


INNER TEMPLE MYSTERY SCHOOL

△
THE SACRED ROSE
MYSTERY

with REBECCA CAMPBELL



*Working with the Rose is subtle yet powerful. She gives
us the medicine, messages and gifts that we most need.*



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INTRODUCTION

Part One

THE SACRED ROSE MYSTERY

Welcome

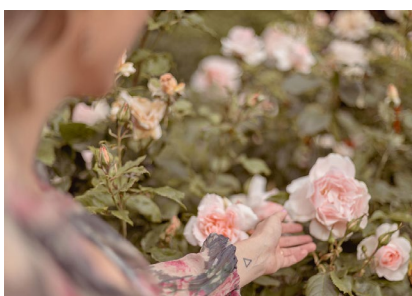
Welcome to *The Sacred Rose Mystery*. When feeling into which Mysteries to focus on in this foundational programme, the Rose made it very clear that it was to be an essential and integral part of this experiential training.

Anyone who knows me and my work knows the Rose has been a powerful companion and teacher in my life and one that I have been consciously working with since 2010, both personally and creatively. As my journey has unfolded I have since discovered how steeped in mystery and symbolism the Rose actually is. Appearing in countless traditions, myths and folklore through the ages, I personally have come to see the Rose as a symbol for the Goddess herself, amongst other things. So I am very eager to see how She emerges for you in your own unique mystical journey with Her.



I'm looking forward to going deep with you as we lift the veil of *The Sacred Rose Mysteries* and connect with the Sacred energy of the Rose, who I believe is stepping forth to be a potent healer for these times. I also believe that the Rose has unique medicine, messages and gifts for each of us, so stay open to what shows up for you.

I want to acknowledge that although I've been practicing and working with the Rose through my personal and professional studies, I'm not a botanist or a herbalist. I'm speaking to you as a mystic, nature channel, writer, poet, ritualist and creative who works intimately with nature. In this module we are using the Rose as our guide to experience the Sacred in an embodied way. We will be experiencing different practices that act as gateways for us to return to our own true nature, hear the voice of our soul, explore the unknown and, ultimately, reconnect with the Sacred and the Intelligent Pulse of Life that is woven through it all.



I've been actively working with the Rose since first hearing Her call in 2010. Because the Rose is such a healing and mystical flower that's been worked with and revered in many ancient cultures, I believe that by connecting with the Rose, it's possible to reconnect with the indigenous roots of our own ancestry and the Earth as our Mother, known and unknown.

Often as we do that work, we not only receive the guidance and wisdom of our ancestors but also begin to feel held by them. Working with the Rose is subtle yet powerful. She gives us the medicine, messages and gifts that we most need.

My prayer is that you journey through *The Sacred Rose Mysteries* with Her perfume close. Use Her invitation to follow your own curiosity and intuition about which medicine, messages and gifts *The Sacred Rose Mysteries* has for you.

Love,

A handwritten signature in black ink that reads "Rebecca" followed by a stylized flourish.



WHAT YOU WILL NEED FOR THIS MODULE

Getting organized

Here is a list of some of the objects that you may need for this module. Always try to source locally and sustainably where possible. Depending on the season you are in and what you have access to, work with what is sustainable and accessible for you.

Always be mindful of your impact on the environment. For example, for the kything practice, if there are roses near you in your area or garden, do the practice with a live rose rather than buying a cut one. If you want to use rose petals in your bath, consider using ones that have naturally fallen or from the rose that you have been using on your altar at the end of the module.

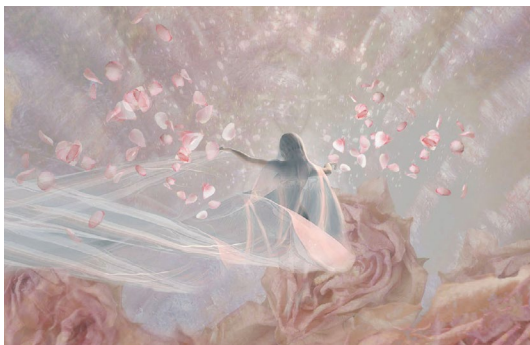
- △ **Candle(s) for evocation**
- △ **Piece of ribbon, wool or string (red or white)**
- △ **Essential rose oil, with carrier oil if required**
- △ **Altar items such as water, oils, stones, flowers, cloth, candles or leaves**
- △ **Rose-themed altar item for your *Inner Temple Mystery School* altar**
- △ **Pen or pencil for Soul Inquiries**
- △ **Rose tea**
- △ **Tea pot, mug and strainer for tea making**
- △ **Fresh or dried rose petals**
- △ **Device or speaker for playing music**
- △ **Water or oil for anointing**
- △ **Oracle Cards**

THE CALL OF THE ROSE

My journey with the Rose

The Rose first came to me in a way that I consciously understood in 2010. Prior to that, I now see that this mysterious Sacred flower was always available to guide me, but was hidden in plain sight. At the time, I was going through a particularly difficult period and was experiencing deep, unshakable grief. The life I had consciously created was beginning to crumble all around me and no longer felt aligned.

Very subtly, the Rose emerged as one of my guides. She held me firmly in the soil of my changing life, while showing my heart how to open and stretch courageously when I most wanted to close, separate and shut down. She guided me to strengthen, heal and soften my heart (front and back), to return to the earth, and to be open to the sweetness of Life by facing the shadow and the thorn.



She showed me how to release my petals to the wind for the chance to one day soon bud and bloom again. She reminded me of my own true nature and that we are not separate from nature, but we ARE nature. The Rose taught me how to embody my soul and plant myself here more deeply than ever before.

Looking back, I can see I was blessed with what I now call ‘carriers of the Rose thread’: people woven into my life whose presence connected me with the healing of the Rose and returned me to myself. At first it seemed trivial, but the more I began working with the Rose, the more I opened to receive Her medicine.

THE BEGINNING OF ROSE WORK

One woman told me that, after her divorce, she’d bought herself soft pink roses as an act of self care and that she felt they’d helped her to heal her heart. Another shared with me the hundreds of paintings she’d created, all dedicated to the beautiful, sensual, mysterious qualities of this ever-unfolding bloom.

A medicine woman instructed me to anoint the front and back of my heart with a drop of rose absolute essential oil, as a way of letting my grief unfold from within me, as I journeyed through the seemingly relentless, barren void of the dark night. I began drinking rose petal tea and working with flower essences, teas and infusions.

I meditated with a presence I began to call Mother Rose. Unconsciously, I started to make *Rose Work* a part of my daily practice with Mother Rose as my guide.



I began a weekly ritual of walking to my local flower market and treating myself to six Roses that spoke to my soul. This simple ritual felt like a rhythmic invitation for my soul to plant itself more fully here. I'd arrange the flowers in little glass jars I found in second-hand stores and create beautiful altars in each corner of my studio apartment.

As I watched the roses open, my heart began to soften. As I drank in their sweet fragrance, I slowly began to let the sweetness return to my life. As their thorns pricked me, I was reminded to take care of myself. As their beauty took my breath away, I began to notice more beauty around me. Before I knew it, I'd entered a deep relationship with this ancient flower. Taste, smell, touch and sight, the Rose became my gateway to experiencing my soul through my body's senses. The Sacred was weaving itself back into my everyday life.



FOLLOWING THE ROSE THREAD

Before long, I'd found my way to Queen Mary's Rose Garden in London's Regent's Park and that's when the Rose really began to do Her work. The Rose garden there contains the city's largest collection of Roses, with eighty-five varieties and approximately 12,000 blooms.



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 sensing in the most palpable way, what I now refer to as the Intelligent Pulse of Life.

Soon, poetry and writing came flooding through me, and I found myself writing my first book. I remember the moment I finished the final chapter. Sitting on a park bench under a canopy of roses, I looked around the garden and began to cry, realizing that I'd written the entire book there with the roses.

They were my guide to planting myself more fully here, and at the same time it was as if a whole other world had opened up. Like the Sacred had woven the two worlds (of soul/God/heaven and the physical/Earth/Goddess/my body) back together. The roses' beauty, scent and courageous unfolding invited my soul to be more fully here. To be more present in my life. As I watched them trust the seasons, I began to do the same. It was as if they were teaching my soul how to be more fully human. More embodied. Forever calling me to embrace my ever-changing nature.



Looking back now, I can see that this activation from the Rose led to so much of the work I've created in the years since. What had started as simply following what lit me up had become my creative muse and guide. After years of writing and traveling to lead workshops, I started noticing that all I wanted to do was be with, work with and speak about the beauty of flowers. I remember confessing this to a friend, who encouraged me to follow what made my heart sing and my soul more embodied here. Hence, this module feels like a deep affirmation and a bountiful offering. May you smell its perfume.

