


INNER TEMPLE MYSTERY SCHOOL



COMPLETION + INTEGRATION

with REBECCA CAMPBELL

A surreal, ethereal landscape. In the background, a large, glowing, crystalline structure resembling a giant flower or a complex mandala is illuminated by warm, golden light. A small figure of a person stands on a path leading towards this structure. The foreground is dominated by a large, dark, flowing mass that resembles a giant hand or a massive, undulating wave, with a bright, glowing area in the center. The overall atmosphere is mystical and dreamlike.

*All of the intuition, mystical experiences and insights in
the world are pointless without integration, embodiment
and grounded action.*



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LIVING THE QUESTION

Part One

LIVING THE QUESTION

Welcome

Welcome to the final module in *The Inner Temple Mystery School Foundational Training* journey. Whilst it may initially sound like this module doesn't offer any new Mystery teaching content, it has the potential to be *the* most potent, transformative and powerful.

This is where we welcome the first shoots of what is soon to bud and bloom. Where we rejoice in the sap rising. Where we tend to all that has been embedded and awoken in us over the past nine months.



The way of the mystic is a journey that never ends. It is a way of life, to see the Sacred that is not only within us but all around us. To Life itself as the teacher and the guide. To welcome the known and unknown. To truly LIVE the question rather than engage from a place of certainty.

Living the question is how mystics have lived through the ages and in my opinion is how some of the most brilliant minds and wise ones have stumbled across their findings, inventions and creations. Anyone who has been on the spiritual journey for a little while knows that the spiritual journey never ends and the more we learn, the more questions emerge.

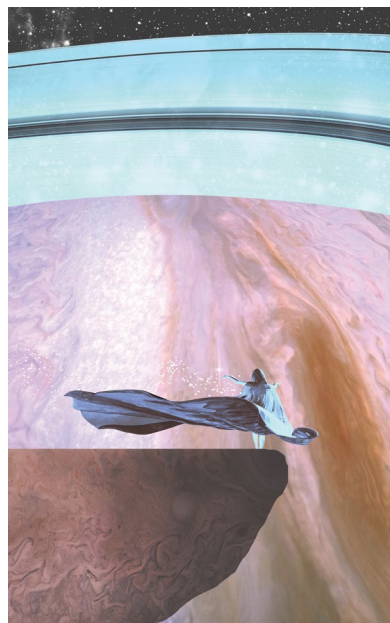
My invitation for us as mystics is to live with an open heart and mind. To, as Rainer Maria Rilke put it in *Letters to a Young Poet*,

*...be patient toward all that is unsolved in your heart
and to try to love the questions themselves like locked rooms and
like books that are written in a very foreign tongue.
Do not now seek the answers, which cannot be given you
because you would not be able to live them.
And the point is, to live everything. Live the questions now.
Perhaps you will then gradually, without noticing it,
live along some distant day into the answer.*

Rainer Maria Rilke, *Letters to a Young Poet*

Living the question is a way of life and it is actually one of the foundations of what it means to be an embodied mystic. As I have said time and time again, all of the intuition, mystical experiences and insights in the world are pointless without grounded action, integration, embodiment and action.

When we LIVE the question we stop waiting for the answer and instead choose to live INTO it. We take baby steps and let life reveal to us through the living. We enter into a co-creative dance with life. We merge with the Sacred rather than separate ourselves off from it. We enter into a world of WONDER and AWE instead of expecting certainty every moment of every day.



This module is designed to help you reflect on, integrate and embody your experiences through the training and to truly live the life of a mystic.

It is my deep prayer that any treasure, wisdom and insights you've found within this training stay with you and continue to weave themselves into your daily life. It's also important that we acknowledge that this training is ending and will soon be complete. We do this with celebration, rejoicing in all that has emerged in you as a result of following your mystic heart through this training for the last nine months. We also do this with reverence and trust, knowing that the rhythms and cycles of life all hold their own Sacred intelligence. Nothing new can begin without something first ending.



The core teaching of the ancient Mystery Schools was summed up in the simple and profound invitation to *know thyself*. These two words are in fact inscribed above the door to the temple in Delphi. The invitation to 'know thyself' – whilst true for the entire training – is particularly relevant here in this completion module. The practices I invite you to complete in this module champion you at the helm. This module is all about *you* and your own direct, unique experience.

Through the lessons, *Soul Inquiry* and practices in this module, we hold the entire training in our hands like a multi-faceted crystal. And using the tender curiosity and devotion we've been cultivating, we slowly turn it over in our hands, module by module, practice by practice and get curious about what reverberates, as we reflect on the journey we have been on and the one that is calling us forth.

This module hosts a number of tools and practices to support you in acknowledging the most potent nectar from your experience of this training. The invitation then is to integrate it into your daily life, through clear, achievable baby steps.

