

A woman with dark skin and a nose ring is meditating in a temple setting. She is wearing a blue headscarf and has her hands in a mudra with a white triangle symbol between them. She is surrounded by pink roses and has glowing energy fields around her. The background shows temple columns and a bright light source.

THE INNER TEMPLE MYSTERY SCHOOL

THE WAY OF THE MYSTIC

Foundation Module 1

with REBECCA CAMPBELL



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ARRIVING

Part One

WELCOME + INTRODUCTION

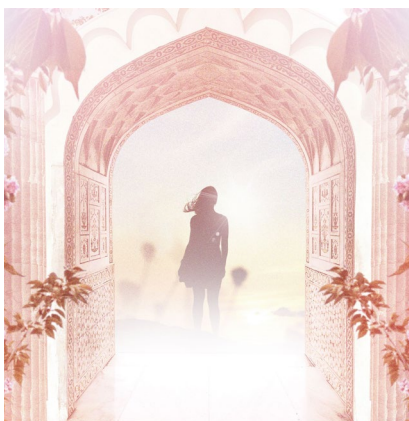
You're in the right place

I'm so happy to welcome you to *The Inner Temple Mystery School*. I've been called to create this training for many years and so it feels so incredible to officially welcome you here. I want to begin by acknowledging the courage to show up to a new training like this. I'm very mindful of all it takes to create space in your busy lives to join me here. It's a real privilege to welcome you, and an honor to walk alongside you as we journey through the training together.



Ever since I was young, I've been deeply fascinated by the big questions of life. Who are we? What is the soul? What is the Sacred? What is the intelligent force that tells the flowers when to bloom and the seasons to come and go? A mystic at heart, I've chosen to devote my life to living among these great Mysteries. To seeing the Sacred all around us. I believe that there is a Sacred intelligent force that is woven through all of life, and my main intention for this training is to provide a Sacred container for you to explore this intelligence, to have a direct experience of the Sacred that is all around us and to attune to the Sacred Mysteries of nature and Life. If you're here, then I'd say it's likely that you are a mystic too. A mystic is someone who longs to have a direct experience with the Sacred. In this module, we are diving deep into the way of the mystic.

The concept of a *Mystery School* is an ancient one. It is said that the *Mystery Schools* of ancient Greece and Egypt were fundamental in not only shaping Western mysticism but also modern culture. They were the birthplace of science, mathematics, philosophy and the arts. These ancient mystical universities were devoted to the Mysteries of life, death and nature, essentially teaching that life is a journey of spiritual awakening. My intention in this training is for us to see the Sacred that is all around us. To create a container for you to have a direct experience with the Sacred and to document your unique findings along the way.



The key invitation for the entire training is for you to have your own *personal* experience of the Sacred. We will be doing that by exploring different Sacred Mysteries and attuning to some of the most powerful, mystical guides of nature. Each Sacred Mystery offers us a gateway to explore, embody, experience, unlearn and deepen into the Sacred intelligence that is woven into all of Life. To see the Sacred that is already here on Earth and of course beyond, and then explore it more deeply.

This course is full of deep research, channeled teachings, personal reflections, stories of my own direct experience and many practical tools that I have found helpful. But this course isn't about me. It's about YOU and your own experience of the Sacred.

My prayer is that inviting you into a deeper relationship with these Mysteries allows you to go deep into the insight, wisdom, connection and intelligence that is available to you every moment of every day. You will have your own, unique, direct experiences. There is no right or wrong, no 'correct way' to move through the practices, just a sincere invitation to trust, follow, experience and activate your own personal unique experience to its fullest.



Everything I've laid out within each module is an invitation, not a prescription or direction. I want you to take permission to adapt any elements so they best support you and honor your beliefs and worldviews. For example, if any of the words I use do not resonate with you, please replace them with your own. If any of the practices don't feel supportive, always put yourself first.

I'm so excited to walk alongside you on this journey. From my Mystic heart to yours... welcome and let's begin.

HOUSEKEEPING

Let's get organized

Let's start with some basic housekeeping.

WORKBOOK

Here you are reading the beginning of your *Mystery School* Workbook. You can fill out this workbook digitally or you may like to print it and bind it so you have something physical. If you are filling it out digitally, be sure to save it as you go.

TIME

Over the next nine months, you will be sent each new module. I recommend completing each module during the month before the next module is released. You may choose to put aside a certain amount of time each week to do the training. If so, schedule that in your diary now.

SOUL INQUIRY®

Throughout the training you will find *Soul Inquiries* for the majority of the lessons. Be sure not to skip over these as they are a very important part of the course. *Soul Inquiries* are essentially open questions to prompt you to share on a topic. They are designed to support you in answering from the wise intuitive part of you. If you are not sure what to write, I invite you to put pen to paper and begin writing and trust what comes.

TRUST THE FLOW

As far as the order of the course goes, I really recommend completing the course from beginning to end in order, watching the videos, doing the exercises and completing the workbook. If for a personal reason you are not comfortable doing one of the exercises or lessons, that's OK. Trust yourself and take care of your own wellbeing. If you get behind, don't get discouraged; pick up where you left off. Consistency grows over time.

SOURCING SUSTAINABLY

At the beginning of each of the six Mystery Modules, you will find a list of items you may like to source for the Mystery Module practices. I'm conscious that we are all over the world, so please use this as a guide or as inspiration when sourcing your items. As a rule, always try to source locally and sustainably. I also always encourage you to work with what you already have. It's not about rushing out and buying flowers, crystals or incense. It's about seeing what's already around you and exploring how to creatively weave this into your own Sacred practices.

ACKNOWLEDGING BIAS, BELIEF SYSTEMS + WORDS USED IN THE TRAINING

While I have endeavored to be as inclusive and mindful as possible in this course, I want to acknowledge that I am teaching this course from my own single limited experience as an Australian-born white woman currently living in the United Kingdom. Since my first awakening as a teenager, I have since studied many different mystic traditions that have informed my worldview and practices. I would say that my main inspiration and teacher now is nature itself and this is what a lot of this training is about. I want to acknowledge all of my teachers who have influenced me on my personal journey and through my work.

Exploring the journey of the soul has been a big part of my own journey and work. I know the word 'soul' might not resonate with everyone. When I am referring to the word 'soul', I am referring to the intuitive, wise part of you that is connected to the Sacred. I was baptized Catholic and while my family did not have a strong practice and there was a lot that did not resonate with me about this tradition, I have had a connection to the more mystical stories and to Mother Mary and Mary Magdalene, which can be seen in some of my work.



My ancestral lineages are primarily Irish, Scottish and the Nordic Islands, including Iceland. I have been on a deep journey in unearthing the Celtic and Nordic earth-based practices of my ancestry, which you will see in my work. I am fascinated by the Sacred thread or 'echo' that can be seen through many earth-based traditions all over the world, and I have a strong connection with what I refer to as the Great Mother and the Goddess. My deepest beliefs have come from my own direct experience of the Sacred through mystical experiences. And today, my intent is always to go direct. Nature always has and continues to be my biggest teacher.

I personally resonate with words such as Sacred, Goddess, God, Great Mother, the Intelligent Pulse of Life and the Great Intelligence. I also believe that we all have a soul and that our soul chose to be here in this body, at this time. I have a deep respect for all faith paths and the human right to choose freely. I also believe that when it comes to the Sacred it is one of the greatest Mysteries there is. So if your belief system varies from mine in any way, I want you to feel welcome here. If any of the words I use do not resonate or are different to your own, feel free to replace them with your own.

TECHNICAL SUPPORT

If you run into any technical issues, please contact my team at hello@rebeccacampbell.me with *Inner Temple Mystery School* in the email subject line and my team will support you however they can.

