

RITUAL

FALL 2025 ISSUE NUMBER 1

THE LEGACY ISSUE

Rituals That Outlive Us *featuring*
The Elder As Guide with JERRY BUIE



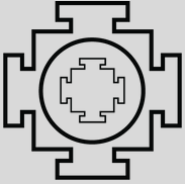
Strong After 40

**The Art of
Mentorship**

**Breaking The
Cycle Of Silence**

**Build Your
Legacy Library**

RITUAL



FOUNDING CREATOR

CHRISTIANO COLE

CONTRIBUTING WRITERS

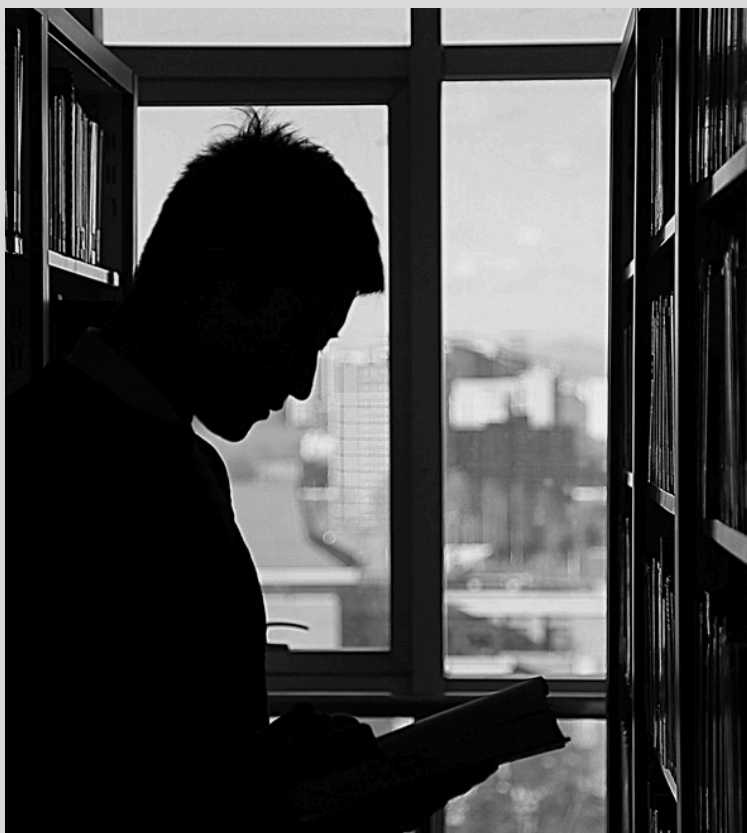
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**THE ELDER AS GUIDE:
JERRY BUIE**

FROM THE CREATOR

The Ritual of Legacy

Men often believe their legacy is measured in wealth, status, or possessions. But the truth is far deeper. Legacy is not what we leave behind — it is what we leave within others.

When I began envisioning The Journal, I asked myself: what do men truly hunger for? Not just success or strength — but presence, guidance and a map to becoming more whole. Our fathers and their fathers before them often carried wisdom in silence, leaving us to piece together meaning from fragments.

It is time we break that silence.

This first issue — The Legacy Issue — is about what endures when the money fades, when the titles vanish, when only memory remains. It is about how we craft rituals of strength, intimacy, mentorship and remembrance that ripple through generations.

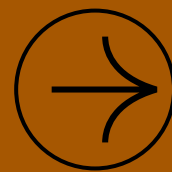
You will find in these pages the tools to build your own Legacy Library, to rethink leadership as mentorship, to pass down intimacy instead of shame and to honor the ancestors whose blood still shapes us. You'll meet an elder who embodies endurance and discover body rituals that carry strength long beyond youth.

But more than articles, I hope you find in this journal a mirror — a reminder that every choice you make, every word you speak, every ritual you practice, becomes part of the inheritance you leave.

This journal is not just for you. It is for your sons, your brothers, your partners, your communities. It is for the men yet to come, who will ask not only what we did but how we lived.

Legacy is not tomorrow. Legacy is now.

Welcome to Ritual - The Journal
CHRISTIANO



**“EVERY CHOICE
YOU MAKE IS
ALREADY AN
HEIRLOOM.”**

AN OPEN LETTER

Dear Brothers,

This is not just a magazine. It is an invocation.

We live in a time where men are remembered for what they build, what they earn and what they consume — yet too often forgotten are the rituals that shape their character, the wisdom they pass down and the presence they carry into every room. Without ritual, we risk becoming men of transactions instead of transformations.

This letter is not written to one man, but to all men. To the fathers and the sons. To the apprentices and the elders. To those who feel unprepared, uninitiated or unseen. We are calling you to something deeper: to reclaim ritual as the heartbeat of your life.

A ritual is not a routine. It is an emotional connection to choice - to pause, to act with intention and to live as though every gesture carries weight. Whether in the home, the body, the workplace or the spirit, ritual transforms ordinary actions into legacy.

I invite you to step into this practice with us. To question the inheritance of silence and choose presence instead. To replace strength-as-image with strength-as-truth. To become not only men of success but men of wisdom.

This is the open letter of Ritual. It is an offering, a challenge and a promise: that the future of manhood will not only be measured by what we consume or conquer but by what we embody and what we pass on.

Let this be the generation that turns daily acts into sacred inheritance.

Let this be the season where men remember who they are.

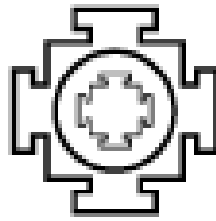
With strength and respect,

A handwritten signature in black ink that reads "Christianso". The script is fluid and cursive, with a large initial 'C' and a stylized 's' at the end.