The intention of this *Completion + Integration* module is twofold:

STEP 01

To understand which lessons, topics, Mysteries and practices most deepened your connection to the Sacred

01.

STEP 02

To get clear on how you are being called to weave them into your daily life as a mystic

02.

My prayer is that you are able to complete this training feeling held, embodied and celebrated. I pray that you feel a part of a vibrant community of Mystics and seekers who know how to witness and support each other. I pray that you have the words to explain your *Inner Temple Mystery School* experience and the confidence to voice it to those around you. I pray that you know how to tend to the Sacred energy within you. I pray that your Soul feels full of life and empowered to steer your choices, relationships, longings and learnings. I pray that you have an embodied experience of weaving the Sacred into your everyday life.





LIVING THE QUESTION

Soul Inquiry

Do you have a tendency to wait for certainty before taking a step into the direction of your intuition or curiosity?

When you began the training, what questions did you have or were you living into?

What answers did you receive along the way?

What new questions emerged?

How can you live more in a state of curiosity, wonder and awe?

How are you being called to weave the Sacred even more into your everyday life?

What's a baby step you can take to act on this today?

COMPLETING CLEARLY

And why it's essential

Whilst the spiritual journey and awakening process never ends, I'm a big believer in the importance of completing things clearly. Like we talked about with the Initiations + Self-Initiations lesson back in *Foundations Module 1*, it's important to consciously and deliberately draw a line in the sand in order for a threshold to emerge and be crossed. Only then can we be clear on the blessing of what was, what is, and what is to become...

Often completing something clearly is supported by acts that make it feel held, witnessed and acknowledged. This may be through a simple ceremony or ritual, or it could be through a conversation.

For example, I was held in a beautiful blessingway ceremony the day before my wedding, where my closest friends and the elders in my family sat in a circle and really witnessed and named the transition happening in my life.



Another example is a simple ceremony we held for my friend Amy when she took the leap to leave her corporate job and step more fully into her calling. We witnessed her leave that building for the last time and then created a threshold, a literal line of chalk on the ground, which she stepped over to symbolise her completing one chapter and beginning another.

The acts don't have to be elaborate, as we've learnt through this training. Working with symbolism is profoundly powerful. As Mother Theresa said, it's not about doing big acts, but about doing 'small things with great love'.

On the other hand, I have learnt that when things feel *incomplete*, unfinished or aren't completed *clearly*, that I sometimes notice this in my body. It can manifest as a feeling of unrest, disappointment, agitation, an icky-ness.

When I follow the thread of what's at the root of those feelings, essentially it's not feeling at peace with how something ended. It's a very unique and specific discomfort when something is left hanging in the air, or when something feels unfinished, or simply fizzles out without clarity.

Whether it's a relationship, a job, a training, a stage of life, an accomplishment, having our transitions witnessed and shared is a key part of feeling seen in this life. It's why I'm so passionate about ceremony and ritual. It's why I'm so passionate about altars. They too, in their own way, create a sense of time, space and occasion, and then shift the energy when they are released.



We will be doing a Completion Ceremony together later in this module, but I also invite you to reflect on some simple acts or conversions that may support your process of completing. Who do you need to tell? Who could witness you? How can you lean into the support of *The Inner Temple Mystery School* community? What will support your sense of peace as we complete this training?

Complete the *Soul Inquiry* below to further explore your relationship with endings and completion.



COMPLETING CLEARLY

Soul Inquiry

What is your default response to endings/completions/farewells? Is this something you tend to rush? Or something you tend to make space for?

Can you think of a time in your life when an ending/completion was handled really badly?

Can you think of a time in your life when an ending/completion was handled really well?

How do you feel knowing this training is nearing its completion?

What do you need in order to feel held and supported as this training completes?

How have you changed through this training?

What is rising in you?

What is falling away?

INTEGRATION

Planting yourself here

Integration is such an important part of the way of the embodied mystic. Without integration, proper transformation and embodiment of the Sacred is not possible. This module is the Sacred landscape where we bring our learnings together and get clear about how your experiences can be woven into your life.

Integration is a big word that can hold many meanings. So let's get clear about what it means for us in this context. The Merriam-Webster dictionary defines 'integrate' as, 'to form, coordinate, or blend into a functioning or unified whole, to unite.' So what does it mean when we talk about integrating a spiritual or mystical experience? And what do we practically need to do to welcome it?