SUPPORT CIRCLES

From my own time with different training experiences, it is so helpful to call in different layers of support in your life while you are doing the training. For example, is there anyone you want to tell about the training? If so, how can they support you in it? This could be through encouraging you, listening to you or even helping you out with the kids. I want you to tune in now to see if there is anything you need to support you to complete the training.



HOUSEKEEPING

Soul Inquiry

Have you decided how you are going to work through the module workbooks? e.g. online or by printing it out.

Do you need to schedule time to do the training? Schedule that time in your diary now.

To help you get the most out of the training, is there anyone in your life that you want to tell about the training? Is there anything you need from them? e.g. encouragement, interest, time to do the training etc.

What else would support you during this training? How can you call in this practical support now to help you complete this training?

OUR JOURNEY

The training structure

Let's dive into the journey we are embarking on in *The Inner Temple Mystery School*.

This course is made up of nine modules.

FOUNDATION MODULES

The **first two modules are foundational modules**, where we lay down the groundwork for our inquiry around Mysticism, the Sacred and Nature. Module 1 focuses on the Way of the Mystic and Module 2 focuses on our connection to nature and learning to see the Sacred everywhere.

THE MYSTERIES

We then move into the main experiential part of the training: the **Six Mystery Modules**.

The six Mysteries we are working with are: **The Soul, The Rose, Sacred Waters, Ancient Stones, Sacred Trees** and **The Cosmic Mysteries**. Of course, there are endless Mysteries, but these are the six we are working with in this training together.

We begin each Mystery by going deep into the **history, mythology and folklore**, exploring what is known and what has been documented by others, from scientists to philosophers, poets to storytellers.

Then we shift gears and have our own **direct experience through guided practices, tools and rituals**. This is really what this training is all about, having your own direct experience of the Sacred. For each of the Mysteries, the Mystery will be your **guide** and the practices will act as **gateways** to connect with that guide and attune to the Sacred through it.

I want you to see yourself as a courageous mystical explorer of the Sacred. That's really what this course is about. My intention through all of these practices is to give you ways to have your own embodied experience with the Sacred through using the Mystery as your guide.

We will complete each Mystery with a **Sacred Ceremony** and finally **Integration + Reflection**.

COMPLETION MODULE

The final module is focussed on **Completion**. This is where we weave our learnings together and get clear about how your experiences can really be integrated into your life. Integration is such an important part of the mystic way. Without integration, proper transformation and embodiment of the Sacred is not possible, so take your time with this.

TRUST THE RHYTHM

I really encourage you to trust the rhythm and flow of the course and take your time with it. My team and I have spent many years researching, planning, creating, crafting and structuring this training and have woven it together with real devotion and attention.

PAY CLOSE ATTENTION

The final point I want to make before we continue is: at every point and turn, even now as you're reading this, I encourage you to pay close attention to what's going on for you within your body and inner world. Taking in this course overview, you may notice there is a particular Mystery that really speaks to you, or perhaps there's some that you may feel less drawn to. If we embrace the entire curriculum as a guide, we can gain rich insight around what's calling us... even our aversions hold information for us! Be open to being surprised along the way too. Stay curious. Pay attention. Trust yourself. All of this is the work.

Love,






GROUNDING

Part Two

ANCHORING ALTARS

Mystical into the Physical

My teachers always taught me that intuition and creativity are pointless unless we act on them, embody them and truly integrate them. Throughout this training, we are working with the mystical, unseen world and so will be doing many practices to integrate our work into the physical.



One way we do this is through altar work. In the Foundations 2 module, I will be sharing the foundations of altar work. For now, I want to give you a complete understanding of the different altars we will be creating, so you can begin gathering your Sacred items as they appear for you, although there is no rush to do this now.

For each Mystery we will create an altar dedicated to that Mystery. For example, for Ancient Stones, we will be building an Ancient Stones altar; and for Sacred Rose we will be creating an altar dedicated to our work with the Rose.

YOUR INNER TEMPLE MYSTERY SCHOOL ALTAR

At the end of each Mystery we will select an item to take into our closing ceremony and activate it. So, for The Ancient Stones this could be a stone; for The Sacred Rose it could be a small statue or crystal to represent the Rose. It's up to you. This Sacred activated item will then be added to your *Inner Temple Mystery School* altar. So, by the end of the training, you will have six items that you have chosen to represent the six Mysteries that you have activated in each of the closing ceremonies.

I recommend finding a special box, bag or piece of material that you can use to house your six Sacred items. Your Sacred items do not need to be expensive or new. They could be things you already have. The importance is on what they symbolize to you.

You may choose to have these items as part of your altar once you complete the training or you may choose to keep them in the box or bag – for example – and get them out when you are meditating or teaching.

You are welcome to begin gathering these items to represent each of the Mysteries now, but there is absolutely no rush to do so. Trust that they will come to you as you work through the training. We will not need the first object until we are creating the altar for the first Mystery, which begins in Module 3.



ANCHORING ALTARS

Soul Inquiry

Are there any objects that you have already, that you would like to use for each of the Mysteries to make up your *Inner Temple Mystery School* altar? e.g. Soul, Rose, Waters, Trees, Stones, Cosmic.

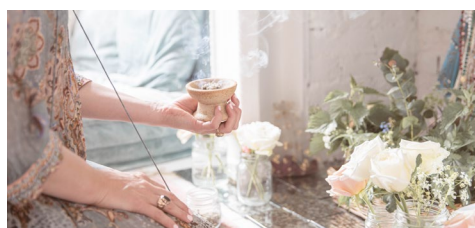
What would you like to keep your *Inner Temple Mystery School* altar in? For example, a box, a bag or a piece of material.

OPENING CEREMONY

Blessing the journey

It's time now to officially open the Sacred container for our journey together in *The Inner Temple Mystery School* through a really simple opening ceremony. For this ceremony, all you need is a few minutes to be present and step into this Sacred container together.

I am a big believer in the Sacred spaces we cocreate together. In my experience, every training and workshop is always completely different and enhanced by how fully we show up and step into the space together.



I encourage you to follow along in this ceremony with me in the Opening Ceremony video. However, I have sketched out the outline below, should you wish to repeat the practice or do it on your own, perhaps in nature.

HOW TO DO THE OPENING CEREMONY

STEP 01

Open Sacred Space in a way that feels right for you. You may wish to light a candle.

01.

STEP 02

Acknowledge the support around you, seen and unseen. Tune into the many others who are also alongside you on this *Inner Temple Mystery School*. Imagine us all together in a circle.

02.

STEP 03

Connect to the Sacred above, beneath and within us.

Place your hands towards the heavens and say,

I call upon the Sacred above me to bless me on my journey.

Place your hands on your heart and say,

I call upon the Sacred in the Inner Temple within me to bless me on my journey.

Place your hands towards the Earth,

I call upon the Sacred below me to bless me on my journey.

03.

STEP 04

Imagine our circle now surrounded by wise ones through the ages. Mystics, sages, poets and medicine people who have asked and explored the big questions of Life. The great soul adventurers, the deep divers, the ones of the ancient mystic way.

04.

STEP 05

Call upon the Sacred Mysteries we will be working with throughout our journey.

*Healing Waters, Ancient Stones, Sacred Rose,
Sacred Trees, Intelligent Cosmos, Ancient Soul within.*

Bless me upon my journey.

*Help me remember my true nature and attune to the intelligent pulse
of nature that exists within all things.*

Forever above me, around me, below me and within me.

May I do my part in weaving the Sacred back in more fully.

*Help me always find my true north so I can navigate through any
wind, rain or storm.*

Help me return again and again back to myself.

Help me see the Sacred that is seeded and woven through it all.

Help me plant my soul here even deeper than before.