AN INVITATION

My prayer for *The Sacred Rose Mysteries* module is that it opens the gates a little to commune with the wisdom of your soul and to plant it in the garden of your body. That it supports you in reaching your roots a little deeper, and that you can find the courage to enjoy the bud, bloom and fruit of your life. Each of us is a seed, and we have the most exquisite Rose garden beckoning to be brought forth. May this Mystery Module encourage what's seeded within you to root, bud and bloom.



THE CALL OF THE ROSE

Soul Inquiry®

Take some time to reflect on your connection and journey with the Rose currently. Maybe you have heard Her call for many years, or perhaps this is a new beginning for you. Explain your journey with the Rose so far. Do you see it as a Sacred guide? Have you heard its mystical call or is this something new for you?

What does the Rose symbolize to you?

How has the Rose shown up for you in your life? This could be physically, symbolically or spiritually.

Where are there roses in your neighborhood or city? Are there roses that you can visit?

Have you ever given or received fresh roses? Have you ever had roses in your garden or in your neighborhood?

Have you worked with the Rose in any other way? e.g. rose essential oils, rose tea, rose-themed clothes, rose perfume, rose candles, rose incense etc.

What does the scent bring up for you?

With the Rose as your guide, is there an area of your life that you would like to work with during *The Sacred Rose Mysteries*?

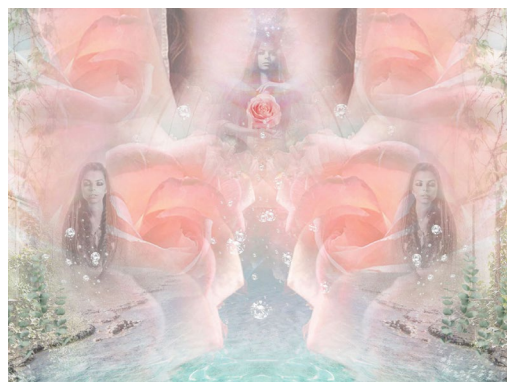
Our questions determine our quest. With the Rose as your guide, is there a particular question that you would like to explore during *The Sacred Rose Mysteries*?

THE ROSE MYSTERY TEACHINGS

A background of the history and myth

Mystics, healers, herbalists, artists, saints, poets and visionaries through the ages have been awestruck by the breathtaking Rose. Named by Flora, the Roman Goddess of spring and flowers, as the queen of all flowers, She has been revered for millennia for Her medicinal and emotional healing qualities.

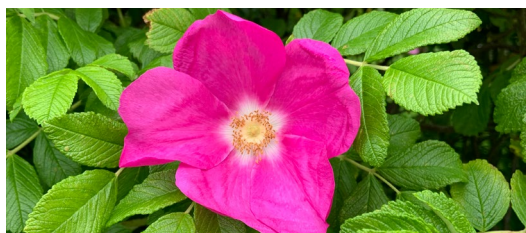
The Rose is a symbol of beauty, love and great mystery, and as we follow Her thread back through myth, legend, texts and art, we discover how intertwined She has been with Goddesses and love (human and divine) throughout history. The Rose has also been a symbol of the ancient Sacred feminine Mysteries that have been hidden in plain sight and are once again beginning to rise.



Devotion to the Rose is found in texts, tablets, art and poetry throughout the mists of time. A symbol of human love, divine love, beauty, healing, the feminine, hidden secrets and mysticism, this plant has been revered worldwide by healers, herbalists, botanists, lovers, rosarians, artists, poets, mystics and more.

THE ANCIENT ROOTS OF THE ROSE

The Rose is an ancient flower with roots far deeper than those of humanity. They reach back more than thirty-five million years, with the fossilized remains of rose leaves and petals having been found in Asia, Europe and North America. While today there are countless types of roses, they all fit into three main groups.



The first group of roses are species roses, commonly referred to as wild Roses. These are the oldest type, stemming from *Rosa gallica*. Species roses bloom once and have between four and eight petals.

The second group are old garden roses. These are roses that existed before 1867, when the first hybrid tea rose was introduced. Examples of old garden roses are Alba, Ayrshire, Bourbon, Boursalt, Centifolia and China. These are my favourite!





Aureus (Coin), Obverse: Frontal head of Helios. Reverse: Rose on a stem. Silver didrachm of Rhodes, 400–333 BCE

The third group of roses are modern hybrid roses.

Records exist of medicinal and other uses of the rose in many ancient cultures, including Mesopotamia – the word ‘rose’ appears 181 times on 600 Mesopotamian clay tablets – and China, where it’s believed the China Rose originated. The remnants of rose wreaths have been found in Egyptian tombs, and coins depicting roses, believed to date from around 500 BCE, were discovered on the Greek island of Rhodes.

THE ROSE AND THE GODDESS



Our Lady of the Rosary, Tretyakov Gallery, Public domain, via Wikimedia Commons

The Rose is the mystical queen of all flowers. From Ishtar to Isis, Aphrodite to Venus, Inanna to Mother Mary, the further back we trace the Rose’s thread, the more often we see this flower appearing as a symbol of Goddesses in many of the world’s traditions. And often, these Goddesses bear a striking resemblance to one another. Some were worshipped in secret and others were absorbed and renamed. In many cases the scent of the Rose is one of the numerous Sacred symbols in art and story that threads them together.

In ancient times, garlands of roses were placed around statues of Mother Goddesses worldwide, in worship of Her. The prayer beads used by Catholics today stem from this Rose tradition; in fact, the word rosary comes from the Latin *rosarium*, meaning ‘rose garden’, ‘crown of roses’, or ‘garland of roses’. Just like the Goddesses of old, Mother Mary, Jesus’s mother, is closely associated with the Rose and is known by many different names linked to the flower, including ‘Mystic Rose’ and the ‘Rose without thorns’.



Inanna, a Sumerian Goddess associated with love, beauty, sex, war, justice and political power, had the Rose as her symbol.

The Rose was also a symbol for the Egyptian Goddess Isis – who is thought to have been an incarnation of Ishtar (another Sumerian Goddess) – and Sophia, a force present at the beginning of creation itself. Sophia has been referred to and visualized as the celestial Rose, a spiral galaxy representing the divine plan in the Universe.



THE ROSE IN MYTH AND LEGEND

In the mythology and literature of ancient Greece and Rome, the Rose is a powerful symbol of love and beauty. Homer's *The Iliad* describes how rose oil was used to anoint the body of Hector, who was then embalmed by Aphrodite, the Goddess of love, beauty, pleasure and fertility. Aphrodite is often portrayed with a crown of roses on her head, and she was honored with bountiful white roses.

Legend says that the Rose itself sprang from Aphrodite's tears at the death of her lover, Adonis, and that it turned from white to red when a drop of the Goddess's blood fell upon it. Aphrodite's son, Eros – the God of love and sexual desire – was often depicted with a wreath of roses.



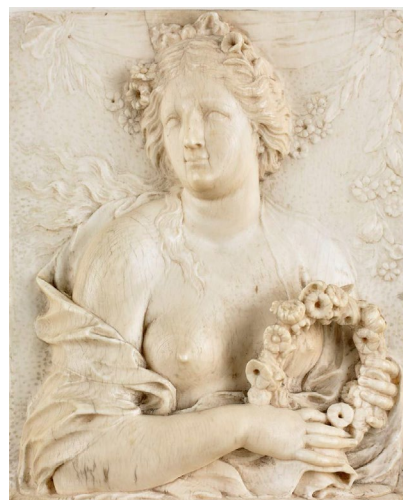
The Awakening of Adonis by John William Waterhouse (1849–1917); Andrew Lloyd Webber collection. Image via Wikimedia Commons



The Birth of Venus (c.1485) by Sandro Botticelli; Sandro Botticelli, Public domain, via Wikimedia Commons

The three Graces – ancient Greek Goddesses associated with beauty, charm, nature, creativity and fertility – are said to have scattered roses all over the Earth to celebrate the union of Psyche – the Goddess of the soul – and Eros. Worship of Aphrodite was adopted by the Romans; they named her Venus, and she became associated with the garden. One of the most famous depictions of Venus is Italian artist Sandro Botticelli's fifteenth century painting *The Birth of Venus*. It captures the ancient myth in which Venus is birthed from the foam of the sea, and where the foam fell, white roses grew.

In one Roman story, Flora, the Goddess of spring and flowers, discovered the body of a beautiful nymph in the forest. Grief stricken, she prayed for it to be transformed into the most beautiful flower ever known. The three Graces and Venus then turned the nymph's body into a rose and from that day on the rose became known as 'the queen of all flowers'. In another Roman myth, the Goddess Cybele, or Magna Mater (Great Mother), is said to have created the Rose because she was jealous of Venus and wanted something more beautiful to attract Adonis.



