

INNER TEMPLE MYSTERY SCHOOL




# WE ARE NATURE

*Foundation Module 2*



with REBECCA CAMPBELL

The background of the image is a blurred photograph of a large ocean wave. The water is a deep teal color, and the crest of the wave is breaking into white foam. The motion blur gives a sense of speed and power. The text is centered horizontally and vertically over the white foam of the wave.

*You will find your true nature in nature.*



## CONTENTS

<b>1</b>	<b>SEEING THE SACRED EVERYWHERE</b>	<b>04</b>
	We Are Nature	05
	Returning to the Garden	09
	Your Relationship with the Sacred	17
	The Sacred In All Things	19
	Ever Changing	23
	Land Consciousness	27
	Exploring Ancestral Lineages	32
<b>2</b>	<b>FOUNDATIONAL PRACTICES</b>	<b>35</b>
	Foundational Practices	36
	Evocation	37
	Altar Work	39
	Kything	43
	Soul Journeys	46
	Anointing	47
	Devotional Chanting	48
	Sacred Dance	50
	Scrying	52
	Soul Inquiry + Intuitive Writing	55
	Intuitive Nature Walking	56
	Card Reading	59
<b>3</b>	<b>GOING DEEPER</b>	<b>61</b>



# SEEING THE SACRED EVERYWHERE

*Part One*

# WE ARE NATURE

## *Attuning to the wisdom*

Welcome to this second Foundations Module, where we go deep into our relationship with Nature and the Sacred woven through all things. When I reflect back on my journey as a mystic, it is through attuning to the wisdom of nature that has brought me back to myself time and time again. It's in nature that I return to myself, feel held and grounded, receive my deepest insights and do most of my creative work.

When I was envisioning *The Inner Temple Mystery School*, I received very clear guidance that one of the fundamental purposes of it was to support people in attuning to the wisdom of nature. I believe that so many of us, particularly in the West, have become so disconnected from the Sacred through being disconnected to nature and the feminine. For many, the Sacred has been fed to us as being a white male God in the Sky. The Goddess has been forbidden or gone underground, and the Sacred has been severed from our bodies, our sexuality and from the Earth.

Many of our ancestors were severed from their ancient Sacred practices and belief systems and many of us have not been taught to see the Earth or ourselves as Sacred. Seeing the Sacred in ourselves has been a goal of Mystery Schools since the ancients, as shown in the quote by Heraclitus, *'Men are immortal gods – gods mortal men.'*

When I reflect on the state of urgency the Earth is facing through pollution, fracking, climate change and so much more, it makes me wonder if the reason we as a species have caused so much harm to this planet, is because of this severing of the Sacred and the Earth. If we truly saw the water, the trees, the flowers, the sky and beyond as Sacred, would we be in this situation?



If you study the great mystics, philosophers, poets and sages through the ages you will see a common truth echoing back. Nature, flowers, trees, water and stones are sources of inspiration for them all. Many share how you can touch the wisdom of the Universe through gazing at a flower or communing with a tree.

In my personal journey as a mystic, the deeper I spiral inwards, the more I am humbled by the vast wisdom that is available to us if we turn our gaze down to the earth and within. If we use the land and our hearts as a guide and a compass. If we connect with the intelligent Sacred pulse that has never stopped beating within it all.

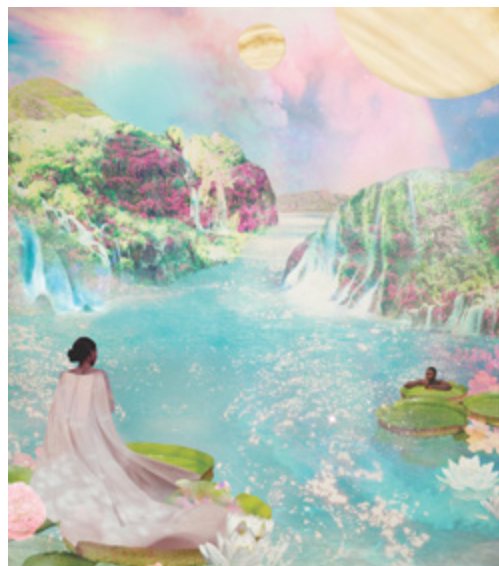
When you look up the word 'nature' in the dictionary, it is defined as if it is something that is separate to us. As if we live IN nature. However, I believe that we do not just exist IN nature, rather that we ARE nature. And that all of the ways that we have separated ourselves from nature is the reason we feel so separate and alone in this world.



There is an intelligent force that is woven through all of life. It causes the seasons to come and go, the tides to roll in and out, it tells the cherry blossom when to burst on through, and the planet to spin. This Sacred intelligent force exists within you too. The best way I know to connect to this miraculous, intelligent force is through connecting with nature – remembering that we are nature – and surrendering to the neverending, changing cycles that are forever occurring within us.

No matter who you are, I believe you will find your true nature in nature. There are many belief systems dedicated to honoring our interconnectedness and the Sacred in all living things. For example, *animism* is a spiritual belief that all living beings – trees, creatures, rivers, humans, flowers, stones – all have a soul and are sentient beings worthy of reverence.

Indigenous cultures know and embody this wisdom inherently. It truly feels like a wisdom we in the Western modern world have forgotten. But if you reach back far enough, you will very likely find ancestors from your lineage who lived in reverence with the Earth. As we work with different nature-based Mysteries like water, the rose, stones and trees, you may find that it feels more like a *remembering*, rather than a learning. Trust that which feels familiar to you... there is often deep truth in it.



The practices laid out for you throughout this training invite you to experiment with different ways of embodying that wisdom. To brush up against that Sacred Intelligent Pulse of Life, and to allow its grace and power to deepen our experience of Life. There is no separation between our human self and the natural world. It is the same Sacred intelligence that pulses through all of life. This truth is so simple, yet profound, and through attuning to the Sacred in nature, it invites our soul to come more fully in.



## WE ARE NATURE

*Soul Inquiry®*

What do you believe about nature?

Do you see nature as Sacred?

What is your current relationship with nature?

How much time do you spend in the natural world?

Do you see your body as part of nature?

If the Earth was to speak right now, what would it say?

If the water was to speak right now, what would it say?

If the trees were to speak right now, what would they say?

If the flowers were to speak right now, what would they say?

# RETURNING TO THE GARDEN

*Seeing the Sacred that is already here*

If you look up the word 'nature' in the dictionary, you will find many things referenced, such as plants, stones, animals and landscapes. You will also find that it does not just leave out humans, but it specifically states that humans are not part of nature. Separate to it.



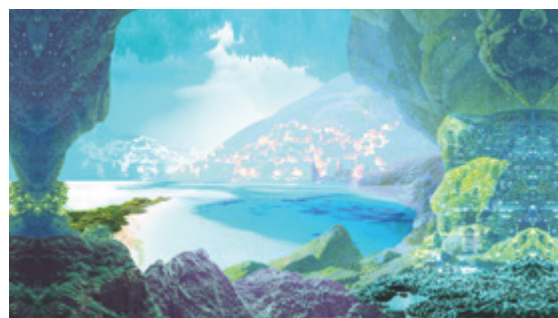
Is it any wonder why so many of us can feel so disconnected? How humanity has caused so much harm to this planet rather than seeing ourselves as an extension of it? I believe that this is the real separation that so many of us feel, from the Earth itself and thus, ourselves and each other. I believe our separation from the Earth as our Mother, Her seasons, cyclic ways and ever-changing state has caused so many of the problems that humanity is facing on this planet today. And that when we see the divine as a man in the sky, not woven into the earth, this separation becomes even more evident.



I believe now more than ever we need to see the Sacred in all things. To notice the breathtaking beauty that is all around us. To see the Sacred in the trees, the flowers, the plants and the stones, as well as within ourselves and each other. To weave the Sacred back into our everyday lives.

If you track back far enough, we all have indigenous earth-based traditions in our ancestry. Wise ones that tended to the land and lived in reverence to the Sacred woven through it all. And despite the tragic harm that colonialism and patriarchy have caused, there are still indigenous wisdom keepers (living and past) who hold this thread and sing us on. May we protect, support and revere them. May we listen deeply to their song. I believe that the plants, trees, flowers and stones carry this lost wisdom on as well. Through working with the plants we can return to the earth and reach back to our ancestors, the ones who did not forget.

For the majority of us, our ties with the ancient earth traditions of our ancestors have been severed through colonialism, persecution and invasions of the church. Worship of the earth as a living Goddess and Great Mother was forbidden and has been in many cases forgotten.