Founding Creator



TANTRIC
• **BODYWORKS** •



RITUAL

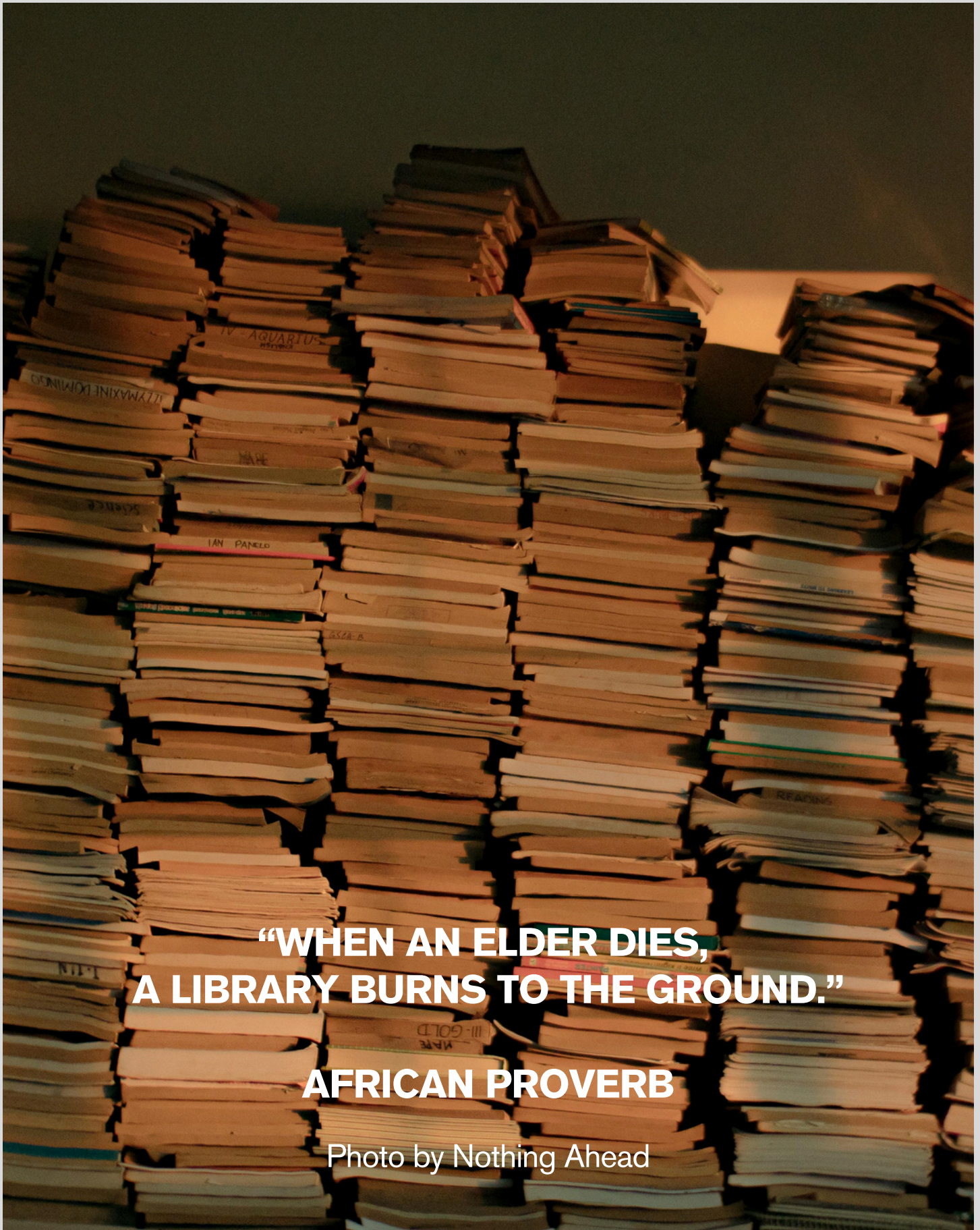
THE RETREAT



VAJRA

COMING SOON TO AN ENERGY BODY NEAR YOU





**“WHEN AN ELDER DIES,
A LIBRARY BURNS TO THE GROUND.”**

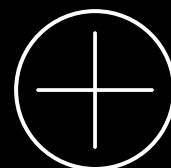
AFRICAN PROVERB

Photo by Nothing Ahead



THE LEGACY LIBRARY

BY CHRISTIANO COLE
PHOTOGRAPH BY COTTON BRO STUDIO



Every man builds a legacy, whether he chooses to or not. It lives in his words, his actions and the stories others tell about him. But in a world where so much is digital, fleeting and disposable, how do we create something that endures?

The Legacy Library is not just a shelf of books. It is a ritual of curation. It is the conscious act of gathering knowledge, tools, and heirlooms that reflect your values — and preserving them so they outlast you. A library like this is not built in a day. It begins with one book, one journal, one object that matters deeply to you.

Start with books that shaped your life. The titles that opened your mind, challenged your worldview, or guided you through darkness. A handful of volumes, carefully chosen, can speak more than a thousand possessions. Add journals — your own reflections, letters or even voice recordings transcribed and bound. These are treasures no one else can create.

But a Legacy Library is not limited to words. It may include a well-crafted tool, a watch passed down, a piece of art you created or even a simple object that carries memory. What matters is the story it tells. Each item becomes an heirloom, each placement a declaration: this is what I want remembered.

More than a collection, this library becomes a ritual in itself. Lighting a candle before you sit with it. Reading one page aloud to your child. Opening an old journal to remind yourself of how far you've come.

One day, someone will open your Legacy Library and find not only books and objects — but you. Your presence, distilled in wisdom, carried forward in ritual.

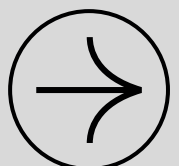


PHOTO BY HANA FI MELLEK



PHOTO BY BRUNO CERVERA

**“CURATING THE WISDOM, TOOLS AND
HEIRLOOMS EVERY MAN SHOULD PASS
DOWN.”**



**“ASSOCIATE WITH PEOPLE WHO ARE LIKELY TO
IMPROVE YOU. WELCOME THOSE WHOM YOU ARE
CAPABLE OF IMPROVING. THE PROCESS IS MUTUAL;
FOR MEN LEARN WHILE THEY TEACH.”**

SENECA



Photo by Peggy Anke

THE ART OF MENTORSHIP

Succession as the most sacred act of leadership.



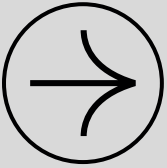
BY CHRISTIANO COLE

PHOTOGRAPH BY ANDREA PIACQUADIO

Legacy is not only carried in bloodlines — it is carried in the way we shape others. In business, sport and life, the highest form of leadership is not control but mentorship.

Mentorship is the art of turning success into significance. It is the moment when your knowledge stops being only yours and begins to live in someone else. In a culture obsessed with individual achievement, this is a radical act: to slow down, to listen, to guide and to pour into others without immediate return.

The truth is, every man is an apprentice and a mentor at the same time. You may be guiding one person while still learning from another. This chain is what keeps wisdom alive. Without it, we build fragile empires that crumble when their founders are gone. With it, we build legacies that endure for generations.



To ritualize mentorship is to treat it as sacred, not optional. It can be as simple as a weekly meeting with a younger colleague where you speak less and listen more. It can be an invitation into your process — showing, not just telling. It can even be a ritual of storytelling: sharing failures as openly as victories so that others inherit not only your strengths but your scars.

Great leaders throughout history understood this. The master and apprentice. The coach and the athlete. The elder and the initiate. Always, the pattern repeats: knowledge held alone is wasted; knowledge given away becomes immortal.

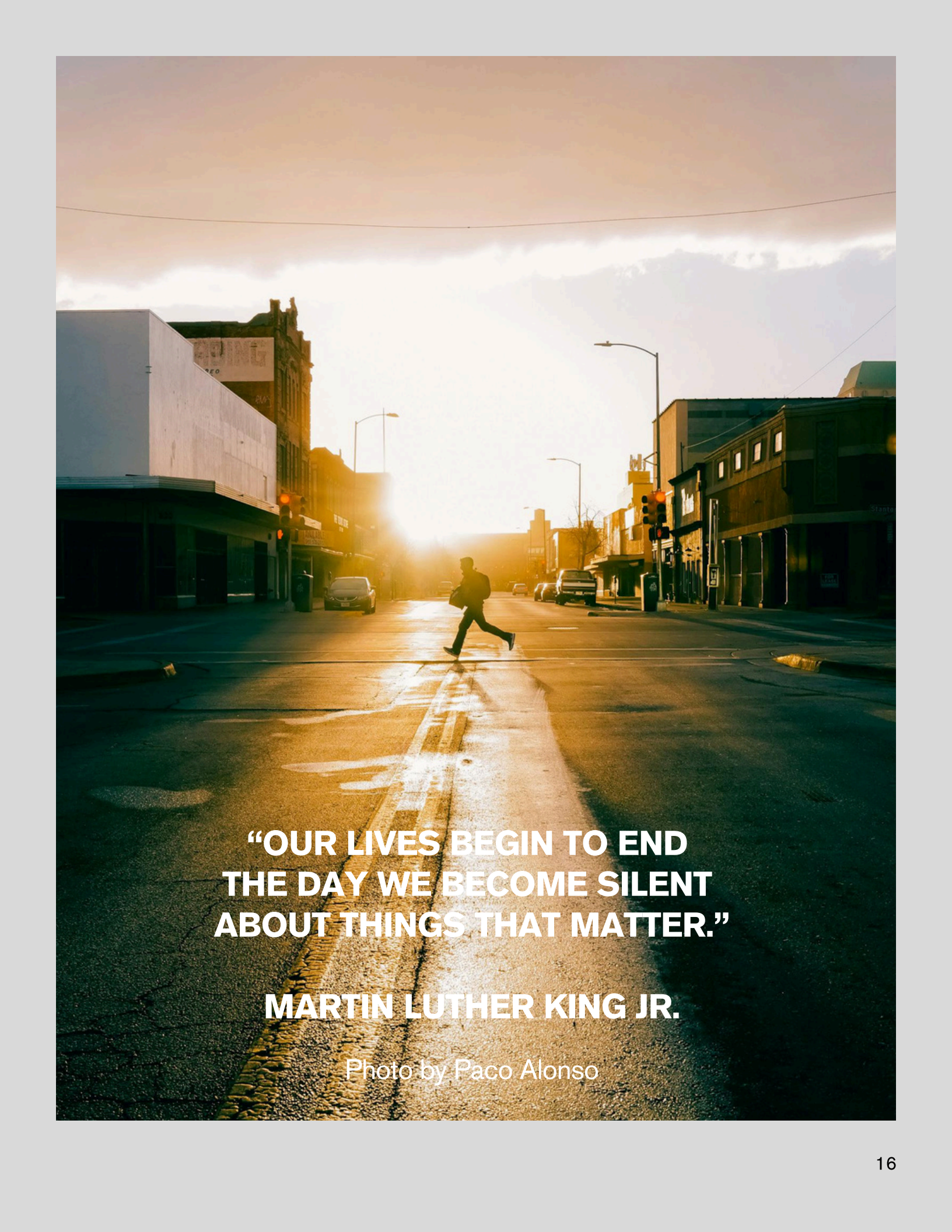
So ask yourself: Who am I mentoring? And who is mentoring me?

