


A woman with long dark hair, wearing a flowing blue dress, is depicted floating in a vast cosmic space. She has her head tilted back and eyes closed, looking towards a large, bright, swirling galaxy in the upper center of the frame. The background is filled with numerous stars, nebulae in shades of pink and purple, and a ringed planet. The overall color palette is dominated by blues, purples, and pinks, creating a dreamlike and ethereal atmosphere.

INNER TEMPLE MYSTERY SCHOOL



THE COSMIC MYSTERY

with REBECCA CAMPBELL



*Stardust is continually moving through us, rebuilding
our bodies again and again. May the exploded stars
within you glow and hum as you remember what an
utter miracle you truly are.*



CONTENTS

1	INTRODUCTION	04
	The Cosmic Mystery	05
	What you will need for this module	07
	The Call of the Cosmos	08
	The Cosmic Mystery Teachings	14
 2	 JOURNEYING WITH THE COSMOS	 27
	Journeying with the Cosmos	28
	The Sacred Cosmic Evocation	29
	Cosmic Altar	32
	Moon Phase Reflection Tool	34
	Moon Rituals	41
	Star Bathing	49
	Embody the Cosmos	52
	Kything with the Cosmos	56
	Heaven, Heart, Earth, Heart	60
	Ancient Star Temple Soul Journey	63
	Perspective Meditation	66
 3	 THE COSMIC CEREMONY	 68
	The Cosmic Ceremony	69
 4	 INTEGRATION + REFLECTIONS	 73
	Integration + Reflections	74
	Oracle Card Reading	79
 5	 GOING DEEPER	 81



INTRODUCTION

Part One

THE COSMIC MYSTERY

Welcome

Welcome to *The Cosmic Mystery*. Here we come face to face with perhaps some of the greatest, deepest, expansive, unknown, huge and awe-filled Mysteries of them all.

The magnitude and majesty of the sky has besotted, intrigued and inspired humans since time began. This module is all about tapping into the sense of awe, wonder and “Whoa!” we can feel, when exploring the Cosmos. May we all be open to the grace that is whispered from the heavens and within all things.

The *Collins English Dictionary* defines cosmic as ‘belonging or relating to the Universe’. In this module, when we talk about the Cosmos, we mean everything and anything within the width and breadth of the ordered Universe, from our spinning blue Earth to the countless sparkling stars. The moons, planets and beyond. All that we know about, and all that we don’t. Stars, the moon, infinite space, retrograde energies, the Sacred geometry of solar systems that mirror the spiral patterns of the budding flower.

As ever, we won’t be focussing on *learning* about these constellations, but *exploring* the Cosmos as a gateway into deepening our own sense of wonder. Essentially this module is about perspective, traveling to the edges of your understanding of where you stop and where you begin.



In this module we are using the Cosmos as our guide to experience the Sacred in an embodied way. We will be experiencing different practices that serve 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 Intelligent Pulse of Life that is woven through us all.



My journey with the Cosmos began – like so many of us – as a child enamored with the night sky. I always felt like the biggest questions belonged in the sky, or perhaps that the Cosmos held most of the answers. Are we the only life that exists? What happens when we die? How can space go on forever? Surely it has to end somewhere? And if so, then what is beyond the place where it stops?

These questions evolved in me as I grew, and I soon realized that inquiring into my place in things within the infinite web of the cosmos filled me with a deep sense of holding, peace and purpose. For my husband however, it's the opposite. Sitting with the reality of how miniscule and insignificant we individually are in the grand scheme of the vast ordered universe fills him with a sense of dread and unrest. So trust yourself and your limits when it comes to this topic. As always, go at your own pace and call in support when needed.

I'm looking forward to going deep with you as we explore our connection with the cosmos and connect with the vast energies. I believe the Cosmos holds profound insight and wisdom for us all. Don't forget, the wisdom may not always come in the form of answers. The wisdom also often comes as questions. Allow space for it all.



Working with the Cosmos is expansive, mind blowing, powerful and can take us right to our edges. My prayer is that you journey through *The Cosmic Mystery* feeling truly held and supported and follow your own curiosity and intuition about what medicine, messages and gifts the Cosmos has for you.



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. We have included items and places that we know and trust.

- △ **Candle for evocation**
- △ **Water or oils for anointing**
- △ **Cosmic-themed altar items such as crystals, stones, soil, images, oracle cards, photos of ancestors, candles, moon shapes, star shapes, planet shapes**
- △ **Cosmic-themed altar item for your *Inner Temple Mystery School* altar**
- △ **Matches and/or a small fire pit or bowl that can hold fire**
- △ **Small stick or twig to burn**
- △ **Bowl or glass half filled with soil or earth**
- △ **Water**
- △ **Tealight or small candle**
- △ **Device or speaker for playing music**
- △ **Pen or pencil for *Soul Inquiries***
- △ **Oracle Cards**

THE CALL OF THE COSMOS

My journey with the Cosmos

Mystics, theologians, philosophers, scientists, visionaries, saints, poets and wise elders through the ages have all grappled with the difficulty of explaining the Mystery of the Cosmos and our place in the Universe.

Scientists have long been saying that we're made of stardust. It's not a poetic statement, it's a fact: we're deeply connected to the Universe at a cellular level. Your body – right down to your organs, your cells and your bones – is made of ancient exploded stars.

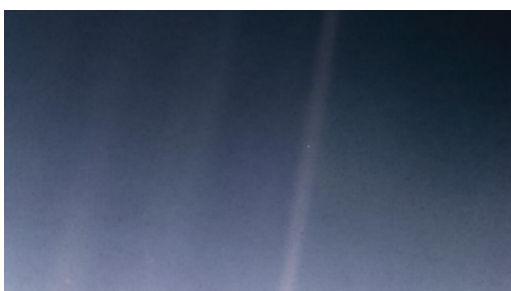
Stardust is continually moving through us, rebuilding our bodies again and again and again with every breath and every moment. I wonder, are we all made up of the same ancient stars? Or are we each a combination of different ones? Re-constellating ourselves as we spin our way around the world in our minute corner of the Universe?



All parts of this planet are made up of the same star stuff. As Karel and Iris Schrijver explain in their book *Living with the Stars*,

Our bodies are made of the burned out embers of stars that were released into the galaxy in massive explosions long before gravity pulled them to form the Earth. Those remnants now comprise essentially all the materials in our bodies.

This is true not only of us but of every object, every organism, every single living thing.



Planet Earth is visible as a bright speck within the sunbeam just right of centre. The planet occupies less than a single pixel in the image. Image via NASA Photo Journal Galleries

I remember the first time I saw the famous 'Pale Blue Dot' photograph. Taken in 1990 by the Voyager 1 spacecraft, it's a photo of Earth taken from 3.7 billion miles away and shows our planet as a mere pixel-sized fleck in the infinite landscape of the unfolding universes.

It was the first time we had ever seen ourselves from that perspective. It blew my young mind. How everything we've ever learned, or studied, or felt or seen had all only ever occurred on that miniscule fleck of a place within this huge black nothing. It also planted a question in me: how could we possibly be the only life out here?

I feel grateful that I've always been able to live with that wonder. It still lives within me as a question I enjoy exploring. This Mystery module is an invitation for you too to call forth and hold space for all those wonderings within you. Allowing space for the questions is a Sacred act unto itself.

Like many, understanding how my mood and also cycle is influenced by the Moon has been a huge learning. I also have discovered that my husband and son go a little wild just before the full moon. Knowing this is very helpful!

In 2012, I began reading channeled materials about the possibility of our souls having had experiences or lifetimes elsewhere than Earth. This is something that spoke deep within me and something I explored in my own study and readings. I explored different star systems and the concept of starseeds. As my work deepened, I began pondering what exactly is a starseed. Where I have gotten to is that a starseed is a soul who is aware of the possibility that we may have experienced places elsewhere than just here. Again, this is a huge Mystery!



From a young age, I had visions of elsewhere than here. I have endeavored to visualize some of these visions in my oracle decks with artists I have worked with.



I have visited various ancient temples that are thought to be connected to the stars. I have also visited stone circles that are believed to be in alignment with the stars. One significant experience I had was in Egypt in the Temple of Hathor in Dendera. Laying in one of the chambers, looking up at the ceiling that was filled with etchings of a deep blue sky and stars, I had what I refer to as a mystical experience.

I was shown that birth is a portal whereby the soul of the baby enters this world and that the mother's body becomes a physical portal for the soul to enter. I was visited by the soul of my son and knew I was going to be a mother. Prior to that experience, I was not certain I was going to be a mother. Soon after I became pregnant with my son.

When I was giving birth to him I re-experienced this birth as a portal experience in the physical. Giving birth was the most physical mystical experience of my life. It was both transcendent and immanent at the same time.

The birth of my son was excruciating and also somehow at the same time the most ecstatic intense thing of my life. As he was crowning, I saw each of my cells with protective layers around them and these protective layers being like walls that my ancestors had erected through traumatic experiences such as birth as a means of survival.

As I crowned I saw these protective walls blast open and travel to the ends of the Universe. I felt my son hurtle through the Universe and out of my body. When I looked at him I could not believe that he was there. Mind completely blown. Who was this being that was now earthside? And where was he before he was inside of me? I wrote this poem soon after he arrived in this world.