Reverence for the Sacredness of the feminine and the earth has been dormant due to persecution and silencing. In many parts of the world, healers, shamans, witches, medicine people, midwives and those who worked with the plants to heal were persecuted and their wisdom work forbidden. Some lineages have tragically been lost, but I believe that in nature and within us too, they have the possibility to echo on.

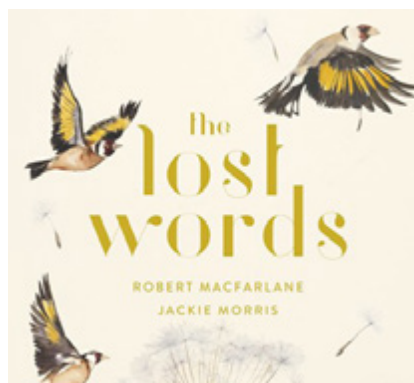


Still, after all this time and all the harm that has been done, still nature cradles, heals and calls us to return to Her. The trees, the stones, the water, the flowers... now more than ever She is calling for us to remember and weave the Sacred back into our everyday lives. I believe that nature is showing us how to be human and thrive on planet Earth every moment of every day.

Indigenous earth-based traditions have always seen the earth and all beings as interconnected and Sacred. Humans as one with the earth itself. Interconnected. The earth and ancient Grandmothers are calling us back to them, to weave the Sacred back in. To weave nature back into the center of our everyday lives. To see ourselves as nature and to spend more time interacting with the living natural world, returning to nature.

## THE LOST WORDS BLESSING

There is a very special song that has been with me throughout creating this entire training. I have meditated with it each day and played it constantly as I have written. That song is 'The Lost Words Blessing'. One thing I want you to do is to listen to this song and to receive the ancient blessings that are woven within it. You'll find a link below to play the song. But first I want to share a little bit about this song.



When I first heard it, I had a deeply profound experience. I felt both deep grief and deep witnessing. It felt as though it spoke to this disconnection of humanity and nature. Of the Sacred and the earth. After listening to it each day for over a year, I decided to research the songwriters to find out more about it. What I found was so profound and something that I felt each time I heard the song. I want to share what I discovered now written on a popular website called The Bird Sings <https://thebirdsings.com/lost-words-blessing>.

*In 2018, Robert Macfarlane and Jackie Morris produced a book called The Lost Words: Spells Songs. The prompt of the book was the editing of The Oxford Junior Dictionary in recent years. The junior edition of The Oxford English Dictionary is aimed at readers aged seven and up and since 2007, the editors have removed from the book many words used to describe things of nature, some of them relatively common words, such as: acorn, bluebell, ivy, fern, moss, blackberry, dandelion, lark, raven, heron, starling, hazel, heather, goldfinch, grey seal, otter and kingfisher.*

*The editing body of The Oxford English Dictionary had determined that the words were of little and lessening use to the modern child. Youngsters weren't hobnobbing with hedgehogs and wrens and frogs and buttercups (another casualty!), and so needn't be introduced to words that served well only with regards to the out-of-doors. They excused their actions on the grounds that they needed room for other, newer words with greater relevance to the modern child like attachment, blog, broadband, chat room, database, committee and voice-mail.*

*In 2015, authors Margaret Atwood, Helen Macdonald and Macfarlane, among other novelists and nature writers, expressed their dismay in an open letter to Oxford University Press.*

*'Childhood is undergoing profound change; some of this is negative; and the rapid decline in children's connections to nature is a major problem,' they wrote.*

This song, 'The Lost Words Blessing' was written in Scottish Gaelic folkloric form by a group of European musicians: Julie Fowlis, Karine Polwart, Seckou Keita, Kris Drever, Rachel Newton, Beth Porter, Jim Molyneux and Kerry Andrew. The form is inspired by blessings in Scottish Gaelic, particularly from a beautiful collection of charms and incantations called *Carmina Gadelica*. It is offered both in hope and light, and in grief for the losses yet to come.

### *The Lost Words Blessing*

*Enter the wild with care, my love  
And speak the things you see  
Let new names take and root and thrive and grow  
And even as you travel far from heather, crag and river  
May you like the little fisher, set the stream alight with glitter  
May you enter now as otter without falter into water*

*Look to the sky with care, my love  
And speak the things you see  
Let new names take and root and thrive and grow  
And even as you journey on past dying stars exploding  
Like the gilded one in flight, leave your little gifts of light  
And in the dead of night my darling, find the gleaming eye of starling*

*Like the little aviator, sing your heart to all dark matter*

*Walk through the world with care, my love*

*And sing the things you see*

*Let new names take and root and thrive and grow*

*And even as you stumble through machair (mack hair) sands eroding*

*Let the fern unfurl your grieving, let the heron still your breathing*

*Let the selkie swim you deeper, oh my little silver-seeker*

*Even as the hour grows bleaker, be the singer and the speaker*

*And in city and in forest, let the larks become your chorus*

*And when every hope is gone, let the raven call you home*



## RETURNING TO THE GARDEN

### *Soul Inquiry*

What were you taught about God growing up?

What were you taught about the Goddess growing up?

**What were you taught about the Sacred growing up?**

**What were you taught about your body growing up?**

**What were you taught about sex and sexuality growing up?**

**What were you taught about intuition growing up?**

What words or language makes you feel stuck?

What words or language makes you feel free?

What does God mean to you now?

What does the Goddess mean to you now?

**What does the Sacred mean to you now?**

**If you had to choose a word to describe the Sacred to you, what would it be?**

**Listen to the song 'The Lost Words Blessing' by Jim Molyneux, Rachel Newton, Beth Porter, Kerry Andrew, Kris Drever, Karine Polwart, Julie Fowlis and Seckou Keita. Receive the blessings from this song. What feelings did it evoke? Journal about your experience below.**

Think back to your childhood, what role did nature play in it?

Do you remember any particular trees or flowers or rocks or waters that you spent time with as a child? e.g. climbing a particular tree, making daisy chains, peeling paper bark from a tree trunk, eating berries from a tree, cracking nuts etc.

How are you being called to return to the garden of the earth?

# YOUR RELATIONSHIP WITH THE SACRED

*Evolving understanding*

17

The very nature of this work requires an ongoing understanding of what ‘the Sacred’ means to you. As mentioned in *Foundations 1: The Way of the Mystic*, I actively encourage you to work with the language that works for you and perhaps experimenting with different words may in itself open different doors for you in your Inquiry. Some words that may resonate with you are The Divine Mystery, God, Goddess, Oneness, Mother, Father, Soul, Sacred, Source, Light, Unity, Transcendence or Intelligence.

This training really encourages you to explore what you know to be true, and also open yourself up to new possibilities. It’s an invitation to give yourself a clean slate, and see what sings out to you as true. It encourages you to go beyond the learned behaviors or assumptions around what ‘Sacred’ or ‘spirituality’ or ‘awakened’ or ‘Mystic’ even is, and really carve out your own embodied understanding of that for YOU.



In order to live our life from a place of devotion, we firstly need to truly understand what that even means for us. What does that look like? What does that feel like? And through what lens or lenses are we currently living. What do we need to undo or unlearn in order to truly begin from a natural state of interconnected trust and surrender? So much of this Inquiry is the work and requires us to time and time again hold up our fixed views and examine them deeply. Where did I learn this? How is this true? Is this true for me today? Hence, unlearning becomes just as essential as learning.



I believe that an important part of any spiritual awakening is taking the time to truly honor and acknowledge the difference between what is learned vs what feels true currently. I often find that being certain or staunchly fixed in my views is a sure sign that I’m clinging to something that may no longer serve me. This tender curiosity is what I really encourage you to experiment with. There may very well be more questions than answers and that’s really OK. We are working with the Mysteries after all, and often even arriving at a poignant question IS the lesson. The questions themselves hold remarkable insight.

A teacher friend used to often talk about how we can only pray for something if we already know what it is we are yearning for. We have to *know* it to long for it in the first place. Therefore it already exists within us in some form. In some way. Often the asking reveals a knowing.



## YOUR RELATIONSHIP WITH THE SACRED

### *Soul Inquiry*

What language do you use when putting words around the Sacred? Which words feel full of flow and generosity? Which words have movement and wonder in them?

What words do you not use when putting words around the Sacred? What words get stuck in you? Which words make you freeze? Which words make you feel nothing at all?

If you were to choose one word to best describe the Sacred for you, what would it be?

# THE SACRED IN ALL THINGS

*Within us, around us, above us and below us*

If you're familiar with my work, you will have heard me talk a lot about weaving the Sacred back into everyday life. This is a core pillar of a lot of my teachings and offerings, and is a real foundation stone of *The Inner Temple Mystery School*. One of my deepest wishes for this training is that we see the Sacred in all things, both within us and all around us. That we turn our gaze both down and in, so we are not just looking up to heaven but are looking within and to the earth.