Thank you, thank you, thank you.

05.

STEP 06

Take a deep breath in and out. Slowly open your eyes, feeling this group energy we have activated, which will bless us throughout our work together individually and collectively.

06.

STEP 07

Blow out your candle and close Sacred Space in a way that feels right for you.

07.

STEP 08

Complete the following *Soul Inquiry* to deepen into this opening energy.

08.



OPENING CEREMONY

Soul Inquiry

What called you to this training?

Do you have an intention for the training?

What is your soul's prayer for this training?



DEEPENING

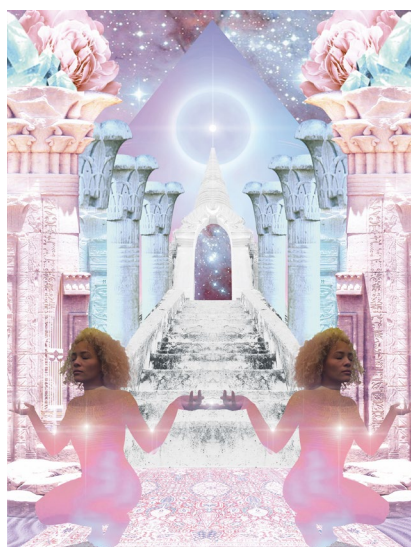
Part Three

INNER TEMPLE

The Sacred within all

The name of this training is *The Inner Temple Mystery School*. It feels important to explain why I named it this. In order to do so, I need to break it down into two parts. First of all: *The Inner Temple*. The next chapter will cover *The Mystery School*.

The Inner Temple is the best name I have found to describe the Sacred that exists within all things and all people. While external temples and places of worship are incredible, I also believe that we can access the Sacred by turning our gaze within. Through connecting with our Inner Temple we are actively choosing to connect to the wisdom within us rather than being influenced by the 'noise' external to us. This is a big part of the mystic way. Trusting our inner world while living in a noisy one – surrounded by external influences – is not easy. It takes courage, faith and practice.



I see the *Inner Temple* as a symbolic place where the soul resides and it's also the part of us that is connected to everything in the knowable and unknowable universe. *The Inner Temple* is also a way of life. It's a commitment to go within on a regular basis. To acknowledge that within you, resides the intelligence of the Sacred. And that the Sacred exists within you as well as around you.

I believe we each have within us an Inner Temple.

*A place where our souls' whispers and intuitive senses can be felt,
heard and known. A resting place. A place where we can feel at home.*

*A place that is connected to the intelligence of Life. A place where we can meet
the great Mysteries and have a direct experience with the Sacred.*

When we connect to the *Inner Temple* within, we hear our intuition clearly and find ourselves living in harmony with nature, the same force that causes the planets to spin and the seasons to come and go. When we gather the courage to listen to the guidance from our *Inner Temple* we let go of control and find ourselves living in flow with the rest of Life.

Just as many of the old, patriarchal structures and systems in our world are falling away, we are discovering that the ability to connect to our own souls, our intuition, the Sacred and the great Mysteries is not a special gift limited to a special few. Rather, it is actually our birthright. One by one, as we each awaken, we are remembering that all of the answers we seek can be found within. This shift in living is both revolutionary and necessary for these times.

When we cross the threshold of worshiping at our own *Inner Temple* instead of looking at the external world around us for guidance and validation, we find ourselves connected to the mysterious intelligent force of all of Life.



At the core of everything in this training is the invitation for you to work with the wisdom within you. To be your own authority on what feels deeply true for you, and to stay curious, to live in the inquiry, to live the question, to allow your day-to-day life to be the spiritual path on which we walk.

*In all of my work, the Inner Temple is a symbolic gateway
to enter into what the Ancient Greeks called kairos time.
Kairos time is Sacred time, timeless time, soul time.
It's the space where ritual and ceremony happens,
where creativity happens, where intuition comes in,
where we feel connected and where time seems to stretch.*

There are many different gateways to the *Inner Temple*, which I call *Gateways to the Soul* such as prayer, meditation, dancing, poetry, ritual, ceremony and many more practices, many of which we will be experiencing ourselves throughout this training.

A quick way to connect with your *Inner Temple* is to slow down your breath and place your hand on your heart. I like to imagine a flower in the center of my heart and imagine a light in the middle. This is the light of your soul and the light of your Inner Temple.

Some people like to get creative in visualizing what their *Inner Temple* looks like as a way to connect with it quickly. If you have worked with me before you will likely have worked with the *Inner Temple* and will know yours well. If you haven't, you will find a short guided meditation below the video lesson.



INNER TEMPLE

Soul Inquiry

What does your *Inner Temple* look like? Describe or draw it below.

Having been connected with your *Inner Temple*, how do you feel when you connect with it?

What are your current favorite ways to connect with your *Inner Temple* or your soul? For example, being in nature, meditation or other practices that help you connect with your soul.

WHAT ARE THE MYSTERIES?

Inviting the unknown

If a library is where you go for the known, the Mysteries and *The Mystery School* is where you go to expand your consciousness and explore the *unknown*. When I talk about 'the Mysteries', I'm talking about the big unknowns of Life. The Sacred questions that have captivated mystics, poets and sages through the ages. The types of questions that make your brain explode when you really sit down and think about them. Questions like, 'What came first, the seed or the flower?' The Mysteries are not possible to solve with the logical mind.

For as long as I can remember I have been fascinated by The Great Mysteries and dedicated to having a direct experience with the Sacred. The further I move along my journey, the more I seek direct experiences with the Sacred, rather than consuming information. While you'll find lots of information in each of the Mystery Modules, what we are really doing in this training is expanding our consciousness through our embodied direct experience. This cannot be taught in books. It needs to be lived, breathed and experienced.



Working with the Mysteries is more about cultivating insight rather than merely gaining linear intellect. We are working with *kairos* time rather than *chronos* time. Words that I find helpful when speaking about the Mysteries are 'ineffable' and 'unfathomable'. When I have a direct experience of the Sacred Mysteries I feel both connected to everything in the Cosmos as well as a tiny insignificant part of the greater whole.

I find that nature and beauty give me this feeling. I call it a feeling of awe, where your breath is taken away and you feel connected to everything and also just a tiny part of something so vast that it is ineffable, unfathomable. In these moments, I feel deeply connected to what I call the Sacred. In union with something bigger than me and also something of which I am an intrinsic part of.

Often the exploration of the Mysteries requires us to *unlearn* – to *see through*, and work *with* – the layers of conditioning that restrict us from seeing and experiencing the Sacred. A true mystic, Leonardo da Vinci puts it so beautifully when he said,

Where there is shouting, there is no true knowledge.

In our exploration of the Mysteries, it is our certainty that restricts our Mystical experiences.

The six Mysteries we are working with in this training are the guides we follow to deepen into our own unique relationship with the Sacred. You'll hear me say this a lot, but this course is not merely about learning with our minds. It's about experiencing with our full beings. Body, heart and soul too. Inviting and evoking an embodied, direct experience with the Sacred. To allow the veils to lift and to time and time again initiate a deeper experience with Life as Sacred.



Working with the Mysteries is just that: mysterious. We are working with subtle energies, whispers, rhythms, experiences, imagination, creativity and intuition. Often our rational mind is seeking certainty, clarity – tangible, concrete facts – because it likes things to be familiar. But here, the invitation is to lead with what we *don't* know for sure, rather than what we *do* know. To lean into the space of *unlearning*, and allow space for us to *experience* the ineffable, to be in awe...

