

Feminine Alchemy™

Raising Your Vibration through Alchemy and Archetypes (Aug. 14)

[0:00:00]

Lindsay: Hello, everyone, and welcome to the second session of Feminine Alchemy: Raising Your Frequency with Divine Feminine Practices with Ariel Spilsbury. Our session today is entitled "Raising Your Vibrations through Alchemy and Archetypes". This is your host, Lindsay King.

We've got just a couple of reminders to go over and then we'll get started. If you're on MaestroConference and you have a question, just press 5 on your phone keypad and someone will be able to take you on to a private conference room and help you. For those of you who are on the webcast, you can get your technical questions answered by typing in the window provided and please include your email address so we can email you back the answer.

Okay. Ariel, I'm turning the mike over to you.

Ariel: Wonderful! Well, I hope you're all ready for a deep dive this afternoon. As always, it is the resonant frequency of information that is relevant, and the words are secondary. So as always, I want to begin by breathing deeply and really evoking the connection with your essence, however you do that. You don't even need to be aware of what that is necessarily, but just your willingness to connect. I am in connection with my deepest essence, with my true being, my witness, whatever you want to call that, and breathing into that possibility in this moment.

If you have a temple space set out as we had spoken about creating sacred space in your space, to light a candle right now in signification of our joining together as one cauldron of unified consciousness in this moment. If you don't have a candle to light, then do it etherically because as we know in the quantum realms, as it is intended, so it is.

Right now, let us light our individual flames in our temples and then let that be the spark of flame that is the flame of your beingness, your essence. Send a ray of that flame to the central brazier fire of our unified field of consciousness right now to really send the fire that you are in your divine essence. Send a frequency of who you are in this moment to the center flame to build that flame of our unified field that we may truly be an alchemical cauldron, that we may offer each other the space and the depth of soul connection here, to be a transmutational vehicle in our empty presence.

As we have spoken in regards to our empty presence in the first session, it is the seminal practice in the 13th Moon Mystery School work of in the feminine, is emptying. So in this moment, take a deep breath in and fan the flame with your breath outward into the center flame breathing out and emptying, and breathing in from that central brazier of flame and the breathing out any thoughts, any stray emotion, any nervous energy, really using this fire to burn away anything that keeps you from being absolutely in this present moment in emptiness, breathing that out.

This is the important practice for us as we begin always to empty out, and if you have thoughts that arise as our work continues, just simply let them go back into this flame, be dissolved, and come back into emptiness, continuing to deepen the space of resonance and feel the resonance in your hands, really begin to notice when our field in the quantum realms is connected, that in the quantum realms, there is no time. There is no space.

[0:05:00]

And thus, when we intend fully to create this beautiful circle of light, in this moment through our intentionality, we are creating this vibrational field together for the purposes of our sacred work this day. And so, begin to hold your hands palms up and feel the resonant frequency that we are establishing together not as a concept, but as a physical reality. Begin to feel the vibration in your hand. In your hands, really feel.

This is subtle acuity, but you will build it to where you will know when you're in telepathic communion with everyone here, our field in train with each other very quickly because we are one organism. And as we intend for that to be so, we are in tune, attuned and in tune with each other and with this field.

Begin to notice any subtle shifts that begin to happen in your hands or perhaps in your third eye or for me right now, at the top of my head. It feels like there's a wave going across my crown. Just begin to notice as you sit in this subtle form of meditation, in this closed eye meditation at this moment, and really feel the body and its ability to signal you when we are unified field.

Remembering our agreement field to turn off all phones, all interfaces with other people during this time, to put a sign on your door saying "In session, do not disturb," whatever it is that will keep this resonant field coherent through our willingness to continue to monitor ourselves for the resonance that we're adding to this alchemical equation because the more empty we are, the more we not only can transmute personally, but the more we can transmute the planetary collectives in our emptiness.

So breathing into that incredible possibility and feeling how this vibratory field is affecting your field in this moment. I'll be quiet so you can really feel, remembering our agreement field of this resonant frequency being a static-free station, free of any disturbance on the outer, from other energies or people to the best of our human ability to allow our emptiness to become a fully coherent field.

And from this space that we enter into today, I want us to begin to launch right in the moment into this established field. If you're not feeling completely coherent with it, continue to visualize a ring of light that goes around not only the circle, but the whole planet. Really see light circumambulating the planet or simply going around those beings who are making this intentionality together on the Shift Network call in this moment as a part of that larger collective.