An ivory carving of Flora, the Roman goddess of flowers and spring. By François van Bossuit. Sean Pathasema/Birmingham Museum of Art, CC BY 3.0 via Wikimedia Commons

HIDDEN CELTIC GODDESS WORSHIP

The Rose had deep roots with the Goddesses of the pre-Christian Celtic people too. In many ceremonies and rituals in the Celtic tradition, roses were used to represent the heart. However, when Christianity was adopted by the Romans and later spread throughout their Empire, pagan flower festivals and rituals were denounced by the Church. For some time, roses were even forbidden in graveyards.



As Christianity was being established across Europe, one of the Church's conversion strategies was to replace the deities that the people of the land had worshipped for hundreds of years with Christian saints. For example, the Celtic Goddess Brigid became Saint Bridget and the Goddess Anu became Saint Anne.

As people were taught to worship only one – male – God and the father and the son in the Holy Trinity, the reverence for the feminine and for nature that was so present in ancient Goddess worship and in indigenous Celtic spiritual traditions was largely lost. However, those who longed to keep alive the connection with the divine feminine found new routes to Her. For some, this desire manifested as a devotion to Mother Mary, with the Rose as her symbol, just as it was for earlier Mother Goddesses. Mary became the Goddess that people could actively worship without fear of persecution.



PAUSE & REFLECT

This is a powerful invitation for us to get curious about what may feel shunned, hidden or forbidden within ourselves or in our spiritual life. Being aware of our conditioning – both in this lifetime and beyond – can be a real gateway into deeper insights on our mystical path. What has adapted or contorted itself within you in order to be considered ‘acceptable’? What parts of you have been left behind? What parts remain hidden? What parts could benefit from being allowed to return to their wilderness?

A SYMBOL OF MYSTERY AND SECRECY

Historically, Roses have been a symbol of secret knowledge and confidentiality. The ancient Romans wore garlands of rose petals on special occasions and when these were hung above important meeting places, the conversations that took place beneath them were considered *sub rosa*, literally, ‘under the rose’. It was understood that anything said ‘under the rose’ would be kept secret and not repeated. There’s also an image of the ancient Egyptian God Horus, the son of Isis, sitting with a rose and holding his finger to his lips, symbolizing silence about the deep ‘Mysteries’ – what was Sacred and hidden.



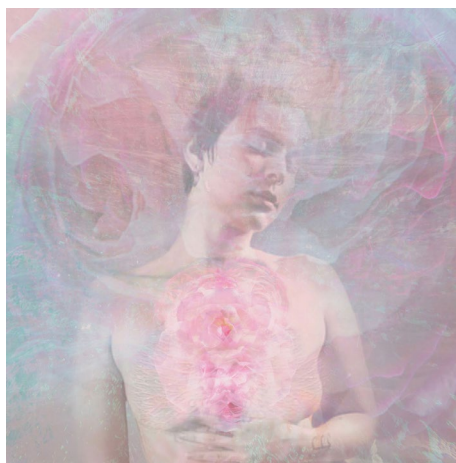
THE ROSE CROSS

The origin of the rose cross has been linked to the Rosicrucian brotherhood, who were named for their symbol, a rose on a cross. The order claimed to possess secret wisdom that had been passed down since ancient times. While the rose has medicinal properties and is used in food and for healing purposes, such as in teas, oils and essences, perhaps Her main purpose for humanity is to evoke a sense of awe.

When we’re around the rose, our soul hears the invitation to be more fully here. Her scent and symmetry take our breath away and can result in us having a moment of transcendence and immanence at the very same time. Some see the rose cross as a symbol of this; heaven and Earth with the rose at the intersection point. Spirit and Earth combined. Soul planted here.

THE ROSE GARDEN

The Bible story of the Garden of Eden features apples, which, like roses, are a member of the plant family *Rosaceae*. There's an ancient story from Peru that may echo this connection. In it, Eve takes a rose rather than an apple. I wonder how different life would be if we were all told that story instead. Adam and Eve in the Garden of Eden is arguably one of humanity's most influential stories, as Eve is cast out of the Sacred garden and into original sin. And in my opinion, this story is the one that we must rewrite as we work with Mother Rose.



I believe that we're being called to remember and realize that we're all Sacred and holy, that our souls have always been immortal, and that we were never cast out of the garden in the first place, for we are nature, from soul to bone, spirit to toes. This severing or separation from the earth – from seeing ourselves as nature, from seeing the feminine within each one of us as Sacred and holy – is where the work of the Sacred feminine begins.

PAUSE & REFLECT

How does this land in you? Are there barriers you encounter when invited to truly embrace yourself as Sacred? As holy? As nature? What is your relationship with the Sacred feminine? Get curious about how deeply this may or may not resonate within you. Stay curious about where you're being encouraged to lean into this Inquiry more deeply.

SACRED AND MYSTICAL ASSOCIATIONS OF THE ROSE

In Islam, the fragrance of a rose represents the Sacredness of the soul, and in both Islam and Christianity, smelling the scent of roses when there are none nearby is said to signify the presence of the divine. Islamic texts say that as Mohammed made his journey into the presence of the divine, a drop of sweat landed on the earth and a rose manifested in its place.

In the mystical Islamic movement Sufism, the Rose symbolizes perfection and deep union with God. Her thorns represent the difficulties we can face, and the fact that the rose continues to bloom holds the teaching of being reborn while still fully living. This lesson is found in other mystical traditions too.



Rose petals on the marble grave at Hafiz mausoleum in Shiraz. Photo: Marian Brehmer

To the mystical poets of Sufism, the Rose represented the perfect beauty of God, the Sacred geometry of all of life. My favorite mystical poet is Hafiz, who lived in the fourteenth century. He used the Rose intimately in his poetry in devotion to the beloved within. He was originally from Shiraz in Iran, which is known as the City of Roses. Other Sufi poets, such as Rumi, also put the Rose at the center of the mystical inner life.

THE ROSE IN TAROT

In the tarot, the Rose commonly appears on four cards. On the Fool card, the white rose represents purity; on the Magician, it commonly represents unfolding wisdom; on the Strength card, it communicates balance; and on the Death card, it delivers a message of clarity of intention.



THE ROSE AND ANGELS

Throughout history, roses have also been associated with angels. Some believe that by putting out roses they'll attract the angelic realms and that if we're blessed to smell roses in the air when no roses are present, it's a sign that an angel is nearby. In literature, the third part of Dante's poem *The Divine Comedy*, called 'Paradiso', explores some of the mysteries of the Rose. The final section is a vision of a sun-lit white Rose that represents the mystic's attainment of union with God. The poet's spiritual quest has been fulfilled.



The Empyrean by Gustave Dore, Public domain, via Wikimedia Commons

THE ROSE OF VENUS

In mathematics, the Fibonacci series, and the golden ratio on which it's based, is a number sequence discovered in 1202. This sequence, in which each number is the sum of the preceding two numbers, can be found in all of Life. The petals of a rose hold this Sacred ratio, with each new set of petals growing in the spaces of the previous set. Perhaps this is why we feel changed by gazing into the spiral of a rose.

The original rose looked very different to those we grow today. It possessed five petals and, interestingly, if we track the movements made by the planet Venus as she orbits the Sun, over a period of eight years, we see they create a fivefold rose pattern called the Rose of Venus. Venus was the Roman Goddess of love, sex, and fertility, and her symbol was the Rose. Perhaps the ancients knew more about the interconnectedness of the Universe and Life than we think.



PAUSE & REFLECT

What supports you to feel more deeply connected to the synergies of life? What hidden patterns may emerge if we open ourselves up more deeply to the subtle, magnificent intricacies of how inextricably we are all connected. There is no separation. How does this sit in your body? How true does it feel for you?

A HEALER FOR THESE CHANGING TIMES

In this time when ancient secrets appear to be being unearthed and when the Mysteries are being proven by science, it seems that the significance of the Rose throughout history is only just beginning to unfold before us. Her secrets seem to be hidden in plain sight. As the Rose becomes more and more popular and is embraced by the hearts of humanity, we're beginning to see beyond the long-stemmed red rose grown in a hot house as a commercial declaration of love on Valentine's Day and into the mystical, healing, Sacred, feminine, hidden world of all that She holds and has been a symbol of since times ancient.



I believe that this ancient flower – which is growing significantly in popularity – has very important messages for the hearts of humankind right now. I believe that She carries powerful, much-yearned-for medicine and the potential for healing that is so needed in these times.

In my experience of working actively with Her for more than a decade, the Rose isn't afraid to deliver to us what we need the most. For some this may be a soothing, gentle holding and heart-expanding healing; for others it may be a fierce push to find the courage to open when we most want to shut down, separate and close. For some it may be a descent into the fertile void of new beginnings, while for others it may be reconnecting with our roots and the sureness of the soil. For some it may be finding a way to surrender the very thing about us that captivated others, for the chance to begin again; and for others it may be welcoming an unexpected second bloom.