I love that word, *ineffable*, which means that which is indescribable, beyond words, that which can't be expressed in language. That is the map we are setting out for ourselves as we begin, into the unknown with new eyes and curious hearts. Open and willing to have new experiences. When I am in awe – and it often happens when I am observing beauty, such as poetry, a flower or a sunset – it feels as if my soul is planting itself more deeply into my body. As if – for a fleeting moment – the Sacred is everywhere and in everything, or perhaps I am observing the Sacred that is always everywhere and within everything. This topic is surely one of the greatest Mysteries.

This course is about *experiencing*. It's about following your curiosity. It's about opening ourselves up to the Intelligent Pulse of Life that flows through all of Life, including us.

Complete the following *Soul Inquiry* to explore this further.



WHAT ARE THE MYSTERIES?

Soul Inquiry

What do you think you know for sure?

What big questions are you interested in exploring?

What does the Sacred mean to you?

What came first, the flower or the seed?

THE JOURNEY OF THE SOUL

Our human experience

A core principle of *The Inner Temple Mystery School* and most Mystery Schools is that we are souls having a human experience. That is, we are more than just flesh and bones. We will be exploring the soul as one of our Mysteries, but as it is so core to the work we are doing, I want to begin touching on it now.



The Welsh Celtic word *Imrama* means a journey of the soul, a voyage on which we don't know where we're going, but our soul knows the way. It also speaks to a certain longing for home that the soul remembers. It's one of my favorite words and in a way this captures beautifully the invitation here at *The Inner Temple Mystery School*. I have laid out a map for you to follow, but essentially the reality of your experience, and the true path you take will be guided by you and your wise, intuitive self.

If you have followed my work for a while you will know that for me, the questions, 'What is the soul?' and 'What is the Sacred?' are the two questions that I have been living into since my first awakening as a teenager and are what I have dedicated my life to exploring.

I want to share what the word 'soul' actually means to me as it will be used throughout the training. I believe the soul is the ancient part of us that chose to be here in this life, in this body, on this planet, at this time. I believe that the voice of our soul is our intuition and that our intuition speaks to us through our body's senses. Ever since I can remember, I have believed that the soul is intelligent, and that all living beings on this planet have this innate Sacred intelligence, or a soul. From my research, I have now discovered that this is a core principle of animism which has echoes in many ancient indigenous traditions from all over the world.

I believe that this intelligence is connected to the same intelligence that tells the flowers when to bloom, the seasons when to come and go and the planet to spin. I believe that our soul is the part of us that is wise beyond our years, that chose to be here and is always calling us. I believe the soul speaks through our mind and body in whispers, dreams, visions, feelings, longings and yearnings. If we want to live a soul-led life (which I believe is similar to living a mystical life), we need to develop a relationship with our soul (or inner self) and invite it to step forward and lead us.

To me, living a soul-led life is about prioritizing the relationship with our soul and inviting it to lead us. I don't believe that the soul is better or more Sacred than our mind or body, I believe that all parts of us are just as important. I find that when we make a connection with our soul, it can feel as though time stretches and expands. We can feel as though we have dropped into the center of our heart, to the temple within and have an increased capacity to listen and feel the voice within, similar to that feeling of awe I mentioned earlier.



In this training, the intention is to have embodied soul experiences. To invite the soul to come more fully into the body and to experience it through all of our senses. I believe that when our soul comes more fully into our body we are experiencing the Sacred in the physical. And that this may just be what the human experience is all about.

If you have another name you like to give the soul, intuition or the Sacred within, feel free to use that when doing the following *Soul Inquiry*.



THE JOURNEY OF THE SOUL

Soul Inquiry

Growing up, what were you taught about the soul?

What does the soul mean to you now?

Where do you experience the soul the most?

THE TRIANGLE + MYSTICAL SYMBOLS

The power of ancient symbols

In times where wisdom teachings and Mystery Schools were forbidden and banished, symbols were used to represent the wisdom teachings. Pay attention to the symbols that emerge and appear for you as you make your way through this course. Working with symbolism and myth is an important thread of this course and the triangle has often been used as a symbol used by the ancient Mystics to represent the birthing of wisdom amongst many other things.

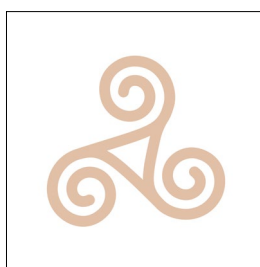


Spirals on the entrance stone, Newgrange, Ireland

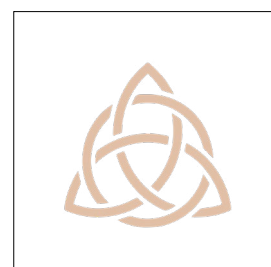
I get asked frequently about the symbolism of the triangle, mostly because I use it a lot within my work, and have it tattooed on my wrist. When I was at school, it was the shape that I filled my notebooks with, along with spirals. I believe that ancient symbols such as these can come to us as a symbol for what we are ready to unlock and remember.

Years later, when I visited Ireland, the Nordic Islands, the UK, Greece, Italy, France and Egypt, these shapes and symbols kept showing up for me. It felt like following a trail or like something was being remembered at some times when I ran my fingers over them. Triangle symbols have been found in ancient runes from the earliest civilizations. In many ways, the triangle represents any trinity, or the power of three. For example: Mother/Maiden/Crone; the Holy Trinity; Past/Present/Future; Mother/Father/Child; Spirit/Body/Mind.

In Celtic symbolism, you may recognise the *triskelion*, or the *triquetra*, the interwoven Celtic knot symbol used since Neolithic times and believed to convey a sense of energetic motion or progress.



The Triskelion



The Triquetra

The triangle can also hold symbolism for the Sacred feminine and masculine energies. The upward pointing triangle is the alchemical symbol for fire: a truly powerful, essential and destructive element. Interestingly, a triangle facing down is the alchemical symbol for water, an equally powerful, essential and destructive element.



For me, the triangle is also about inner strength and resilience. The equilateral triangle, which is what I use in my work, is the most powerful shape there is. No matter how much pressure you put on it, it will not break because it draws its strength from within. This is why I love the triangle the most. It reminds me of going into the Inner Temple rather than outside. To draw your strength and guidance from within. To always build solid foundations, to stay grounded and to take your time to integrate what you have learned.

There are so many symbols with so many different meanings. From the spiral to the *vesica piscis*, the rose to the infinity symbol. I want you to take a moment to reflect on any symbols that have shown up for you in your life and stay open to noticing new ones that come for you.



Vesica Piscis at the entrance to the Chalice Well, Glastonbury

You'll find some *Soul Inquiry* prompts on the next page to explore this further.



THE TRIANGLE + MYSTICAL SYMBOLS

Soul Inquiry

Is there a symbol or shape that has appeared for you on your journey?

Are there symbols or pieces of mystical art that you are particularly drawn to?

Let yourself draw freely in the space below and see what symbols want to come through for you.



EXPLORING

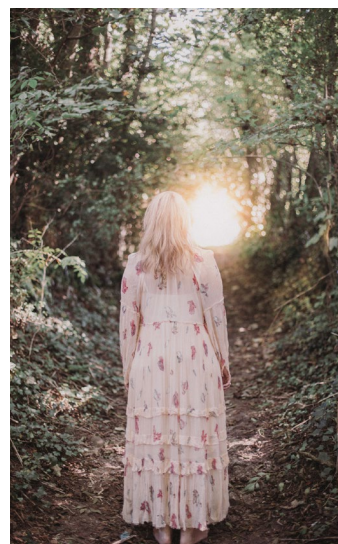
Part Four

WAY OF THE MYSTIC

Weaving the Sacred into everyday life

The way of the mystic is something that I have grown into. I believe the awakening process never ends and that through our life we experience continual invitations to both awaken and merge with the Sacred here on Earth and beyond. Looking back on the earlier decades of my spiritual journey I can see how – whilst the awakening processes invited new capacities to open up and consciousness to expand – the Sacred and the physical were still separate. My early awakening experiences and dark nights of the soul saw me open my mind and heart to new worlds and ways of seeing the world and beyond.