The Art of Mentorship is not about hierarchy. It is about humility. It is the act of standing in the doorway between past and future and choosing to let wisdom flow through you.

**“Leadership is not what you build alone,
but what you build in others.”**



**SILOUHETTE OF A PERSON DOING CARPENTRY
PHOTO BY ANNA SHVETS**

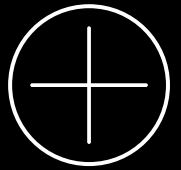
A photograph of a city street at sunset. A person is running across the street, silhouetted against the bright, low sun. The street is wet, reflecting the golden light. Buildings line both sides of the street, and a few cars are visible in the distance. The sky is filled with soft, orange and pink clouds.

**"OUR LIVES BEGIN TO END
THE DAY WE BECOME SILENT
ABOUT THINGS THAT MATTER."**

MARTIN LUTHER KING JR.

Photo by Paco Alonso

BREAKING THE CYCLE OF SILENCE



SILENCE IS THE INHERITANCE THAT BREAKS US.

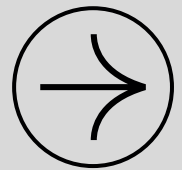
HONESTY IS THE RITUAL THAT FREES US.



BY CHRISTIANO COLE

PHOTOGRAPH BY JULIA M. CAMERON

“When men speak of intimacy with honesty, they pass down freedom instead of fear.”



There are legacies we are proud to inherit — wisdom, stories, resilience. And then there are legacies that weigh heavy: silence, shame and the unspoken truths around intimacy and vulnerability. For generations, men have been taught to keep quiet about their bodies, their desires and their fears. That silence has become its own inheritance, shaping how we love, how we parent and how we connect.

To break this cycle is not only an act of healing but an act of legacy. When men choose to speak honestly, when they bring intimacy into the light instead of leaving it in the shadows, they pass freedom instead of fear to those who come after. This article is not about performance or technique; it is about presence, courage and truth.

Breaking the Cycle of Silence asks us to look at the places where silence has held power in our own lives — and to consider what it might mean to replace that inheritance with something different: honesty, compassion and connection.

For centuries, men have been initiated into silence. In matters of intimacy, desire, and vulnerability, we inherit a culture that teaches us to hide rather than to speak. We are told to perform, to dominate, to suppress. Rarely are we taught to feel, to listen or to love with presence.

This silence is its own kind of legacy — one that cripples generations. It leaves sons confused, partners unseen and fathers distant. The absence of words becomes louder than any guidance we might have offered.

Breaking the cycle of silence means creating a new ritual of intimacy. It means teaching men — and the men who come after us —

that intimacy is not shameful but sacred.

The first step is honesty. To speak plainly about desire, about boundaries, about the awkward and the beautiful truths of the body. To say the words that were never said to us: your body is worthy, your touch matters, intimacy is not performance, it is connection.

The second step is modeling. Children and apprentices do not only learn from what we tell them; they learn from what we embody. If we show up closed, numb, distracted, they inherit the same patterns. But if we show up present, tender and attentive, they will remember it long after our words are gone.

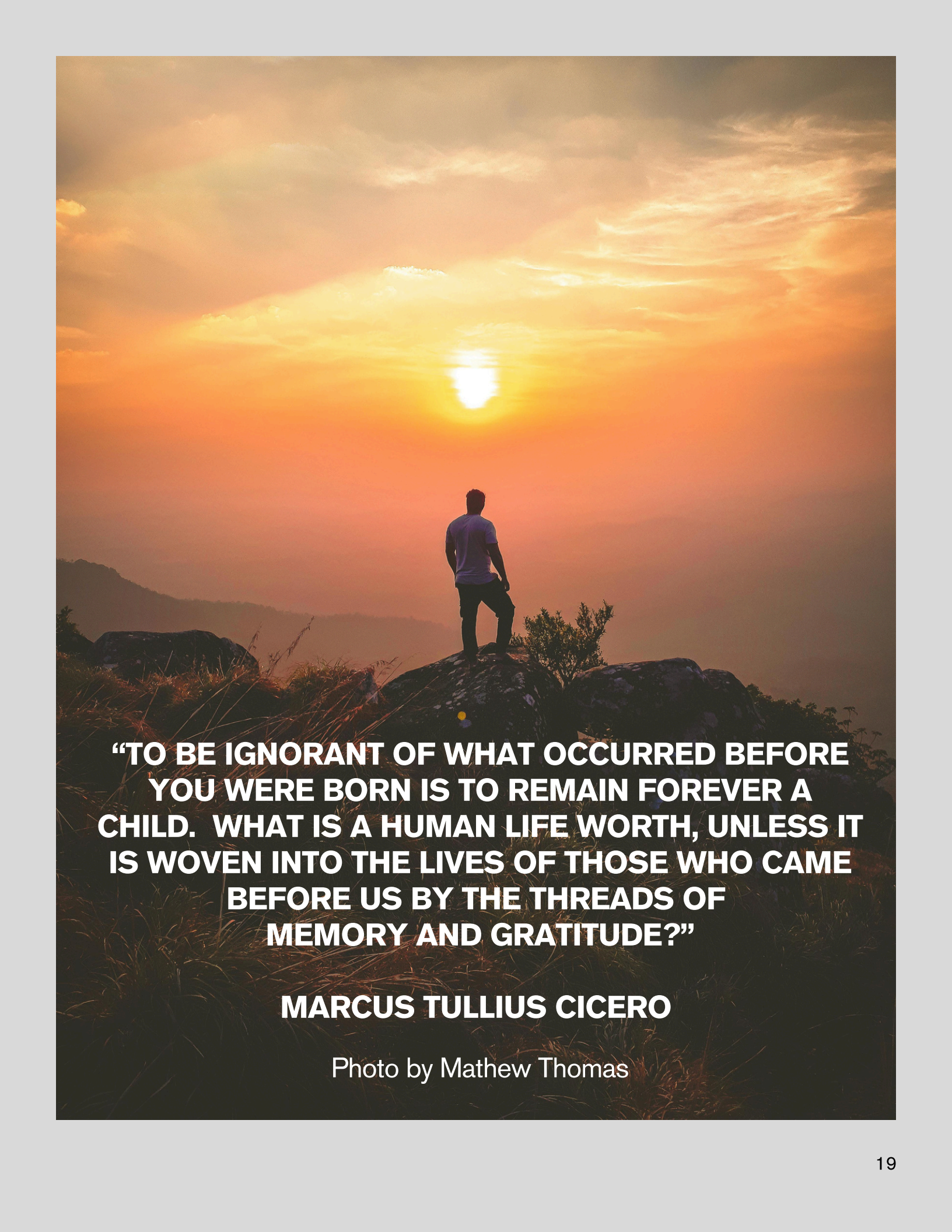
The third step is ritual. Create small, repeatable practices that normalize intimacy as part of daily life. For a father, this may be as simple as telling his child “I love you” at the end of every day. For a partner, it may be placing a hand over the heart before touch begins. For brothers, it may be a weekly conversation that asks not just “how are you doing?” but “how is your heart?”