The Moment of Your Birth

*Before you were born your soul consulted with the
Cosmos to arrange the details of your return.*

*The location and conditions were carefully orchestrated
and seeded as you crossed the threshold of the in between
– the watery world of the Mother. There you waited in
the fertile void as all of the stars and the planets in the
knowable and unknowable Cosmos moved into place.*

*When the alignment was just right, a portal opened and
you were crowned upon your entrance to the world. A soul
embodied. Spirit planted. Eternal woven into matter.
Heaven and Earth combined.*

*Your cells, your flesh, your bones, your eyes, all made up of
ancient exploding stars. The Universe magnificently ordered as
the cosmos. Your basic existence is enough to blow anyone's mind.*

*How did you get here? And why did you choose to come?
Somehow, the cosmic curtains parted for the
great dance of your life to begin.*

*This is that life and you are that dancer.
It took a lot for you to be here now.
To be planted here now.
And what a time you chose to come.*

AN INVITATION

My prayer for *The Cosmic Mystery* module is that it fills you with a profound sense of wonder. That you find new hidden pathways within yourself that show you the intricate interconnectedness of all things. That the impermanence of our human life fills you with purpose, devotion and reverence for all that is. That the exploded stars within you glow and hum as you remember what an utter miracle you truly are.

I pray that you can lean into the steadfast support that surrounds you, to feel the companionship of all those with whom you share a sky. May you discover what has always been holding you. May this Mystery module encourage the innate Sacred intelligence in you to remember. May you feel cherished by all that witnesses you.



Love,

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





THE CALL OF THE COSMOS

Soul Inquiry®

Take some time to reflect on your connection and journey with the Cosmos.

Maybe you have experienced its energy for many years, or perhaps this is a new beginning for you.

Explain your current journey with the Cosmos. How has your connection with the Cosmos – the stars, the Moon, the planets and beyond – been present in your life? What memories do you have?

What does the Cosmos symbolize to you? What do you know about it? Do you see it as Sacred? Or is this something new for you?

How has the Cosmos – the stars, the Moon, planets and beyond – shown up for you in your life? This could be physically, symbolically or spiritually.

Have you worked with the Cosmos in any other way? e.g. the stars, the Moon, planets and beyond.

With the Cosmos as your guide, is there an area of your life that you would like to focus on during *The Cosmic Mystery Module*? Explain below.

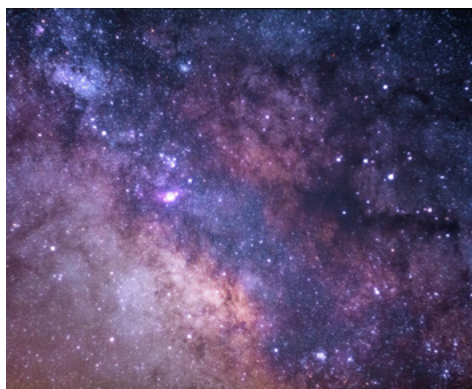
THE COSMIC MYSTERY TEACHINGS

An exploration of history, folklore & myth

Putting words around all we know and understand about the Cosmos is an epic task. Not only because the Cosmic universe is so vast and boundless, but also because there is so much mysterious and unknown held within it. When we turn to history, folklore and mythology, it seems the ancients knew much more about our connection with the Cosmos than we do now in modern times. Their pyramids, temples and other places of worship were all created in precise alignment with the stars. Ancient sailors plotting their journeys across uncharted waters, navigating only by the planets and the Moon. The Cosmos has been beguiling, inspiring and guiding humans since time began.



As ever, we are starting here in the scientific and historical facts about the Cosmos. The invitation is not to get stuck in academically learning the science of each Mystery, but to allow this information, folklore and the imagery to wash over you and inform your mystical Inquiry and practice. To awaken and activate each of your intelligence centers: your mind, your heart and your intuition, so they all can hold and receive even more information about the Cosmic Mystery.



There is some truly powerful imagery when we dive into the Cosmic Mystery Teachings. This stuff is BIG. It really stretches us and our sense of our place in things. Allow all of this to be a part of your Inquiry. Remember the intention is to embody a deeper understanding intuitively, not a higher learning academically. Follow the flow of your curiosity. It will always lead you to the treasure.

WHAT IS THE COSMOS

The *Oxford English Dictionary* tells us that the Cosmic universe is 'believed to be at least ten billion light years in diameter and contains a vast number of galaxies. It has been expanding since its creation in the Big Bang about thirteen billion years ago.' This alone is a lot to wrap our minds around! *The National Geographic* states that 'our solar system is one of over 500 known solar systems in the entire Milky Way galaxy. The planets, moons and stars make up less than five per cent of all the mass in the universe. The rest lies in the realm of absolute darkness.'

Within our solar system are eight planets revolving around the Sun. Our earthly home is perched between Venus and Mars some 150 million kilometers from the surface of the Sun. The moon we gaze upon is one of more than 150 moons orbiting the solar system's planets. It's believed the Earth's moon was formed about 4.5 million years ago and was once covered in an ocean of magma.



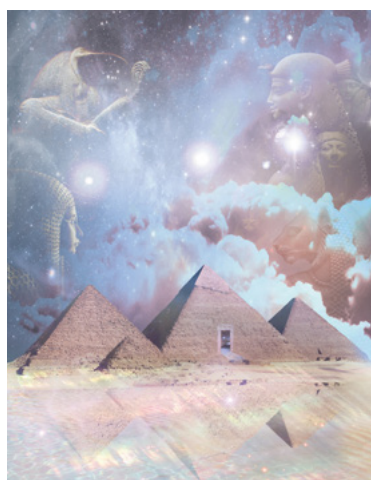
The surface of the Moon today is mostly dust and rocky debris with countless craters caused by asteroids, comets and meteoroids crashing onto the moon's surface. One of the largest craters on the Moon is just about deep enough to fit Mount Everest inside.



Also within our solar systems are billions of gigantic balls of gas, also known as... stars. National Geographic defines stars as 'huge celestial bodies made mostly of hydrogen and helium that produce light and heat from the churning nuclear forges inside their cores. They are the building blocks of galaxies, of which there are billions in the universe. It's impossible to know how many stars exist, but astronomers estimate that in our Milky Way galaxy alone, there are about 300 billion.'

COSMOS + CREATION STORIES

Many of the world's creation stories are linked to the Cosmos. Ancient Egyptian texts suggest that the gods themselves came from the stars – Osiris from the major constellation Orion, Isis from Sirius, and so on – and together they created humanity. The Pyramids of Giza in Egypt, one of the Seven Wonders of the World, were built in precise alignment with the three stars in Orion's Belt (Mintaka, Alnitak and Alnilam).



On the other side of the planet, the pyramids of the Sun, Moon and Quetzalcoatl in the ancient Mesoamerican city of Teotihuacan, near modern-day Mexico City, also line up with Orion in perfect precision, and myths say that the gods came to Earth in this exact place of cosmic alignment. And in Mexico's Yucatan Peninsula, the ancient Maya built stone temples and observatories so they could watch the stars above them. They're also renowned for the incredible precision of their astronomical calendar.



Mayan pyramid of Kukulcan El Castillo, Yucatan, Chichen Itza, Mexico

In Mali in West Africa, the Dogon tribe has an incredible legend and ceremony centered on Sirius. The ceremony, called the Sigui, takes place when Sirius hits a particular landmark in the night sky and is based on the legend that some 3,000 years ago amphibious beings from Sirius visited the tribe.



In Wiltshire in the UK, the Neolithic Avebury henge and stone circle was created in alignment with the Milky Way. The standing stone circle at nearby Stonehenge was carefully aligned to receive the first rays of sun on the summer and winter solstices. Worldwide, there are more temples and other places of worship that indicate similar incredible star alignment. In fact, countless stone circles and temples were built in alignment with the summer and winter solstices in ancient times, including the temple complex at Karnak in Egypt and Buena Vista in Peru, to name but a few.

COSMOS IN MYTHOLOGY

As the Cosmos is not stagnant and is always changing, one thing that blows my mind is the fact that the night sky that the ancients saw was different to what we see today. And those who are yet to come, will see a whole different night sky. It makes me wonder: how did the constellations that the ancients saw influence who they were? And how does what we gaze at influence us today?



The ancients often looked to the night sky to understand who they were and their place and purpose in the Universe. This can be seen in the many myths and stories from all corners of the world that were passed down by word of mouth in ancient lost languages. The Mystery of creation and our connection to the stars echoes on and on. It's believed that ancient communities relied on the oral transmission of these myths and stories by shepherds, storytellers, wise ones, medicine people, priests, priestesses and farmers.



The Orion constellation, by William Tyler Olcott, public domain, via Wikimedia Commons

The importance of the Cosmos is revealed in myth and legend too. Celtic starlore whispers of fairies falling to Earth, while Greek mythology speaks of the creation of star systems such as Taurus 'the Bull,' and references the Hyades and the Pleiades, two open star clusters that were noted by many ancient civilizations.

Orion, in Greek mythology, was a hunter associated with the constellation now known by his name, and in Celtic tradition too, Orion was associated with hunting, with the phantom hunter Herne, the god Cernunnos, the mythological king Gwyn ap Nudd and Aran.

Pegasus, a constellation in the northern sky, has had a rich and varied meaning across civilizations. In Greek legend it was identified with the winged horse Pegasus, which could use its hooves to dig water springs that would provide poetic flow to writers in search of inspiration; the constellation was later named after the mythical horse. The Celts spoke of the same constellation as 'the horse of Llyr', the sea god; a beautiful white beast that appeared in many Celtic myths. Today, we still refer to the whitecaps of waves on the sea as 'white horses'.

In Arizona in the US the Native American Anasazi culture (ancestors of the Hopi people) built settlements on three mesas (flat-topped hills) that were aligned with the shape of Orion. And the creation myths of the Native American Cherokee, Onondaga, Pawnee, and Seneca peoples speak of the 'Star Woman'. Within these stories is the possibility of direct physical relations between earth and sky people.

In Pawnee mythology, the Sun, the Moon and the stars are worshiped as gods. The Evening Star (feminine) and the Morning Star (masculine) came together to create the first humans. The Pawnee also worked with the wisdom of the stars when planting their corn crops, to ensure bountiful harvests.