However, my spiritual life and my normal everyday life were compartmentalized. Even in my early years as a spiritual teacher, where I was committed to living in alignment with my spirituality, it was still disjointed. I remember the day I was standing in a field in Glastonbury where I so clearly saw this separation within the world and within my own life. I had been consciously working on my connection with nature, the Goddess, the feminine and the earth for several years, yet still there was this concept of ‘going into nature’ and ‘spiritual practice’, of ‘getting grounded’ and ‘being spiritual’. I was shown that I was being called to weave the Sacred back into my every day. To weave the Sacred into everyday life.



Now, many years on, I can see how this Sacred thread has slowly been weaving its way in. Day after day, the thread has been slowly woven back in. Since that day the focus really has been on seeing the Sacred that is already here, and how it is connected to the Sacred all around us. And this is what my work is devoted to now.

In 1913, in her book *Mysticism*, the English Mystical poet, Evelyn Underhill first used the term ‘*The Mystic Way*’. Underhill does an amazing job of outlining

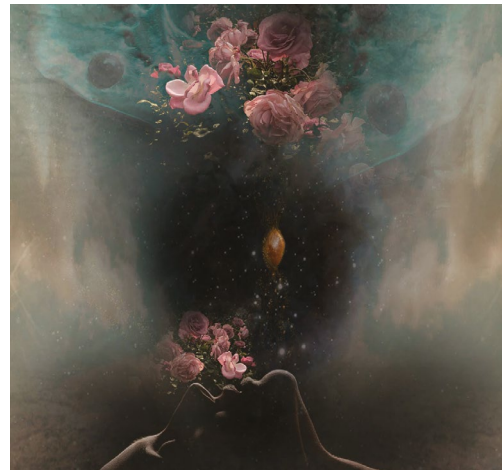
*the process by which a person is able to set up direct relations
with the Absolute (sacred)*

which she called the ‘Mystic Way’. The steps she outlines are: awakening, purification, illuminations (visions and adventures), dark night of the soul and union.

The awakening process can be a confusing one and often one that we are called to walk alone. I believe that each of us has a very different awakening journey. After researching several different writers' and philosophers' work including – but not limited to – Joseph Campbell's *The Hero's Journey* and Evelyn's *The Mystic Way*, I have been able to make more sense of my own mystical journey. And while I have had many supportive people and teachers along the way, ultimately it is a gate or spiral we walk alone.

In the ancient Sumerian story, Inanna's descent to the netherworld, the Goddess Inanna (also known as Ishtar) leaves the comfort of heaven and Earth to descend into the unknown depths of the underworld. Here she encounters many trials and initiations until she returns, completely changed by her experiences.

This story tells us that sometimes in order to be born anew, we must face our fears and find the courage to venture into the unknown. In my own journey and in witnessing others, I have found that there are different parts of the awakening process. Often it begins with going up, an upward awakening and expansion of consciousness. Our mind is blown and we see things in entirely new ways. This process can be ecstatic even.



There is another type of initiatory awakening that happens that I call the descent where we are brought to our knees, to our bodies, to our humanness. And the invitation here is to die while still fully living, as the shamans say. If we choose to cross this threshold, we are invited to come more fully into our bodies. And this can be painful. And it can take a long time. Years, decades even. It is in this descent that the Sacred is really able to be woven fully in. We become reattached to the physical in a whole different way. Heaven and Earth become one. The Sacred and the physical merge. Life and Death dance forever together. The soul is planted here in the physical.



WAY OF THE MYSTIC

Soul Inquiry

Reflect on the concept of weaving the Sacred back into your everyday life.
How compartmentalized is your spiritual life from your normal life?

How can you weave the Sacred more fully into your everyday life? List some practical ways.

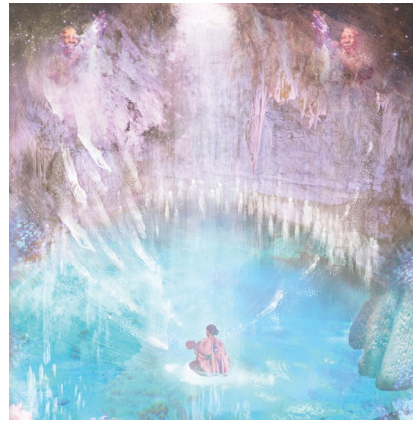
Reflect on your life as a whole. Are you showing up differently in different areas of your life?

WHAT IS A MYSTICAL EXPERIENCE?

Shifts in Spiritual Awakening

36

When you signed up for this training, I bet you felt like you would be part of a small minority that was interested in or have perhaps already had a mystical experience. Well, the numbers from a 2009 survey found that almost 50% of Americans said they have had a mystical experience. Other studies have indicated that unitive or mystical experiences occur in all cultures around the world and there are clear similarities between the experiences from around the world.



A mystical experience is a moment of spiritual awakening.

Through the experience a shift occurs and things are forever changed.

Most people who have mystical experiences report having an experience of unity and a sense of self is replaced by a feeling of oneness or merging with the divine.

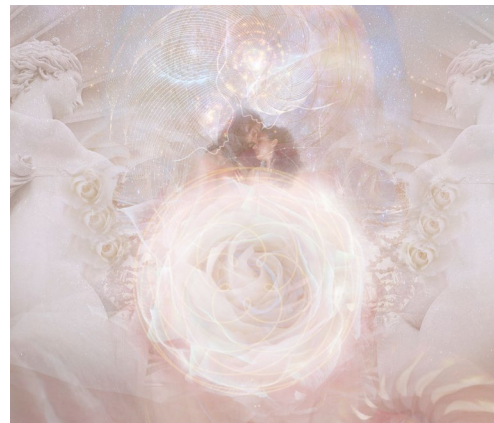
Some people say that through their mystical experience they receive some sort of wisdom, knowing or clarity about Life itself. Another common trait is a difficulty to put the depth of the mystical experience into words. It's as if words themselves cannot describe the extent of the experience, as if words themselves are too limited. The experience is ineffable. It has been felt and known yet hard to be expressed. It happened in *kairos* time, not *chronos* time.



As someone who has had several mystical experiences, I deeply resonate with these mystical experience traits, especially the difficulty to express in words. My first mystical experience happened in my early teen years. In that moment, my life was forever changed. It was as if a whole new world opened up and my old one no longer made sense. This was both incredible and isolating, as no one in my life understood what I had gone through. As I track through my life, there are several more periods of mystical awakening, some lasting for moments, some hours, others minutes, one lasting almost a full year. That was around 2012 when I experienced what I describe as a Kundalini Awakening.

One understanding of a Kundalini Awakening happens when the life force and feminine energy that is stored in the base of the spine expands to enliven all of the chakras in the body. It has nothing to do with Kundalini yoga. One morning I woke up in extreme bliss. My teeth were chattering and my body shaking. It was not uncomfortable, rather quite the opposite. Throughout the days and nights for a period of around nine months I was in ecstasy, sheer joy and life force spiraled through me and it seemed to be moving from the base of my spine out the crown of my head. It was definitely an upward rising. Waves of ecstasy moved through me like honey and it felt like I was IN the nectar of Life. On my morning walks I began to merge with all things, even seeing codes and Sacred geometry in the flowers, trees and people. Everything was in Technicolor and so very alive.

I met my soon to be husband around that time and upon meeting, he began experiencing parts of it in a lesser way too, which was something he had definitely never experienced before. I had no comprehension of what was happening to me, but it was a positive experience... once I moved past the shaking that came on unexpectedly, mainly while I was in bed, but sometimes to a lesser degree at work.