Legacy is not only about wealth, or even wisdom. It is also about freedom — freedom from the cycles of repression that held our fathers captive. To break this cycle, we must create a culture where men are not ashamed of tenderness. Where silence is no longer our inheritance.

Where our presence becomes the gift we pass down.

Intimacy is not weakness. Intimacy is strength, because it requires courage. To be vulnerable in front of another person, to risk being seen, to allow yourself to connect — that is the bravest act a man can commit.

So ask yourself: What silence have you inherited? And what will you leave behind? The cycle ends where you choose to speak.

A person stands on a rocky hilltop, silhouetted against a vibrant sunset. The sun is a bright, glowing orb in the center of the sky, surrounded by wispy, orange-hued clouds. The person is looking out over a vast, hazy landscape of rolling hills and mountains. The foreground is filled with dark, silhouetted rocks and sparse vegetation.

**“TO BE IGNORANT OF WHAT OCCURRED BEFORE
YOU WERE BORN IS TO REMAIN FOREVER A
CHILD. WHAT IS A HUMAN LIFE WORTH, UNLESS IT
IS WOVEN INTO THE LIVES OF THOSE WHO CAME
BEFORE US BY THE THREADS OF
MEMORY AND GRATITUDE?”**

MARCUS TULLIUS CICERO

Photo by Mathew Thomas

ANCESTOR PRACTICE

Bringing Ancestral Wisdom Into Modern Ritual

BY CHRISTIANO COLE

PHOTOGRAPHY BY RACHEL CLAIRE

Legacy is not only about what we leave behind; it is about what we carry forward. Each man stands at a crossroads of past and future, shaped by the choices, sacrifices and rituals of those who came before. Too often, modern life cuts us off from that truth. We chase progress but forget the roots that made us.

This issue of Ritual is dedicated to rethinking legacy — from the library of wisdom you curate at home, to the mentorship you offer in business, to the intimacy you model instead of silence, to the strength you carry in your body as you age. But perhaps the deepest thread of all is this: to build legacy, we must remember we are already part of one.

Across cultures, men have honored their ancestors through small, sacred acts — a candle lit, a meal offered, a story shared. These practices are not about worship; they are about belonging. When we remember where we come from, we stand stronger in who we are.

Here are five simple rituals to reconnect with lineage and carry ancestral presence into daily life.



The Ancesor Altar

Build a small altar in your home — it can be as simple as a photograph, an heirloom, or even just a name written on paper. Light a candle once a week and pause in silence. This practice roots you in your lineage and reminds you that you are never walking alone. We are born of spirit.



The Offering Meal

Set aside a portion of your meal in remembrance of those who came before. Or cook a dish your elders once ate. Eating with gratitude transforms food from consumption into communion. It teaches those who sit at your table that meals carry memory as well as nourishment.

The practice of remembrance ties this entire issue together. A Legacy Library preserves wisdom. Mentorship ensures our work outlives us. Breaking silence in intimacy gives us freedom. Strength after 40 means we can still carry the weight when it matters most. But all of these rituals rest on one truth: we did not begin with ourselves.

By honoring our ancestors, we place our own lives in context. We inherit not only their struggles but also their resilience. And by practicing remembrance, we ensure that when the time comes, we too will be remembered — not for what we hoarded but for what we gave.

Legacy is not tomorrow. Legacy is now. And it begins with remembering who made us.

“I am the living echo of an unbroken line.”

PHOTO BY MAKSIN ROMASHKIN



PHOTO BY ARINA KRASNIKOVA



PHOTO BY SHIHAB NYMUR



The Story Circle

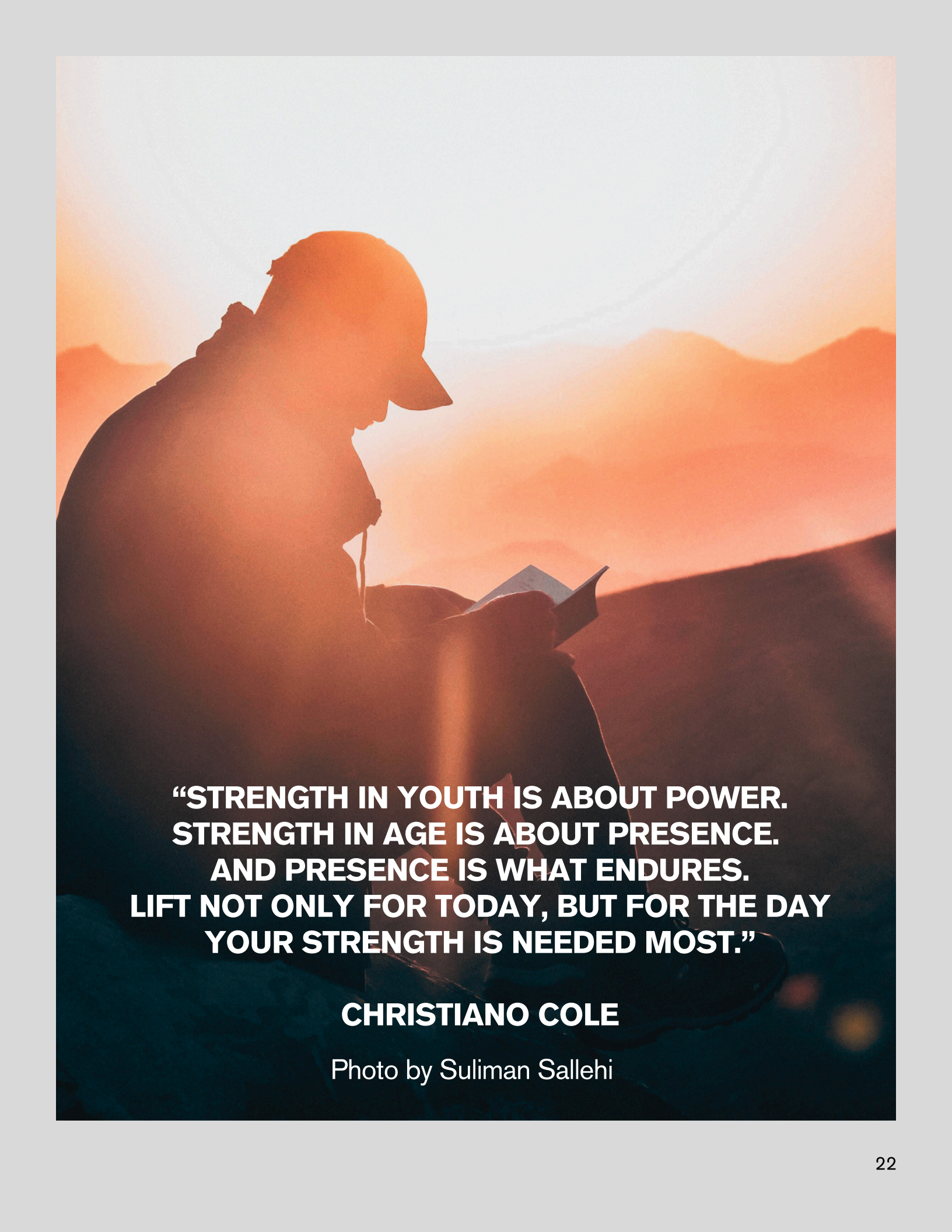
Once a month, gather your family or friends and share an ancestor's story — a migration, a hardship, a triumph, or even a simple joy. Storytelling keeps the dead alive in us. It reminds the young that their bloodline carries resilience and wisdom, and it reminds us that our struggles are not carried alone.