PAUSE & REFLECT

When we look at ancient archaeoastronomy, I can't help but wonder: did the ancients know more about our origins than we do? What did they know about our connection with the Cosmos? Did they simply live more attuned to nature in general? Or did they have intelligence to work with the Cosmos in such a way that we have since forgotten? What feels true for you?

COSMOS GUIDING LIFE

Through observing the star-filled canopy above, the ancients saw that the Sun, the Moon and the stars followed certain paths through the skies that corresponded with the seasons, while the planets followed a different rhythm. For example, the ancient Egyptians noticed that the annual rising of Sirius (the brightest star in the night sky, also called Alpha Canis Majoris or the Dog Star) coincided with the season of flooding of the River Nile, an event that's still acknowledged to this day.

According to the Australian scholar Ragbir Bhathal, long before European civilizations had named the observable planets and stars in the night sky, the 'indigenous people of Australia had not only given them names but had also built an astronomical knowledge system which they incorporated into their social, cultural and religious life.'

The indigenous people of Australia have been sharing their Dreaming stories of the sky for at least 40,000 years. For example, many groups use the orientation of the constellation known as the great celestial emu to determine the best time to collect emu eggs.



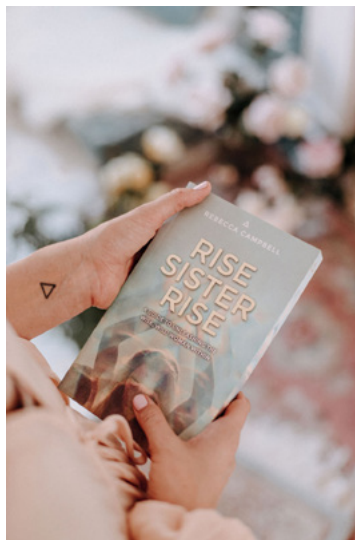
Galactic Emu. Credit: Barnaby Norris

When the great celestial emu is on the eastern horizon after sunset, it signals that the Earthly emus are nesting, which means there are no emu eggs available. Later in the year, the emu constellation is higher in the sky, and once its body is overhead after sunset, it's time to collect emu eggs.

MOON WORSHIP

Worship of the moon and its phases dates back to more than 15,000 years ago with ancient cave carvings plotting the lunar cycle. Some believe it dates back even further (32,000 BCE).

One of the symbols of the Goddess/Priestess/ex is the crescent moon. The Priestesses of Avalon are thought to have had it tattooed on their foreheads. (You can see a nod to this if you look at the woman on the front cover of my book *Rise Sister Rise*.) In sacred art, powerful female teachers (High Priestesses/ex) such as Mother Mary have been pictured with the Moon (Mother Mary is often standing with a crescent moon at her feet).



The Moon takes about thirty days to go through all twelve signs of the zodiac, spending just over two days in each sign. Every two weeks, there is a new moon and then a full moon. And on and on it goes. The Moon phases are a result of the changing angles between the Earth, Moon and Sun, as the moon orbits the Earth and the Earth orbits the Sun. Which is why sometimes we see the whole face of the Moon (full moon) and at other times the Moon resembles a 'half moon' or quarter moon.

SOPHIA: THE CELESTIAL ROSE

Sophia is thought to have been a divine feminine force who was present at the time of creation and took an active role in it. Sophia is a Greek word meaning wisdom, and Sophia is seen as the 'divine wisdom' that underlies everything. This turns our patriarchal understanding of a sole male God who was responsible for all of creation on its head.

*I was present at the beginning of creation...
participating at the side of the Lord in the work of creation.*

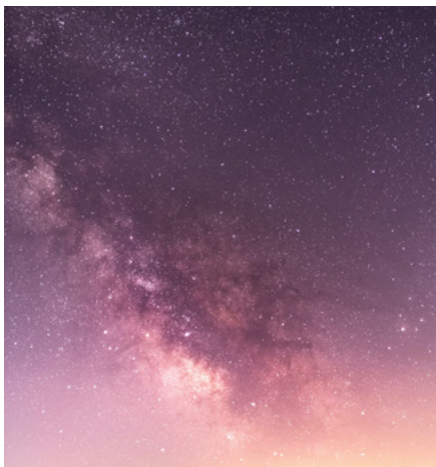
Sophia in the Book of Proverbs

Many scholars and art historians believe that the female figure beside God in Michelangelo's Sistine Chapel ceiling is a representation of Sophia.

Sophia is sometimes referred to as 'the heavenly rose' or 'the celestial rose'. The Italian writer Dante had a deep connection with her and received a vision of Sophia in the form of 'a snow-white rose' in the highest celestial realm, which he referred to as the Empyrean. Artistic depictions of Dante's vision resemble images of the Milky Way, and some believe that when we look at images of our galaxy, we are really looking at Sophia, the divine wisdom or 'plan' of creation, who forms the very structure of our galaxy.



In the Book of Revelations, Sophia is described as the 'woman clothed with the Sun, with the Moon under her feet, and on her head a crown of twelve stars' (Revelations 12:1). Some say that these twelve stars represent the zodiac. Many believe that Sophia is a real spiritual being, and there have been reports of her appearing as a radiant divine feminine being wrapped in azure light.



Anthroposophy, created by philosopher Rudolf Steiner, sees Sophia as a cosmic being who holds the blueprint for all of creation. Sophia is also revered in many other spiritual traditions, including Theosophy, Kabbalah, Dianic Wicca and the modern Goddess movement. Carl Jung saw Sophia as the archetype of greatest universality. References to her can be found throughout all cultures and times, and some aspect of her exists in nearly all representations of Sacred wisdom.

Sophia is referenced throughout the Bible, and especially in the Wisdom Books of the Old Testament, in which she speaks in the first person as an actual being, rather than an aspect of God. John the Baptist refers to Sophia as 'Christ's bride' and there are descriptions of how the *hieros gamos* or 'sacred marriage' of Sophia and Christ brings about a new heaven and Earth.

But despite these many references to her, Sophia is rarely spoken about in Christianity today. In *Sophia and the Rose of the World*, Robert Powell PhD explains that this is because early Christians identified Sophia with Christ, and as Christianity became more and more patriarchal, the divine feminine aspect receded further into the background and she was forgotten.

PAUSE & REFLECT

Sophia embraces the Cosmos. No person or thing is left out. She encourages us to trust the intelligence that brought you here, to unlock the seeds of our destiny. What secret dreams do you have? What are you being called to say yes to? What are you being called to create?

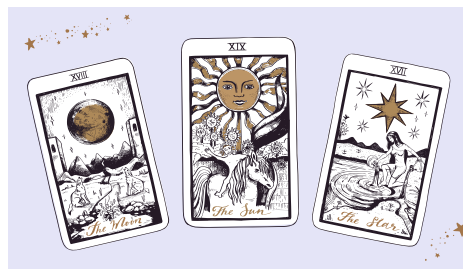
COSMOS IN TAROT + ASTROLOGY

The whole field of Astrology is written through the Cosmos. The *Encyclopedia Britannica* defines astrology as a ‘type of divination that involves the forecasting of earthly and human events through the observation and interpretation of the fixed stars, the Sun, the Moon and the planets.’

The study of astrology is so vast and deep that it really can be a life’s work. Astrology is a modality that reaches all types of people from believers to people who would not normally be interested in what they cannot see. Some people love diving into the details of their charts and the changing cosmic seasons we have chosen to live in and through. Others find it overwhelming and yet report being deeply influenced by the changing energies of the stars and Cosmos.

Traditional Tarot decks feature many cosmic elements, most notably:

- △ **The Sun card represents positivity, optimism and fulfillment.**
- △ **The Star card brings a sense of renewed hope and blessings.**
- △ **The Moon often speaks to transition, resistance, fear and illusion, inviting a sense of trust and ease.**



Other cards that often feature Cosmic symbols include:

- △ **The High Priestess often includes a crescent moon at her feet.**
- △ **The Wheel of Fortune is believed to be ruled by Jupiter and often brings with it great luck.**

COSMOLOGY

The scientific study of cosmology is filled with Mysteries and there are probably more questions than answers at this point in time. According to the *Nature Journal*, 'Cosmology is the study of the universe: its birth, evolution and ultimate fate. This includes further developing and refining the prevailing model, the Big Bang theory, investigating the universe's rate of expansion and measuring radiation left over from the Big Bang, the so-called cosmic microwave background.'

Cosmologists tend to subscribe to an open mindedness similar to the principles we hold in the Mystery School. The scientific perspective takes the route of requiring repeatable proof or mathematics to provide evidence of their theories such as concepts like string theory, dark matter and dark energy and whether there is one universe or many (sometimes called the multiverse).



Our collective grasp of the Cosmos and our place in it has evolved and expanded rapidly over the years. It wasn't until the 16th century (a mere 400 years ago) that the Polish astronomer Nicolaus Copernicus, proposed, as stated in the *Encyclopedia Britannica* 'that the planets have the Sun as the fixed point to which their motions are to be referred; that Earth is a planet which, besides orbiting the Sun annually, also turns once daily on its own axis.'

It's only been about 300 years since the English mathematician and physicist Sir Issac Newton proposed the notion of a force we now all recognise as gravity. According to the popular legend as written by *National Geographic*, 'Isaac Newton formulated gravitational theory in 1665 or 1666 after watching an apple fall and asking why the apple fell straight down, rather than sideways or even upward.'

It is believed that Newton's question expanded from the apple to consider the Moon: why did it stay fixed in position and not fly away? Newton could sense there was a force in action and set about using science and mathematics to prove it. I find this mind blowing that something we take as certainty today – such as gravity – was a great Mystery only 300 years ago. And more than that, most people had never even questioned what gravity was. It makes me wonder, what new findings will come about in our lifetime that future generations will accept as unquestionable truth?