JOURNEYING WITH THE ROSE

Part Two

JOURNEYING WITH THE ROSE

The Rose as your guide

Here we are at the experiential part of this module. This is where things really come alive. It is here that we invite the Rose to be our teacher and guide. We will be using a selection of practices and tools 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 and the essence of the Rose.

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.

Throughout this module, you may find me referring to the Rose as 'Mother Rose'. This is the name I sometimes use to express the Sacred energy and consciousness of the Rose as an expression of the Goddess, which She is an ancient symbol of. If this name does not resonate with you, please use your own. All faiths and belief systems are welcome here.

As we work with the Rose, I invite you to become aware of how the Rose shows up for you. Are there rose bushes or gardens near you? Depending on what season you are in, notice what state the roses are in. Maybe you notice rose in the food you eat or drinks that you drink. Maybe you will see the symbolism of the Rose in art, wrapping paper, poetry or architecture. Maybe you will see Her in rosary beads and candles. Maybe you will notice its scent in perfume and body products. Let the Rose in all of Her layers reveal itself to you.



Stay open to being surprised and try to let go of expectations. Trust your intuition, be curious and open to the experiences. Maybe you will receive subtle visions, whispers, knowings, feelings, symbols, hunches, smells or tastes? Do not get disheartened if your experience is more subtle or different to others. The way you receive your intuition will be unique. We are not meant to be the same. Embrace your own unique experience.

For every practice and tool, you will find space in this workbook to reflect through *Soul Inquiry*. *Soul Inquiry* is a form of intuitive writing. Stay open to receiving messages and guidance from both your soul and the Rose as you complete each *Soul Inquiry*.

May the whispers of your soul and the Rose guide you every step of the way.

THE SACRED ROSE EVOCATION

Calling in the Sacred Rose

The Rose Evocation is a practice of calling in the Sacred Rose to guide you. This evocation is to support you in opening the Sacred container to work with this Mystery.

Light a candle or open Sacred space however you like. Place one hand on your heart and one hand on your belly and connect with the energy of the Sacred Rose. Breathe in deeply and repeat the following evocation out loud,

*In the highest interest of myself,
my loved ones and the world,
I begin this evocation.*

*Come, come, Mother Rose, come.
Come, come, Mother Rose, come.*

*Mother Rose, you who were present long before me,
and you who will continue after I have gone.
I call upon you to be one of my guides.*

*I am open to receiving your wisdom and healing as I journey with you.
I am ready to remember my ever-changing true nature and to return again and
again back to myself.
I am ready to unlock any soul wisdom or gifts for the benefit of all.*

*May I find the courage to walk the ever-unfolding way of the Rose.
May I reach my roots all the way back in order to bloom sustainably.*

*May I stay curious and grounded with every step.
May I take responsibility for my needs.
May I return to myself, my body, the Earth and humanity.
May I plant myself here more deeply than before.*

*May I remember the future Rose gardens that are seeded within.
And when the time comes,
may I throw my petals to the wind,
for the chance to do it all over again.*

*Come, come, Mother Rose, come.
Come, come, Mother Rose, come.*



THE SACRED ROSE EVOCATION

Soul Inquiry

As you begin journeying with the Rose as your guide, is there an area of your life or a question you have that you would like to focus on during this module?

What does the Rose want you to know?

What does the Rose want you to remember?

What is the Rose calling you to do?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

THE ROSE ALTAR

Creating Sacred space

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, in this case *The Sacred Rose*.

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. It was through working with the Rose that I really got into altar work. It started with placing a single rose in a jar on my window sill and now has turned into an entire rose garden. In my main personal altar, the Rose is always present. I also work with rose water for cleansing, rose oil for anointing and I sometimes also drop rose oil into my candles.



When working with physical, alive roses, stay open to embracing the changing nature of them. For example, I love letting the petals fall onto my altar and even collecting the rose petals for future use on altars or in rituals for the future. Queen of the flowers, the Rose is renowned for beauty. A symbol of the Goddess and the feminine, the Rose lends itself beautifully to Sacred altar work, especially in devotion to the Great Mother.

In my Rose-themed altars, I often use a statue or two representing The Great Mother. The central item of my main altar is a white rose candle holder. I also have one in my traveling teaching altar that I travel with. For more information on how to create and deconstruct your altar, feel free to go back to the *Altar Work* video in *Foundations Module 2*.



Your daily practice once you have created your Sacred Rose Altar is to tend to it each day. You can do this by lighting the candles, freshening up any water and spending some time in prayer, meditation or reflection. You could call upon the wisdom of Sacred Rose by saying the Invocation out loud or shorten it, for example, *'Come, come, Sacred Rose, come.'*



When you are done practicing at your altar, I recommend closing the energy by sharing your gratitude. For example, you could simply say, *'Thank you, thank you, thank you'* out loud.

So, now it's time to begin gathering your items, clearing your altar space and building your altar. Don't underestimate the power of this Sacred work. It has the potential to really open up a Sacred energetic container for you to deepen your unique personal connection with the Rose as your guide. It also has the potential to help you integrate the wisdom that comes through with this Mystery.



THE ROSE ALTAR

Soul Inquiry

Where did you build your altar and what items did you gather?

Share any reflections on the process of creating your altar and connecting with the energy of the Rose below.

KYTHING WITH THE ROSE

Hearing the whispers

For as long as I can remember, I have connected to the soul and consciousness of plants, flowers, trees and stones. It is through this process that I do most of my writing. You could call them my muse. It wasn't until decades later that I discovered an almost-lost word in the Scottish language known as kything to describe this experience. Kything is the conscious act of spiritual presence or connection with an object.

Kything is a simple but powerful practice where you can enter into a dialogue with any object, in this case the Rose. When we connect to a plant, such as the rose, we are connecting to both the individual plant as well as the species as a whole. For example, the Rose – as we have already discovered in Section 1 – is steeped in mystery, symbolism and myth. It is also a powerful healer and heart opener. But just like we are all unique, every plant is unique also and in my experience, has unique messages for us as well.



As I began filling my home with roses, I noticed my heart began to open and I also noticed how observing its changing state, it returned me to my own true nature.



The roses taught me how to surrender to the ever-changing nature of my life. To release my petals when the time was right in order to one day soon, bloom again. I began noticing the plants around me in my neighborhood and identifying different types of roses. It was when I discovered Queen Mary's Rose Garden in London's Regent's Park when I really began understanding the practice that I now call kything.

HOW TO DO THE PRACTICE

STEP 01

Find the plant that you wish to work with. This can be a rose bush in your local neighborhood; it could be a rose in a rose garden near you; or if you cannot find one that is planted that you have access to, you could use a cut rose that you have bought from a shop. And if that is not possible you can also do this exercise using a picture of a rose.

01.

STEP 02

Standing or sitting in front of the rose, 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 it to step forward now.

02.

STEP 03

From the center of your heart, connect with the soul of the Rose.

03.

STEP 04

Introduce yourself to the Rose.

04.

STEP 05

If you have a question you would like to ask the Rose, you can ask it now.

05.

STEP 06

Soften your gaze and begin to observe the Rose with your soul and intuitive senses. What do you notice about it? How does the Rose make you feel? What does the Rose 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? Did you have a memory of something?

06.

STEP 07

Ask the Rose to give you a message and stay open to receiving that message now.
You can write it down if you like.

07.

STEP 08

Thank the Rose for this connection and ask the Rose 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?

08.



KYTHING WITH THE ROSE

Soul Inquiry

Have you communicated with plants before?

How was this experience for you?

Describe the rose that you decided to work with.

Reflect on your experience with the Rose today below.

What message did you receive from the Rose?

How did you receive this message and what did you experience?

Was there anything that the Rose asked from you?

Is there anything that you are being called to do as a result of this practice?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

LINEAGE OF THE ROSE SOUL JOURNEY

Receiving Ancient Wisdom

34

The Rose has been a symbol of the feminine Mysteries and the Goddess for thousands of years. In times where Goddess and earth-based worship became forbidden, Pagan and Celtic Goddesses were either absorbed by the church, went underground or disappeared. The Rose became their symbol, acting as a thread that has kept our connection with Her alive.

The *Lineage of the Rose Soul Journey* is a moving journey where we will connect with the ancient feminine Mysteries of the Goddess, the Sacred feminine and the Rose. In it, we will be reaching back through the ages, all the way back to the wise ones whose connection to the feminine as Sacred was unsevered. In this journey we will explore our ancestral and soul connection to the lineage of the Rose, and take our place as a carrier of the Rose thread. In the *Soul Inquiry* on the next page you will also find the space to receive a message from the Goddess/Mother Rose. And we will take our place as a carrier of the Rose thread.



As part of this journey we will be presented with a Rose thread. A Rose thread is a simple ribbon or string that is tied around our left wrist to represent the Sacred feminine.