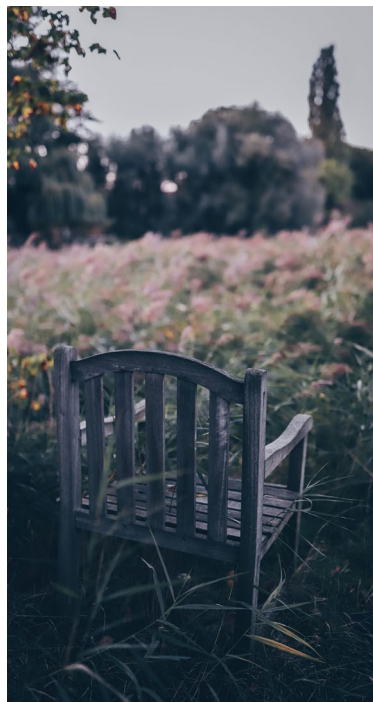
For me, integration is largely about allowing something that feels 'new' to eventually feel 'at home'. To plant ourselves here more deeply than before. It's about *inviting* integration and understanding the conditions that support it. That which may be calling for integration could be both macro or micro. For example, you may feel a need to gently integrate the entire training experience (macro), but also perhaps need to integrate a very specific mystical experience that you had within one of the modules (micro). It's about following the thread of anything that feels unresolved, or out of place, or utterly beyond your comprehension.



In my experience, an essential part of inviting integration is to physically put words around an experience and to speak them out loud in a trusted and safe space. Whilst some things may remain ineffable, speaking our story and attempting to put words around it is a simple and profound way to invite experiences to shift within us. Sometimes we have to speak in order to hear what we know. Simply talking with someone can be a powerful way to integrate.

You are already familiar with many of the other tools that support integration, and I offer some more throughout this module. It feels important to clarify that whilst integration can be encouraged, it can never be forced. I know for myself some of the most powerful mystical experiences and awakenings throughout my life have taken a really long time for me to make sense of and embody in a way that felt whole. So the intention of this module is therefore to encourage and invite integration, not to force or expect it.

The practices in this module are here to encourage and invite an integration of your experience into your life beyond this training. It's more of a surrender than a seeking. So take your time and know that there is no expectation or demands on you to 'get this right'.



INTEGRATION

Soul Inquiry

In your own words, what does 'integration' mean to you?

How do *you* know when something feels integrated for you?

How do *you* know when something feels in need of integration?

Can you think of a time in your life where you have integrated a shift or learning particularly well?

Can you think of a time or example of something in your life that would benefit from further integration?

What are you being called to do to integrate this training into your everyday life?

What is a baby step you can take to act on this?



REFLECTION TOOLS + PRACTICES

Part Two

LOOKING BACK

Retracing your Sacred steps

Take some time to reflect on your journey in this training. Pull out your module workbooks, read through your *Soul Inquiries* and any journals you may have been working with throughout the training.

For each module, reflect on your experience using the *Soul Inquiries* for each module on the following pages. Take your time to connect with your experience of each of the modules, but from the vantage point you have now, not from where you were then. See how you have changed.





FOUNDATIONS 1: THE WAY OF THE MYSTIC

Soul Inquiry

How did you feel as you began this module?

What was the biggest insight you received during this module?

What was your favorite practice, topic or lesson within this module?

What did you feel as you completed this module?

What changed within you in doing this module?



FOUNDATIONS 2: WE ARE NATURE

Soul Inquiry

How did you feel as you began this module?

What was the biggest insight you received during this module?

What was your favorite practice, topic or lesson within this module?

What did you feel as you completed this module?

What changed within you in doing this module?



THE SACRED SOUL MYSTERY

Soul Inquiry

How did you feel as you began this module?

What was the biggest insight you received during this module?

What was your favorite practice, topic or lesson within this module?

What did you feel as you completed this module?

What changed within you in doing this module?



THE SACRED ROSE MYSTERY

Soul Inquiry

How did you feel as you began this module?

What was the biggest insight you received during this module?

What was your favorite practice, topic or lesson within this module?

What did you feel as you completed this module?

What changed within you in doing this module?



THE SACRED WATERS MYSTERY

Soul Inquiry

How did you feel as you began this module?

What was the biggest insight you received during this module?

What was your favorite practice, topic or lesson within this module?

What did you feel as you completed this module?

What changed within you in doing this module?



THE ANCIENT STONES MYSTERY

Soul Inquiry

How did you feel as you began this module?

What was the biggest insight you received during this module?

What was your favorite practice, topic or lesson within this module?

What did you feel as you completed this module?

What changed within you in doing this module?



THE SACRED TREES MYSTERY

Soul Inquiry

How did you feel as you began this module?

What was the biggest insight you received during this module?

What was your favorite practice, topic or lesson within this module?

What did you feel as you completed this module?

What changed within you in doing this module?



THE COSMIC MYSTERY

Soul Inquiry

How did you feel as you began this module?

What was the biggest insight you received during this module?

What was your favorite practice, topic or lesson within this module?

What did you feel as you completed this module?

What changed within you in doing this module?

SACRED SILENCE PRACTICE

Reflecting on your journey

*Just sit there right now.
Don't do a thing.
Just rest.
For your separation from God
is the hardest work in the world.*

Hafiz

Throughout this training we have been working with silence in many of our practices. Silence has long been a powerful spiritual practice unto itself. It is often considered *the* practice of the Mystic, as it is an invitation to go deep within.