Skipping forward to the 20th century, Albert Einstein proposed the unification of space and time in his General Theory of Relativity. Around the early 1900s scientists were working together to propose theories on whether the Milky Way contained the whole universe within its span, or whether it was simply one of many collections of stars. It's really interesting to recognise that these seemingly simple truths that we all accept today have only been considered part of the mainstream consciousness for a few centuries. It really opens up my heart and mind to the possibility of what lies ahead for us collectively in the not too distant future.



COSMIC SYMBOLISM

The observable elements of the Cosmos are filled with symbolism and meaning. Different traditions and cultures have their own interpretations but some of the common cosmic symbols and their meanings are:

The five pointed star (pentagram)

With one of the points facing upwards this shape in many spiritual traditions has come to show the spirit sitting across the four natural elements. It's also considered to have divine powers of protection.



The Moon

A long-standing symbol of the feminine. In the Celtic tradition, Arianrhod – a fertility Goddess of time, karma, reincarnation, beauty and the Moon – is the mother aspect of the Triple Goddess. Her name originates from 'Arganto-rotā', meaning 'silver wheel'. Worshippers would honor Arianrhod during the Full Moon.



The Sun

Often symbolizes the 'self'.

GODS + GODDESSES ASSOCIATED WITH THE SUN

In Hindu traditions, the sun god Surya is shown in a chariot in an on-going fight with the demons of darkness. It is believed that part of the *Rig-Veda* 1–115 translates to mean, 'his [Surya's] power is this: Upon rising he lifts the web of darkness from the world. When he yokes up his steeds in the morning, then Night covers herself with the web of darkness that she has woven and vanishes.'

According to the website www.antaryami.com, Surya the sun god holds a special place in mythology. In yogic teaching, breathing through the right nostril is known as Surya Bhedan, which increases physical energy and revitalizes the body. In Hindu myth, Surya's wife Sanjina cannot come close to her husband because his rays are too bright. In one myth she transforms into a horse and hides in the forest, but Surya finds her and incarnates as a stallion.'



Surya, Ravi Varma Press, public domain, via Wikimedia Commons

While it is generally accepted that the Celts did not worship the Sun directly, their personification of the Sun was through the god Lugh. The name Lugh means light and brightness. Lughnasadh is one of the four Gaelic seasonal festivals, along with Samhain, Imbolc and Beltane and is named after the Celtic sun god, Lugh.



Sun God Ra, public domain, via Wikimedia Commons

As described by Patricia Monaghan in the *Encyclopedia of Celtic Mythology & Folklore*, 'He is sometimes described as a solar divinity because of the brightness of his face' and is described as 'a god of arts and crafts'. Lugh was known generally as a 'fertility god' and as a 'harvest god'. He was also 'associated with fire, light and metallurgy, and he was the protector and defender of the weak and ill.'

The Egyptian sun god Ra is depicted with the sun on his head, encircled by a cobra.

In ancient Greek mythology Helios is the solar deity and according to *Encyclopedia Britannica*, 'He drove a chariot daily from east to west across the sky and sailed around the northerly stream of ocean each night in a huge cup.' Herbert Hoffmann wrote in his paper titled 'Helios' in the *Journal of the American Research Center in Egypt* that 'Helios worship was essentially a product of the Hellenistic age, linked, perhaps, to the general spread of cosmic and astral beliefs at the time of Alexander. Helios was later referred to as Sol by the Romans.'

GODS + GODDESSES ASSOCIATED WITH THE MOON

The association of Gods and Goddesses with the moon is far stretching. From the Greek Goddess Selene to the Egyptian God Khonsu, the moon and its Mysteries have captivated us for eons. From the Roman Goddess Diana to her Greek counterpart Artemis, from the Celtic Triple Goddess of maiden, mother, crone to the Old Norse Goddess Máni, the power and symbolism has had a deep gravitational pull that crosses cultures and civilisations.



A depiction of the god Máni and the goddess Sól (1895) by Lorenz Frølich

REALMS BEYOND THE PHYSICAL

It is with the same level of conviction that I say I am a mystic that I can say that I am not a physicist. According to the *Oxford English Dictionary* physics is the branch of science concerned with the nature and properties of matter and energy. The terminology, mathematics and conceptual theories in physics and most branches of science are way, way, way beyond my comprehension.

But my intuitive senses are definitely awakened when I read quotes by possibly the most famous physicist Albert Einstein such as,

*For us physicists, the distinction between past, present,
and future is only an illusion.*

and

Imagination is more important than knowledge.

With these quotes in mind I can imagine the possibilities of superstring theory, which according to NASA holds ‘the world is comprised of ten dimensions, with some curled up at a microscopic level and some “big” dimensions that we perceive as “real.”’ I imagine the possibilities of soul memories, gifts, karma and other information being stored in these microscopic dimensions. Who actually knows? But certainly if physicists are proposing that there is more to this world than the four dimensions we perceive (length, width, height and time) then I’m certainly open to the possibility and will continue to spend my time exploring these unseen dimensions.



In the spiritual world there is a generally understood model of seven dimensions that refer to an individual's 'way' of seeing and engaging with the universe. This theory of dimensions is different to the model proposed by string theory and outside the scope of the Cosmic Mysteries.

PAUSE & REFLECT

The Cosmic Mystery has got to be one of the biggest Mysteries there is. It bridges science and myth, the ancients and modern-day technology. When you feel into the Cosmos, what feelings does it evoke in you? Does it encourage wonder and awe? Do you feel excited by the possibility of it all? Or do you find it overwhelming?



JOURNEYING WITH THE COSMOS

Part Two

JOURNEYING WITH THE COSMOS

The Cosmos 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 Cosmos 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 working with the Cosmos.

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.



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? Don't 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 Cosmos as you complete each *Soul Inquiry*.

May the whispers of your soul and the wisdom of the Cosmos reveal bountiful hidden treasures within you.

THE SACRED COSMIC EVOCATION

Calling in the wisdom of the Cosmos

The Sacred Cosmic Evocation is a practice of calling in the wisdom of the Cosmos. This invocation is to support you in opening the Sacred container to work with this Mystery.

You can do this evocation as a way to open the Sacred container to work with the Cosmos generally, or you can do it as a way to connect with a particular part of the Cosmos.

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 Cosmos around you. 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, ordered Universe, come.
Come, come, Sacred Cosmos, come.*

*The intelligent ordered Universe,
Keeper of balance, spinner of planets.
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 intelligent wisdom as I journey with you.
I am ready to remember my ever-changing true nature
and to return again and again back to the Earth and to myself.
I am ready to take my place as an ancestor of the future with your guiding grace.*

*May I be in awe of your vastness.
May I surrender to your expanse.
May I be inspired by your beauty.*

*May I be warmed by your never-ending light.
May I find the courage to trust my place in the ordered Universe.
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.*

*Come, come, ordered Universe, come.
Come, come, Sacred Cosmos, come.*



THE SACRED COSMIC EVOCATION

Soul Inquiry

As you begin journeying with the Sacred Cosmos 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? Explain briefly below.

What does the Cosmos want you to know?

What do the Cosmos want you to remember?

What is the Cosmos 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?

COSMIC 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 Cosmos.

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 altered space. We open a Sacred container both physically and energetically.



For me, the Cosmos represents the intelligent ordered Universe: what is beyond what we can touch and sometimes see. The main way I like to work with the Cosmos is visually. I reach for my second oracle *The Starseed Oracle* to anchor in the Stars. Often I will select a card for the week ahead and then create an altar centered around that.



Another way of working with the Cosmos is through working with Spirit Guides, lost loved ones, ancestors I have a positive connection with, Ascended Masters or Angels. I have a special guidance box that I will use to write my prayers or questions that I would like guidance on and leave on my altar until the answer comes.

I have a couple of crystals that are said to have come from meteorites that have hit the Earth that I often work with to anchor in codes of the Cosmos.

For more information on how to gather your altar items, 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 Cosmic 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 the Cosmos by saying the evocation out loud or shorten it. For example, 'Come, come, Sacred Cosmos, 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 Cosmos as your guide. It also has the potential to help you integrate the wisdom that comes through with this Mystery.



COSMIC 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 Cosmos below.

MOON PHASE REFLECTION TOOL

Check-in process

When we look up at the night sky, the Moon is one of the first things that we see. It's forever-changing shapes and sizes have understandably captivated humanity for eons.

As a child, I remember loving the full moon on the ocean. The feeling of the full sea under the full moon was such a special, full feeling that I didn't have words to express.

We are all at the mercy of the Moon, whether we are conscious of it or not. The sheer scale and gravitas of the Moon orbiting our planet, our beings, our hearts creates very real shifts in our energy. Much like the tides, the Moon is pulling at us, relieving us, maneuvering us, inspiring us, influencing our sleep, our moods and our dreams.



The moon phases practice is an invitation to get curious about how the Moon and her many phases impact you through the month. The intention is to offer you insight into how the Moon may be impacting your physical, emotional and energetic states. Tracking this throughout the month can not only provide us with helpful information in terms of how to better manage our energy, but it can bring us more deeply into a living relationship with the Moon.

This practice will be of more value to you the longer you do it, as you eventually may see patterns appear e.g. when things feel more filled with ease, or when things feel full and difficult. Is there a pattern here you're not aware of? How could living with this awareness support you in your life? Your relationships? Your spiritual practice?

HOW TO DO THE PRACTICE



STEP 01

Work out which phase the Moon is currently in as you begin. This website can be helpful: moonphases.co.uk. Plotting the upcoming dates into the following Moon Phase Worksheet – so you can see when the phases change – will also be a helpful prompt for you.

01.