The Written Lineage

Take time to write down your family line as far back as you know — parents, grandparents, great-grandparents. Add details over time: where they lived, what they loved, what they endured. This becomes a living map of belonging, and one day, a gift for the generations yet to come.

The Dawn Greeting

At sunrise, whisper the names of one or two ancestors into the morning air. Carry them into the new day with you. This ritual transforms the past into fuel for the present — a reminder that your strength is not yours alone but borrowed from those who stood before you.



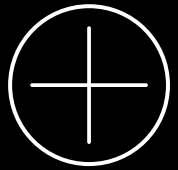
**“STRENGTH IN YOUTH IS ABOUT POWER.
STRENGTH IN AGE IS ABOUT PRESENCE.
AND PRESENCE IS WHAT ENDURES.
LIFT NOT ONLY FOR TODAY, BUT FOR THE DAY
YOUR STRENGTH IS NEEDED MOST.”**

CHRISTIANO COLE

Photo by Suliman Sallehi

STRONGER AFTER 40

BY CHRISTIANO COLE
PHOTOGRAPH BY KILLER SHOOTS



Strength in youth is fueled by speed and ego. Strength in legacy is fueled by resilience and ritual.

Most men believe strength peaks in youth. They imagine power as fast, heavy and fleeting — a glory that belongs to the young. But real strength begins after 40. At this stage, muscles, hormones and recovery change. What doesn't change is our responsibility: to carry the weight of life, for ourselves, our families and our communities.

Strength after 40 is not about vanity. It is about resilience. It is about becoming the man who can still lift, still carry, still protect when others cannot. This is not gym culture. This is legacy culture.

By the time men reach their forties, testosterone naturally declines, recovery slows and muscle mass begins to drop. Many use this as an excuse to retreat. But research shows that resistance training, mobility work and intentional recovery can reverse much of this decline. The body adapts to ritual.

- Compound lifts (deadlifts, squats, presses) keep the whole frame strong.
- Functional training carries (sandbags, farmers walks) not only the body, but the mind's endurance.
- Mobility rituals (daily stretching, yoga, joint work) prevent injury and extend longevity.

Strength after 40 is not just physical — it is mental discipline. It is proof that we can still expand, even when the world says we should contract.

When you were 20, you lifted to impress. At 40, you lift to endure. Training becomes less about breaking records and more about keeping promises. Every workout is a ritual — a covenant with your future self, your children, your community.

Ritualize your training:

- Light a candle before your session.
- Say one word of intention (“resilience”, “endurance”, “presence”) before you lift.
- End each workout with gratitude — thanking the body that still carries you.

These simple acts transform exercise into practice. They elevate strength from hobby to legacy.

At this age, recovery is no longer optional — it is the secret weapon. Sleep, hydration, stretching and cold exposure become non-negotiables. Instead of seeing rest as weakness, see it as the forge where strength is rebuilt.

Try these recovery rituals:

- End each workout with 5 minutes of breathwork to calm the nervous system.
- Dedicate one day a week to full mobility and restoration.
- Use cold showers or plunges not only for the body but for mental resilience.

Your children, your brothers, your community — they will not remember how much you could bench press. They will remember whether you could carry the groceries, move the furniture or lift them when they needed you most. That is legacy strength.

Stronger after 40 is not about chasing numbers. It is about becoming the kind of man whose strength endures when others have faded.

A man who sees his body not as a monument to himself, but as a vessel of service to others.

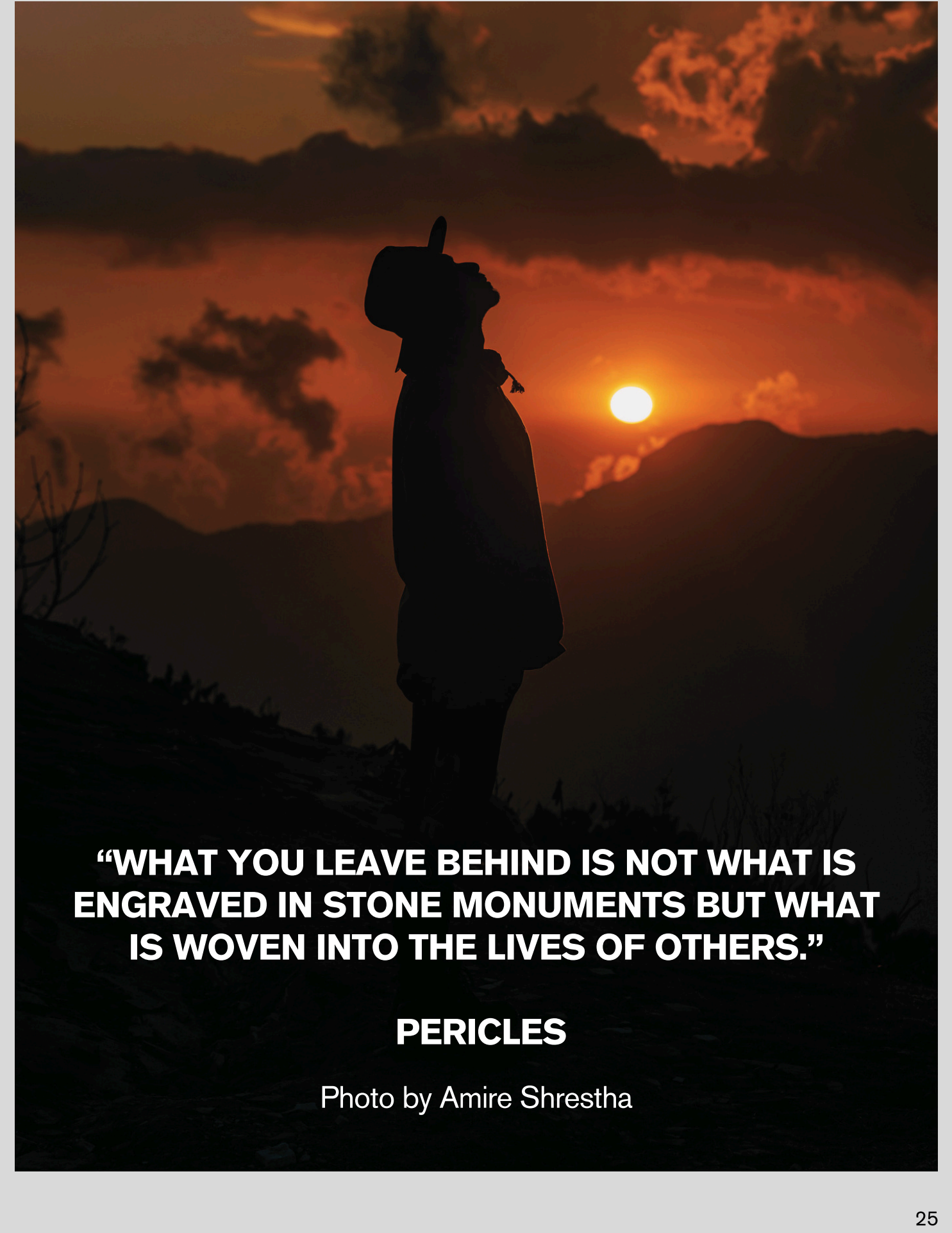
A new ritual for resilience, endurance and power that lasts.



