



## **A letter from Ariel and your Deepening Practices for Week 2:**

*Dear beloveds.*

*What a hot house archetypal field! Thank you for doing your part to make a truly transformative alchemical field in which to collectively transmute! I invite you to utilize the power of the alchemical field we have in place to interface with each other as like-hearted beings in our online temple! I truly hope you continue on with the mirror practice and the prior practices that resonate with you, and move on to the ones from today's call for Module 2. It is very challenging for me not to be face to face, heart to heart with all of you. Though, of course, we are connected etherically, and I DO feel you there energetically!! Thank you for doing your best to hold resonance and coherence, such that we CAN make a difference alchemically in our own spiritual lives and freedom and that of the planetary collective! Please check in with Oioana and Vivienne if you have specific questions about the practices or just want to share your journey! They are incredible priestesses! Blessing of Love to your Journey.*

*In Oneness,  
ariel*

## **Practices for the week of Module 2 Ariel Spilsbury**

### **Practice: Raising your Frequency**

*Notice this week what raises your frequency and what compromises it. If it is wisdom for you, archetypally make a new choice to do what raises your frequency and make note of how your life experience shifts as a result of that one choice. (That is by archetypally what I mean is from clarity, soul voice and in front of a sacred witness.)*

### **Practice: What is my purpose?**

*This week ask your soul self, "What is the purpose of my existence?" If you listen with your soul earnestly in meditation and prayer for a response, the archetype will answer! (albeit often coded in symbolic language of metaphor often for YOU to translate and decode.)*

### **Practice Alchemizing Shadow:**

*Dropping into archetypal space in meditation and then alchemizing in front of a sacred witness as many of the five shadow elements (alchemical negredo) that you have just made yourself aware of with the square process or as you feel in TRUTH aligned with releasing at this time. Use the same process we used together in this alchemizing.*

**Practice Balancing Male Female Within:**

*Bring awareness to your inner male and female aspects in your daily life and begin to support the aspect that is calling for attention and support. Do a meditation to access what that “support” would look like in your daily life to that aspect. Offer that.*

**Practice: Sovereignty.**

*Really investigate where you are in the process of embodying sovereignty in your life. “complete unto yourself.) What would concretely have to change in your life to step further into claiming your sovereignty?*

**Practice; Archetypal Expression:**

*Work with the archetypal resonance quiz to see what feminine archetype you are most aligned with. Then look at your life and choices from this larger, more mythic perception of your archetypal expression, rather than solely from the perspective of the ego/mind. This week experiment with choosing colors in clothing, flowers, crystals, etc. that reflect and evoke that archetypal essence that you are choosing to embody and empower!*

**Practice: Channels of Perception**

*Discover your most used channel of perception. Use the handout to investigate your most used and least used channels of perception. We aware of how you process data and begin to expand it to include more, to experience the senses as multi-dimensional channels of perception!*

***You can find all of the session 2 handouts on your course homepage under Session 2, including the handout titled “Questions for Deeper Inquiry” which were offered as pre-class prep and as deepening practices after the call.***

**QUESTIONS FOR DEEPER INQUIRY SOLO OR WITH PARTNER VIRTUALLY Module 2**

*What pattern has been being broken down in your life, to be purified, clarified, brought into full awareness, that you can synthesize and re-form into a higher vibration of you, that will naturally exist without that pattern obscuring your true vibration? (sink into the belly in this moment to feel what that pattern is. Make note of it for your alchemical work this week.)*

*How do you know when you are experiencing raised frequency? What actually raises your frequency? (allows you to feel more joyful, inspired, uplifted, connected etc.) What compromises it? (makes you feel tired, drained, confused, unclear etc.)*

*If you had a 10 increment measuring device where male balance was on the right and 10 and female balance was on the left at 1, at what number would you presently sit in the continuum?*

*Ask yourself, “Where am I in the journey of sovereignty? Do I see myself as a sovereign being?” Please stop and let one word or one image/ symbol intuitively emerge that describes your state of sovereignty. (pause)*

What would need to change for me to manifest more fluidly in my life and choices?