STEP 02

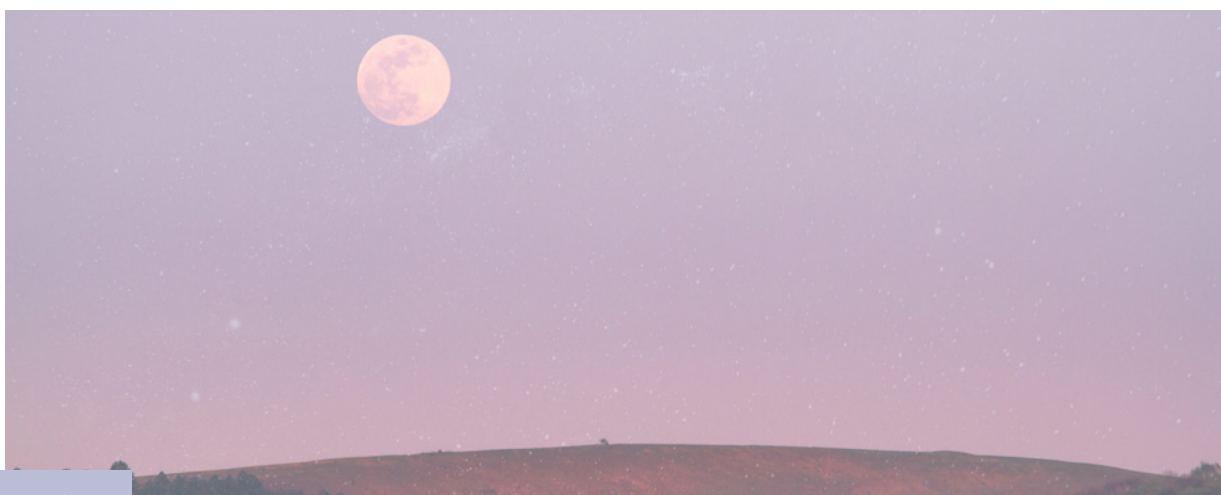
Capture your energy levels, your physical senses as well as your emotional state. We have included lists of feelings and emotions as a prompt if this is helpful.

02.

STEP 03

Listen deeply for any messages from the Moon throughout each phase. Capture these in the worksheet also. Ask yourself, *'If the Moon was to speak to me right now, what would it say?'*

03.



STEP 04





Once you have completed a full moon cycle, use the *Soul Inquiry* to reflect on your experience and track any insights.





04.



MOON PHASE REFLECTION TOOL

Worksheet

	MOON PHASE	ENERGY	BODY CHECK-IN	EMOTIONAL CHECK-IN	MESSAGE FROM THE MOON
	NEW MOON DATE:				
	WAXING CRESCENT MOON DATE:				
	FIRST QUARTER MOON DATE:				
	WAXING GIBBOUS MOON DATE:				

	MOON PHASE	ENERGY	BODY CHECK-IN	EMOTIONAL CHECK-IN	MESSAGE FROM THE MOON
	<div>FULL MOON</div> <div>DATE:</div>				
	<div>WANING GIBBOUS MOON</div> <div>DATE:</div>				
	<div>LAST QUARTER MOON</div> <div>DATE:</div>				
	<div>WANING CRESCENT MOON</div> <div>DATE:</div>				

FEELINGS LIST

ACCEPTING/OPEN Calm Centred Content Fulfilled Patient Peaceful Present Relaxed Serene Trusting	ANGRY/ANNOYED Agitated Aggravated Bitter Contempt Cynical Disdainful Disgruntled Disturbed Edgy Exasperated Frustrated Furious Grouchy Hostile Impatient Irritated Irate Moody On edge Outraged Resentful Upset Vindictive	CONNECTED/LOVING Accepting Affectionate Caring Compassion Empathetic Fulfilled Present Safe Warm Worthy Curious Engaged Exploring Fascinated Interested Intrigued Involved Stimulated	DISCONNECTED/NUMB Aloof Bored Confused Distant Empty Indifferent Isolated Lethargic Listless Removed Resistant Shut down Uneasy Withdrawn	FRAGILE Helpless Sensitive Grateful Appreciative Blessed Delighted Fortunate Grace Humbled Lucky Moved Thankful Touched	TENDER Calm Caring Loving Reflective Self-Loving Serene Vulnerable Warm
ALIVENESS/JOY Amazed Awe Bliss Delighted Eager Ecstatic Enchanted Energised Excited Free Happy Inspired Invigorated Lively Passionate Playful Radiant Refreshed Rejuvenated Renewed Satisfied Thrilled Vibrant	COURAGEOUS/POWERFUL Adventurous Brave Capable Confident Daring Determined Free Grounded Proud Strong Worthy Valiant	DESPAIR/SAD Anguished Depressed Despondent Disappointed Discouraged Forlorn Gloomy Grieving Heartbroken Hopeless Lonely Longing Melancholy Sorrow Teary Unhappy Upset Weary Yearning	EMBARRASSED/SHAME Ashamed Humiliated Inhibited Mortified Self-conscious Useless Weak Worthless	GUILT Regret Remorseful Sorry	STRESSED/TENSE Anxious Burned out Cranky Depleted Edgy Exhausted Frazzled Overwhelmed Rattled Rejecting Restless Shaken Tight Weary Worn out
			FEAR Afraid Anxious Apprehensive Frightened Hesitant Nervous Panic Paralysed Scared Terrified Worried	HOPEFUL Encouraged Expectant Optimistic Trusting	UNSETTLED/DOUBT Apprehensive Concerned Dissatisfied Grouchy Hesitant Inhibited Perplexed Questioning Rejecting Reluctant Shocked Skeptical Suspicious Ungrounded Unsure Worried
				POWERLESS Impotent Incapable Resigned Trapped Victim	

BODY SENSATIONS

ACHY	CONTRACTED	GENTLE	NUMB	SHAKY	SWEATY
AIRY	DIZZY	HARD	PAIN	SHIVERY	TENDER
BLOCKED	DRAINED	HEAVY	POUNDING	SLOW	TENSE
BREATHLESS	DULL	HOLLOW	PRICKLY	SMOOTH	THROBBING
BURNING	ELECTRIC	HOT	PULSING	SOFT	TIGHT
BUZZING	EMPTY	ICY	QUEASY	SORE	TINGLING
CLAMMY	EXPANDED	ITCHY	RADIATING	SPACEY	TREMBLY
CLENCHED	FLOWING	JUMPY	RELAXED	SPACIOUS	TWITCHY
COLD	FLUID	KNOTTED	RELEASING	SPARKLY	VIBRATING
CONSTRICTED	FLUTTERY	LIGHT	RIGID	STIFF	WARM
CONTAINED	FROZEN	LOOSE	SENSITIVE	STILL	WOBBLY
	FULL	NAUSEOUS	SETTLED	SUFFOCATED	WOODEN



MOON PHASE REFLECTION TOOL

Soul Inquiry

How did it feel to be attuned to the moon phases?

Have you become more aware of any connection of your energy levels with the moon phases?

Have you become more aware of any connection of your emotions and body with the moon phases?

MOON RITUALS

Releasing & Rooting

Working with the Moon through ritual is a simple and powerful way to connect with the Cosmos. In this practice, I offer you two moon rituals: a *Full Moon Fire Ritual* and a *New Moon Prayer Ritual*. I encourage you to do both, or at least the one that is aligned with the moon phases of where you are at the moment.

The intention of these rituals is to provide different containers for self reflection whilst exploring how the Moon in its different phases supports us in different ways.

FULL MOON RITUAL

Release with the Fire

The full moon is a wonderful time to release anything that is ready to fall away. To loosen your grip on anything that is no longer in alignment. To surrender to the powerful majestic pulse of all of Life. The full moon is a wonderful time to connect back in with this mysterious force, this powerful pulse and allow our own inner rhythm to surrender back to the beat of the Mother and the rest of Life.

This Full Moon Fire Ritual is one that you can do on any full moon, or whenever you want to let go of something or dream something into being. It can be done either alone or with a group of people.



WHAT YOU'LL NEED

△ A stick to throw into the fire

△ A fire

△ **Alternative:** if you do not have access to a fireplace or fire pit, you can do a smaller version of this ritual using a candle and a piece of paper or a match. Remember that ritual and ceremony is Sacred because of the intention and energy that you bring to it.

HOW TO DO THE RITUAL

STEP 01

Find a stick (if doing it inside, you can use a piece of paper or a match) to represent what you are ready to release or dream into being. It doesn't need to be fancy. I like going for a walk in nature prior to the ceremony to find my fire stick(s). As I do, I meditate on what is falling away and what I am ready to surrender. If you like, you can decorate the stick or even tie a piece of paper to the stick to really bring to life what you are releasing. If you are doing this inside, write on your piece of paper or on your match what you are releasing.

01.

STEP 02

Open Sacred Space in whatever way feels good for you.

02.

STEP 03

Light your fire.

03.

STEP 04

Hold the stick, paper or match up to your mouth and blow your intentions into it. If you have several people in your fire ceremony, you can use one stick and pass it around, each blowing your intention into it and potentially even writing or tying what you are releasing onto it.

04.

STEP 05

Offer your own words or the words below to make your intentions clear:

I call upon the power of the full moon to support me now in this releasing ritual.

Full moon, mover of the waters within me and around me,

Thank you for supporting me in releasing [insert your request here] in a way that supports all.

With you as my witness, I choose now to surrender to the flow of all of life.

Under your potent glow and holding I release what is no longer serving me in order to create space for what is wanting to come.

May I loosen my grip and open my heart.

May I release all that is no longer a vibrational match.

I open my heart and my mind so that what is on its way can arrive swiftly.

Thank you, thank you, thank you.

05.

STEP 06

Throw the stick into the fire. If you're working with a piece of paper or match, light it now. Watch it and the fire burn into nothing.

06.

STEP 07

Close Sacred Space in whatever way feels good for you when you're ready.

07.



FULL MOON FIRE RITUAL

Soul Inquiry

What did you let go of?

Journal about your experience below.