Another mystical experience I had – that I believed triggered a different type of awakening that I describe as ‘the descent’ – happened during my Kirtan training in London. I will be talking about that experience in more detail in the *Sacred Waters Mystery*. But this was, without a doubt, the most Sacred moment of my life and one that I struggle to wrap words around. I was taken to the center of the Earth into the arms of the Great Mother and surrounded by the Ancient Grandmothers of the Earth. They sang ancient songs to me and I am told I began singing them too. All were in different languages unknown to me. Some languages were recognisable, others seemingly lost. Upon sharing this experience with Yeye Teish, an author, teacher and spiritual advisor, she described something known as xenoglossy which is when one channels lost languages from the consciousness of the Earth. This experience triggered a different type of shaking within me at night.

A month later, during my shamanic training that overlapped with my Kirtan Training, I hurt my ankle on my way to bed. I crawled to my bed and told my husband. A surge of energy moved through my body from head to toes and I began describing to my husband that I was in some kind of cave and was struggling to breathe. The pressure of the cave or tunnel was tight and I was distressed. I then said that I was in the birth canal and realized I was re-experiencing my own birth. I took my first breath and then began wailing like a newborn baby. I was overcome with grief, birth and death all at once. I explained to my husband as it was happening that I was overwhelmed with a feeling that I had done something wrong and that this was my first feeling in this world. The energy finished moving through me and I came back fully. I had been shown a deep imprinting that began the moment I was born.

Interestingly I later found out that when I was born, my mother shared a room with a mother who had lost her baby moments earlier. The hospital was too full to give the mourning mother privacy and so I came into this world surrounded by her deep grief. My mum said she felt so bad when I cried as it triggered the wailing of this woman who had just lost her precious baby. Re-experiencing my own birth showed me patterns that were deeply ingrained in me. It also helped me understand the grief that I had always felt but had not been able to describe. Even though this was a more difficult experience, it helped free me from things that I had always felt but had not been able to understand or move through without this information.



I had several more mystical experiences that caused me to further my descent and moved to a crescendo upon giving birth to my son. At the moment of crowning, I saw all of my cells and the protective barriers that had developed through the ages in my ancestral lines. I was shown that these barriers were layers of protection erected as coping mechanisms through trauma passed down the ancestral lines. Because my son was still in his water sac, I crowned many times and then he popped all the way back in due to the pressure of the waters that were still intact. Each time I crowned I saw these barriers and layers of protection being blasted open to the ends of the universe. I saw them traveling through the ancestral lines and all of the women who had ever given birth and all the pain they had gone through. It was the most physical and transcendent experience of my life. It triggered a two year deep dive of integration, which is another story. And I still struggle to find words to describe the deepness of the experience.

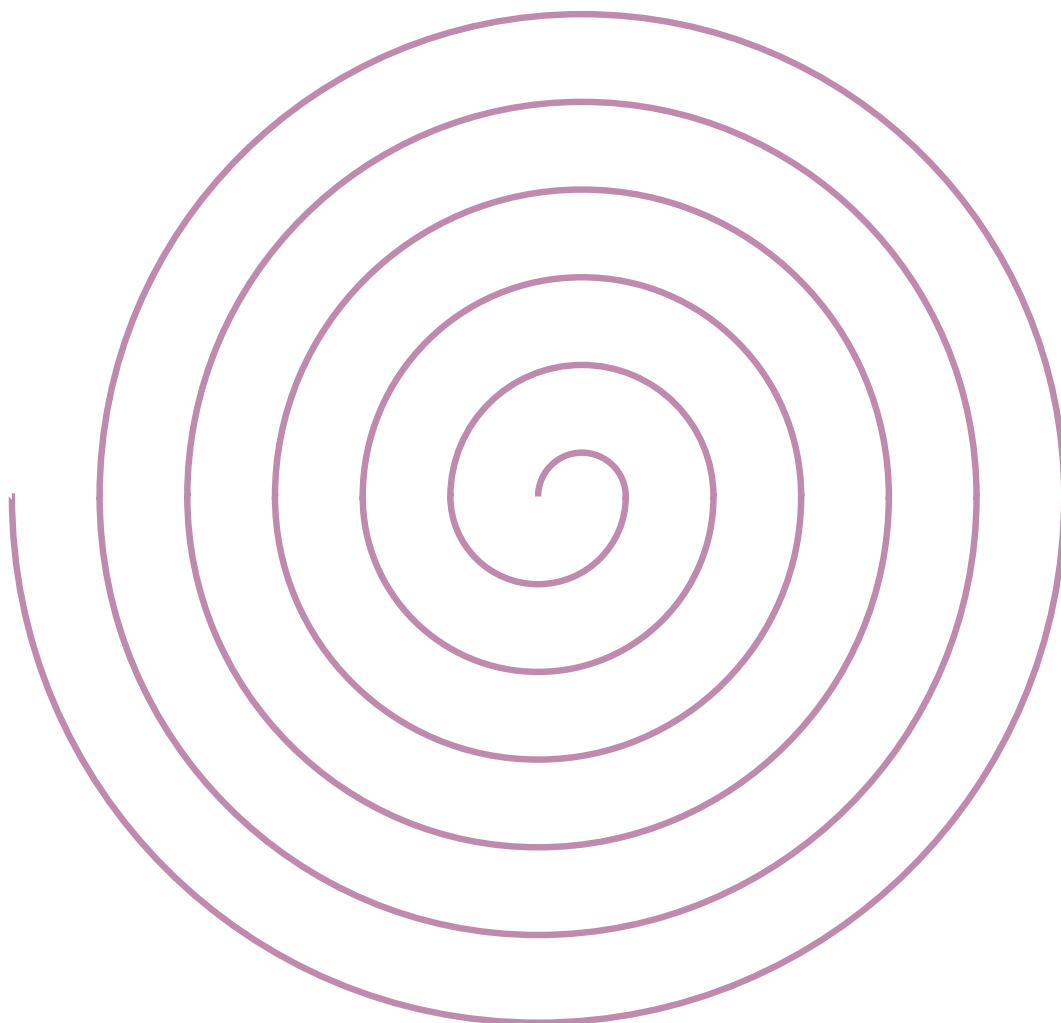
Some mystical experiences can be positive, others can require deep support and integration. I know it can be difficult to call in the right support when you are integrating them, but the more support you can get, the easier the integration will be.

Use the following *Soul Inquiry* worksheet to explore any mystical experiences you may have had.



WHAT IS A MYSTICAL EXPERIENCE?

Worksheet



In the spiral above, plot down any mystical experiences or awakenings you have had, starting from the outside, in.

Taking a look at any of the experiences, make note of whether these seemed to be an upward awakening or a downward descent. Make note of any feelings, knowings, learnings or outcomes.

How long did they take to integrate? What supported you in integrating it? With hindsight, are there any ways you could support yourself in the integration better next time?

If you are working through this workbook digitally, you may like to either print out this page, or draw a spiral in a notebook to complete this worksheet.

GATEWAYS TO THE SOUL

Experiences of the Soul

You will hear me talk a lot about ‘gateways to the soul’. By this, I mean things that help us have a soul experience. The Mystery Modules are full of gateways to the soul. These gateways are different ways to experience your soul. Practices from chanting to meditation, soul journeys to intuitive nature walking, kything to ceremony and ritual.

These tools and practices are intended to serve as gateways to experience the Sacred in an embodied way. These practices are of course not finite, rather they are ones that I have found especially supportive in connecting with the Sacred myself. All of the practices have been created so that you can do them over and over again as you are called. They are gateways for you to connect and to have a direct experience with the Sacred. This is the mystic way.