When we grow still and invite quiet, we can more clearly hear the whispers of our Soul, we can more deeply connect with our sense of interconnectedness, we can more effortlessly live from a place of reverence and wonder. We can also find that emotions that were below the surface begin to emerge.

As we complete this training, I invite you to set aside some time for a silent practice in order to reflect on your journey, how you have changed throughout it. It's up to you how long you do the silent practice for: you could do it for twenty-four hours, forty-eight hours or just one hour.



Once you have decided how long you are going to set aside to do the Sacred Silence practice, you may choose to tell your family, housemates or loved ones that this is what you are doing. Decide what else you need to do to support you in this e.g. if someone can take them out or you can go somewhere for a night or afternoon where you will not be disturbed. If you live with others, perhaps telling them what you're doing when. Switch off your phone and be with yourself. Nectar may emerge.

HOW TO DO THE SACRED SILENCE PRACTICE

STEP 01

Decide how long you are going to be in silence for and where you are going to do it. Remove any distractions and communicate to anyone you need to in order to support your practice.

01.

STEP 02

Create a space for yourself where you know you won't be disturbed or interrupted. Switch off your phone, turn notifications off, put a note on your front door.

02.

STEP 03

Open Sacred Space in a way that feels good for you, taking time to connect with your breath and allow your body and inner world to settle. Rest in the silence.

03.

STEP 04

Reflect on your journey in the training. How have you changed? What questions are you living into? What is rising in you? What is falling away? Rest in the silence. There is nothing to achieve or strive for here. Invite a sense of blending with the Sacred Pulse of Life.

04.

STEP 05

Close the Sacred Space in whatever way feels right for you.

05.

STEP 06

Complete the *Soul Inquiry* prompts to reflect on this practice.

06.



SACRED SILENCE PRACTICE

Soul Inquiry

Reflect on your journey in the training. How have you changed?

What have you learned about yourself?

What have you learned about the Sacred and life?

What questions are you living into now?

What is your soul calling you to do?

What is rising in you?

What is falling away?

What is your relationship with silence? Do you find it difficult or enjoyable? Peaceful or uncomfortable?

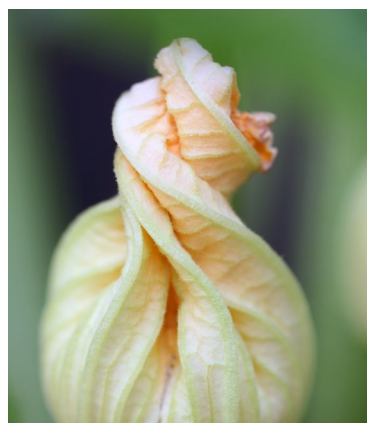
What is your experience of the Sacred Silence practice? Journal on anything that arose for you.

LOOSENING YOUR GRIP

Learning & unlearning

The way of the embodied mystic is to live with an open heart and mind. To be curious and surprised, to let Life forever be your teacher. My teachers taught me that the best teachers are eternal students and in our rapidly changing world, living with an open heart and mind is, in my belief, what the world needs now more than ever.

You have heard me talk a lot throughout this training about ‘unlearning’ and loosening our grip on what we know for sure. The process by which we *see through* our fixed views or learnt behaviors and re-assess the framework within which we operate and exist. How far we can zoom out in order to truly see things differently. And from that place to *choose* how we live, rather than to simply operate in a way we’ve always known or been taught to think. Stepping out of auto-pilot, and into a state of being ‘deeply awake’.



It requires us to examine again and again our notion of what is ‘true’ and what is ‘right’. It takes vulnerability and courage and can often be a painful unpicking of rusted-on beliefs. Often these belief systems have served us well or been shaped by conditions beyond our control. Often they can be what we cling on to in order to survive. It’s human instinct to hang on to what is familiar. And yet gently releasing fixed views that no longer serve us can bring great illumination, whereby we taste freedom and insight in a way we’ve never known.

This isn’t ever something we master. This is a life’s work. It’s a skill we can hone and improve. Living with an awareness of how certainty may point to areas where we need to release, challenge or reexamine our stance on things. As author and professor Brené Brown says, ‘the opposite of faith is not doubt, but certainty.’ We must always create space to release our grip on what we believe is certain, in order to stay open to the true Mystery of life.

I’m curious about how ‘unlearning’ has manifested for you on your journey. I offer the below *Soul Inquiry* prompts for you to reflect upon.



LOOSENING YOUR GRIP

Soul Inquiry

Think back on your life, what has been the most significant unlearning you have done?

What emerged as a result of loosening your grip?

Where did 'unlearning' serve you in this training? Where did you do a U-turn in your fixed views or beliefs about something?