In our completion Ceremony you will be presenting yourself with the Rose thread. You may wish to begin sourcing that now. It can be a piece of ribbon, wool or string and it should be either white or red to represent the original wild *Gallica* rose.



LINEAGE OF THE ROSE SOUL JOURNEY

Soul Inquiry

Do the *Lineage of the Rose Soul Journey* and then intuitively answer the following *Soul Inquiry* prompts below.

What was that soul journey like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below. Did you meet any Goddesses? Who was there with you? Who were the carriers of the Rose thread?

Did you receive any information about your soul's history, gifts or calling?

Did you receive any information about your ancestral lineages?

What message(s) did you receive?

What is your soul calling you to do?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

ANOINT YOURSELF

Open your heart

The Anoint Yourself practice is a really simple, quick practice that will open your heart, front and back. I was introduced to this practice by a medicine woman I saw when I was going through my first dark night of the soul. At the time my whole life seemed to be crumbling around me and I was experiencing a real cracking open. She advised me to use rose oil on the front and back of my heart in order to keep it soft and open rather than separate, shut down and cut off from the world and love. I was experiencing deep grief and this practice – while subtle – proved to be very powerful over time.

If you are going through a period of grief or any kind of breakdown I always recommend getting professional help. However, this practice can be a gentle support as you do this. You don't need to be going through a difficult time to work with rose oil in this way. It's actually something I do quite regularly now.



As we have explored, rose oil has long been seen as a deeply Sacred liquid. It has been used to anoint initiates through the ages, as well as royalty. Homer's *The Iliad* describes how rose oil was used to anoint the body of Hector, who was then embalmed by Aphrodite, the Goddess of love, beauty, pleasure and fertility. As rose oil has been used as a Sacred oil to mark the holiness of a person, I believe this practice of self anointing really is so powerful, as we are not waiting for an external authority to deem us as Sacred; we already are and we are embodying that for ourselves.

WHAT YOU'LL NEED

- △ Rose oil. Make sure it is mixed with a carrier oil so it doesn't cause irritation.

HOW TO DO THE PRACTICE

STEP 01

Take the rose oil to your nose and and breathe deeply, inhaling the fragrance while imagining the Rose of your own heart beginning to open. Repeat three times.

01.

STEP 02

Take a drop of rose oil and anoint the front of your heart while breathing in deeply, imagining your heart gently opening while saying,

I choose to keep my heart open through all of the seasons of my Life.

02.

STEP 03

Take a drop of rose oil and anoint the back of your heart while breathing in deeply, imagining your heart gently opening while saying,

I choose to keep my heart open through all of the seasons of my Life.

(If you can't reach you can get someone else to do this for you or just imagine yourself doing it.)

03.

STEP 04

If you feel called, you could also anoint other parts of your body. For example, throat, solar plexus, third eye etc.

04.

STEP 05

Thank the Rose for its healing by saying,

Thank you, thank you, thank you.

05.



ANOINT YOURSELF

Soul Inquiry

How was this practice for you? Reflect on your experience below.

CHANTING WITH MOTHER ROSE

Calling in the Goddess

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. You can refer to the video in *Module 2* on Devotional Chanting if you would like to refresh your memory on the basics of chanting.



In this module we will be chanting with Mother Rose. You may choose to do this chant every day while you are working through this module. You may even choose to sing this chant each morning while tending to your altar.

Traditionally, chanting prepares us for meditation and so I recommend doing your chant, basking in the vibrational field that has been created around you and then completing the *Soul Inquiry* on the next page.

The words for this chant are *Great Mother, My Ma*. The energy we are invoking is the ancient holding of the Great Mother, Original Mother or Goddess, with the Rose being a mystical representation of Her.



CHANTING WITH MOTHER ROSE

Soul Inquiry

Do the *Chanting with Mother Rose* practice and then intuitively answer the following *Soul Inquiry* prompts below.

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

What is your soul calling you to do?

What is one baby step you can do to act on this today to embody this mystical practice?

ROSE, BUD, THORN, SEED

Check-in tool

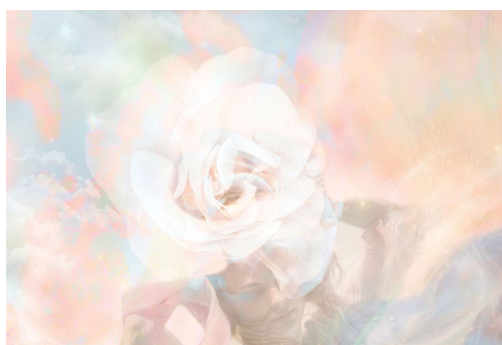
We are ever-changing beings living in an ever-changing world. Our life is filled with never-ending cycles of growth. Birth, bloom, death, birth, bloom, death. This is nature's way and as we are nature it is our way too. However, in our modern society there has been so much focus on the bloom. So much pressure to grow, grow, grow that if we keep pushing ourselves to be in full bloom all year round, eventually we will find ourselves out of alignment and flow, and our lives will feel unbalanced and off kilter.



The *Rose, Bud, Thorn, Seed* exercise is a wonderful check-in tool that embraces this intelligence of nature and helps us to recognise, surrender to and embrace the miraculous ever-changing intelligence of our own lives. I love this practice as it is so quick and also powerful when done in repetition. I do this practice each week and it is so helpful to keep a pulse on what is changing in the inner and outer seasons of my life.

It is a *Soul Inquiry* check-in practice that is deeply rooted in the growth phases and intelligent nature of the Rose: the bloom, the bud, the seed and the thorn.

THE ROSE (BLOOM)



The Rose bloom represents the part of our lives that is in full bloom. What in your life is currently manifesting or working well? It is all about reaping the reward for what you've created. The deep roots of our dreams have been realized. Dreams manifesting into matter. We're blooming. We've made it to where we longed to be.

This is a reminder to embrace and enjoy the moment. Celebrate what you've created. Enjoy what has come to you. Revel in it. Bask in the beauty. Drink in the nectar. Be nourished by the sweet scent of what's now in the physical. Enjoy the harvest. Stop and smell the Roses of your life. Life is cyclical and the bloom won't be at its fullest forever. Your work through the seasons of your life has brought you to this point.

Don't take the bloom for granted. Enjoy it while it's here. But don't hold onto it for too long, either. Let it be what it is in its fullest. And when the time comes to return the petals to the earth – and you'll know when that is – do that too.

SOUL INQUIRY

What is blooming for you?

What are you proud of that you want to celebrate?

THE BUD

A bud is an embryonic swelling on the stem of the rose that has the potential to develop into a flower, leaf or shoot. In temperate climates, plants form resting buds that are resistant to the brutal frost. The bud is the promise of what's to come. It's the physical manifestation of the seeds that we've been holding deep in the earth, nurturing and dreaming through the fertile void of winter. Now, we find ourselves in the inner season of spring, but the bud still requires tending to in order to bloom one day soon.



The bud is the part of our life that is full of potential, excitement and hope. It has a bubbling, budding energy and invites us to keep facing our true north and show up for what you're being called to create. It is an encouragement to keep going... Someday soon you'll begin to see this beautiful creation in the world.

The bud is connected with spring, the time when the upward energy of Life is bursting on through. You may be seeing the first signs that things are beginning to come together. If you've been working on a project or have been dedicating yourself to ushering in some change in your life, you're being called to keep going and trust that what you've been working toward is happening. Keep tending your garden and before long, the bud will begin to unfold and bloom.

SOUL INQUIRY

What are you excited about?

What is full of potential?

THE THORN

The Rose is not all gentle and soft. In fact, most roses are armored with spiky thorns and prickles of various shapes and sizes. These sharp protectors act like knights defending their queen, clearly setting the necessary boundary and conditions for Her to do what She was born to do.

We too are like the Rose. So often we don't get taught how important clear communication and loving boundaries are to our relationships. When we're not clear on our needs – when we don't communicate them, when we don't take responsibility for them – it's impossible for others to give us what we need. This often results in a breakdown in the relationship.

Life is not always smooth sailing. Challenges are how we grow. If we ignore the beginning of uncomfortable feelings, they can grow into things that are much bigger. As Jung said, 'Until you make the unconscious conscious, it will direct your life and you will call it fate.' And so the way we are using the thorn in this process is to symbolize what might be challenging or uncomfortable so we can acknowledge it. It can also be a symbol of the importance of clear communication, boundaries and taking responsibility for our needs. To be clear with others, we must first be clear with ourselves. And then communicate this to our loved ones and the world.