In the West, we're often living between two worlds. The Sacred is separate to the way many of us have been living. When I had my first awakening, it felt like a whole new world had opened up to me... but at the same time, I felt separate from the world I was in before. Many people see 'being spiritual' and 'getting grounded' as things we need to do. When really, we need to weave the worlds back together. To see the Sacred IN the physical and embody the Sacred that is in all things already. To remember how to SEE it.

Our practice in today's lesson is to look for the Sacred in everything. In all people, in all animals, in trees, stones, flowers, in the land, in the water. This might seem like such a simple thing but if you commit to it, it can be absolutely life changing. In all of my work leading workshops all over the world, it is moving how deeply we all yearn to be truly seen. When we truly see someone, we witness the Sacred that exists within them. And nature is no different too.

When we see the Sacred in water, in trees, in flowers, in the land and in stones, we both acknowledge the Sacred in these objects but also within ourselves. It is through a simple practice like this, that we open ourselves up to the possibility of truly feeling embodied oneness with all things on this planet. In many spiritual circles, there is a lot of spiritual talk about oneness and yet huge disconnection too when it comes to everyday life. The best way I know to truly experience oneness in an embodied way is to actively seek the Sacred that is right here, right now and in all things. This is not to bypass the tragic, painful separation that does exist in this world. Rather it is to acknowledge the interconnectedness that does exist. In my experience, it is through noticing the Sacred that is already here that helps weave the Sacred back into the physical in a lasting, integrated, embodied way.

On one hand the great Mysteries are endless, unsolvable and impossible to pin down. This can feel daunting and make us feel very small. On the other hand, through attuning to the Sacred that is already here all around us, we are able to reach out and touch it all right now. This can make our journey as a mystic quite achievable and can help us feel deeply connected to all things. This is the meaning of as above, so below.



So your exercise for this lesson is to, for at least one day, dedicate yourself to actively witnessing the Sacred in all things that you interact with. From people to plants, stones in the pavement to your house, from wildflowers to trees on your street. You will find space in the following pages to document your experience.



## THE SACRED IN ALL THINGS

### *Soul Inquiry*

For at least one day, dedicate yourself to actively witnessing the Sacred in all things that you interact with. From people to plants, stones in the pavement to your house, from wildflowers to trees on your street. In the space below, journal about your experience...

What did you find it easy to see the Sacred in?

What did you find it hard to see the Sacred in?

What did you learn from this experience?

What is your soul calling you to do?

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

# EVER CHANGING

*Trust the seasons*

The natural world around us is constantly moving through its own cycles, which have a huge impact on us. The moon moves through its eight phases each month, plants grow, blossom and then throw their petals to the soil, only to begin this process again, and the seasons keep on turning. Then there are the cycles we move through within a day, a month or a year. And for those who menstruate, our monthly cycle and the bigger cycle we experience as we journey from our first period (known as menarche) and through the gateway of menopause means that cyclic living is encoded into our DNA.

I find it fascinating how each of these natural cycles mirrors each other, with the rhythm of a day echoing the rhythm of a month, which echoes the cycle we move through each year. Wheels within wheels. Without the disruptions caused by modern technology and the high expectations of modern life, our ancestors were much more in tune with these cycles than we are today. Before the introduction of electric light began to interfere with our natural circadian rhythms, we were used to rising and resting in tune with the Sun. Before the modern conveniences of intensive farming, fast travel and online shopping, we lived in accordance to the seasons, gathering in the harvest and hibernating in the winter.

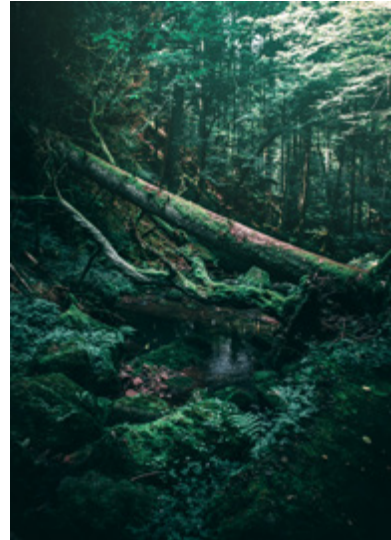
Change is the only constant in life and nature shows us how not to discriminate between birth and death, summer and winter, spring and fall. All are necessary, all are natural. If we soften our grip to how we think things should be, what freedom do we find? What space do we allow? What insight is able to enter? I believe that we are cyclic beings living in a cyclic world, constantly moving through inner and outer seasons and thus we were never meant to be in full bloom all year round.



We are cyclic beings, in a constant state of change, of evolution, of growth. Change is one of the only certainties of life. When you resist your cyclic nature, you resist life and feel stuck. Many of us have learned to be who the world wants us to be. But there comes a time when it is harder to hold onto this façade than it is to embrace who we truly are. To surrender to how we have changed and align life to that way of being.

Our disconnection from the Earth and Her seasons leads us to believe that we should be in full bloom all year round. That we should grow, grow, grow without leaving space to cut back.

When we focus on the never-ending bloom, we forget the importance of all of life's phases. Nature teaches us this every day. She's forever showing us how to embrace the ever-changing seasons in an ever-changing world. We're not meant to stay the same. Relationships aren't meant to stay the same. Life isn't meant to stay the same. Nothing on this planet is meant to stay the same. The seasons teach us that. Night and day teach us that. Time and age teach us that. Birth and death teach us that. We may return to a place, a person, but things won't be exactly as they were, for everything and everyone is forever changing. Nothing is static.



The more we try to control things and keep them the same, the further away from the flow of Life and ourselves we get. Change can be scary, for it means surrendering to the unknown of existing in the in between. To being not who you were and not quite who you'll become. It requires a trust in the transformation. In the death, in order for the rebirth to occur. And a deep reverence for all the seasons of our life.

The more we resist change, the further away we are from who we're becoming. When we embrace change, we embrace Life and nature and are forever becoming. There comes a point where we can't go back. In a seemingly fleeting moment, the road that led us here is suddenly impossible to access. There's a sinking knowing that things will never be the same. A death, a birth, a loss, a growth, an ending, a discovery. No matter how hard you try, things are different now. You're different now. The world's different now. What's been seen can't be unseen. There's no going back. Something new beckons you forth. Courage is required for the rebirth to happen. Abscission is the shedding of various parts of an organism, such as a plant dropping a leaf, flower, fruit or seed. The rose hip knows, the phoenix does too, that we need to surrender what was to the earth, to one day be transformed anew.



We can grasp the petals of the past as the changing winds blow. But eventually, we'll discover that change is coming, change is near, change is already here. And while what once was is no longer and what soon will be is not yet, it's time to release your petals to the wind with wild abandon for the chance to begin again. To offer what once was to the wind and let it nourish the seeds within. Had the rose not released its petals, the rose hip would not have come to be. When we gather the courage to release what was, we're greeted by the fruits of the future.



## EVER CHANGING

### *Soul Inquiry*

Which is your favorite season?

Which is your least favorite season?

Which season are you currently in physically?

Which season are you in internally?

How can you nurture yourself right now while you are in that season?

What is your relationship like to change?

How can you embrace the changing seasons of your life?

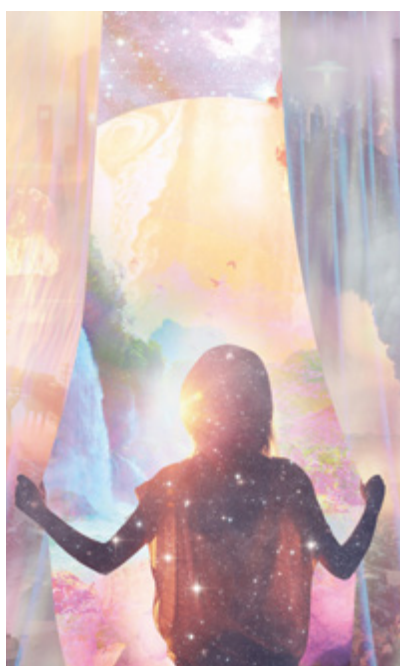
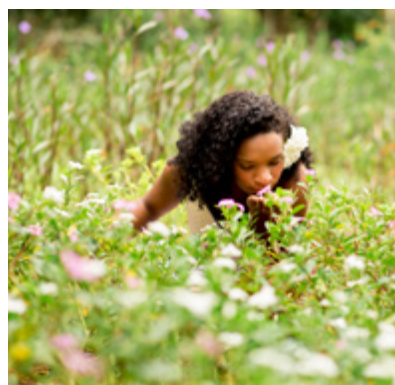
What are you clinging to for fear of nothing coming to take its place?