What areas in your life may benefit from further 'unlearning'?

What old, fixed view or way of being have you been called to loosen your grip on?

What are you being called to question?

What have you been doing just because you have always done it?

What are you being called to consider doing instead?

YOUR SACRED JOURNEY

Telling your story

As we have discussed through the training, mystical experiences are life-changing experiences. And yet they are also quite difficult to put into words. As a way to honor your journey through this training, we are going to take a moment now to reflect on your unique journey as the hero or heroine of this training.

The exercise for this lesson draws on the profound work of Joseph Campbell's *The Hero's Journey*. Using this framework, you will be writing your own story, honoring yourself as the mystic at the heart of it all. The language we're using is 'Hero', but if this language feels too gendered in any way, as always, translate or adapt it so it works best for you e.g. you may wish to use 'heroine' or 'priestess', or if you prefer a non-binary option perhaps something like 'warrior', 'seeker' or 'champion'.



This exercise is here to support you in articulating your unique experience and voicing it out loud. You may never voice it with others, or, it may be the support and encouragement you need to do just that. Either way, the intention is to follow the steps and reflect on your journey with you at the center, as if you were narrating a film or story.



YOUR SACRED JOURNEY

Telling your story

STEP 1: YOUR JOURNEY

Write a sentence or two in response to the following questions. Answer in the third person and in past tense so it sounds like a story.

STEP	PORTAL	QUESTIONS
1	Ordinary World	Describe yourself at the beginning of the training. Who are you in your everyday life?
<p><i>e.g. Rebecca Campbell was a mystic since she was young and always longed to see the Sacred in the everyday. She felt a longing deep within to weave the Sacred back into her everyday.</i></p>		

2	Call to Adventure	What Mysteries fascinated you the most? What was your personal goal for the training?
<p><i>e.g. She felt particularly drawn to the Ancient Stones and the We Are Nature module. What called her most to the training was to deepen her connection with the Sacred in nature and her goal was to develop her intuitive abilities to connect with the consciousness of nature.</i></p>		

3

Refuse the Call

What resistance did you feel? How did you describe this programme to your family and friends?

e.g. Rebecca wasn't sure if she would be able to connect deeply. She didn't tell anyone she was doing the training.

4

Meet the Mentor

Which guide were you most looking forward to working with? Why?

e.g. Rebecca was most looking forward to working with the Ancient Stones as since she first journeyed to the lands of her ancestry she kept finding herself in ancient stone circles.

5

Cross the First Threshold

How did you step out of your comfort zone by doing this training?

e.g. She stepped out of her comfort zone by committing to the training for nine months and sharing about her mystical experiences, something she had not done before.

6

Test, Allies, Enemies

Which practices were most powerful? Which ones were most challenging? How did they support you in your personal goal?

e.g. Since she was young she spoke to flowers and so the kything and intuitive nature walking practices and tea meditations were the most powerful. Rebecca found the Sacred dance exercises the most challenging and yet it was something that brought a surprising shift. The more she moved her body the more in touch with her intuition she became.

7

Approach the
Innermost Cave

Describe your most intimate or mystical experience in
the training?

e.g. When connecting with the Sacred Waters, Rebecca re-experienced being in the waters of her mother prior to being born.

8

Ordeal

What challenges came up for you in the training?
How did you face this challenge?

e.g. During the training she experienced several losses including the death of two people. She lent more deeply into the Mystery rather than seeking reason or meaning prematurely.

9

Reward

What gifts, lessons, insights or rewards have come while doing the training? How did it make you feel?

e.g. Through working with the Mystery of water, Rebecca's mind was blown by how something so simple could have so much intelligence. She saw how much of a privilege the gift of water is, and wondered if only we saw water as Sacred, how different the world would be.

10

The Road Back

How did you integrate this into your everyday life?

e.g. Rebecca began seeing water in a whole different way. She became much more conscious of the presence of water all around her and acknowledged it as much as she could.

11

Resurrection

How did you change? How did your life change? What transformation took place?

e.g. Rebecca now is unable to walk down the street without seeing the Sacred all around her. She sees the Sacred in the trees, flowers, plants, stones and water. She now feels more held by life and the Sacred that is woven through it all. She feels more deeply planted here and more deeply embodied as a soul.

12

Return with the Elixir

How does it feel to have completed the training? What was your greatest achievement? How can this be woven into your everyday life? Who do you want to tell this story to?

e.g. Rebecca feels really proud of herself for completing the training. She feels grateful that she can now share it with her daughter and son and show them how to see the Sacred that is already here all around them.

STEP 2: TELLING YOUR STORY

Collate your answers above and write a short story describing your journey as the hero/heroine of this story. Here are some examples from my team for some inspiration.