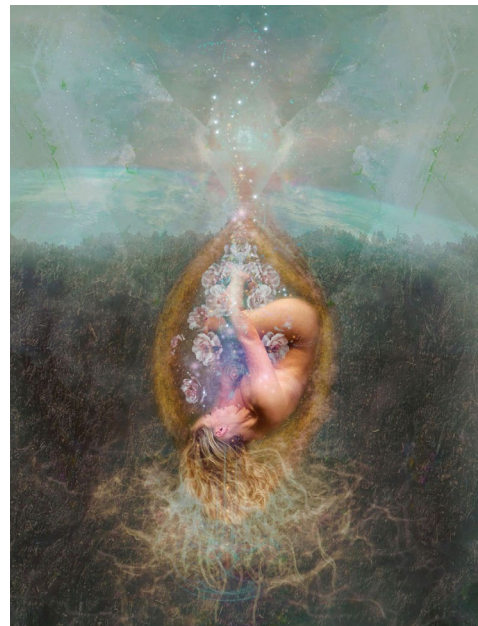


SOUL INQUIRY

*What feels a bit stuck or challenging right now?
Is there anything you need to communicate?*

THE SEED

A seed is a miniature plant in a protective shell with stored nutrients to help it grow. Seeds come in knowing exactly what to do: within them, they hold the potential of entire forests and rose gardens. Seeds require patience and tender care. If the conditions are right and if we trust the timing of our life, what was once a seed will someday soon begin to bud and bloom. They can't begin to bloom without embracing the fertile void of the winter soil. They must be buried in the darkness before they can bloom into the light. The message of the seed is to have patience and trust. To nurture and nourish ourselves. To go gently.



SOUL INQUIRY

*What in your life requires nurturing or tender care?
How can you trust the timing of your life a little more?*

On the following pages you will find the *Rose, Bud, Thorn, Seed Tool Worksheet*. You will also find a PDF download if you would like to do this practice on a weekly or monthly basis during the training and beyond.

ROSE, BUD, THORN, SEED

Check-in Tool

ROSE

What is blooming for you? What are you proud of that you want to celebrate?

01.

BUD

What are you excited about? What is full of potential?

02.

THORN

What feels a bit stuck or challenging right now? Is there anything you need to communicate?

03.

SEED

What in your life requires nurturing or tender care? How can you trust the timing of your life a little more?

04.

Looking at the prompts above, circle the one that feels the strongest, then write down one baby step you can take today in that direction.

05.

ROSE TEA MEDITATION

Merge with and receive a message from the Rose

In this practice we are connecting with the Rose through the ritual of a tea meditation.

Tea drinking is an ancient practice with roots that reach far back in many different cultures all over the world, and is still a powerful ritual that exists today. Some drink tea as a meditative practice to slow down, center their mind, connect with themselves and also with others.



The tea meditation practice that I am sharing with you today is focussed around connecting with the spirit of the plant of the tea, in this case, the Rose.

The infused tea is a gateway for us to connect with both the spirit of the Rose and your own soul too. I have been doing rose tea meditations since 2013 and it is one of my favorite practices and one I do about once a week. As we drink the tea, we are able to have an intimate experience with the Rose. We are merging with it, coming into physical union with it. I have done thousands of tea meditations and each time the experience and the messages I receive are different.



Roses have been used in herbal medicine for centuries and are full of medicinal properties, of course. Always only consume what is right for your body. There are many different types of rose teas that you can work with. For example, rose petals, rose buds or rosehips, which is the fruit.

You can create your own rose tea from rose petals, buds or rosehips or you can purchase pre-made rose tea bags. As always, be mindful of where you are sourcing your tea or roses, especially when consuming them. For example, some rose petals and buds are not for consumption. And if you are feeling inspired to dry your own petals for your tea, make sure the roses have not been sprayed with pesticides etc.

When I drink tea, there is only me, and the tea. The rest of the world dissolves. There are no worries about the future. No dwelling on past mistakes. Tea is simple: loose-leaf tea, hot pure water, a cup. I inhale the scent, tiny delicate pieces of the tea floating above the cup. I drink the tea, the essence of the leaves becoming a part of me. I am informed by the tea, changed. This is the act of life, in one pure moment, and in this act the truth of the world suddenly becomes revealed; all the complexity, pain, drama of life is a pretense, invented in our minds for no good purpose. There is only the tea, and me, converging.

Thich Nhat Hanh

HOW TO DO THE PRACTICE

STEP 01

Select or source your tea (make sure they are edible and of high quality). If you are working with rosehips and are preparing these yourself from scratch, you will likely need to boil them for 10–20 minutes on the stove as a decoction. I recommend starting with a simple rose tea for the first time.

01.

STEP 02

Prepare your tea and let it steep. Whether you're using a teabag, a teapot or an infuser, slowly pour the hot water in, closely observing any changes in color and smell, offering gratitude to the Rose for this offering as She transitions with the water.

02.

STEP 03

Light a candle, some incense if you feel called to open Sacred space.

03.

STEP 04

Close your eyes if it deepens your connection.

04.

STEP 05

Bring the tea up to your nose and deeply inhale its scent. Greet the soul of the Rose(s) as you breathe in their aroma. Thank it for nourishing you and being with you.

05.

STEP 06

Place your finger in the tea and anoint yourself with the tea anywhere you feel called.

06.

STEP 07

When the temperature feels right, take your first sip slowly. Really try to notice the feel and flavor in your mouth. What does it taste like? What does it feel like? As you swallow, follow the tea down into your body.

07.

STEP 08

Stay open to anything you experience. What do you see, feel, hear, know, taste, smell?

08.

STEP 09

Ask the Rose what you would like to receive guidance on or to receive a message.

09.

STEP 10

Stay open to receiving a message from the Rose.

10.

STEP 11

Stay open to anything you experience. What do you see, feel, hear, know, taste, smell?

11.

STEP 12

I recommend journaling or filling out the *Soul Inquiry* prompts that follow.

12.

STEP 13

Thank the Rose for being with you in this way.

13.

STEP 14

Thank the beings, known and unknown, who have played a hand in bringing this tea to you – from plantation to packaging, transport to teapot – honoring the journey and people who enable this tea to be with you for this ritual.

14.

STEP 15

Fill out the *Soul Inquiry* below.

15.



ROSE TEA MEDITATION

Soul Inquiry

How did you feel during and after the practice?

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

What message did/does the Rose have for you?

What is the Rose calling you to do?

What is your soul calling you to do?

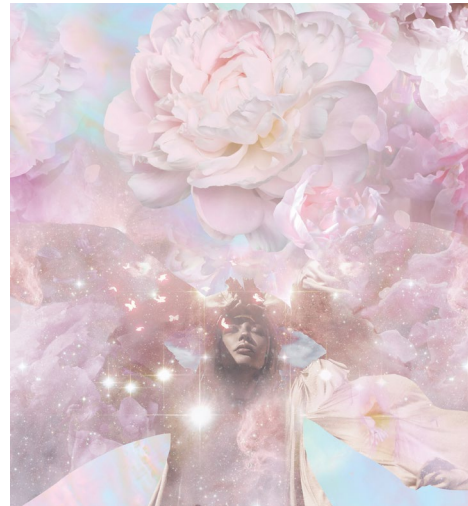
Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

EMBODY THE ROSE

Sacred Dance

All of the mystical experiences in the world are pointless unless we can integrate them, ground them, anchor them, embody them. *Sacred Dance* is a wonderful way to embody the Sacred and to let it move you.

When we are doing *Sacred Dance* we invite our soul to move us. And in this *Embody the Rose* exercise we are also inviting the Rose to move us. As we let ourselves be moved, we are trusting the intelligence of nature (of our bodies and of Life) to work with us. I have created a playlist for you to use for the *Embody the Rose exercise*. If you have the time I recommend moving to several of the songs, but if you don't then you can choose one or two songs to do your *Sacred Dance* practice to.



HOW TO DO THE PRACTICE

STEP 01

Open Sacred space in a way that feels good to you. As we are working with the Rose you may wish to anoint yourself with some rose oil, light a candle or sip some rose tea.

01.

STEP 02

Begin playing the music.

02.

STEP 03

In the center of your heart, imagine a Rose with a light in the center of it. This is your soul, your ancient self. Invite it to step forward and move you now.

03.

STEP 04

Call Mother Rose to be here now and to move through you and to guide you through this Sacred Dance practice by saying,

Come, come, Mother Rose come.

Dance through me now.

Come, come, Mother Rose come.

04.

STEP 05

Let Mother Rose and the music move you. If you feel like moving a particular part of your body, do it. If you feel like staying still, do that. 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

Stay open to the Rose medicine working with you. For example, you could dance with the Bud energy, the Bloom energy, the Thorn energy or the Release the Petals energy. You may find that different songs invoke different parts of the Rose medicine for you. Go with it and let it be a deeply intimate experience.

06.

STEP 07

When the music or playlist is complete, offer your gratitude to Mother Rose and yourself for showing up by saying,

Thank you, thank you, thank you.

07.

STEP 08

If you feel called, you can journal about your experience by answering the *Soul Inquiry* prompts on the next page.

08.

