



A letter from Ariel and your Deepening Practices for Week 1:

Dear Beloved Journeyers,

*I so welcome you into the heart of the Realm of the Divine Feminine Alchemy of Love! We are setting out on a journey together, and as with all journeys, you may wish to take some time to prepare yourselves for your journey with quiet time/meditation before our starting time each week. Since this is a deep soul dive, rather than a didactic intellectual "class", I would also ask you to create a simple but sanctified meditational environment where you **WILL NOT BE INTERRUPTED WITH SOUND/CHILDREN/TEXTING SOUNDS/OUTSIDE DEMANDS FROM OTHER PEOPLE IN YOUR ENVIRONMENT ETC.** for our sacred time together each week.*

For this journey, for those of you who wish to be a part of the community online temple, please sign up for that [here](#). I will have two priestesses assisting me with responding to the comments and insights that you post during this process, Vivienne and Oioana. They are both highly skilled priestesses in their own right who are very familiar with the workings of the 13 Moon Mystery School. Given the scope of my priestess commitments in service to Love, I will only be posting overview inquiries or responses to the larger pattern awareness that arise in our unified field.

I celebrate your choice to deepen with Consciousness through this feminine lens of awareness.

In Devotion to the One Heart,

your sister ariel

PS.. if you didn't hear the introductory call for this course, please listen to the recording of it this week, as it holds the overview of what we are up to in this journey together for this whole seven weeks! You can access it [here](#) and at the top of the [Course Homepage](#) in the future.

Practicum on Empty Presence/ Witnessing , rather than fix, change advise. Listen with your whole self, you belly and your heart!

Remember to say, I witness you! If more arises from Emptiness to be said, please remember to say "From my inner knowing.. I feel.. I am aware."

Please do not answer from the ego mind! Practice allowing energy to move up from the belly and heart and if nothing comes, practice remaining in silence and being ok with that.

Questions for deeper inquiry/meditation this week: (These questions can be done solo or with a partner from the [online temple](#).)

*Is there something you are wanting to be archetypally witnessed and held in **creating or dissolving** that arose from our work in the first session?*

How do YOU tell the difference , between what is real and what is illusory/impermanent?

How do you know whether your heart is open or not? What opens your heart? What apparently closes your heart? What shields are still in front of your heart that apparently protect you from the possibility of rejection or hurt? Do you wish to be witnessed in transmuting that shield?

Witnessing each other in our stated Agreement Field.

I agree to be to the best of my ability in Empty Presence in this work.

I agree to speak to the best of my ability from Essence, soul voice, the womb of Silence rather than ego mind.

I agree to the best of my ability, to Witness rather than fixing, changing or informing from the ego mind.

I agree to maintain a sacred, vulnerable field of sanctity, to not speak other person's name outside of this work.

I agree, to the best of my ability to hold myself accountable for the things that i commit to in front of sacred witnesses.

Practices for Feminine Alchemy this week from Ariel:

Read the handout on "[What is Empty Presence?](#)" and do the mirror practice as much as you can before our session next week. I am excited to hear what you experience from this seminal practice. (You can also find this handout when you click on this week's session on the course homepage.)

At 1:08 each day, stop and enter into Empty Presence, even if that is only to take fully three conscious breaths. (Program your phone to remind you if you wish to.) If you can take time at that time, to do a meditation to enter into Empty Presence, please do (or at any time during the day or evening that works for you.) Just honor empty presence and connect to our unified field at 1:08. If you also want to check how open your heart is, all the better! In the Hindu , there are 108 names of the Goddess. There are 108 mala beads on a mala to signify that. There are said to be a total of 108 energy lines converging to form the heart chakra. One of them, the sushumna leads to the crown chakra, and is said to be the path to Self-realization. That is why we are choosing 1:08 as a time to unify and feel each other in Empty Presence together, even if that is only for one-to three minutes. That way we can be a conduit for Divine Purpose in our Emptiness in a unified field. That is our most simple agreement and practice.

Create a sacred space for yourself, with color and symbols, even if that is only in a closet or in a bureau top or corner in a room. (Read the [handout on creating sacred space](#).)

If it is in your JOY, get a glass candle and adorn it for your heart temple this week. When you are working with what you received from this weeks work or mirror practice, when ready, light the candle in your inner or outer temple to practice Empty Presence. Then when ready, ask from pure awareness, if there is anything you need to be aware of right now. Allow what comes in symbol, color, sound or in silence with equal enthusiasm, BOTH are valuable.

Tend to your altar or hearth, by lighting a candle each day, as a symbol of our whole unified field's hearth and staying connected to that. Cultivate resonance and coherence in your sacred space. (If you need more guidance around this, look at [Guidebook for a Modern Priestess](#) which was a gift from me as an ebook which can also be downloaded for the Feminine Alchemy course in the Supplemental Section of the Course Homepage).

Genuinely focus on how you tell what is REAL and what is impermanent/illusory this week. We will open with what you have discovered at the first of our next week's call.

Feeding the Feminine First

First thing in the morning when you are awake, ask yourself, "What would actually feed my soul, my body, my ecstatic beingness this day?" That might be meditation, prayer, yoga, reading poetry, taking a leisurely bath, doing an oracle for yourself. In a culture that asks you to fly out of bed in an immediate and hurried DOING state checking your emails etc., it takes DISCIPLINE to make a practice of feeding the feminine first! This is your week to practice that, to experience how differently your world outpictures with this one change into integrating a feminine perspective!

Cultivate the Intelligence of the Heart and the Belly Womb Wisdom this week. Notice what you become aware of when you stand in someone's field. Notice images, sounds, textures, colors, impressions, feeling states etc. in short, information coming directly from the heart.

(From The Secret Teachings of Plants. Stephen Buhner..)

"The heart has it's own intelligence. Our bio-electric fields read each other's fields when we stand in close proximity to each other. Millions of pieces of information are exchanged... We draw from that in an instant and have an "intuition", but in truth our body and most especially the heart has given us very expanded information from which to make choices and find meaning in any situation. The two fields synchronize and like all nonlinear oscillators, produce together more than the sum of their parts. The heart actively scans fields, looking for patterns of communication and information. The heart is designed as a receptor organ that is a very refined tool of perception. We are trained in the western world to ignore the kind of sensory cues offered by the heart as insignificant. Since we have been habituated to the analytical left brain mode of cognition in our schooling, we have been taught to locate our consciousness in the brain, not the heart. This type of focus in the heart must be practiced! A coherent heart affects the brain wave

pattern not only of the person achieving coherence, but also of any person with whom it comes in contact!

In truth every emotion, temporarily re-structures our whole electro-magnetic field. In coherent states of awareness, interconnected networks within the whole body couple with one another and begin working as one synchronized system. All sensory data is funneled through the hippocampus in the brain, which functions to decode embedded patterns of information, eliciting meaning from background information, which then sends that heart filtered information to the neo-cortex for further decoding. Thus physiologically, it is the heart that is meant to be the primary tool of perception, not the brain!"