Example 1: From Craig

Craig Gourlay was a forty-year-old father who lived with his wife and child in Glastonbury UK who was taking a four-month trip to his home country of Australia. He was drawn firstly to the Mystery of water, especially the possibility that it holds the growth codes of life. Craig's goal was to complete all the practices in the Mystery school as a way of broadening his mystical experiences and using the power of a 'let's try it and see' approach.

There was a lot of reluctance towards carving out the time to do the practices for himself. He used words like exploring the possibilities and living the big questions of life with his friends. He also spoke a lot about the experiential aspect of this training, enjoying the concept that the knowledge cannot be learnt from reading books. Reading is not Craig's strength.

Through embarking on the Mysteries Craig connected with the practice of Sacred dance. The sheer amount of energy Craig found he could tap into by evoking uplifting energy through Sacred dance was truly amazing. He also stepped out of his comfort zone by making himself accountable through sharing his progress with some colleagues at work.

Having experienced the Mysteries and practices Craig is now consciously bringing different sources of information into his everyday decision making. For example, if Craig has a dream involving a friend, Craig now makes a point to reach out to that friend the next morning to catch up with them. This has brought deep connection and joy into Craig's life.

Craig now sees himself as a mystic and is proud to tell his family and friends that he is regularly guided to make decisions from information sources (water, dreams, reflections in windows, pendulums) that he never would have considered in the past.

Example 2: From Amy

Amy lives by the ocean on Garrigal land, Sydney with her partner, Charlotte, and their two-year-old daughter, Sadie. Amy and her family recently returned to live in Australia after living in the UK for twelve years. Peak pandemic, they moved from London to Sydney and have been attempting to settle and acclimatize in this new normal.

A mystic at heart and an Interfaith Minister by training, Amy felt the need to deepen her spiritual practice and invite a discipline to her spiritual practice which she had lost along the way. Amy felt that the Waters Mystery is where the magic would lay for her, as returning to the coastline of Australia was so much of what pulled her away from London.

Amy was surprised that the Ancient Stones module held the most magic for her, and feels this relationship to be one still unfurling in her day to day life. She connected most deeply with the Chanting practice and has found huge energetic shifts occur when she really allows herself to be sung.

Amy anticipated the challenge would be showing up with regularity to a training when her life was already so full with parenting, working full time and making time for moving her body. However, once the training began the magnetic pull was effortless and she felt more and more energized the further she stepped into the training.

Amy has been supported and endlessly inspired by the community of Inner Temple Mystery School mystics walking alongside her in this training. The insights shared and observed within the community have added profound learning and unlearning.

Amy is now more alive to the landscape around her. She feels this mystic training has made her a better parent, a better partner and a better citizen. Her inner landscape feels more gentle, more cared for and more alive. She is reconnected to a place of living with devotion, allowing her spiritual life to BE her life. She feels inspired and devoted to maintaining the relationship she has established with the practices in this training.

Your journey



LOOKING FORWARD

Part Three

WHAT QUESTION ARE YOU LIVING INTO?

The journey ahead

As we near the end of the training, and embark on our never-ending journey as a mystic, now it's time to feel into what question or questions you are being called to live into. I invite you to draw upon the many spiritual practices we have worked with throughout the training – from kything to intuitive nature walking, intuitive writing to Sacred Dance – to feel into what question or questions you are being called to live into today.



In the same way, I invite you to call upon our Mystery guides (Rose, Water, Stones, Trees, Soul and Cosmic) to guide you every step of the way.

An example of a question could be:

- △ *What do I want to devote my life to?*
- △ *What kind of mother/father/parent do I want to be?*
- △ *Where is my next home going to be?*
- △ *Should I travel or study again?*
- △ *Should I downsize my property and travel or stay put where I am?*

To live the question is to live an intuitive life. To live the question is to live an embodied life. To live the question is to live a mystical life.



WHAT QUESTION ARE YOU LIVING INTO?

Soul Inquiry

What question are you being called to live into today?

YOUR ALTAR

Your Inner Temple Mystery School Altar

Once you have done the Completion Ceremony, tune into the six items you have gathered to form your *Inner Temple Mystery School* altar and feel into it and how you tend to the Sacred container you've created. It's important you take the time to explore what is the right way for you to tend to the energetic relationship you've established. There is absolutely no right or wrong with this. It will be different for everybody.

I offer the following options for your consideration as you feel into what feels right for you and your altar.

- △ You may wish to keep your altar intact as you deepen your connection with each of the Mysteries. This may be on display in your home, or held in your bag/box/basket. You may feel called to tend to it regularly with your devotion and energy.
- △ You may like to continue to charge your items e.g. if you go to a Sacred site, bring your water item and infuse it with the waters or e.g. bring your Stone item and let it charge by other Ancient Stones etc.
- △ You may wish to bring the altar bundle with you on occasion when you travel e.g. I often have a dedicated teaching altar that I bring with me whenever I teach to hold the energy.
- △ If the time feels right – knowing that the items are charged with your prayers and activations – you may wish to gift an item to someone special in your life, passing on the activations and blessings within the object.
- △ If at any point you misplace an item, connect with the activation energy within you and trust that you are the vessel that blesses.
- △ It may feel right for you to disperse your altar, returning any natural elements to the earth, or placing any hardy objects around your home, garden or neighborhood.
- △ It might feel right to release your altar entirely, in which case I encourage you to follow the steps outlined in the altar lesson in *Foundations 2* about how to prayerfully deconstruct your altar and release the energy.