STEP 09

Once complete, close the Sacred space in a way that feels aligned and if you lit a candle, blow it out to end the practice.

09.



EMBODY THE ROSE

Soul Inquiry

How did you feel during and after the practice? Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

If the Rose were to speak to you right now, what would the Rose say?

What is your soul calling you to do?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice even more?

ROSE BATH RITUAL

A Unitive Sensual Experience

One of my favorite ways to work with the Rose is through a bath ritual. I absolutely love my baths and since having my son, I have one with him each night. I often use rose oil, rose tea and fallen rose petals in my bath. Sometimes I use rose water that I have created. I've tried to keep the bath ritual as simple as possible while also giving you an opportunity to properly immerse yourself in the experience. If you are not able to access certain ingredients, use what you can find and always opt for safety and sustainability.



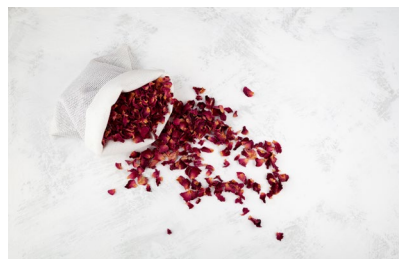
I recommend putting aside at least twenty minutes for the experience if you can. And by all means longer if you wish! I also recommend playing the *Rose Playlist* from this module to really set the scene, or feel free to use other music of your choosing.

FOR THIS RITUAL YOU WILL NEED

- △ A bathtub or a basin
- △ 1–3 cups of Epsom salts (optional, food grade)
- △ 1–3 cups of baking soda (optional, food grade)
- △ Rose tea, already steeped (for drinking and bathing in)
- △ Candle(s) and something to light it with
- △ A selection of items that hold the essence of the Rose to bathe with. Here are some ideas to spark your imagination...
 - △ A fresh rose(s), if you can source one
 - △ Fresh rose petals (fallen ones are perfect; they don't need to be new) or you can use dried roses instead
 - △ Rose-scented candle(s), or a drop of rose oil in a candle is just as good and probably more affordable
 - △ Rose essential oil (with a carrier oil like coconut) or rose bath oil

Optional: Make your own Rose Petal Pouch

You can make a Rose Petal Pouch (with dried rose petals inside) to bathe with, using a small muslin bag, or piece of natural material with an open weave and natural string to tie it with. This can then be placed into the bath to infuse the water. They also make lovely gifts.

**HOW TO DO THE PRACTICE****STEP 01**

Make your tea and let it steep. As the tea is going to be for drinking as well as bathing in, you might want to put it in a large teapot.

01.

STEP 02

Prepare the bath with warm-hot water. If you do not have a bathtub, you can use a basin and give yourself a cleansing foot bath.

02.

**STEP 03**

Place the Epsom salts and baking soda into the bath.

03.

STEP 04

Open Sacred space and connect with the soul of the Rose.

04.

STEP 05

Light the candle(s).

05.

STEP 06

Invoke the presence of the Rose by saying the following,

Come, come, Mother Rose come.
Come, come, Mother Rose come.

06.

STEP 07

Pour yourself a cup of rose tea and then pour the remaining tea into the bath mindfully.

07.

STEP 08

Place any other rose-themed items in or around your bath.

08.

STEP 09

Place your hand on your heart for a moment, breathing in deeply before slowly stepping into the bath. As you do, consciously connect to Mother Rose through all of your senses.

09.

STEP 10

Breathing deeply, take your tea and bring it to your nose, inhaling it and inviting Mother Rose to merge with you. You may choose to anoint yourself with the tea by putting your finger in the cup and touching your brow, heart or any part of your body that you most feel called to. Next, invite your senses to awaken by inhaling your tea. Finally, bring the tea to your lips and take a sip. Merge with this plant, receiving its energy and wisdom.

10.

STEP 11

Close your eyes and feel the Rose within you and around you. Feel yourself held by the Rose, feel your senses overcome with the Rose. Feel yourself merging with the Rose.

11.

STEP 12

Breathing deeply, bask in this connection with the Rose. Stay open to receiving a message from the Rose.

12.

STEP 13

When the time is right, get out of the bath and thank the Rose for being with you in this way and separate from Her now by saying,

Thank you, thank you, thank you.

13.

STEP 14

Close and clear the space by blowing out the candles. Mindfully dispose of any rose petals etc. You may wish to offer them to the earth, for example.

14.

STEP 15

Take a moment to journal about your experience in the *Soul Inquiry* that follows.

15.



ROSE BATH RITUAL

Soul Inquiry

How did you feel during and after the practice?

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

What message did/does the Rose have for you?

What is the Rose calling you to do?

What is your soul calling you to do?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice even more?



CEREMONY

Part Three

THE SACRED ROSE CEREMONY

Activation

You have made it to the end of *The Sacred Rose Mystery*. Now it is time to really anchor the energies we have been working with, to honor the connection you have made with the Rose and to activate both yourself and the altar item you have collected for *The Sacred Rose Mystery*.



FOR THIS CEREMONY YOU WILL NEED

- △ Your Sacred altar item to represent the Rose. Your object should be something that is relatively small and durable as it will be part of your *Inner Temple Mystery School* altar.
- △ A piece of red or white string, thread or wool to tie around your wrist
- △ A candle
- △ Water, rose water or rose oil

Take a moment now to consider any learnings or insights you have received from the Rose during this module. This ceremony honors the journey you have been on with the Rose as your guide. As we do this ceremony, we will be activating ourselves with this energy as well as our altar item.

HOW TO DO THE SACRED ROSE CEREMONY

STEP 01

Open Sacred space in a way that feels good to you.

01.

STEP 02

Light a candle.

02.

STEP 03

Call upon Mother Rose.

*Come, come, Mother Rose come.
Activate me with your wisdom and your grace.
Come, come, Mother Rose come.*

03.

STEP 04

Take your object and hold it to your heart.

04.

STEP 05

Imagine a Rose at the center of your heart. Invite the Rose to open courageously and fully, enveloping this Sacred object with its wisdom, grace and healing.

05.

STEP 06

Breathe deeply and fully receive the activation from the rose within you at a cellular level, as well as within this object.

06.

STEP 07

Reflect on all of the practices you have done with the Rose as your guide. Reflect on the insights, wisdom, changes, healing, knowings and experiences that have come up for you while working with the Rose. How have you changed? What insights have you received? What unlearning has happened? What shifts have you experienced?

07.

STEP 08

Connect with the Rose and say the following out loud, acknowledging the journey you have been on,

08.

*I have invoked the Rose.
I have communicated with the Rose.
I have journeyed with the lineage of the Rose.*

*I have been anointed with the Rose.
I have sung with the Rose.
I have breathed with the Rose.
I have reflected with the Rose.*

*I have merged with the Rose.
I have danced with the Rose.
I have bathed with the Rose.
I have experienced the Sacred with the Rose as my guide.*

Thank you Mother Rose for being my guide. I now infuse this Sacred object with your wisdom, beauty, healing, guidance and grace. I know that now I can call upon you and I take my place as a carrier of the Rose thread.

STEP 09

Take a moment now to whisper any learnings or insights you have received from the Rose into the object now. Or you can simply blow into it three times to transmit the transformations and teachings now.

09.

STEP 10

Take a deep breath and anoint your third eye and anywhere else on your body with the rose oil or water.

10.

STEP 11

Take another deep breath and anoint your Sacred object with the oil or water now.

11.

STEP 12

Take a deep breath and tie the red or white string around your wrist.

12.

STEP 13

To close, let's offer a final gratitude to the Sacred Rose that have supported us while holding your object.

*Place your hands towards the heavens and say,
'I give thanks to the Sacred above me.'*

*Place your hands on your heart and say,
'I give thanks to the Sacred within me'*

*Place your hands towards the earth and say,
'I give thanks to the Sacred below me.'*

13.

STEP 14

Place your item on your altar or in your *Inner Temple Mystery School* altar cloth, box or bag.

14.

STEP 15

Thank the Rose for being a special guide for you and close the energy by offering your gratitude by saying,

Thank you, thank you, thank you.

15.

STEP 16

Close the space and container of the Rose in a way that feels right and then blow out the candle.

16.

We have now completed our experiential work with the Sacred Rose.



INTEGRATION + REFLECTIONS

Part Four

INTEGRATION + REFLECTIONS

We have made it to the end of *The Sacred Rose Mysteries* module.

I'm a big believer in taking the time to integrate our mystical experiences through reflection. I recommend taking a moment now to reflect on your personal journey with the Rose as your guide. You will find the *Soul Inquiry* below. See this as an opportunity to ponder on how you have changed through working with the Sacred Rose as your guide, where you are being called to take this work. It might also support you in developing language to speak about your experiences and journey with the Rose.