# LAND CONSCIOUSNESS

## *Acknowledging & honoring*

We live in a time when many of us have become disconnected from the land beneath us. Somewhere along the way a severing occurred. A moment when it became too painful to stay connected. Since then many of us have been disconnected from the Earth, unable to feel at home, and as such we find ourselves wondering where we truly belong.

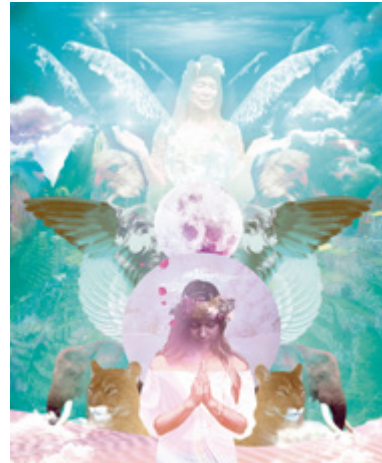
Wandering around not feeling held. Supported. At home. Shapeshifting our way through lives, cities, friends and experiences, and looking to others to fill the void of the holding and belonging of what the Earth once gave us. Taking. Clutching. Conquering. Longing for others to receive us fully as the Mother once did. Clueless to the truth that she's still there, waiting for us to remember, and for that part in us that's so longing to receive Her embrace to awaken once more.



When you consciously connect with the Earth, a veil is lifted and the Earth opens up and receives you more fully. You're able to be held fully. Stagnant energy falls away as you remember that you're connected to all the things on the planet. When you connect with the electromagnetic pulse of the Earth, each of your cells come more alive. As you connect with the Earth and honor the keepers and previous custodians of it – those who came before you – the land opens up more fully and those ancestors don't just become guardians of the land, but guardians of you too. Land consciousness is the belief that all land holds memory and experience. That the land is a living thing. Most people don't have a relationship with the land that holds them. Many are not aware of the people who tended to it before they came.

One of my invitations for us in this training is to develop a deeper relationship with the land that you live on. To acknowledge the land that nourishes you and sustains you. To acknowledge those who tended to the lands where you live before you decided to come here. To take your place as a reverent custodian and protector of the land upon which you live.

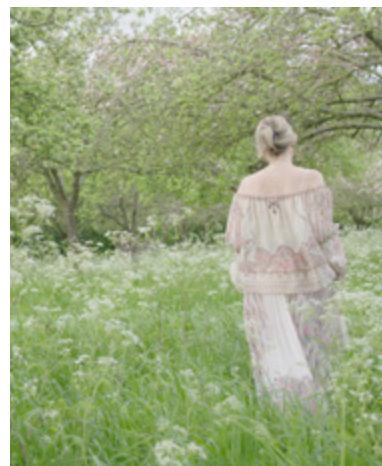
Many of us are living on lands different to our ancestry. I always felt this disconnection but it wasn't until I returned to the lands of my ancestry at the age of eighteen that I began my long and winding journey into understanding this. In the decades since I have discovered that the stories I was told about the history of the land I grew up on were not wholly true. And unlearning and unpacking the history of the land we now live on is a powerful and difficult thing to do. I know many of you will already be on your journey of doing this.



When I look back on my path and the ways in which I have been led by the Sacred within, I see that in many cases, it has been through attuning to the consciousness of the land that has opened me up most spiritually and creatively. Since I was young, I found myself hearing my inner voice most clearly when I was walking in nature. I started referring to it as being '*Led by the Land*'. It is where my *Intuitive Nature Walking* practice came from and also where I began speaking with nature and expressing it through my writing.

We will be exploring these tools and more in the Mysteries Modules throughout the training. I find it interesting that this practice of being walked by the land is the main tool that always returns me to myself. Many people who do it have said they find that too. I have wondered if this is because if I reach back far enough you will find ancestors who were nomadic. They did not settle in particular places, but rather moved from place to place with the water, season and sun. I wonder if it was through settling in one place that our disconnection of the land first occurred.

When I began my herbalism training working with herbs, wildflowers and weeds, my mind was blown open as I observed my own relationship with nature, the land and plants. One of the plants I worked on the most was nettle, which is a powerful nourishing plant. At first I ordered it online with no idea where it came from or what the plant looked like in real life. Next I found a local herb shop a few streets away. A month or so later I began seeing it growing in a lane that I walk down on my morning walk. After this I would be able to identify it all around the town.





I will never forget the morning I opened my front door and right before me, through the crack of the pavement, nettle was growing. It was an extremely humbling moment as I realized nature was already providing, but I did not have the eyes to see. It was a huge unlearning, an eye opener of the unconscious harm we can do. I'm not saying this to make us feel bad. We are all unlearning and finding a new way forward. The Western world has indoctrinated us to see the exotic as superior and what is hard to find as valuable. But if we look at what is right in front of us, we may just discover that which we are seeking has been waiting for us all along.

Throughout the training, stay in the open-minded Inquiry of unlearning. Where possible, always seek to use what is local and in abundance. And always be reverent to the cultures that practices have stemmed from, and the things that are Sacred to them. In my work, I travel a lot and run workshops all over the world. I have learned how important it is to before doing any Sacred work, to first acknowledge the original custodians of the land and the spirits of the land upon which you are standing.

I've created this training primarily in Glastonbury where the known custodians are the Celtic Dumnonii people. I acknowledge them and those that are also unknown.



## LAND CONSCIOUSNESS

### *Soul Inquiry*

What is the land of your ancestors?

What land do you currently live on and who were the original custodians?

Do you know the history of this land?

If you have lived in other places, what called you there?

Do you have a conscious relationship with the land?

What native plants grow near you? Do you know their names? Do you know what they look like? Explore here.

How are you being called to be more conscious with the land you live on?

# EXPLORING ANCESTRAL LINEAGES

*What are you made of?*

One of the things I have found deeply powerful and grounding has been exploring my ancestral lineages. My journey in connecting with my ancestry has led me to deepen into the wisdom teachings of my ancestry as well as the lands of my ancestry. When I look back, I always felt a certain disconnection to the land I grew up on. I feel part of this is because my ancestors did not spend much time on this land. In my exploration, I found that my ancestry stems primarily from Ireland, Scotland and the Nordic Isles including Iceland. I didn't know this when I was a teenager traveling. Looking back, I can see that I was essentially on a pilgrimage of the Sacred sites of my biological ancestry.



From a very young age I felt the ache for the Sacred and a yearning to explore the inner world of the soul. And I felt hungered by the lack of wisdom teachings that were passed down to me. While I have always been very close to my grandmother and we would talk a lot about the mysteries of life, there was not a lineage (aside from the church) that spoke to my soul. Upon discovering my own ancestral lineages, it has been so nourishing to receive, and in some subtle way, remember these teachings in my bones and my flesh. It has also been healing to be able to name and acknowledge the grief I always felt around so much of the wisdom teachings that have been lost through persecution and invasions through the ages.



Connecting to the land, trees, plants and the stones has been a way to unlock some ancient rememberings of my ancestry, albeit subtly. It has been particularly huge to uncover the journeys of my ancestors who left Europe for Australia, some starving and in desperate hope for a better life; some having been driven off their land in the Scottish highlands and replaced by farming and sheep; others, young and adventurous, looking for new horizons.

When we explore our ancestry, it's difficult not to find both light and shadow, and the same can be said when we explore our own inner worlds. This work can be liberating and it can also be difficult, so go as deep as you feel ready to. There is no pace to keep up with.

In the following *Soul Inquiry*, you are invited to explore your ancestry and ancestral lineages. I want to acknowledge that this information is not always available for us all, perhaps because it has not been passed on, or because loved ones have passed away, or maybe you were adopted. There are many ways you can explore your ancestry without having your family tree. For example, there are DNA tests readily available. So work with what you have and trust what appears for you. We all have our own unique journey with this.



## EXPLORING ANCESTRAL LINEAGES

### *Soul Inquiry*

Do you know your family tree? Ask family members if they have created a family tree or know of key family names. Explore here.

What lands are your ancestors from?

How are you being called to explore this more?

What are the ancestral lineages in your ancestry?

How are you being called to explore this more?



# FOUNDATIONAL PRACTICES

*Part Two*

# FOUNDATIONAL PRACTICES

## *Tools & practices*

Before we embark on working with our Mysteries and diving into the experiential part of this training, I want to share with you some of the common foundational tools and practices that we will be using in many of the Mysteries.

The next few chapters will explore many of these practices, explaining what they are and sharing the basics on how to do the practices. While they may vary slightly for each Mystery, I wanted to share with you the essence of each practice now, so you understand them before we dive in deeply to the 'doing' part of the training. When we are working with each Mystery, you can always come back to your workbook and the supporting videos to refresh your memory on how to do each practice.