PHOTOGRAPH BY TIMA MIROSHNICHENKO



PHOTOGRAPH BY TIMA MIROSHNICHENKO



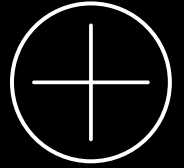
**“WHAT YOU LEAVE BEHIND IS NOT WHAT IS
ENGRAVED IN STONE MONUMENTS BUT WHAT
IS WOVEN INTO THE LIVES OF OTHERS.”**

PERICLES

Photo by Amire Shrestha

NOT A CONVERSATION - A JOURNAL.

**WRITINGS FROM JERRY BUIE:
SHARED AS RITUAL, OFFERED AS LEGACY.**



THE ELDER AS GUIDE

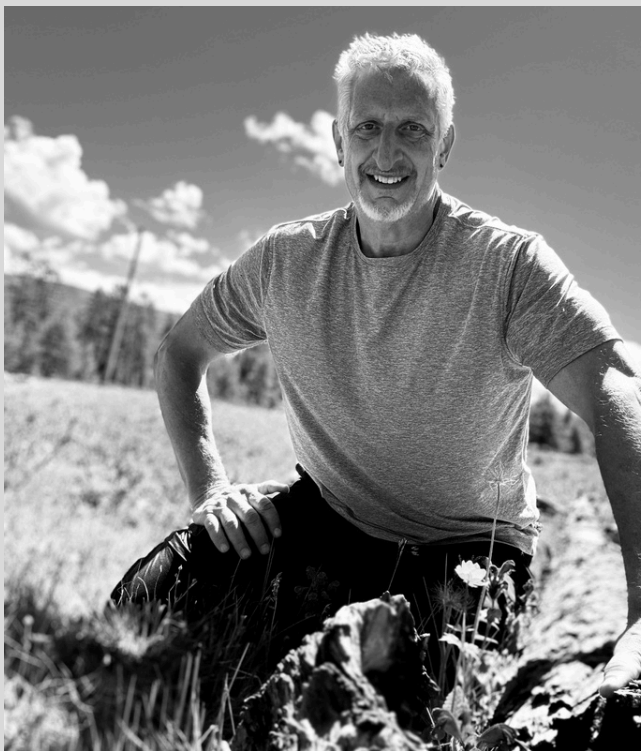
BY CHRISTIANO COLE & JERRY BUIE
PHOTOGRAPHY BY JERRY BUIE

The path to elderhood is never accidental and neither are the encounters that shape us. Jerry came into my life not through chance but through the sacred container of bodywork — a space where truth, vulnerability and presence are laid bare. From that first meeting, it was clear that the universe had arranged our paths to cross.

Our journeys converged through travel to Salt Lake City, where Jerry lives and works as a successful shaman, therapist and host of the podcast Mindfully Gay. His life bridges tradition and modern healing, weaving spiritual depth into contemporary practice.

When I invited him into this first issue of Ritual, I knew I wasn't asking for an ordinary interview. Jerry responded in the only way an elder could: with patience, reflection and writing. What he offered was not conversation but ritual — journal entries carrying inheritance, strength, wounds and wisdom across generations.

These pages are his gift. They are not quick remarks or soundbites. They are the living words of an elder, written with intention, offered with humility and preserved here as a transmission of legacy.



**“IN THE HAND OF AN ELDER, WRITING
BECOMES RITUAL. IN THE PRESENCE OF HIS
WORDS, WE INHERIT MEDICINE.”**



This is not an interview.

This is ritual.

When I invited Jerry into these pages, we did not ask for quick answers or casual conversation. We asked for something more enduring — his reflections in writing.

Writing slows the heart. It requires presence, patience and intention.

Ink on paper becomes an heirloom.

What follows is not edited or summarized. It is the elder's journal, shared with us exactly as he offered it. Each word carries the weight of lived experience, the breath of ancestor's and the quiet authority of a life walked in service.

We print his writings here as a sacred gift — not for you to skim but for you to sit with.

To read slowly. To carry forward.

This is not information. This is inheritance.

“My nomadic elders gave me patience, trust and the courage to question the world. They believed in my gifts before I did. What I once thought was missing has revealed itself with time — their trust in me to carry their spirit forward. That trust has been the greatest inheritance of all.”

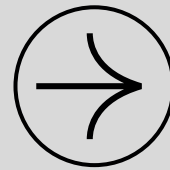
JERRY BUIE



SACRED RITUAL WITH JERRY BUIE

“True strength is no longer in the body alone — it is in the soul.”

Jerry Buie



With pen in hand, Jerry began his writings where all journeys begin — with inheritance. He reflected on the gifts his nomadic elders gave him: patience, trust and the courage to question the world. Their guidance was not just spoken but lived, a presence that shaped how he came to understand himself and his place among others, the Earth and the ancestors. What struck Jerry most was not a list of instructions, but the quiet confidence his elders carried in him, even before he could carry it in himself. Inheritance, he reminds us, is not only about what we are given but about the trust placed in us to continue the path.

From there, his journal turned toward strength — not the kind we so often glorify in youth, defined by muscle, speed and validation from others but the quieter strength discovered through time, listening and endurance. Aging became not a decline but an initiation into a deeper resilience, where strength is measured in the soul's steadiness rather than the body's performance. For Jerry, strength now means standing rooted in spirit, carrying courage into uncertainty and trusting the wisdom gained through years of practice.

These first passages — inheritance and strength — form the ground upon which all his other reflections rest. They remind us that legacy begins with what we receive and it deepens through how we choose to embody it. Before we can speak of healing, ritual or story, we must first acknowledge what was handed down and how we have transformed it into endurance. In these writings, Jerry invites us to consider: What have you inherited? And what does strength mean to you now?

On Inheritance

“The question of what we inherit from our elders holds profound significance for me as a shaman, Elder and individual. My journey today is a direct reflection of the invaluable time spent with my nomadic elders, who instilled in me a deep sense of questioning societal norms and exploring the validity of multiple realities. Their teachings went beyond words, demonstrating patience, understanding and flexibility in their relationships with others.

One of the most impactful lessons passed down to me was the importance of having confidence in the gifts bestowed upon me by the creator. This belief in my own abilities, often greater than what I saw in myself, has guided me in navigating relationships with others, the Earth and our ancestors.

Reflecting on what may have been missing from this inheritance, I am struck by the realization that lessons once overlooked or undervalued have resurfaced with immense significance over time. Their trust in me to carry forward their legacy and provide for them spiritually has been a humbling experience, underscoring the depth of our connection and mutual respect.” - Jerry Buie

On Strength

“As the years pass by, the concept of aging itself becomes a mere construct in the journey of self-discovery. For me, the definition of strength has undergone a profound evolution, shaped not just by the passage of time but by the resilience and courage I witness in others facing life's challenges.

At this juncture in my life, I find myself stepping into a newfound sense of confidence and trust in my own voice and journey. While the role of an apprentice often led me to seek external validation, aging has brought a shift towards trusting in the wisdom I have acquired and the lessons unfolding through spiritual guidance.

The notion of strength, once perceived through external measures, now finds its roots in the fortitude gained through experience and spiritual growth. True strength lies not in physical prowess but in the unwavering belief in one's journey and the resilience to face life's uncertainties with grace and wisdom.” - Jerry Buie

After grounding his writings in inheritance and strength, Jerry turned toward the deeper layers of manhood — the hidden burdens men carry. In his journal, he names them clearly: the relentless pressure to measure worth through body, wealth and performance. The quiet ache of seeking validation in achievement while starving the soul - the emotional intelligence of humans. The loneliness of trying to belong without revealing one's authentic self.

These are not abstract wounds. They are the patterns passed from father to son, the unspoken weight borne in silence, the scars covered by clichés of toughness and success. Jerry writes that true healing begins when men dare to step outside of these narrow definitions. When they allow themselves to feel. When they claim permission to be more than what society demands.