You will also find a reading sheet to do a two-card reading to complete your work with the Rose. Don't skip over this integration and reflections section. Make yourself a cup of tea and light a candle. As you complete it, imagine those roots becoming deeper and deeper as you integrate your journey mentally.



INTEGRATION + REFLECTIONS

Soul Inquiry

Reflect back on your time working with the Rose. Did you have an area of your life that you were working with? If so, what was it?

What was the main message that you received working with the Rose?

How has working with the Rose changed you?

What surprised you the most about working with the Rose?

What challenged you the most about working with the Rose?

What has delighted you the most working with the Rose?

What practice resonated with you most deeply and why?

What has the Rose taught you about yourself?

What has the Rose taught you about others, the planet and humanity?

What was the biggest lesson you learned working with the Rose?

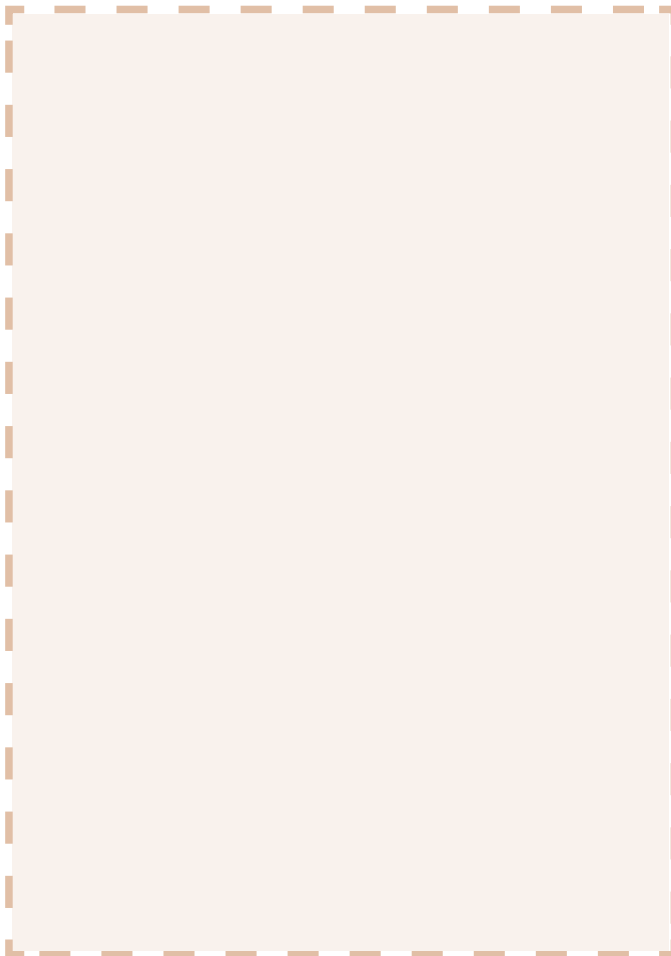
What practical thing do you want to integrate into your life from working with the Rose?

In one word, how would you describe *The Sacred Rose Mysteries*?

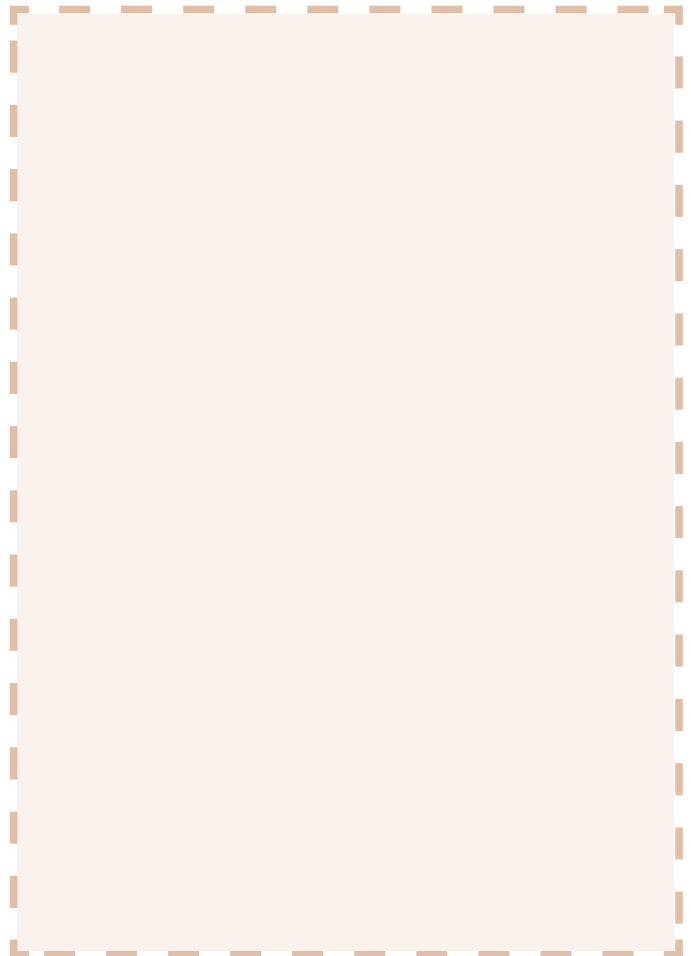
ORACLE CARD READING

The Rose Garden Two-card Spread

To complete our work with the Sacred Rose, we will be doing *The Rose Garden Oracle Spread*. This is a two-card reading that will allow you to receive a final message from the Sacred Rose and guidance on the future Rose garden that is blooming within you. You can use any oracle or tarot deck. However, if you have it, I recommend using *The Rose Oracle* for this reading. If you need guidance on how to use Oracle Cards, refer to the step by step guidance in the Card Reading practice in your Foundations 2 Workbook.



Position 1: The seed: where are you?



Position 2: The future Rose garden: the highest outcome

Looking at each of the cards, what do you notice? What parts of the image, words or colors are standing out to you?

Tune into your intuitive senses. Are you receiving any visions, knowings, whispers or feelings?

Reading the description of each of the cards, note anything that stands out for you.

Looking at both cards, what is the main message you are receiving?

What is your soul calling you to do?

What baby step can you take today to progress towards the future Rose garden?



GOING DEEPER

Part Five



GOING DEEPER

Resources and further reading

ORACLES

- △ ***The Rose Oracle*** by Rebecca Campbell, 2021, Hay House

BOOKS

- △ ***The Breathing Earth*** by David Austin, 2014, Enitharmon Press
- △ ***English Roses*** by David Austin, 2017, ACC Art Books Ltd
- △ ***The Complete Book of the Flower Fairies*** by Cicely Mary Barker, 2016, Frederick Warne
- △ ***Grail Alchemy: Initiation in the Celtic Mystery Tradition*** by Mara Freeman, 2014, Destiny Books
- △ ***Bloom: Art, Flowers and Emotions*** by Rachel Giles, 2021, Tate Publishing
- △ ***The Secret Language of Flowers*** by Samantha Gray, 2015, CICO Books
- △ ***The Healing Guide to Flower Essences: How to Use Gaia's Magick and Medicine for Wellness, Transformation and Emotional Balance*** by Alena Hennessy, 2020, Quarto Publishing Group
- △ ***Flowerrevolution: Blooming into Your Full Potential with the Magic of Flowers*** by Katie Hess and Louie Schwartzberg, 2016, Hay House
- △ ***The Pre-Raphaelite Languages of Flowers*** by Debra N. Mancoff, 2019, Prestel Publishing
- △ ***Newcomb's Wildflower Guide*** by Lawrence Newcomb, 1977, Little, Brown and Company
- △ ***The Secret Language of Flowers: Notes on the Hidden Meanings of the Louvre's Flowers*** by Jean-Michel Othoniel, 2019, CPZ
- △ ***Roses: Their History, Development and Cultivation*** by Joseph Hardwick Pemberton, 1908, Longmans, Green and Co
- △ ***The Quest for the Rose*** by Roger Phillips and Martyn Rix, 1993, Random House

△ ***The Royal Horticultural Society Encyclopedia of Roses*** by Charles and Brigid Quest-Ritson, 2011, DK

△ ***The Bloom Book: A Flower Essence Guide to Cosmic Balance*** by Heidi Smith, 2020, Sounds True

JOURNALS + ARTICLES

△ **'SUB ROSA' in National Journal of Education 6(6), 65** by Carolus, 1707


△ **Astronomy Explained Upon Sir Isaac Newton's Principles** by James Ferguson, 1764, Andrew Millar

△ **'A "Rose" Made of Galaxies'** by NASA Content Administrator, 2021

△ **'Sophia and the Rose of the World'** by Robert Powell, 2021

△ **'Introducing Roses'** by RHS Content Administrator, 2021

△ **'Dante's Mystic Rose' in Studies in Philology, 52(4), 515–523** by Barbara Seward, 1955



*The Rose taught me how to embody my soul
and plant myself here more deeply than ever before.*