Franciscan Friar and author, Father Richard Rohr, says that the term ‘mystic’

simply means one who has moved from mere belief systems or belonging systems to actual inner experience.

The treasure on offer here lies within the *being* rather than the *doing*. However, like any spiritual practice, cultivating the right conditions is very helpful. Hence showing up to these practices and returning to them will likely strengthen your connection to the Mystery itself as well as your own soul. The best decision I ever made was committing to show up to a devotional practice each day. In the workbook, you will find some *Soul Inquiries* on your Sacred practice. We will be exploring the practice that would be most nourishing for you right now and looking at how you may be being called to show up with consistency.

I really encourage you to commit to showing up to your devotional practice with rhythm during these two foundational modules, if you are not already. It'll be really supportive in setting you up for the practices we will be doing in the Mystery Modules.

Use the following *Soul Inquiry* to explore this further.



GATEWAYS TO THE SOUL

Soul Inquiry

A gateway to the soul is something that invites your soul to come more fully into your body e.g. music, nature, meditation etc. What are your go-to gateways to the soul (favorite practices to connect you with the soul)?

What does your Sacred practice consist of currently?

Are you being called to show up to it more regularly?

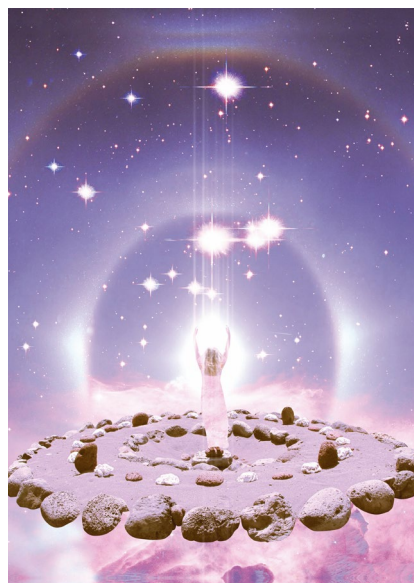
What Sacred practice would be most nourishing for you right now? e.g. walking in nature, meditation, dance, singing etc.

WHAT IS INTUITION?

Differentiating between the Head and the Soul

The most common question that I get asked at my classes and workshops around the world is, *'How do I differentiate between my mind and my intuition?'* Before I give you my answer to that question I want to take a step back and consider what is the purpose of intuition. Intuition is a source of information, and information is used in making decisions.

When people say they want to 'tap into their intuition', really what they are saying is that they want to source new information to help them make better decisions. Life is full of decisions: some we navigate without much conscious thought, others we deliberate over for weeks or even years. The way we have become 'programmed' by society and culture is to make 'rational' decisions based on outcomes, usually linked to money, status or time. Our minds have become focused on this decision-making process, which blocks out other information sources (the intuitive senses and creative thinking) as the brain is always seeking certainty and assurance.



I believe that intuition and creativity come from the same place. I believe that the soul speaks to us through our intuition and our intuition speaks to us through our body's senses. I'll be going into the different types of intuitive senses in the next chapter. For me, the voice of my intuition is much more subtle and calm than the voice of my head. The voice of my head tends to have a motive and is generally trying to avoid or control and outcome. The voice in my head is commonly driven by fear.



Throughout this training and in all of my work, I use *Soul Inquiry*. This is a form of conversation with your soul. I see the voice of the soul as the same thing as the voice of our intuition. When we tap into our intuition, we are tapping into *kairos* time, Sacred time. We are tapping into the Sacred intelligence that tells flowers when to bloom, the seasons to come and go and the planet to spin. I see intuition as being part of this intelligence and thus a really intelligent guide for us to tune into.

I believe that we are all intuitive and that we were born that way. And while many of us may have been raised in ways that have caused us to switch off from it or doubt it when we feel connected to it, we can all still tap into it. I see intuition as a muscle that we can work out. The more we use it, the more we trust it, the clearer it gets. My teachers taught me that intuition is pointless unless you act on it and to trust it when it comes through.

I want you to spend a moment right now reflecting on your relationship with your intuition and if there are any times you have received intuitive hits or hunches that proved to be correct. So, explore that in the following *Soul Inquiry*...



WHAT IS INTUITION?

Soul Inquiry

Looking at the line below, make a note of where you view you fit on the continuum from 'not intuitive' to 'very intuitive'.



Not Intuitive

Very Intuitive

What were you taught about intuition growing up?

Have you had any intuitive hits or hunches in the past that ended up being true? Describe them below.

How often do you trust and act on your intuition?

What is your intuition calling you to do right now?

What is a baby step that you can take in that direction?

THE INTUITIVE SENSES

Always communicating

One of the best ways to recognise and trust your intuition is to understand the four main intuitive senses that are constantly communicating with us. These senses are communicating with us through our main senses of the body. For those who are new to the intuitive senses of the body, here is a brief overview of the main ones.

In my experience, we tend to have a primary intuitive sense, but it's also important to know that we have access to all of these senses and can work on strengthening every one.

CLAIRVOYANCE – CLEAR SEEING

This is the most common intuitive sense. Generally, our clairvoyance will manifest when we can see through our mind's eye or through visions. You don't have to physically see something in real life to be clairvoyant.

If clairvoyance is your primary intuitive sense, you'll probably use language such as, 'I really see what you mean,' or, 'I can really get a vision of where you're going with that'.

CLAIRAUDIENCE – CLEAR HEARING

Clairaudience is our ability to sense things through hearing. Again, this could be through actually hearing something in reality or it could be through listening to our inner ear.

People who have a heightened clairaudient ability may find that they're hypersensitive when it comes to the sounds around them, and may need to spend a lot of time on their own or in a quiet place because their ears pick up everything.

When I'm doing my writing, I often walk in nature because I find the motion really helps. As I'm walking, it's as if I'm being led by my inner ear to hear the whispers of my soul.

CLAIRCOGNIZANCE – CLEAR KNOWING

Claircognizance is the intuition that comes through a certain knowing. Creative concepts and ideas often come through claircognizance. One second, there was no idea, the next second a whole concept has landed in your mind in full. You can't explain how you know it, you just do.

This sense can be one of the hardest to trust because it's easy to confuse it with your head as it's based on innate 'knowing'. The way to differentiate between intuitive knowing and logical knowing is that the former is more of an inner knowing and it often comes as a gentle yet deep whisper.

CLAIRSENTIENCE – CLEAR FEELING

The fourth main intuitive sense is clairsentience, which means clear feeling. This is a very common one for empaths, who are often able to pick up if there's just been an argument in the room or if there's been lots of laughter and joy around.

Clairsentients tend to be overly sensitive to other people's energies and need to spend a lot of time on their own to get grounded into their own physical energy body. As a clairsentient, things can get tricky if you're not aware of how your body absorbs and picks up information, because you can get confused as to whether you're picking up your own feelings or the feelings of other people.

Beyond the most common ones, there are also some lesser-known 'clair' senses such as:

CLAIRTANGENCY – CLEAR TOUCHING

Clairtangency people can receive information through their sense of touch. They may pick up textures or physical sensations when they receive their intuitive guidance.

CLAIRSALIENCE – CLEAR SMELLING

Clairsalience people are very in touch with their sense of smell. As with all of the clairs this doesn't need to be an actual physical smell. It can be an inner smell that they experience. Each smell delivers information.

CLAIRGUSTANCE – CLEAR TASTING

Clairgustance people receive information through their sense of taste. As they're receiving their guidance, they can have a physical sensation in which they experience a particular flavor or a memory of a taste as a way of communicating information.