NEW MOON RITUAL

Plant Your Prayers

This is a very simple but very powerful ritual for offering your prayers to the Sacred Pulse of Life. Offering our prayers is an act of surrender and faith, and doing this ceremony in sync with the New Moon can bring deeper connections and reverence.

We will be harnessing the power of the four elements to activate our prayers. I will be referring to the elements that we will be using as Mother Earth, Mother Water, Mother Air and Mother Fire.

This ritual harnesses the power of prayer and the incredible power of nature to take your prayers out into the world. By grounding your prayers in the physical in sync with the New Moon, you are giving them life and energy so that they can grow roots, bud, bloom and manifest in the here and now. By doing this ritual, we are weaving our prayers into the physical together.

FOR THIS RITUAL YOU WILL NEED

- △ A bowl or glass half filled with soil/earth (you can return it to the earth after the ritual)
- △ 200ml of water in a glass
- △ A tealight candle or a small candle and something to light it with
- △ A small piece of paper
- △ Something to write with

HOW TO DO THE RITUAL

STEP 01

Open Sacred soul space in whatever way works best for you.

01.

STEP 02

In the center of your heart, imagine a flower and invite it to open, revealing a light in the middle. Connecting into this light at the very center of your heart, tune into your heart's deepest prayer.

02.



STEP 03

Take the small piece of paper and write your heart's deepest prayer on it.

03.

STEP 04

Whisper your prayer out loud three times.

04.

STEP 05

Connect with the element of air by blowing into the paper three times and then saying the following out loud,

*Mother Air, hear my prayer
Mother Air, hear my prayer
Mother Air, hear my prayer.*

05.



STEP 06

Take the glass with soil in it and bury your folded piece of paper in the soil so it is completely covered by the earth. Connect with the element of earth by saying the following out loud,

*Mother Earth, hear my prayer
Mother Earth, hear my prayer
Mother Earth, hear my prayer.*

06.

STEP 07

Take your glass of water and anoint yourself with the water. Now pour a small amount into the planted prayer glass. Connect with the element of water by saying the following out loud,

*Mother Water, hear my prayer
Mother Water, hear my prayer
Mother Water, hear my prayer.*

07.



STEP 08

Place your tea light candle on top of the soil and your planted prayer. Connect in with the element of fire by saying the following out loud,

*Mother Fire, hear my prayer
Mother Fire, hear my prayer
Mother Fire, hear my prayer.*

08.

STEP 09

Place your Planted Prayers glass on your altar if it isn't there already or somewhere safe, so the candle can burn out.

09.

STEP 10

Close Sacred soul space.

10.

STEP 11

If you feel guided you can continue watering the soil and lighting a candle for as many days as feels right to you for extra potency. When it feels right, remove the Planted Prayers from your altar and return the soil to the earth, while saying,

Thank you, thank you, thank you.

11.



NEW MOON
PLANT YOUR PRAYERS RITUAL
Soul Inquiry

What did you call in?

Journal about your experience.

STAR BATHING

Meditation

Star bathing is a really beautiful meditation and one of my absolute favorite ways to shift and upgrade your energy through connection with the Cosmos. It is a very simple practice. All you need to do to star bathe is to open yourself up to receive the pure starlight frequency of the Cosmos.

As you do this meditation, you will be opening yourself up to receive energy and intelligence from the entire Cosmic Universe. I believe that there are creations and consciousness waiting to be birthed onto the planet right now. So if you are a creative, an entrepreneur or any kind of inventor, then you could choose to dedicate your star bathing to receiving the inspiration and ideas that are wanting to be birthed through you at this time.



It's also just beautiful to receive the healing, calming energy that the stars wish to shower us in. I've been offering this practice within my Membership for many years now and hear regularly about how people find it deeply restorative. Connecting to the stars above and the stars within can offer a real sense of balance.

HOW TO DO THE PRACTICE

STEP 01

To begin, lay down on the earth, the ground or a bed and get yourself really comfortable, and in complete receiving mode.

01.

STEP 02

Release any tension that your body is holding by breathing in really deeply and holding your breath for five seconds. Release and exhale, letting go of anything your body is holding on to. Breathing deeply and freely, allow yourself to surrender completely and prepare to receive.

02.

STEP 03

Visualize yourself on an island. The evening air around you is warm and pleasant and you are lying on lush, juicy, green grass. The earth beneath you is activated and pulsating with life.

03.

STEP 04

Allow yourself to focus on one particular star, or on one particular cluster of stars and allow yourself to be drawn to them. Breathe and receive the starlight streaming down from above you.

04.

STEP 05

Allow yourself to receive the emanations of this starlight, showering into the very center of your heart and every single cell of your body. Notice how powerful this cosmic shower feels... so powerful and so gentle, all at once.

05.

STEP 06

As the stars shower you with their light, open yourself up to receiving even more of your Cosmic nature.

06.

STEP 07

Receive even more of your own star nature... even more memory of your cosmic self, your star self, of the origins of your own soul.

07.



STAR BATHING

Soul Inquiry

What was the *Star Bathing meditation* like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

What healing did you receive? Did you have any visions, knowings or insights?

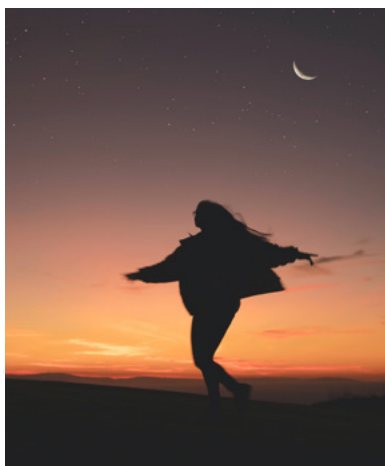
What is your soul calling you to do?

EMBODY THE COSMOS

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 Embodiment the Cosmos exercise we are also inviting the Cosmos to move us. I encourage you to experiment with dancing with different cosmic energies e.g. what does it feel like to allow yourself to merge with the energy of Mercury Retrograde? What can you release? What does it feel like to embody the concept of infinite space? How does it make your body move? What does it feel like to move your body in flow with the Sun? Or the Moon? Or the side of the Moon we can't see? Get creative with this practice. It can be different every time.



I also find that closing my eyes at times helps me explore my own sense of where I am in space. Does having your eyes closed help you travel to new places? 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 Embodiment the Cosmos practice. 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 Cosmos, you may wish to do this practice at night. You may also want to devote your practice to a particular part of the Cosmos, such as the phase of the Moon.

01.

STEP 02

Begin playing the music.

02.

STEP 03

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

03.

STEP 04

Call the intelligence of the Cosmos to be here now and to move through you and to guide you through this Sacred Dance practice by saying,

Come, come, intelligent Cosmos come.

Dance through me now.

Come, come, Sacred Cosmos come.

04.

STEP 05

Let the intelligence of the Cosmos 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 intelligence of the Cosmos to move through you. For example, you could dance with a particular part of the Cosmos such as a star system, planet, galaxy, exploding stars, the Moon in all its phases, Sophia or even the Fertile Void of the unknowable Universe. You may also find that different songs invoke different experiences 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 Cosmos and yourself for showing up by saying,

Thank you, thank you, thank you.

07.

STEP 08

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 COSMOS

Soul Inquiry

How did you feel during and after the practice?

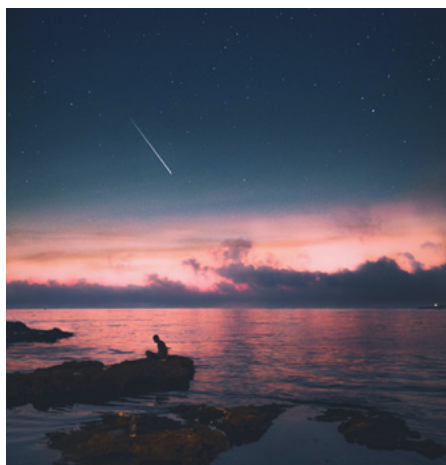
Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

KYTHING WITH THE COSMOS

Hearing the whispers: receiving wisdom from the stars

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. This is also true for the Cosmos. In fact, kything was a key practice for me when creating the *Starseed Oracle*. A lot of the imagery in that oracle deck came through visions and exchanges I had whilst kything with the Cosmos.

The invitation in this exercise is to connect with a consciousness or presence within the Cosmos. When we connect to a part of nature in this way, whether a rose, tree, flower or a stone, or even a star or moon, we are connecting to both the individual object as well as the species or constellation as a whole. Tuning in and following your curiosity in this Inquiry can open doors to deepening insight and wisdom.



You can choose a single star that is visible to you, or you could choose a star system that you know of and look up a photo online. You could choose the Moon or even a moon of a planet that you cannot see. You could choose Venus, Orion, Pleiades, Sirius or wherever you feel drawn.

You could kythe with the star-filled night sky as a whole or even with the sun. There are countless possibilities. Trust where you are drawn.

HOW TO DO THE PRACTICE

STEP 01

Find and name the part of the Cosmos that you wish to work with.

01.

STEP 02

Soften your gaze and slow down your breath. Notice and appreciate the beauty of the Cosmos. Breathing deeply, imagine a Cosmos 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 Cosmos or part of the Cosmos you have chosen.

03.

STEP 04

Introduce yourself.

04.

STEP 05

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

05.

STEP 06

Soften your gaze and begin to observe this part of the Cosmos with your soul and intuitive senses. What do you notice about it? How does it make you feel? What does it remind you of? How old does it make you feel? Do you have a knowing? Are you receiving any visions? Are you drawn to a particular part of this object? Did you have a memory of something?

06.

STEP 07

Ask this part of the Cosmos to give you a message and stay open to receiving that message now. You can write it down and journal intuitively if you like.

07.

STEP 08

Thank the Cosmos for this connection and ask it if there is anything it would like you to do for it.

08.