If you have extra time now and want to try some of the practices before we get into the Mysteries, you are welcome to. But the most important thing for now is that you have a clear understanding of what each foundational practice is, so that you can hit the ground running when we dive deep into each Mystery.

## THE FOUNDATIONAL PRACTICES

△ **Evocation**

△ **Altar Work**

△ **Kything**

△ **Soul Journeys**

△ **Anointing**

△ **Devotional Chanting**

△ **Sacred Dance**

△ **Scrying**

△ **Soul Inquiry + Intuitive Writing**

△ **Intuitive Nature Walking**

△ **Card Reading**

# EVOCATION

*Calling in*

For each mystery in *The Inner Temple Mystery School*, we do an evocation to call in the Sacred energy and wisdom of that Mystery to be our guide as we work with it.

An evocation is the act of drawing an aspect of a particular object or energy into your liminal field so you can experience its presence. There is an important distinction to be made between the action of *evocation* and *invocation*. Evocation brings the presence of an object or energy into your Sacred space, whereas an invocation takes this a step further and brings the presence into your physical self.



The evocations you will find in each Mystery Module are designed to open up the energy for the module, as well as providing a practical way for you to quickly connect to the Sacred Mystery as your guide. It's one of the quickest ways I know to call in the energy.

So, as well as doing the evocation at the beginning of the Mystery Module, you can also consider doing it many times during the module as a way to deepen your connection with the Mystery. For example, you could do the evocation at your altar as a way of tending to it or before doing any of the other experiential exercises throughout the module.

## WHEN DOING AN EVOCATION

- △ Pay attention to your senses and the subtle shift in energy that occurs when you practice evocation. I find that the energy both stills and expands at the same time.
- △ When I practice evocation, I imagine the energy I am connecting with entering my body. So it's as if I am merging with the Sacred Mystery and calling upon it to hold, assist, speak to and guide me.
- △ Before you do the evocation, you may like to ritually open the Sacred space through lighting a candle (for example). I recommend placing your hands on your heart and belly as you do the evocations as a way to anchor the energies into the physical.
- △ Stay open to saying the evocation as many times as feels necessary. You may even find that you feel called to repeat certain lines or paragraphs to anchor it more powerfully.

- △ I recommend saying them out loud, not in your mind. It really is the vibration of your voice that plays such a powerful part in evoking the Sacred energy. If you are in a place where it is difficult to speak loudly, you can always whisper it.
- △ When working with evocations, the most important thing is to be clear on what energy/ consciousness you are evoking. For example, when we dive into the Mysteries, it will be clear what we are evoking, such as the wisdom of the rose or stones.

I have written the evocations for us for each Mystery, and so you will have that to follow as your guide. However, if you choose to create your own evocations in the future, that clarity of what you are evoking is very important.

# ALTAR WORK

## *The Sacred Container*

Altar work is at the heart of everything we do in *The Inner Temple Mystery School*. At the beginning of each Mystery, one of our first practices is to create an altar dedicated to our work with that Mystery. We do this as a way of creating a physical Sacred container for us to work within. At the end of each Mystery, we will be doing a Sacred Ceremony and activating an item from your altar that you have chosen to represent that Mystery. So by the end of the training you will have six items that have been activated.



As you gather your altar item for each Mystery, I want you to do so while being in communication and reverence with nature. Attune yourself to nature and let yourself be led. Your items should be relatively small so you can hold them in your hand, such as crystals, stones, a shell, a picture or even a small statue. I recommend sourcing a cloth, bag or box to keep your activated *Inner Temple Mystery School* items in.

## WHAT IS AN ALTAR?

Altars provide a physical and energetic container for us to focus our prayers, intentions and devotion. They create a physical space for us to be in communication with the Sacred. When we create an altar we create an altared space; we open a Sacred container both physically and energetically.

Beauty is a gateway to the soul and altar work is deeply woven in the beauty way. When we create an altar with a particular energy, we are cocreating with that Sacred energy and so stay open to being led by the energy as well as by the creativity of your own soul. When I first began working with altars, I created my altar in a set space on a window ledge in my bedroom of the shared house I was living in. As the years went on, I began creating them in many different places, from outside in my garden to taking over my kitchen table.



Don't feel like your altar can only be in one place. I have my main altars on the ledge above my fireplace in my office, at the bottom of the stairs in the center of my house and on the kitchen table. However, I am constantly creating new Sacred spaces all around the house and in the garden as I am led.



When you are gathering the items for your altar, always be mindful of creating as little impact on the environment as possible. You should try to make use of local native and sustainable items. Another really important thing to be mindful of is cultural appropriation. For example, the use of Sacred plants such as sage or statues of Goddesses from lineages other than your own.

## HOW TO CREATE AN ALTAR

### STEP 01

Firstly, **gather your altar items** that you are feeling called to placing on your altar. I recommend finding something to represent each of the elements: earth, water, fire and air. For example, earth could be a stone; water could be water in a vase; fire could be a candle; air could be incense.

01.

### STEP 02

**Decide where** you want to create it. Your altar can be very simple and small or it can be something bigger; one is not better than the other. Some people have a whole table that they can use, others a small window ledge, corner of a table or drawer. Work with the space that you have, and remember it's all about the devotion you bring to it.

02.

### STEP 03

Next it's time to **cleanse the space** energetically before building your altar. You can do this many different ways. For example, using incense, Sacred smoke or spray. Vibration is a wonderful way to clear the space energetically. You may like to sing, chant, play a crystal bowl, bell or play your favorite devotional music. Feel free to look at *The Inner Temple Mystery School Playlists* for track ideas for each Mystery.

03.

## STEP 04

If you feel called, you may now like to **physically clean the space** and your altar items. You can do this with a cloth and water, or even rose water or lemon water.

04.

## STEP 05

Be guided as to how to **arrange your altar**. Stay open to being led here. You may choose to add more items or leave some off.

05.

## STEP 06

**Take a moment** with your altar. You might like to light a candle or incense, take three deep breaths or take a moment to pray or meditate with it. For each Mystery altar I recommend standing at your altar and reading the evocation for that Mystery out loud.

06.

## STEP 07

You may like to **whisper your prayers** into your altar, or write any questions you are living into, onto a piece of paper and place it on your altar.

07.

## STEP 08

**Tend to your altar each day** both physically and devotionally with your prayers, practice, attention and by reading out the evocation.

08.

## STEP 09

To **close the space** of your altar, I recommend offering a prayer of gratitude. For example, you could whisper, 'Thank you, Thank you, Thank you,' to close the devotional space.

09.

## DECONSTRUCTING YOUR ALTAR

You'll probably find that you will know when it is time to deconstruct an altar. It's a subtle feeling that can be felt within.

### STEP 01

The first thing to do is to **thank the altar** and the energy or energies you have been working with.

01.

### STEP 02

In a way that feels good, **close the energetic space** and cleanse the objects.

02.

### STEP 03

Next, **mindfully remove the objects** that made up the altar one by one. Be guided as to what to do with them. For example, you may choose to offer water to your garden. Be mindful that objects don't just get crammed into a drawer just because you're not sure what to do with them. Ask the object where it wants to go. Maybe you are called to offer something as a gift or donate it to a store. Maybe you are called to place it somewhere else in your home.

03.

### STEP 04

Take a moment to physically clear the space, perhaps using with a cloth, spray or incense.

04.

## IMPORTANT SAFETY REMINDER

If, like me, you are using fire in your altar, say with candles or incense, always remember to blow them out and not leave them unattended. And of course, if you do create an altar outside in a garden, always ask permission from the land or plants nearby and leave no footprint.

I hope all this helps encourage and excite you to create your altars. We will be creating one for each of the Mysteries as we move throughout the course, so you'll get plenty of practice.

# KYTHING

## *Conscious connection*

For several decades now I have connected to the consciousness of plants, flowers, trees and stones. It's something that has always been there but it wasn't until my early twenties that I started being consciously aware of it and developing a practice around it. Since then it has been my primary method of creating, writing and part of my spiritual practice.

It wasn't until I was forty – some two decades later – that I came across an almost lost word in the Scottish language known as *kything*. Kything is the conscious act of being in spiritual presence or conscious connection with an object. It is a simple but powerful practice in which you can enter into a dialogue with any object. For me, it is done by connecting with the Sacred essence that is within all living things. When we kythe, we open ourselves up to receiving messages from the consciousness of the object.