Bring yourself into the vibrational field of that if you ever wobble or have thoughts or stray emotions or stray nervous movement or whatever jostles the field out of coherence for your personally. Be responsible for the bigger collective field by monitoring yourself and bringing yourself back into emptiness as soon as you're able to.

Today, I would like us to begin, as we look at archetype and we look at alchemy as the primary field of transmutational energies that we're drawing from and learning from today, I'd like us to begin to look at the patterning of consciousness that we call "hieros gamos" or the inner marriage.

[0:10:18]

These archetypes in consciousness of the male and the female, the anima and the animus that live within all of us whether we happen to be male or female genders, we carry both. It is the extreme imbalance we've been enculturated in the male that we are now bringing back into balance by the empowered female standing up in clarity and also in balance with the male within, the undistorted male, the sensitive male aspect of consciousness, so bringing those two into your awareness.

We're going to do a meditation right now that has to do with entering into the hieros gamos of the inner marriage by becoming fully aware of those polarities within you. In alchemy, it's called "solve et coagula", which means "only that which has been separated can actually be joined". And so, we enter into this polarity of actually seeing the inner polarity of male and female in their separateness, in their wholeness, in their honoring at each other in order to eventually come into complete wholeness in hieros gamos.

So as we begin, I want you to breathe deeply and to really feel the channel of perception that you are in right now, to be aware if you're feeling mainly kinesthetic or auditory or whatever channel. Visual, if you are more visual, then you can keep your eyes open and do an open-eyed meditation with a flower, or if you're wanting to be inward, then do it from an inward point of view and then you'll see what channel or perception comes to be most out in the forefront for you to utilize on this journey as everyone senses their fields or sees differently, so let's begin always by breathing.

I ask you to begin visualizing a most opulent garden, a setting within the temple grounds. If you do not see on the inner planes, then sense, feel, or imagine these exquisite grounds. Notice the colors, the flowers, the textures, the patterns in the garden, the smells in the air, how the light plays on the trees, the sun's position, the walkways, the statues, the birds you hear, the animals you see. Perceive everything in as vivid a detail as you're able to whether you're sensing it, feeling it, or seeing it. Just bring it into as vivid as a detail as you can, whether you're just feeling it. Allow whatever time for this sacred garden to create itself on the inner planes.

As you come around the corner in the garden, you are stunned to see the idealized woman of your dreams, the anima figure. She is unable to see you due to a hedge that you're behind, so you have infinite time to observe her every move. She is your inner female, your anima. Visualize her in minute detail. Use all your senses to perceive what color is her skin, her hair, her eyes. How does she move? What color is she wearing? What's the scent that passes by your nose as you sense her? What does her energy feel like or remind you of? What does her presence communicate?

[0:15:03]

Notice and pay particular attention to what you feel attracted to in this anima position, this anima archetype. Notice all the attitudes and qualities that she carries that appeals to you. See her walking in all her beauty and warmth and grace. Pay attention now. Create this figure of this archetype on the inner planes to work with and bringing alchemical balance to your being.

Now, as she sits on a marble alcove bench to meditate, you observe the idealized man of your dreams, a totally attractive male coming across the garden. This is your inner male polarity, the archetype of your animus. Visualize, feel, sense in minute detail. Use all your senses to perceive again what color hair, skin, eyes. What color is he wearing? What is the scent you smell? What does his energy remind you of? What does his presence communicate?

Notice and pay attention to what you feel so attracted to in this being. Notice what attitudes or qualities he's carrying that appeal to you. Now, see him walking toward the alcove with all his masculine energy and beauty. Take all the time you need for this exploration. When he reaches the alcove, have him sit down with your feminine anima figure. Allow them to converse, to say whatever they wish or feel or look at each other, whatever it is that they do naturally without your thinking about it or rehearsing it. Allow whatever transaction occurs to happen.

Notice what you're surprised by in this transaction between your inner male and your inner female. What do they have to show you right now about where you are in the continuum of male-female balancing within you? What can you learn about that by watching these figures in this moment? It will come back to this, that in this initial meditation, I just wanted you to have a direct experience of the anima-animus figures that mostly live in the subconscious realms in our being have not been brought fully to conscious awareness, that describe and maintain many of our behavior patterns unwittingly because of the way you hold those archetypes within and how you see them, what qualities they have and whether they feel worthy or unworthy, lovable or unlovable.