KYTHING WITH THE COSMOS

Soul Inquiry

Which part of the Cosmos did you choose to do the kything practice with?

Have you communicated with this part of the Cosmos before?

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

What message(s) did you receive? How did you receive this message and what did you experience?

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?

HEAVEN, HEART, EARTH, HEART

Embody, energize, surrender

The *Heaven, Heart, Earth, Heart* practice is really energizing and activating. I created it to use in my workshops as a way to embody the Sacred. As we do this practice, we reach up to the heavens, gather up this divine energy and bring it to our hearts. We then offer it to the earth. Then we gather up the earth energy, bring it to our hearts and offer it to the heavens.

The repetition serves to deepen our connection and ignite new energies by weaving the two together both physically and energetically. As we do this practice we are using our voice, saying HEAVEN as we reach up to the heavens, HEART as we place our hands on our heart, and EARTH as we reach towards the earth.



This practice is set to music and can be done to different music at a slower pace if that's helpful. Personally I do this practice to **Aurora's song 'Warrior'**, which carries a powerful energy and momentum. You can find a link to the song **[here](#)**.

Please note, this is a physical practice. Do it for as long as you're comfortable or adapt it in whatever way feels good for you. The energy that is activated through doing this practice can be really palpable!

HOW TO DO THE PRACTICE

STEP 01

Put on your music track and notice the beat. When you have found the beat, reach up to the heavens with both of your arms and say HEAVEN!

01.

STEP 02

Bring your hands to your heart and say HEART!

02.

STEP 03

Reach towards the earth and say EARTH!

03.

STEP 04

Bring your hands to your heart and say HEART!

04.

STEP 05

Reach up to the heavens with both of your arms and say HEAVEN!

05.

STEP 06

Bring your hands to your heart and say HEART!

06.

STEP 07

Continue this for the remainder of the song.

07.



HEAVEN, HEART, EARTH, HEART

Soul Inquiry

Describe the feeling in your body after having done this practice.

Describe your emotions after having done this practice.

When could you use this practice in your everyday life to create, shift or transmute energy?

ANCIENT STAR TEMPLE SOUL JOURNEY

Exploring & connecting

The Stars have captivated humans for eons. Ancient temples, pyramids and stone circles are thought to have been built in precise alignment with the stars by the ancients all over the world. This makes you wonder, did the ancients know more about our star origins and the intelligence of the Cosmos than we currently do? Are there secrets waiting for us to remember?

The *Ancient Star Temple Soul Journey* is a magical journey where we will connect with the ancients and the intelligence of the Cosmos. We will also connect with Sophia as holder of the divine plan.



This is a wonderful journey to explore the unknown and also to gain perspective on your Sacred journey. In the *Soul Inquiry* on the next page you will also find the space to journal about your experience in the *Soul Journey*.



ANCIENT STAR TEMPLE SOUL JOURNEY

Soul Inquiry

Do the *Ancient Star Temple 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 receive any messages, clarity or new perspectives?

How did you feel meeting your Sophia guide? Did you receive any wisdom from them?

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?

PERSPECTIVE MEDITATION

Seeing things from a different point of view

It feels true to me that working with the Cosmic Mysteries is largely about exploring our perspective. Of expanding our consciousness, taking a moment to zoom out and see things from a different point of view. How quickly our perspective on things shift once we've seen it in a new light, or from a different angle.

The *Perspective Meditation* guides you both inwards into your being, and also outwards into the vast Cosmos. We slowly travel from your current location, zooming out and out and out – then in and in and in – to really tease out how far your perspective can stretch.



For this meditation you might want to choose an area of your life that you would like to explore or a question you are living into. Once you have done the meditation, you'll find the *Soul Inquiry* that follows.



PERSPECTIVE MEDITATION

Soul Inquiry

How was this practice for you? Reflect on what you experienced below.

What new perspective did you gain?

How can you embody and act on this new perspective?



THE COSMIC CEREMONY

Part Three

THE COSMIC CEREMONY

Activation

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

FOR THIS CEREMONY YOU WILL NEED

△ **Your Sacred altar item to represent the Cosmos. Your object should be something that is relatively small and durable, as it will be part of your *Inner Temple Mysteries* altar. It should also represent the Mystery, in this case, the Cosmos.**

△ **A candle**

△ **Water or essential oil**

This ceremony honors the journey you have been on with Cosmos 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 COSMOS 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 the Sacred Cosmos by saying,

*Come, come, Sacred Cosmos, come.
Activate me with your intelligence and your perspective.
Come, come, Sacred Cosmos, come.*

03.

STEP 04

Take your object and hold it to your heart.

04.

STEP 05

Imagine a star at the center of your heart. Invite the ancient pulse of the Cosmos to activate and envelope this Sacred object with its intelligence, grace and perspective.

05.

STEP 06

Breathe deeply and fully receive the activation from the star at the center of your heart within you at a cellular level.

06.

STEP 07

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

07.

STEP 08

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

08.

I have evoked the Cosmos.

I have communicated with the Cosmos.

I have journeyed with the Cosmos.

I have meditated with the Cosmos.

I have sung with the Cosmos.

I have bathed in the Cosmos.

I have danced with the Cosmos.

I have pulsed with the Cosmos.

I have grounded with the Cosmos.

I have moved with the Cosmos.

I have blessed the Cosmos.

I have experienced the Sacred with the Cosmos as my guide.

Thank you Cosmos for being my guide. I now infuse this Sacred object with your intelligence, perspective, guidance and grace.

I know that now I can call upon you when needed.

STEP 09

Take a moment now to whisper any learnings or insights you have received from the Sacred Cosmos 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 water or oil.

10.

STEP 11

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

11.

STEP 12

To close, let's offer a final gratitude to the Sacred Cosmos 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.

12.

STEP 13

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

13.

STEP 14

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

14.

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



INTEGRATION + REFLECTIONS

Part Four

INTEGRATION + REFLECTIONS

We have made it to the end of *The Cosmic Mystery* 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 Cosmos as your guide. You will find the *Soul Inquiries* below.

See this as an opportunity to ponder on how you have changed through working with the Cosmos 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 Cosmos.



You will also find a reading sheet to do a two-card reading to complete your work with the Cosmos.

Don't skip over this integration and reflections lesson. Make yourself a cup of tea and light a candle, as you take the time to complete it.



INTEGRATION + REFLECTION

Soul Inquiry

Reflect back on your time working with the Sacred Cosmos. 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 Sacred Cosmos?

How has working with the Sacred Cosmos changed you?

What surprised you the most about working with the Sacred Cosmos?

What challenged you the most about working with the Sacred Cosmos?

What has delighted you the most working with the Sacred Cosmos?

What practice resonated with you most deeply and why?

What has the Sacred Cosmos taught you about yourself?

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

What was the biggest lesson you learned working with the Sacred Cosmos?

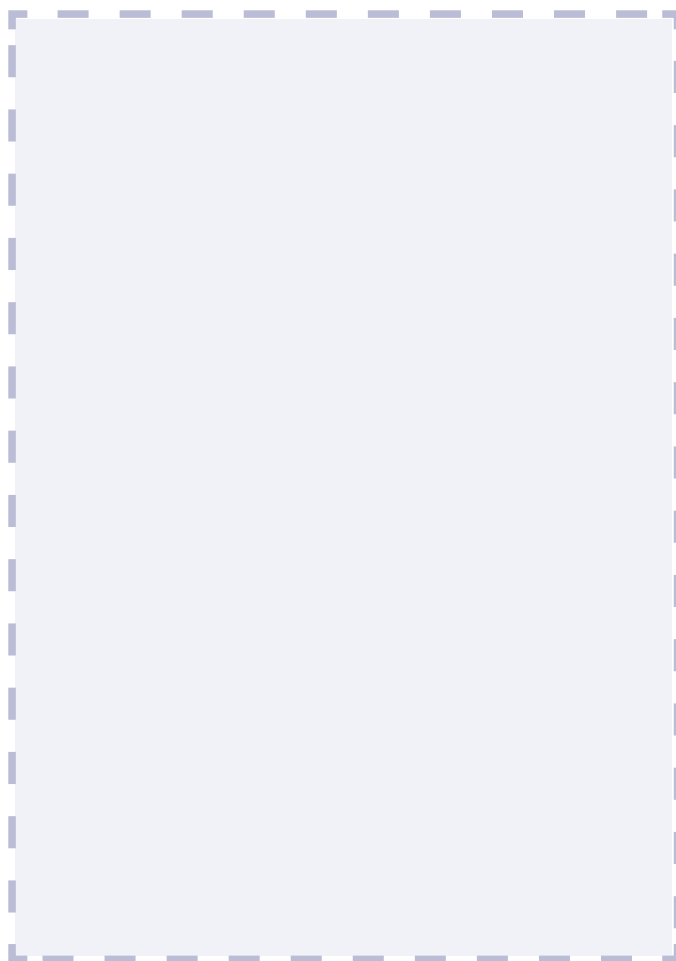
What practical thing do you want to integrate into your life from working with the Sacred Cosmos?

In one word, how would you describe the *Cosmic Mystery*?