My first conscious experience of kything happened when I was fresh out of university. When I got my first job as a creative, I discovered that it was nature that was my number one creative muse. My job was to come up with creative ideas, and so I would wake up at the crack of dawn to walk along the beach before commuting into the city. While I walked on the beach I would connect to the spirit of the ocean and ask it to inspire me. I would soften my gaze, lose myself in the rhythm of walking and ask the water and the waves to reveal to me the ideas that most wanted to come into this world. As I watched the waves roll in, I would let nature speak to me and through me, writing down any ideas that came into my consciousness. Sometimes it came from the waves, other times from the water as a whole.

Years later, on the other side of the world, in a one-bedroom apartment in Highbury Barn, London, I filled my city apartment with herbs and other plants in an effort to feel grounded and surrounded by nature. Each night when I would get home from work, I became aware again of the consciousness of the plants. I started journaling and receiving messages from them each Sunday night. Soon after I started connecting with roses and began walking each day in Queen Mary's Rose Garden in Regent's Park. Day after day, I found that when I was near the roses, I could hear the 'whispers' of my inner voice – my soul's voice – so much more clearly. The more time I spent with the roses, the more connected with my body and soul I became and the more connected and attuned with my own true nature I felt.

I began consciously connecting with the spirits of the flowers and communicating directly with them. With every new day that I showed up in communion, the more easily I received messages from them. I would arrive each morning and ask the rose to share a message with me. I found the messages came the most clearly when I wrote them down as I received them. The messages came one word at a time and also like a knowing. These messages actually ended up becoming sentences and then paragraphs and then chapters of my first book.



These days I find this type of communication effortless and easy, but I want to be clear that at first it was much more subtle. So don't be discouraged if the connection isn't super clear at first. Just like any relationship or any skill, it grows over time. I am constantly blown away at how a simple practice like this, done consistently day after day with devotion, resulted in something as tangible as a book and then a publishing deal.

I'm going to outline here the steps for the practice of kything. When we get into the Mystery Modules we will begin kything for real in several of the Mysteries.

## HOW TO DO KYTHING

### STEP 01

**Find the plant or object** that you wish to work with.

01.

### STEP 02

Standing or sitting in front of the plant or object, **appreciate its beauty**. Breathing deeply, imagine a rose at the center of your heart and invite it to open, revealing a light in the middle. This is your soul. Invite that to step forward now.

02.

### STEP 03

From the center of your heart **connect with the soul** of the plant or object and introduce yourself to it.

03.

## STEP 04

If you have a question you would like to ask the plant or object, you can **ask it now**.

04.

## STEP 05

Soften your gaze and begin to **observe the plant** or object with your soul and intuitive senses. *What do you notice about it? How does it make you feel? What does it remind you of? What feelings are arising? Do you have a knowing? Are you receiving any visions? Are you drawn to a particular part of the plant or object? What does this conjure up in you?*

05.

## STEP 06

Here are some **Soul Inquiry prompts** that you can use to journal on and receive messages from the plant/object:

*What does the plant or object want you to know?*

*What message does it have for you? Let it speak to you now.*

*What is one baby step I can take to act on this today to embody this mystical practice?*

06.

## STEP 07

**Thank the plant** or object for this connection and ask the plant or object if there is anything it would like you to do for it e.g. perhaps it asks for water or for you to plant something?

07.

That is the basics of the kything practice. We will be kything within most of the Mystery Modules and I'll guide you through those as well when we get there.

# SOUL JOURNEYS

## *Communing with the Soul*

Soul Journeys are deep meditative experiences. In the Mystery Modules we will use Soul Journeys to have a direct experience with both our soul and that Mystery. It is a great way to make deep connections and to potentially receive guidance from our soul and the Great Intelligence.

Each Soul Journey I offer is like a guided meditation whereby you listen in a meditative state and allow your inner awareness to explore, following the prompts I offer you throughout.



When we experience a Soul Journey we are traveling into our Inner Temple and traveling to the realm of the Soul. When we travel to the realm of the soul it is possible to gain new knowledge, information and perspectives that we may not be able to receive as clearly in waking life.

When I lead a Soul Journey the mind, body and soul stay connected. We just go more deeply into the realm of the soul through connecting to the Inner Temple within. There is no right or wrong with Soul Journeys. Nothing to *achieve* as such. The practice really is about keeping yourself open to what is wanting to be shown and whispered to you.

# ANOINTING

*Bless the blessing*

My experience of anointing as a practice started in 2012 when I experienced deep grief after the passing of some close friends. I was invited by a medicine woman to rub rose oil into the front and back of my heart twice a day while I was grieving. From this experience I've identified that there are two parts to an anointing practice.

## THE LIQUID

The first is the liquid that you use to invoke the energy you are aiming to embody. In my case, the use of rose oil was to invoke deep healing.

## THE RITUAL

The second is the ritual of applying the liquid to your body or another object. This part of the practice brings with it the ritualistic power of consistency and intent.

When I would rub the rose oil onto the front and back of my heart every day, it was a reminder that I was inviting my heart to stay open when it most wanted to close. I was inviting the healing power of the rose to both heal my heart and myself to consciously choose to keep my heart open day after day after day.



When I visit a Sacred water site, I will anoint myself with the water. When I am doing this I tend to intuitively place the water anywhere I feel guided to, such as my throat (front and back), my solar plexus, crown, third eye or my feet. If working with oils directly on your skin you will want to make sure the oil is blended with a carrier so it does not cause irritation.

As we will explore in the Stones Mystery, you can also use Sacred oils as a way to activate objects. I will sometimes feed my altar by dropping oil onto statues or stones. When we anoint an object as part of a practice, we are gathering up the energy of ritual.

Anointing is simple and powerful. I really encourage you to get creative and experiment with where – and what – is calling for your blessing.

# DEVOTIONAL CHANTING

## *Invoking through Sacred Song*

Devotional chanting is the practice of singing divine names in repetition. It is a form of vibrational healing, as the sound current reverberates through your physical body bringing it back into harmony.

Chants are more than just songs; they are invocations. We can direct them at specific Gods and Goddesses, or in our case, the Mysteries we will be working with. All you need in order to call in their support is to put your intention into your singing. To invite their guidance, their presence. To open up and receive them connecting with you. Holding you, loving you and supporting you.

The repetition of chanting causes our minds to get bored and rest, allowing another voice, our true voice, our soul's voice, to sing through us. There comes a point in most chants where your voice actually changes. A resistance has been cleared away and created space for something Sacred. Many times when I chant it feels like I both lose and find myself, my true self. For me, there is no other practice that has this same powerful effect.



There are 84 meridian points on the top of the mouth that are stimulated when we chant. These stimulate the hypothalamus, which stimulates the pineal gland, which stimulates the entire glandular system... which is why it makes you feel so good. But more subtly, my favorite thing about chanting is the unified field that opens when we begin singing. It's as if the chant exists in that field on its own, and when we begin chanting we are instantly connected to it.

And by being in that field through chanting along, you are also connecting yourself to all of the people who have ever chanted that chant throughout the past, present and future. Chanting is one of my favorite practices and it's the practice I reach for when I'm feeling stuck or overly emotional. It brings me back to my heart's center every single time.

If you've been to one of my workshops, you will have chanted with me before, and you will have heard me say that chanting has nothing to do with how good your voice is. In fact, if you're worried about sounding good, you're not doing it right. When you chant you can close your eyes but you can keep them open if you want. If sharing your voice is vulnerable for you, that's OK. You can start off by humming along and then gradually begin to sing with me. Some side effects of chanting are: feelings of euphoria, tears, tingling and warmth in your heart. You might notice your voice changes slightly. All of this is welcome and normal.

Throughout the Mystery Modules we will be using devotional chanting as a gateway to deepen our connection with the wisdom of that mystery. It is a great way to use the voice to attune to it and to create a container for possible vibrational healing.

Chanting can be a form of invocation, so as you are chanting in each Mystery we are inviting that wisdom to sing through us. We created these chants especially for our work in *The Inner Temple Mystery School*.

After invoking the energy and unifying with it in your physical body it is important to end the invocation properly. This can be done by giving thanks to the energy or God/Goddess by saying thank you out loud and closing soul space.

# SACRED DANCE

## *Embodying the Sacred*

All of the Mystical experiences in the world are pointless unless we can integrate them, ground them, anchor them, embody them. I believe we are souls having a human experience, that we chose to be here in the physical, in this life, in this body. Sacred Dance is one of the best ways I know to work with embodiment. It is the practice of putting on music and inviting the soul to move us, to dance us, to express through us. We are going to be working with Sacred Dance in several of the Mysteries. When we are working with this practice in each of the Mysteries the invitation is to have an embodied experience of that Mystery. So it's as if we are attuning to that Mystery and letting it move us, dance us, express through us.