While we have access to all of these senses, in my experience, people tend to have one or two senses that are the strongest, through which they first receive their information. After they receive their information through one of their senses, they may then receive more information from other senses, almost as if the senses are communicating with each other or helping the individual to paint a fuller picture.

For example, I often receive my intuitive information through clairaudience first. Once I receive the 'whisper', I then receive a feeling (clairsentience) and then a visual (clairvoyance).

You may already be really clear on how your intuition and inner wisdom speaks to you, or if you're new to this, enjoy the inquiry as you explore the whispers. As always, know that there is no right or wrong, just your own unique path to walk.

Let's stay curious together as we continue. Use the following *Soul Inquiry* to explore this in more detail for you.



THE INTUITIVE SENSES

Soul Inquiry

Looking at the intuitive senses listed on the previous pages, which of the clairs do you resonate with the most?

How can you trust your intuition more?

INITIATION + SELF-INITIATION

Acknowledging transformation

Initiations. This is one of my most favorite topics. I'm so excited to go deep with you on this. So, to put it as simply as possible, I believe initiation is essentially about acknowledging transformation. It's about blessing the crossing of a threshold. It's about truly witnessing a subtle – or significant – shift from one state of being to another. It's about allowing and inviting an embodied understanding of transition.



Initiations invite us to truly own an experience. To be witnessed, by ourselves, by others, or by the Divine, in an act of truly owning our story and our evolution as a being. It's about honoring the Sacred voyage – not just the beginning and the end – but acknowledging the spaces between. The subtle shifts where we go from who we once were, to who we may soon be.

Essentially all common ceremonies that we may be familiar with in Western society, such as baby blessings, weddings, funerals etc, are about marking an initiation. They serve to create a Sacred space to witness and acknowledge a shift from one state to another. More and more, we are seeing ritual and ceremony used to acknowledge initiations that in the past may have been ignored or overlooked. For example, acknowledging the shifts that occur within puberty, or around menopause, the initiation of childbirth (which was a huge one for me). All of these changes affect us deeply, both physically, emotionally and spiritually.



Beyond the big birth and death shifts we all go through, initiations also occur in more subtle ways. Here at *The Inner Temple Mystery School*, each module includes a ceremony to truly see, acknowledge, name and bless the subtle – or huge! – shifts in energy that are alive in you as you make your way through this course. I know from my own experience that self-initiation can be incredibly healing. That's a large part of the invitation here, to own and name your own shifts and experiences as you journey through this course. What is shifting and transitioning in you? What is the smallest transition you can notice? And the most obvious? And can you bless them all?

Initiations also serve as a reminder to keep paying attention to what is alive in you. To what needs blessing, or feeding or holding. What parts of you are longing to be brought into the light? What parts of you need to be welcomed and rejoiced in? What parts of you could benefit from being released? This is a course for ALL of you. Bring it all here. Bring it all to the altar of your Inner Temple. We can hold it all.



INITIATION + SELF-INITIATION

Soul Inquiry

What is shifting and transitioning in you?

What is the smallest transition you can notice?

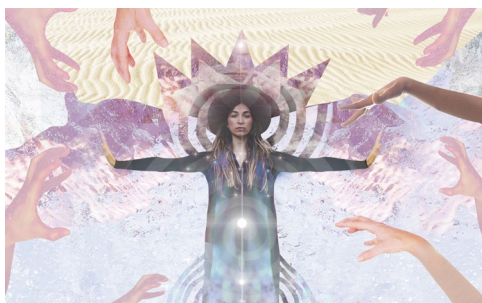
And the most obvious?

ENERGETIC PROTECTION

Feeling safe, supported & held

As we journey through this training, it's important to me that we do it in a safe, supportive and held container. As I've mentioned before, please ensure you have support around you in case things come up during the training. This could be a family member, a friend or a professional therapist.

In order to further facilitate this safe container, I want to share the importance of being able to manage your own energetic protection. You might already have tools or practices that allow you to protect yourself energetically. If that's the case, then please continue with them. I'm going to talk you through my main tool for energetic protection, as well as some alternative ones that I've found useful over the years.



The main tool I use now for energetic protection is called the Caim. I will guide you through this practice below. Other practices that I've used to protect my energy are: the Pillar of Light Meditation, Hag Stones, Crystal Grids (we will talk about this in the Stones Mystery) and Prayer.

THE CAIM PROTECTION PRACTICE

The Caim is an ancient Celtic practice that aims to evoke an energetic barrier of protection around an item, person or group. Inside the Caim is considered a sanctuary, a resting place. I like to think of it as an extension of the Inner Temple. Like a protective moat around our energetic space, whether that is personal or around an object such as a house, for example. Creating the Caim is really simple and quick. I'm going to guide you through it here:

STEP 01

Start by getting clear on what you want to be inside the Caim. You can do a Caim around yourself or you can do it around an object for example. I'm going to do it around myself.

01.

STEP 02

Next, set your intention for the Caim with reference to any specific energy that needs to be blocked out. So, my intention for the Caim I am creating right now is to create a sanctuary, a clear space of protection around me. I'm choosing to keep out any projections and harmful energy.

02.

STEP 03

OK, now it is time to create the Caim. Take the index finger of your right hand and point it towards the east, which is the direction the sun rises.

03.

STEP 04

Begin to make a clockwise circle around your body with your index finger while saying,

I create this Sacred space around me.

04.

STEP 05

Point your index finger towards the sky and in a clockwise direction draw a circle around your entire body while saying:

I create this Sacred space above me.

05.

STEP 06

Point your index finger towards the ground and in a clockwise direction draw a circle behind you and in front of you while saying,

I create this Sacred space below me.

06.

STEP 07

Place your hands on the earth and say,

Mother Earth, hold me.

07.

STEP 08

Place your hands towards the sky and say,

Father Sky, watch over me.

08.

STEP 09

Place your hands on your heart and say,

*Ancestors, guides and guardians, stand by me.
I am safe, I am held, I am protected.*

09.

STEP 10

If you want to invoke any particular guides or energies, you can do so now.

10.

STEP 11

If you feel the need to top up or re-establish the energetic protection, this can be done as many times as you feel necessary.

11.



GOING DEEPER

Part Five



GOING DEEPER

Resources

BOOKS

- △ ***Mysticism: The Preeminent Study in the Nature and Development of Spiritual Consciousness*** by Evelyn Underhill, 1990, Image
- △ ***Wild Mercy: Living the Fierce and Tender Wisdom of the Women Mystics*** by Mirabai Starr, 2019, Sounds True
- △ ***What the Mystics Know: Seven Pathways to Your Deeper Self*** by Richard Rohr, 2019, Crossroads
- △ ***Parent as Mystic, Mystic as Parent*** by David Spangler, 2000, Riverhead Books
- △ ***The Ways of the Lonely Ones: A Collection of Mystical Allegories*** by Manly Hall, 2019, Martino Fine Books
- △ ***Celtic Cosmology and the Otherworld: Mythic Origins, Sovereignty and Liminality*** by Sharon Paice MacLeod, 2018, McFarland
- △ ***The Mystic Heart: Discovering a Universal Spirituality in the World's Religion*** by Wayne Teasdale, 2010, New World Library
- △ ***108 Mystics: The Essential Guide to Seers, Saints and Sages*** by Carl McColman, 2017, Hay House
- △ ***The Complete Guide to World Mysticism*** by Timothy Freke and Peter Gandy, 1997, Piatkus
- △ ***Myths & Legends: An Illustrated Guide to Their Origins and Meaning*** by Philip Wilkinson, 2019, DK
- △ ***The Essential Mystics: The Soul's Journey to Truth*** by Andrew Harvey, 1997, HarperCollins
- △ ***Paganism: An Introductory Guide*** by Riley Star, 2002, Llewellyn Publications
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