From this honesty, Jerry shifts into practice. He reminds us that the answer is not found in grand gestures but in the small rituals of daily life. Gratitude for breath, body and ancestry. Reflection in moments of stillness. Words of love spoken freely to those we cherish. In his writings, ritual becomes medicine — not escape, but grounding.

Placed side by side, these two journal entries reveal the truth of the elder's path: first to name the wound and then to model the way of healing. By acknowledging what breaks us and embodying the practices that mend us, Jerry shows that every man can begin again, day by day, ritual by ritual.

On Men's Wounds

"In the realm of therapy and podcasting, a poignant question arises: What wounds do men often carry, unseen yet deeply felt? Men, it seems, are entangled in a web of societal expectations that prioritize physical appearance and material success over the richness of inner growth and emotional well-being.

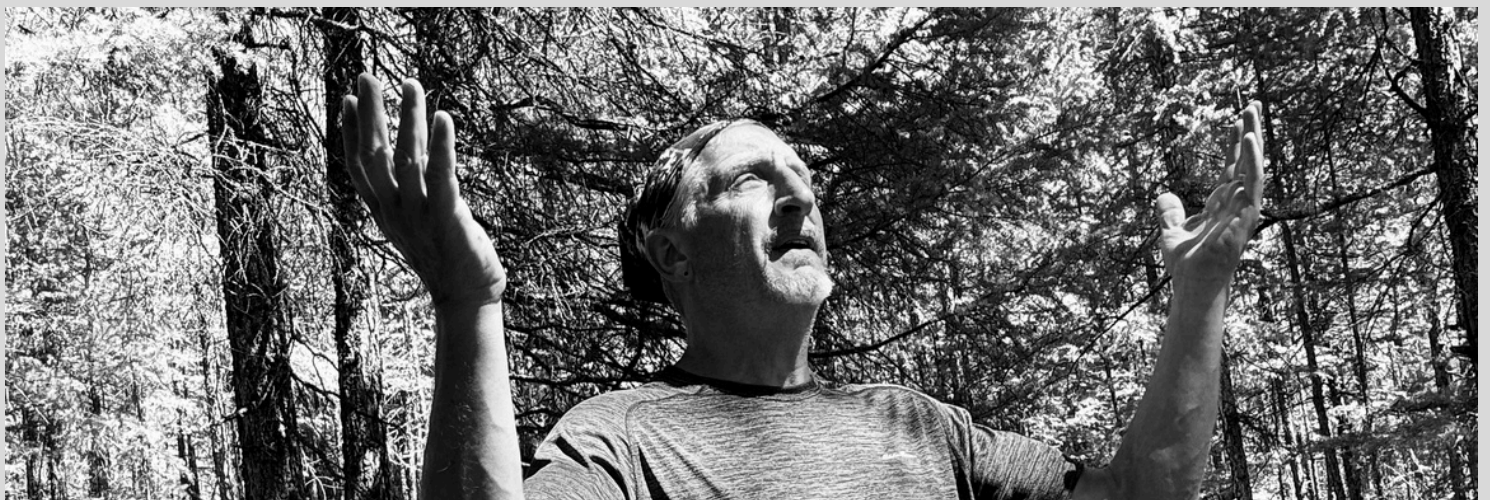
The relentless pursuit of a certain body image or capitalist achievements can lead to a neglect of the soulful qualities that define true strength and resilience. Belonging and relevance do not stem from external validations but from an authentic expression of self.

To break free from the shackles of conformity, men must dare to venture beyond the confines of physical appearance and material success. They must cultivate meaningful connections with themselves and others on a deeper, more authentic level. It is in this journey of self-discovery and vulnerability that true healing and transformation can take root." Jerry Buie

On Daily Rituals

"In the tapestry of my daily life as an elder, one thread stands out prominently — the practice of gratitude. Each day, I give thanks for the simple yet profound gifts that surround me: the breath that sustains me, the vessel of my body and the capacity to navigate life's ebbs and flows.

Amidst quiet moments of reflection, I find nourishment and grounding. Another vital ritual is the act of expressing love and care to those around me. Through simple gestures and heartfelt words, I remind my loved ones of the depth of my affection. In these moments of connection and tenderness, I find fulfillment that transcends the boundaries of time and age."
Jerry Buie





Having spoken of wounds and the daily rituals that root him, Jerry turned his journal toward the question of what he would pass down. His response was not a philosophy but a practice — the ritual of reciprocity. With tobacco, libation or even a simple gesture, he teaches that men must remain in relationship with the Earth, the ancestors and all living beings. Gratitude is not a thought but an action, a thread that keeps us woven into the great web of life.

From this offering, Jerry moved naturally into the realm of story. If reciprocity connects us to the living world, then stories connect us to the inner one. He reminds us that stories are not mere entertainment but vessels of wisdom, carriers of memory and medicine for the soul - the human emotional experience. Through story, wounds are named, healing begins and connection is restored.

Placed together, these two writings remind us that legacy is carried in both ritual and narrative. Ritual keeps us in harmony with creation. Story keeps us in harmony with ourselves and each other. To pass these on is to ensure that the next generation does not inherit silence but presence — not isolation, but belonging.

On Passing Ritual Forward

“If there is one ritual that I could impart to younger men, it would be the practice of reciprocity and interconnectedness with all forms of life. Offering tobacco to the natural world and ancestors is a powerful symbol of unity and reverence.

Standing facing the east, I hold the tobacco in my hands and offer it to the creator and the spirits, inviting their presence and guidance. With humility and reverence, I ask to be reminded of my true essence and purpose in this interconnected tapestry of life.

In the absence of tobacco, a libation — a handful of earth, a drop of water, or a whispered prayer — carries the same intention of gratitude. By passing down this ritual of reciprocity, we invite younger men to cultivate reverence, gratitude, and interconnectedness with all beings.” Jerry Buie

On Story As Medicine

“Across diverse traditions and cultures, storytelling emerges as a potent tool for healing and growth. Stories are vessels — carrying the wisdom of generations, the echoes of ancestors, and the collective memory of humanity.

Through stories, we see ourselves reflected, we make sense of our struggles, and we remember we are not alone. In healing, stories become sacred practices of self-discovery and transformation. They invite us into imagination, empathy, and connection. Stories are medicine — they restore meaning, inspire healing, and weave us back into belonging.” Jerry Buie

“True strength is no longer in the body alone — it is in the soul.” Jerry Buie

Every journal has a final page — the moment when pen, paper and spirit converge to leave behind the truth that matters most. For Jerry, that truth is legacy. After reflecting on inheritance, strength, wounds, rituals and stories, he brought his writing full circle, returning to the question that underpins this entire issue of Ritual: What do we leave behind?

In his closing entry, Jerry recalls the wisdom of Bear Boy, a Ute medicine man whose teachings in the sweat lodge continue to ripple through time more than two decades after his passing. This remembrance reminds us that legacy is not possessions, not accolades, not even achievements. Legacy is presence. It is compassion. It is the torch of wisdom carried from one hand to the next, from ancestors through us, into the lives of those yet to come.

This final writing is not simply a reflection — it is an invocation. It asks us to consider what ripple our own lives will leave. It asks us to see that legacy is not built in some distant tomorrow but here, in each act of generosity, each story shared, each ritual practiced with intention. Jerry's words leave us with a reminder that our lives are already inheritance in motion.



On Legacy

“As I ponder the profound concept of legacy, I recall the teachings passed down to me by a Ute medicine man, Bear Boy, on the sacred practice of the sweat lodge ceremony.

Though Bear Boy departed from this earthly realm over two decades ago,
his wisdom continues to shape my path.

His life is a reminder that legacy is not material — it is the ripple effect of compassion, generosity and community care. My greatest desire is not to leave behind possessions but to pass on wisdom, to empower others to carry forth the work of spirit, community and mutual care.