As a girl I loved dancing and took classes, but it was more of a structured thing. Through my teens I got into rock eisteddfod and was obsessed with old Broadway musicals. I first was connected to Sacred dance when I was 13. I had started at a new high school that was Catholic and we did chapel service each fortnight. At the time I didn't know all the prayers and felt out of my comfort zone, so I put my hand up for liturgical dancing. One of the nuns – Sister Carmel – loved spirited singing and dancing, and she taught me how to connect with spirit and to let it move me.



At high school dances my friends and I would dress up in costumes and dance freely. Then in year 11 and 12 as I was studying for my exams, I would give myself dance breaks. I had the house to myself with my parents at my brother's cricket matches all weekend and I would crank up the music and move my body however I felt it needed to. Literally, dancing like no one was watching.

In my twenties one of my teachers – Sonia Choquette – also used dance in her workshops. It was a way of properly anchoring the learnings into the physical. It was amazing to learn that and see that I had naturally been doing this already myself. Between 2011–2013 I committed to integrating dance as part of my daily practice. Each morning I would spend thirty seconds shaking (to release stagnant energy) and then I would dance to at least one music track and let the Sacred move through me. This was one of the things I loved most about living by myself.

You'll find a playlist for each of the Mysteries that you can use for your Sacred Dance Practice. I'm sure many of you have experience with intuitive dancing already. If you don't, it's really simple to do.

## HOW TO DO THE SACRED DANCE PRACTICE

### STEP 01

**Open the space** however feels good to you.

01.

### STEP 02

**Connect with your soul** and if you are working with a mystery energy e.g. The Rose, connect with that too and ask it to move through you. You may like to invoke it by saying something like:

*Come, come, Mother Rose come.*

*Dance through me now.*

*Come, come, Mother Rose come.*

02.

### STEP 03

**Put on the playlist** and let your body move to it in whatever way it wants to.

03.

### STEP 04

Don't feel like you need to move in any particular way, just **let your body move**. If you feel like moving a particular part of your body, do it. If you feel like staying still, do that.

04.

### STEP 05

If you feel like turning, do that. Trust how your body wants to move and **let yourself be danced**. You may like to close your eyes as you move and draw your attention deep within. Don't worry what you look like, trust the intelligence of the movement.

05.

### STEP 06

Once you feel complete, **thank your soul** and if you are working with a Mystery energy, then thank it too by saying:

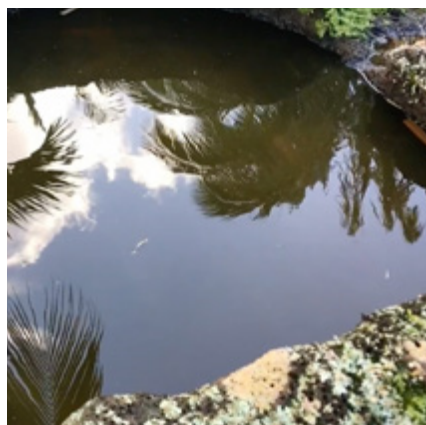
*Thank you, thank you, thank you.*

06.

# SCRYING

*Clear seeing*

Scrying is an intuitive practice that I love to do for insight and inspiration. I use it both spiritually and creatively. I was first introduced to scrying on a trip to Kauai. There, a local elder took my husband and I to an ancient Seer stone which had a bowl-like indent in it. When it rained, this filled up with water and they showed me how to scry from the water in the seer stone. It was incredible watching all of the reflections of the clouds in the water as well as the colors of the rock through the water.



Scrying is a Pagan term for this Mystical practice that has been used since ancient times. It is the art of gazing into something, such as water, to receive visions. The earliest documentation of scrying reaches back to ancient Babylonia around 1895–1539 BCE. It is believed that a single material such as oil or flour were added to a bowl of water and then read to receive helpful visions.

It's a practice of clear 'seeing', where we soften our gaze and look deeply with both our physical eyes and our third eye. We open ourselves up to entering into a state of receiving, and paying attention to what is shown, spoken or revealed to us.

You can scry using various objects from water to crystals to stones.

## HOW TO SCRY

### STEP 01

**Select your object** to scry with (e.g. water, stone, crystal etc). It can be anything with a reflective surface. Decide if you want a prop with it e.g. candle wax, flour, oil with water, candle with crystal.

01.

## STEP 02

**Cleanse the area** and open Sacred space (music or candle or prayer).

02.

## STEP 03

**Set an intention** for your scrying session. Do you have a question or area of your life you would like insight on?

03.

## STEP 04

**Soften your gaze** and ask the object to reveal itself to you.

04.

## STEP 05

What do you notice? Do you feel anything? Do you receive any knowings? Do you hear any whispers? Feel free to move around and **interact with the object** in order to reveal more e.g. if using water and a candle you can drip more wax into it; if using a crystal ball and a candle, feel free to move the candle slightly.

05.

## STEP 06

I recommend **writing down what you receive** while in the container. Here are some example *Soul Inquiry* prompts to give you structure if you want it. Try not to be concerned about it not making sense. Stay open to the experience and just see what comes. *What patterns or shapes can you see? What feelings arise? What knowings do you have? What visions do you see? Did you hear any whispers?*

06.

## STEP 07

Ask the object (e.g. water, stone, crystal) to **speak to you** through intuitive writing or speaking. If you are speaking, feel free to record it as a voice note so you can refer back to it later.

07.

**STEP 08**

Once you are complete, **thank the object** for assisting you.

08.

**STEP 09**

**Close the Sacred container** by blowing out the candle, offering the water (if you have used it) to the earth.

09.

**STEP 10**

**Cleanse the space** and any objects used with music, sound, prayer or Sacred smoke.

10.

I'll be guiding you in several of the Mysteries to develop your scrying practice. Try and do it with an open mind and the intention of exploring different ways to develop your intuition. Like any skill this can take time to develop. Keep practicing consistently to deepen your connection.

# SOUL INQUIRY + INTUITIVE WRITING

*Direct dialogue with the soul*

55

Throughout *The Inner Temple Mystery School* is the practice of *Soul Inquiry*. *Soul Inquiry* is a practice where we enter a direct dialogue with our soul. I see the soul as the part of us that is always calling us, that is connected to our intuition and the Great Intelligence of Life. Through the practices and in particular *Soul Inquiry*, we are inviting the soul to come fully into our body and to speak to us.

If you have been to my workshops before you will have practiced *Soul Inquiry* out loud in group work. The type of *Soul Inquiry* we are doing throughout the training is *Soul Inquiry Writing*, which is a form of intuitive writing. Throughout this workbook, right from the beginning lessons, you will notice what I call *Soul Inquiry* prompts. A *Soul Inquiry* prompt is a question to your soul.



When you are writing, trust what comes and try not to overthink it. Begin writing before you know what your complete answer is. Let your soul guide your hand. Don't be overly consumed with 'getting it right'. The most important thing is that you open your mind and see what comes through.

Just like any relationship, the more time you spend listening to your soul, the deeper the relationship gets, and the easier it is to differentiate between the voice of your head and the voice of your soul.

## MIND VOICE OR SOUL VOICE?

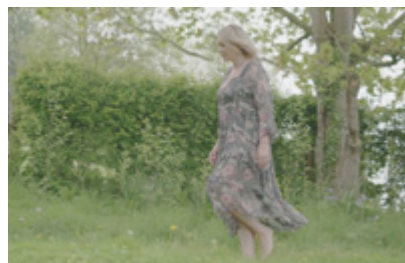
One of the most common questions I get is, how do you know the difference between the voice of the mind and the voice of the soul or intuition? There are a few different ways they can be differentiated. One is that the mind tends to have an ulterior motive, and in my case be louder and go round and round. It is trying to get an outcome. For me, it tends to be higher pitched and more pointy. The soul voice tends to be more subtle and calm. It may not make perfect sense (the mind normally makes perfect sense, unless it's overly emotional). When the soul voice comes in, there is often a sense of time stalling slightly. What it reveals may require courage, or it may be very simple. But in most cases the soul is more calm than the mind.

I really encourage you not to skip over the *Soul Inquiry* prompts after the lessons in the workbook. In my experience, this is where the greatest breakthroughs happen. They anchor in the energy and often give us in black and white messages that our soul is wanting us to hear. Through writing them down in the physical realm – whether you are working on a printed version or online – it brings what is in the ether into the physical. And this process embodies the soul experience much more than before.

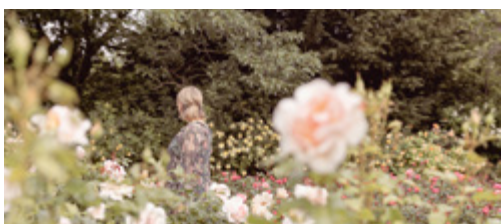
# INTUITIVE NATURE WALKING

*Led by the land*

Intuitive Nature Walking is a walking meditation practice done in nature. It is more than just walking as you are connecting with the consciousness of the land around you and inviting it to lead you. Quite literally being physically led by the land. It's a great way to deepen your connection with the earth and the land on which you live.