YOUR ALTAR

Soul Inquiry

SACRED SOUL

What was your altar item for this Mystery? Describe it. Where did it come from? How did it manifest for you? How did you know it was the right item?

Has the object changed for you in any way as you've worked together? Do you notice anything different about it?

SACRED ROSE

What was your altar item for this Mystery? Describe it.

Where did it come from? How did it manifest for you? How did you know it was the right item?

Has the object changed for you in any way as you've worked together? Do you notice anything different about it?

SACRED WATERS

What was your altar item for this Mystery? Describe it.

Where did it come from? How did it manifest for you? How did you know it was the right item?

Has the object changed for you in any way as you've worked together? Do you notice anything different about it?

ANCIENT STONES

What was your altar item for this Mystery? Describe it. Where did it come from? How did it manifest for you? How did you know it was the right item?

Has the object changed for you in any way as you've worked together? Do you notice anything different about it?

SACRED TREES

What was your altar item for this Mystery? Describe it. Where did it come from? How did it manifest for you? How did you know it was the right item?

Has the object changed for you in any way as you've worked together? Do you notice anything different about it?

SACRED COSMIC

What was your altar item for this Mystery? Describe it. Where did it come from? How did it manifest for you? How did you know it was the right item?

Has the object changed for you in any way as you've worked together? Do you notice anything different about it?

THE EMBODIED MYSTIC

Grounded Action & Baby Steps

Anyone familiar with my work will know how consistently I talk about the power of taking baby steps: small, achievable, non-negotiable steps you take each day in the direction of the calls of your soul and the question(s) you are living into.

I've come to learn and believe that it is only through grounded action that we can truly embody the call of our soul. I know from my own direct experience (and have witnessed in countless others) the profound shifts that occur when we show up and act on the calls each and every day.



Listening and acting on the calls of our soul is not a one-time thing; it is a way of life. It requires that we prioritize the connection, trust the guidance we receive and act on it each and every day. So many people stop themselves from living a soul-led life because they're waiting to know the destination before taking the first step. But intuition doesn't work like that. Our soul is always calling us, every moment of every day.

The way to find yourself living in harmony with the Sacred Pulse of Life is to listen within and act on those calls each day.

So this is your reminder to start small.

Bite-sized.

To put one foot in front of the other.

To do one thing every day.

To break things down into achievable tasks.

You don't need to have it all figured out or know exactly where the path is leading you. You don't have to know every single step along the way before you set out on your great journey. You just need to take the next step.

This feels particularly true as you reflect on which direction feels right for you beyond this training. You do not have to have the big picture, you just have to follow the thread, to live the question, and act on the next prompt from your soul.



GROUNDED ACTION

Soul Inquiry

What is your soul calling you to do?

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

CELEBRATING + HONORING

Rejoicing in you

I'm a big believer in the importance of celebration and recognition. It all ties into the energies of *Completing Clearly* and *Initiations* that we've touched on already. But once you've completed this training I want to explicitly invite you to: celebrate!

We so easily skim over the opportunity to really rejoice in ourselves, especially when we complete something deep and huge, like this training! Remember, it doesn't have to be flashy or expensive. As ever, it's about the intention: to create a space of joy and celebration, whereby you thank and celebrate your (huge!) accomplishment of completing this training.



It's been quite the journey, and you deserve to celebrate it. You may wish to do this alone, or with others, or both.

You may wish to:

- △ *Gather your loved ones for a special dinner.*
- △ *Or a special cake.*
- △ *Or a special ritual.*
- △ *Take yourself for a solo date to the cinema, or to your favorite park, or to your favorite gallery.*
- △ *Get dressed up for yourself.*
- △ *Buy yourself flowers.*
- △ *Write yourself a congratulatory card.*
- △ *Gift yourself a special vase, or a special candle, piece of jewelry or a special pen.*
- △ *Get a manicure.*
- △ *Use the fancy china.*
- △ *Gift yourself a new notebook.*
- △ *Splash out on the exquisite perfume.*

Whatever is within your means and makes you feel good, do that.

And do it with my complete love, adoration and jubilation. I'm so proud of you, and I'm so grateful that you're here.



CELEBRATING + HONORING

Soul Inquiry

What are you going to do to celebrate completing the training?

Will you gather others to celebrate with you? If so, who?