Legacy transcends time and space. It weaves together past, present and future.
It is the torch of wisdom and compassion, carried from our ancestors,
through us, to those yet to come.” Jerry Buie

LEGACY ESSAY:

JERRY'S REFLECTIONS ON THE TIMELESS QUALITIES THAT DEFINE ELDERHOOD, WRITTEN AS A GUIDE FOR THOSE WHO WILL CARRY THE PATH FORWARD

Unveiling the Essence of Elderhood: A Journey into Wisdom and Mentorship

"Embarking on a global odyssey that has taken me from the depths of the Amazon to the vast expanses of Mongolia, I have been blessed with encounters with diverse indigenous communities and wise elders who embody the sacred art of mentorship. As I stand at the threshold of elderhood myself, I am called to reflect on the timeless qualities that define this revered role and their profound relevance in our modern world.

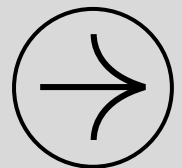
In the tapestry of elderhood, there exists a distinction between mere age and the embodiment of wisdom and spiritual gifts that serve the greater good of the community. A poignant reminder from a Shoshone friend illuminated this difference, emphasizing that an elder is not simply an old person but a beacon of wisdom and medicine gifts recognized by the community for their ability to uplift and guide all.

Delving into the heart of mentorship, I sought insights from seasoned apprentices on the quintessential qualities of eldership. Amidst their varied responses, a tapestry of consistencies emerged, each thread weaving a narrative of humility, compassion, vision, patience and joy that define the essence of a true elder.

At the core of eldership lies the commitment to "walk the talk," embodying humility and a willingness to engage in one's own evolution and spiritual journey. An elder leads not with dictation but with compassion and empathy, holding space for growth and learning while keeping a steadfast gaze on the bigger picture, nurturing the potential and outcomes of those under their wing.

The legacy of an elder extends beyond the present moment, reaching into the future with patience, consistency, and persistence. Laughter becomes a sacred medicine, infusing the journey of growth with joy and resilience, reminding us that amidst the challenges, there is always room to "have a ball."

As we navigate the multifaceted landscape of mentorship, each quality holds equal importance, offering a roadmap for finding balance and harmony in guiding and uplifting others. The path of elderhood beckons us to embrace these qualities with grace and wisdom, weaving a tapestry of mentorship that transcends time and space, enriching the lives of generations to come." Jerry Buie



A silhouette of a person standing on a hill, pointing their right index finger upwards towards a bright sun setting behind a range of mountains. The sky is filled with dramatic, orange-hued clouds. The person is wearing a hooded garment.

**“ALL THINGS ARE CONNECTED, LIKE THE
BLOOD WHICH UNITES ONE FAMILY...
WHATEVER WE DO TO THE WEB, WE DO TO
OURSELVES.”**

CHIEF SEATTLE

Photo by Amire Shrestha

THE 5 WISDOMS OF ELDERHOOD

**FIVE TIMELESS QUALITIES THAT
DEFINE TRUE ELDERHOOD —
HUMILITY, COMPASSION, VISION,
PATIENCE AND JOY.**

BY CHRISTIANO COLE & JERRY BUIE

Elderhood is more than age — it is the embodiment of wisdom lived, practiced and shared. When we invited Jerry to contribute to this issue, we asked him to distill what qualities truly define an elder. His answer was not a list of theories but five living wisdoms drawn from his own path as shaman, therapist and guide. These qualities — humility, compassion, vision, patience and joy — form a compass for any man who seeks to leave a legacy of presence rather than possessions.

WALK THE TALK

Photo by Amire Shrestha



Your steps are your teaching.

01

FIRM WITH COMPASSION

Photo by Amire Shrestha



Strength without tenderness is incomplete.

02

KEEP YOUR EYE ON THE BIGGER PICTURE

03

Photo by Amire Shrestha



See beyond today into the generations.

PATIENCE, CONSISTENCY, PERSISTENCE

04

Photo by Amire Shrestha



Time ripens wisdom; steadiness carries it forward.

LAUGHTER IS MEDICINE

05

Photo by Amire Shrestha



Joy heals what weight alone cannot.

“THE WISDOMS OF ELDERHOOD MIRROR THE ELEMENTS: TO WALK THE TALK IS TO STAND ROOTED LIKE EARTH, TO BE FIRM WITH COMPASSION IS TO FLOW LIKE WATER, TO SEE THE BIGGER PICTURE IS TO RISE WITH THE CLARITY OF AIR, TO HOLD PATIENCE AND PERSISTENCE IS TO ENDURE WITH THE STEADY FIRE OF TRANSFORMATION, AND TO KNOW THAT LAUGHTER IS MEDICINE IS TO DWELL IN THE SPACIOUSNESS OF SPIRIT. TOGETHER, THEY FORM A CIRCLE — A LIVING MANDALA OF GUIDANCE FOR GENERATIONS.”

CHRISTIANO COLE



5 WISDOMS MANDALA

BY CHRISTIANO COLE & JERRY BUIE

TOP (FOOTPRINTS) – WALK THE TALK

- **MEANING: ELDERS LEAD BY LIVING EXAMPLE. THEIR ACTIONS ALIGN WITH THEIR WORDS, LEAVING A PATH FOR OTHERS TO FOLLOW.**
- **WHY FOOTPRINTS? THEY SYMBOLIZE THE JOURNEY WALKED AND THE TRAIL LEFT BEHIND, REMINDING US THAT INTEGRITY IS VISIBLE IN EVERY STEP.**

LEFT (EYE) – KEEP EYE ON BIGGER PICTURE

- **MEANING: ELDERS SEE BEYOND IMMEDIATE CIRCUMSTANCES, HOLDING VISION FOR THE FUTURE AND GUIDING OTHERS TOWARD THEIR POTENTIAL.**
- **WHY THE EYE? IT REPRESENTS WISDOM, PERSPECTIVE AND THE ABILITY TO SEE THE LARGER ARC OF LIFE.**

RIGHT (LOTUS) – FIRM WITH COMPASSION

- **MEANING: STRENGTH AND TENDERNESS COEXIST. AN ELDER OFFERS GUIDANCE WITH BOUNDARIES BUT ALWAYS ROOTED IN LOVE.**
- **WHY THE LOTUS? A LOTUS GROWS THROUGH MUD YET BLOSSOMS WITH PURITY, SYMBOLIZING COMPASSIONATE STRENGTH EMERGING FROM CHALLENGE.**

BOTTOM (HOURLASS) – PATIENCE, CONSISTENCY & PERSISTENCE

- **MEANING: TRANSFORMATION TAKES TIME. ELDERS EMBODY STEADINESS, PERSISTENCE AND THE LONG DISCIPLINE OF GROWTH.**
- **WHY THE HOURLASS? IT MARKS THE SLOW, STEADY PASSAGE OF TIME — TEACHING PATIENCE AS A VIRTUE AND LEGACY-BUILDER.**

CENTER (FLAME/LEAF) – LAUGHTER IS MEDICINE

- **MEANING: JOY AND HUMOR HEAL WOUNDS THAT WORDS CANNOT. LAUGHTER KEEPS THE SPIRIT RESILIENT AND LIGHT ON THE PATH.**
- **WHY THE FLAME / LEAF? A FLAME EVOKES WARMTH AND RENEWAL, WHILE THE LEAF SUGGESTS BREATH AND LIFE. TOGETHER THEY SYMBOLIZE THE VITALITY THAT LAUGHTER AND JOY BRING TO HEALING.**

**WHAT YOU HOLD IN THESE PAGES IS NOT
INFORMATION BUT INHERITANCE.
IN HONORING THE ELDER'S WORDS,
WE ARE REMINDED THAT WRITING ITSELF IS
A RITUAL & LEGACY IS
THE PRESENCE WE PASS ON.**



Photo by Dhivakaran S



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THE LEGACY ISSUE

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