Intuitive Nature Walking is a wonderful practice for getting into your body, feeling more grounded and letting your intuition MOVE your body. My teachers always taught me that all of the creative ideas and intuition in the world is pointless unless you act on it, unless you embody it, unless you integrate it. This is a brilliant tool for strengthening that ability. It is also wonderful creative inspiration. You can invite nature to be your muse as you walk, like I used to at the beach before work and in the Rose Garden at Regent's Park as I shared in the kything video.



We're not separate from nature; we are nature. In the business of our modern lives, it is easy to get disconnected from it. One of the best ways that I know to feel connected, grounded and to get back in our body is to do this practice.

You can do this practice anywhere in nature. And through the course we will be using it to connect with some of the different Mysteries we are working with such as Water, Stones and Trees. The practice is really about attuning to nature around you. So you are connecting with the Sacred consciousness within the land and all parts of nature. I do think it is best to do this practice in a relatively open space in nature like a park, woodland, beach, river or somewhere large enough and interesting enough to take you on a journey. However, as always, work with what you have. If for timing reasons you live in a city and can't get to a big open park, try to find a small one or do your best to adapt while in the city streets.

## HOW TO INTUITIVE NATURE WALK

### STEP 01

The first step of intuitive nature walking is to **go into an open area of nature** such as a park, forest, river, woodland, bush or beach. Any open area of nature will do. If you live in the middle of a city and can't get to an open space, just work with what you have.

01.

## STEP 02

**Connect** to your soul.

02.

## STEP 03

Connect with the land and nature around you. You may like to **acknowledge the original custodians** of the land as well as the spirits of nature around you. Next, ask the nature around you to guide your body through your soul.

03.

## STEP 04

Invite your **soul to step forward and lead your body** by starting to walk. Notice where you are led. Maybe you are called to walk up to a tree; maybe you are called to go off the path. Try not to think about it too much. Just keep moving and do your best to connect with the Sacred in nature all around you.

04.

## STEP 05

**Notice what season it is.** Maybe there are fallen leaves crunching beneath your feet or maybe there are new buds bursting through. Notice the light, the reflections, the shapes, the textures.

05.

## STEP 06

How does it make you feel? Breathing deeply, staying connected to the nature around you, continue to be led and moved. Really **connect with the consciousness** of the nature around you.

06.

## STEP 07

**Walk for as long as you like.** I tend to walk for around twenty minutes or more. You can make it part of your daily walk if you have nature nearby you. When I lived in London I would travel to a big open park and lose myself there doing intuitive nature walking. Now where I live there are many country lanes and open spaces I can wander, and so I do this practice as part of my morning walk. So I begin by leaving the house and then let myself be led down different lanes and fields. Sometimes I stop to meditate or to write.

07.

**STEP 08**

Once you are complete (or throughout if you wish), **thank the land** for guiding you and ask if it has a message for you.

08.

**STEP 09**

Finally, **ask if there is anything** it would like you to do for it.

09.

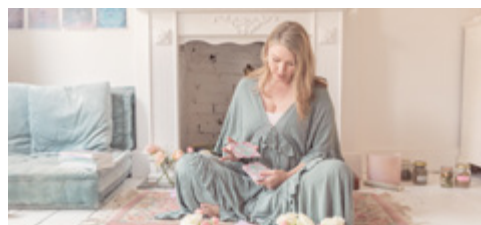
While we will be doing this practice with the Stones, Trees and Water Mysteries, I recommend getting out onto the land where you live and doing this practice now as a way to deepen your awareness of land consciousness and your own connection to the land where you live.

Get into the practice of letting the land lead you. It will likely result in you developing a deeper relationship with it and feeling more and more at home on the land that is holding and sustaining you.

# CARD READING

## *Two card readings*

As part of our completion for each Mystery we will be doing a simple two card reading. You are welcome to use any cards you like for this reading. If you do not have oracle or tarot cards, then there are plenty of free ones available online.



Oracle cards have been a companion throughout my journey. As well as using them professionally, I have used them as a tool for clarity, helping me make decisions. The word oracle comes from the latin word *ōrāre* which means 'to pray' or 'to speak', and refers to communication with the divine.

If you have oracle cards, you may wish to follow along with the reading I do in the accompanying video. If you don't have cards, you could also use the instant guidance section on my website.

Here is a simplified overview of this simple card spread.

## HOW TO DO A SIMPLE TWO CARD ORACLE SPREAD

### STEP 01

Take your cards out of the deck and hold them to your heart. Close your eyes and slow down your breath.

01.

### STEP 02

Imagine a flower at the center of your heart. Invite the flower to open, petal by petal, revealing a light in the middle. This is your soul, your ancient self. Invite that light, your soul, to step forward now.

02.

### STEP 03

If there is an area of your life that you would like guidance on, whisper that now. If there's a specific question you have, whisper that now.

03.

**STEP 04**

Begin to open your eyes and shuffle your cards while holding your question or request for guidance in your heart.

04.

**STEP 05**

Split the cards into three piles and then gather them back into one in any order. Now spread your cards out in front of you.

05.

**STEP 06**

Select two cards and place them facing down in front of you. Each Mystery reading has a slightly different meaning, but here is an example of one from The Rose Mystery. The first card represents the seed, where you are now. The second card represents the future, the rose garden, the highest outcome.

06.

**STEP 07**

Turn over the first card and receive it fully now.

*What do you notice about it? What message does it have for you? How does it make you feel? What does it make you think of?*

07.

**STEP 08**

Turn over the second card and receive it fully now.

*What do you notice about it? What message does it have for you? How does it make you feel? What does it make you think of?*

08.

**STEP 09**

If you like you can write down the messages from the cards with these two prompts:

*Where are you today...*

*What is the future outcome...*

09.



# GOING DEEPER

*Part Three*



## GOING DEEPER

### *Resources for further reading*

#### BOOKS

- △ ***Ancestor Paths: Honoring Our Ancestors and Guardian Spirits Through Prayers, Rituals, and Offerings*** by Oba Ilari Aladokun, 2009, Two Harbors Press
- △ ***Who Do You Think You Are? Encyclopedia of Genealogy: The definitive reference guide to tracing your family history*** by Nick Barratt, 2008, Harper
- △ ***Why I'm No Longer Talking to White People About Race*** by Reni Eddo-Lodge, 2018, Bloomsbury
- △ ***The Ancestral Continuum: Unlock the Secrets of Who You Truly Are*** by Nicola Graydon and Natalia O'Sullivan, 2013, Simon & Schuster UK
- △ ***The Good Ancestor: How to Think Long Term in a Short-Term World*** by Roman Krznaric, 2020, WH Allen
- △ ***Lost In Translation: Life in a New Language*** by Eva Hoffman, 2008, Vintage
- △ ***Connecting to Our Ancestral Past: Healing through Family Constellations, Ceremony, and Ritual*** by Francesca Mason Boring, 2012, North Atlantic Books
- △ ***Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change*** by Sherri Mitchell, 2018, North Atlantic Books
- △ ***Grandmothers Counsel the World: Women Elders Offer Their Vision for Our Planet*** by Carol Schaefer, 2006, Shambhala Publications
- △ ***Carnival of the Spirit and Jambalaya*** by Luisah Teish, 1994, Apocryphile Press
- △ ***Belonging: Remembering Ourselves Home*** by Toko-pa Turner, 2017, Her Own Room Press
- △ ***Honoring Your Ancestors: A Guide to Ancestral Veneration*** by Mallorie Vaudoise, 2019, Llewellyn
- △ ***Scrying: Divination using crystals, mirrors, water and fire*** by Lucya Starza, 2022, Moon Books
- △ ***Witches and Pagans: Women in European Folk Religion*** by Max Oashu, 1950, Valeda Press
- △ ***Kything: The Art of Spiritual Presence*** by Louis Savary and Patricia Berne, 1988, Paulist Press
- △ ***Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*** by Robin Wall Kimmerer, 2020, Penguin Books
- △ ***The Great Cosmic Mother*** by Monica Sjoo and Barbara Mor, 1991, Bravo Ltd
- △ ***The Future Ancestor: A Guide and Journey to Oneness*** by Annabelle Sharman, 2023, Hay House



*If you study the great mystics, philosophers, poets and  
sages through the ages you will see a common truth  
echoing back. Nature, flowers, trees, water, stones, are  
sources of inspiration for them all.*