, these resonant parts are celebrated and honored. At times, however, constriction arises and growth can feel painful or difficult. Processing these disagreements doesn't have to be draining. Both aspects of community living can be addressed and held in containers that are *nourishing*, *inspiring*, and *replenishing*.

### **Cyclical Practice**

Blossoming Parties are designed to be done as a ritual practice once a month, in tandem with the cycles of the earth and enhancing our own internal cycles in connection with community. This document will give you all the tools you need to do this yourselves. However, should you want extra support, The Way of 道Vibrantly would love to help kick-off your community's first Blossoming Party.

### **Blossoming Party Parts**

There are three parts to a Blossoming Party: Clearing and Cleaning, Resonance Bath, and Dissonance Transformation. It is essential that the first two parts are held on a different day than the third part. This will help build trust that the connection found in the first two parts is not clouded or overwhelmed by the processing of the group's dissonant dynamics. The first two parts can either be held on the same day or two different days, depending on the schedules of your community's members.



Let's Begin!



## Part 1: Clearing and Cleaning

An important way to begin the Blossoming Party is to clear out any old or stuck energy. This allows for fresh, new, and more resonant ways to actively engage in the space. Physically cleaning the space creates new pathways for moving about or engaging with the space while energetically clearing the space creates a feeling of openness and expansion on a subconscious level.

Begin by physically decluttering, organizing, and cleaning the spaces that are most used by the community. This is best done as a group during a set time container, usually 1-3 hours. It might look like the entire group working in one area or each person choosing an area to work on independently. Either way, working in the same time frame is important for comradery and the sense of being a united team.

After the physical space is clear, use your community's traditional knowledge to energetically clear out the parts that are no longer serving your best interests. This might look like saging or smudging or breathing deeply to move the energy. After the energetic cleanse, it is important to invite in the values or feelings that the community is wanting more of. This might look like a procession of blessings, verbal call-ins, sigils, placing crystals in the corners, or anything else that resonates with your community's desire for more resonant energy.

Here's an example of what the flow of this might look like:

### Opening

*Individual Check-ins: Focusing on Intention Setting for the Space and Self*

### Cleaning

*Physically clean the space. Decide beforehand which parts are most important to be cleaned first, this can eliminate any conversations of constriction and keep the container clean. Work in the same time frame. Choose whether you want to work in the same space as a group or for each individual to be in charge fo a different area. Have the cleaning supplies available beforehand.*

### Clearing

*Energetically clear the space with sage and oils and fire and any other element that is represented by your community's unique traditions.*

### Closing

*Close the space by calling in more of the types of energies that feel good for your community. This can be done through a procession of blessings with candles, each person carrying wishes and blessings to the space.*



## Part 2: Resonance Bath

A Resonance Bath is an opportunity for a community to give and receive connection as best fits their individual needs. It is an important aspect of a Blossoming Party that allows for each member of the community to feel validated and accepted. During a Resonance Bath, each person will get to express three ways that they receive validation. Then, the other members get to choose which of those three ways they would like to share their validation. One person may want to receive handwritten notes, another may want to receive touch or massages, or yet another may want to hear short poems about their gifts. It will most likely look different for each pair and it is so important to honor the uniqueness of each person in the community!

As a community steps into a container of resonance, dissonances may still arise. The constrictions have not yet been transformed so this is a common and natural occurrence. It is important to build trust in connection with each other by not expressing these dissonances into the group space. That does not mean that they are not welcome. Instead, have a notebook, paper, crayons, or any other material for each member to express their dissonances with as they arise. Make a list of layer cake topics to return to during the Part Three, the Dissonance Transformation. As each person adds to their individual layer cake list, they can add a seed to a community jar. This can be used in the transformation ceremony in Part 3 and is a good visual example of what is present in the field as resonances are being expressed. The dissonances are not forgotten, just set aside for the moment while trust is being built and resonance is being shared.

Here's an example of what the flow of this might look like:

Opening

*Food!*

*Individual Check-ins: Focusing on Receiving and Giving Love Languages*

Group

*Nourishing activity: face masks and massages, etc.*

Individual

*Blessing each house member, honoring the unique way they want to be blessed*

Closing

*Acknowledge presence of dissonances without naming them*

*Gratitudes and Celebrations*



## Part 3: Dissonance Transformation

Here's an example of what the flow of this might look like:

### Opening

*Individual Check-ins: What needs to be said to land more fully in the space?*

### Layer Cake Listing

*List the layer cakes that are present in the community. Refer to the individual lists that were created during the Resonance Bath. Make one complete list with each of the individual elements.*

### Nourishment!

*Serve Actual Cake!*

### Visiting Layer Cake Topics

*Choose 2-3 of the most significant layer cake items to address in this session and begin to discuss them. Only go into them as far as the WE is kept and each member is still feeling supported and nourished. As each topic is covered, pull out a seed from the seed jar that was created during the Resonance Bath.*

### Transformation Ceremony

*Plant the seeds from the Resonance Bath that represent the topics covered in the layer cake discussion. Have each member water the seeds and commit to tending them as they grow.*

### Closing

*Acknowledge presence of dissonances without naming them  
Gratitudes and Celebrations*