ORACLE CARD READING

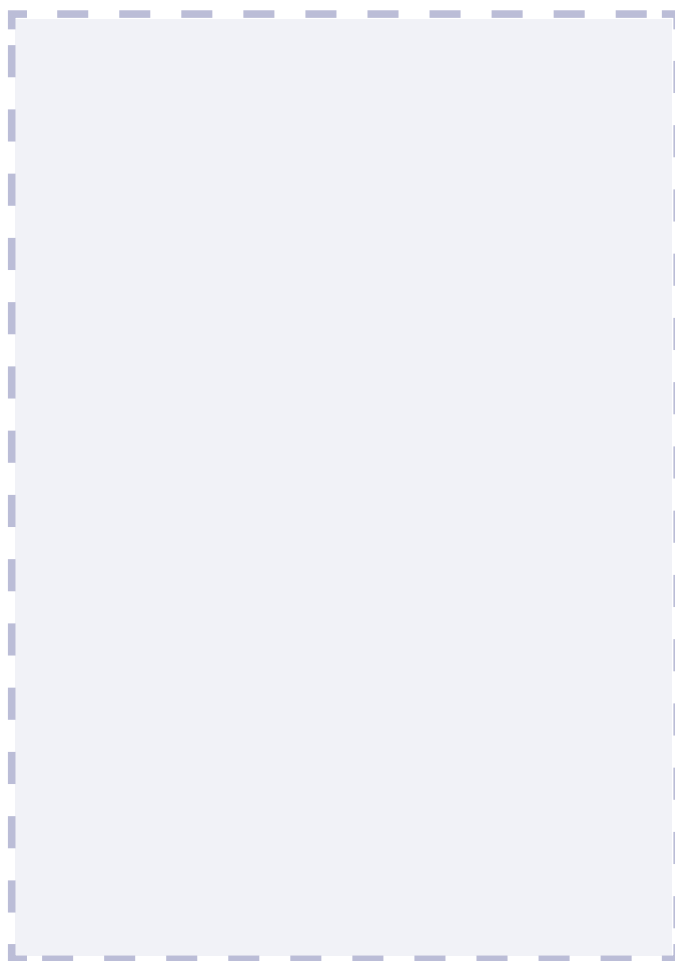
Star Wisdom Two-card Spread

To complete our work on the Cosmic Mystery, this is a wonderful, quick reading to give you some perspective on a particular area of your life, your relationships or a project that you are working on. It offers you a glimpse of a possible outcome as well as clarity on where you are in this moment.



POSITION 1

The situation: Where you are currently.



POSITION 2

*Star's Wisdom: A higher perspective.
Message from the Cosmos.*



ORACLE CARD READING

Soul Inquiry

What symbols, colors or words are providing meaning for your soul?

What is the meaning?

What baby step can you take today to progress towards the star wisdom?



GOING DEEPER

Resources and further reading



GOING DEEPER

Further reading suggestions

ORACLE

- △ ***The Starseed Oracle*** by Rebecca Campbell and Danielle Noel, 2020, Hay House UK

ONLINE COURSE

- △ **Discover Your Cosmic Blueprint Online Course** by Rebecca Campbell
- △ ***Soul Realignment Practitioner Training Level 1 & 2*** by Andrea Hess, 2010

BOOKS

- △ ***Letters to a Starseed: Messages and Activations for Remembering Who You Are and Why You Came Here*** by Rebecca Campbell, 2021, Hay House UK
- △ ***The Starseed Transmissions*** by Ken Carey, 1991, HarperCollins Publishers
- △ ***Starseed: Transmitted from Folsom Prison*** by Dr Timothy Leary, 1973, Level Press
- △ ***Carnival of the Spirit: Seasonal Celebrations and Rites of Passage*** by Luisah Teish, 1994, Apocryphile Press
- △ ***A Dictionary of Creation Myths*** by David and Margaret Leeming, 1994, Oxford University Press
- △ ***The Sophia Code: A Living Transmission from The Sophia Dragon Tribe*** by Kaia Ra, 2016, Kaia Ra & Ra-El Publishing
- △ ***Celtic Cosmology and the Otherworld*** by Sharon Paice MacLead, 2018, McFarland & Company Inc. Publishers
- △ ***The Goddess: From Natura to Divine Sophia*** by Rudolf Steiner, 2001, Rudolf Steiner Press
- △ ***Earth: Pleiadian Keys to the Living Library*** by Barbara Marciniak, 1948, Bear & Company Inc
- △ ***Bringers of the Dawn: Teachings from the Pleiadians*** by Barbara Marciniak, 1992, Inner Traditions/Bear & Company

- △ ***Primal Myths: Creation Myths Around the World*** by Barbara Sproul, 1991, Harper One
- △ ***Myths & Legends: An Illustrated Guide to Their Origins and Meanings*** by Philip Wilkinson, 2009, Penguin Random House
- △ ***Encyclopedia of Celtic Mythology and Folklore*** by Patricia Monaghan, 2004, Fact on File
- △ ***How Emotions Are Made: The Secret Life of the Brain*** by Lisa Feldman Barrett, 2017, Pan Macmillan
- △ ***The Ancient Secret of the Flower of Life Volumes 1 & 2*** by Drunvalo Melchizedek 2000, Light Technology Publishing
- △ ***Soul Mastery: Accessing the Gifts of Your Soul*** by Susan Taylor Shier, 2014, Velvet Springs Press
- △ ***Gods of Aquarius*** by Brad Steiger, 1976, Harcourt Brace Jovanovich
- △ ***The Sirius Mystery*** by Robert Temple, 1976, St Martin's Press

ARTICLES + JOURNALS

- △ **'Can the Moon affect our health and behaviour?'** at Royal Museums Greenwich
- △ **A 3D adventure through our cosmic neighborhood with NASA**
- △ **'Aboriginal astronomy the star of Dreamtime stories'**
- △ **'Australia's First Astronomers'**
- △ **'Living with the Stars: How the Human Body is Connected to the Life Cycles of the Earth, the Planets, and the Stars'** by Schrijver, K. and Schrijver, I. (2015), Oxford: Oxford University Press
- △ ***Astronomy in Aboriginal culture*** by Bhathal, R. (2006)
- △ ***Indian Tales of C. C. Trowbridge: "The Star Woman"*** by Schorer, C.E. (1962)
- △ ***Pawnee Mythology*** by Bird, Grinnell, G. (1893)

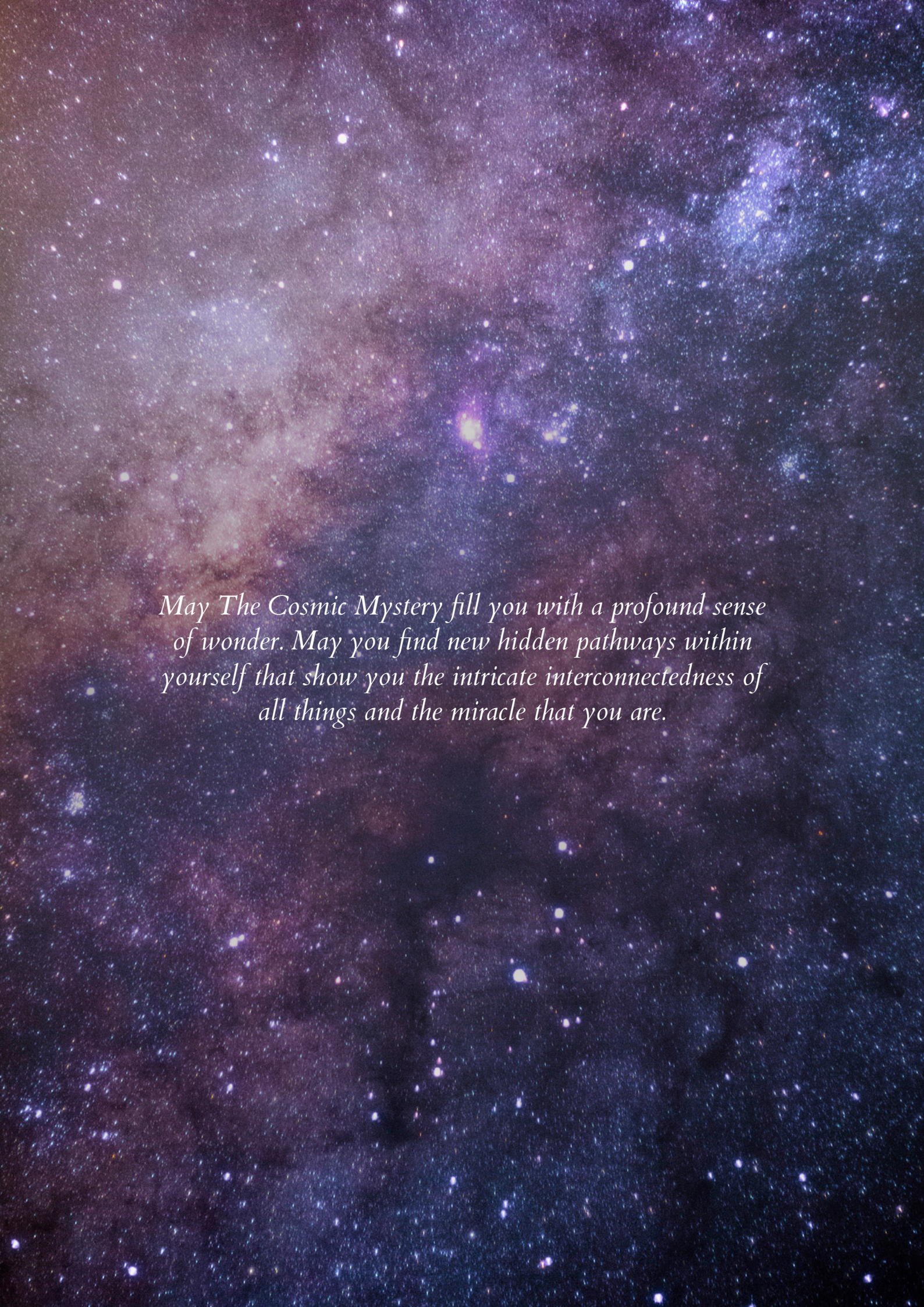
WEBSITES

△ [The Work of Dolores Cannon](#)

△ [Stories in the sky: Indigenous Astronomy](#)

DOCUMENTARIES + VIDEOS

△ [Sky Stories by National Museum Australia](#)



*May The Cosmic Mystery fill you with a profound sense
of wonder. May you find new hidden pathways within
yourself that show you the intricate interconnectedness of
all things and the miracle that you are.*