COMPLETION CEREMONY

Part Four

COMPLETION CEREMONY

With gratitude

It's time now to officially close the Sacred container for our journey together in *The Inner Temple Mystery School* through a really simple closing ceremony.

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

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



WHAT YOU WILL NEED FOR THIS CEREMONY

- △ A candle
- △ Oils or water for anointing
- △ Your *Inner Temple Mystery School* altar items

HOW TO DO THE COMPLETION CEREMONY

STEP 01

Placing a hand on your heart and a hand on your belly, get grounded and open Sacred Space in a way that feels right for you. You may wish to light a candle.

01.

STEP 02

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

02.

STEP 03

Acknowledge the custodians of the land, the spirits of the land, known and unknown.
Offer gratitude for those who have been guiding our path.

03.

STEP 04

Offer gratitude for all the support you have received throughout the training, known
and unknown.

04.

STEP 05

Place your hands towards the heavens and say,
I give thanks to the Sacred above me for supporting me on this journey.

Place your hands on your heart and say,
I give thanks to the Sacred within me for supporting me on this journey.

Place your hands outwards and say,
I give thanks to the Sacred around me for supporting me on this journey.

Place your hands towards the Earth and say,
I give thanks to the Sacred below me for supporting me on this journey.

05.

STEP 06

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

06.

STEP 07

07.

Call upon the Sacred Mysteries we have been working with throughout our journey. You may wish to pick up each of your six altar items as you acknowledge or anoint as we speak the below prayer:

*Sacred Soul
Mother Rose
Healing Waters
Ancient Stones
Sacred Trees
Intelligent Cosmos*

*Thank you for guiding me on this journey
For showing me my true nature,
Thank you for attuning me
to the Sacred intelligent pulse of nature
that exists within all things.*

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

*As I complete this training
May I do my part in weaving the Sacred back in more fully.*

*As I complete this training
Help me to return again and again back to myself.*

*As I complete this training
Help me to see the Sacred that is seeded and woven through it all.*

*As I complete this training
Help me to plant my soul here even deeper than before.*

*As I release this Sacred container
May I feel grounded and held in my connection to Life.*

STEP 08

Connecting with the energy of the wider circle of fellow mystics around you, let's repeat the prayer for the group as a whole:

08.

*As we complete this training
May we do our part in weaving the Sacred back in more fully.*

*As we complete this training
Help us to return again and again back to ourselves.*

*As we complete this training
Help us to see the Sacred that is seeded and woven through it all.*

*As we complete this training
Help us to plant our souls here more deeply than before.*

*As we release this Sacred container
May we feel grounded and held in our connection to Life.*

Thank you, thank you, thank you.

STEP 09

Take a deep breath in and out. Anoint yourself with your water or Sacred oil. Marking the threshold of this ending. Sealing this blessing into your body.

09.

STEP 10

Breathing deeply, feeling this group energy completing, send your thanks and gratitude through the wider group.

10.

STEP 11

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

11.

STEP 12

Complete the *Soul Inquiry* on the following page to deepen into this Completion energy.

12.



COMPLETION CEREMONY

Soul Inquiry

Look back over your *Soul Inquiry* from our Opening Ceremony in *Module 1* in response to the question: *What first called you to this training?* Does your response ring true now? Has anything shifted or changed or adapted? Write about what feels different or the same.

Look back over your *Soul Inquiry* from our Opening Ceremony in *Module 1* in response to the question: *Do you have an intention for the training?* Does this intention feel met? Did it change or adapt? Did it hold true? What is your soul's prayer now you have completed the training?

Look back over your *Soul Inquiry* from our Opening Ceremony in *Module 1* in response to the question: *What is your soul's prayer for this training?* Does this prayer feel fulfilled? Has it changed?



ACCREDITATION

Part Five

ACCREDITATION

Receiving your certification

Congratulations on making it to the end of *The Inner Temple Mystery School Foundational Training*.

If you would like to receive your *Certificate of Accreditation* you will need to submit the following within ninety days of the training programme completing. To receive your *Certificate of Accreditation* you need to fulfill the following requirements.

- △ Have completed the entire training and marked each individual lesson as COMPLETE
- △ Complete the entire 'Module 9: Completion Workbook' digitally and follow the prompts on the hub and within Module 9 to upload it.
- △ Take a photo of your *Inner Temple Mystery School* altar with your six altar items and upload this via the hub also.

Please be patient whilst our accreditation team review your submission. You will receive a digital version of the certificate upon successful accreditation. This will be emailed to you from hello@rebeccacampbell.me

**The Inner Temple Mystery School Foundational Training
is accredited by the CPD Standards Office.
CPD Provider: 22454 2022 - 2024
This training equates to 64 hours of CPD**



*The way of the mystic is a journey that never ends.
It is a way of life. To welcome the known and
unknown. To truly live in wonder.*