[0:20:03]

All the things that you would ascribe to these two positions are outpicturing in your world in ways that you're not conscious of. And so, this is the beginning exploration for many of you that may be a very elementary version of that. You may already be deeply immersed in working with the anima-animus figures in that taste, then you'll move on in this and really sort out those places in yourself that are still being moved unconsciously by these inner archetypes of male and female, which were mostly set into place when we're young children modeling after male and female archetypes in our own family constellation.

So they're definitely ready for review for you to look at truly where these figures are coming from and what their attributes are. How you hold them and how you see them is how it outpictures in your world mostly unconsciously.

Basically, the meditation we began with is an example of using the power of archetype and alchemy to transform vibrationally through grace because when you're in the inner realms in a coherent electromagnetic field, in this alchemical field, you have the potential to transmute any of those things that you wish to see differently, feel differently, know differently on the inner planes because of the alchemical nature of being in this field, a vibrational field whose intention is transmutation.

And so, it's a cultivatable field for you personally, not just when you're on these calls, but as you develop yourself to cultivate these inner fields within you that are archetypal and alchemical fields that are lightning speed. The reason alchemy and archetypes are called the lightning path together becomes very obvious when you start working in depth with them because there is rapid transformation and what most people call transmutation that's so fast.

And so, cultivating this field is why we spend so much time in the first session on resonance and establishing vibrational resonance in emptiness so that we can cultivate and hold the frequency in emptiness where it invites archetype. It invites alchemy to transmute us in our emptiness. There's really no other preparation that will hold the field for that to be the case except for emptiness, so it is the seminal practice.

To deepen with this path, I would like to give you a clear definition of what I'm using, the words "archetype" or "alchemy", so that we're starting on the same page. I'd like you to listen with the viscera rather than with your mind always, and using the Tibetan bowl as you hear it as the signal for you to listen with the viscera and listen with full presence instead of with your mind only, to listen in that way.

Breathe deeply and listen from your belly and heart. Jung was one of the first beings to use the word "archetype" and he defined archetypes as form constant that exist in and define a field that is beyond time, space, or the individual. It is a definite field of consciousness that transcends time, space, and individual. That in itself is a key to how archetypes operate. Archetypes can be thought of as radiant patterns of color, light, and sound out of which the material world coalesce us.

[0:25:08]

Archetypes can be looked at as large mythic containers of consciousness that are the structural energetic behind the manifested form in physical reality. Forms such as sacred geometry are examples of such archetypes that literally are the form behind the form in physical reality. They are the form constants that Jung spoke of that are the energetic matrix that is behind the physical form and manifestation.

Archetypes provide a pattern of consciousness, a blueprint for spiritual evolution. Archetypes you may be familiar with through systems like the tarot, to be like the fool or the king, the empress, the priestess, or the Mayan archetypes, the Runic or Jungian archetypes. We will, in our work, mostly be working with the 13 feminine archetypes from the 13 Moon Oracle system because we're deepening with feminine archetypes in this work.

Archetypes function to assist us in looking at our lives for much larger and more mythic spiritually expansive perspective than our ego day-to-day view of self. Archetypes are perennial themes that reside at the level of the collective mind field universal soul. These themes are representations of our collective soul's yearning, our imagination in our deepest, deepest dreams. Oftentimes, archetypes are manifested in physical beings. Anytime a person is larger than life, we are seeing the enactment of a living archetype.

Archetypes are born of the collective soul, but are enacted by individual souls. Their mythic dramas play out in the daily lives of human beings. Archetypes are life models, images and ideals that guide the direction of your life toward the soul's ultimate destiny.

Every human being is attuned to some particular archetype. Each person is hardwired to enact model archetype characteristics. Our individual archetypes are reflected in our desires and our intentions. If you genuinely and soulfully ask, "What is the purpose of my existence?" and if you listen earnestly in the womb of silence for your soul voice to respond, the archetype will answer.

Really take this in. We are here to embody archetypal energy. We have become inured and feel like our 3D lives that are made to be so paramount and so forward in our awareness, we've been enculturated into this matrix of thought that completely doesn't even look at the possibility that there might be higher forms that would guide our lives in a much more fulfilling and deep level.

And until we start asking the questions of our soul voice, "What is the purpose of my existence?" truly and earnestly from our core, then there is no way to tap into what those archetypes are and what they could mean to us, how anxious they are to assist us and move in our awareness to bring synchronicities and bring incredible miracles into our lives by our awareness that an archetype is in fact interfacing with us in our lives.

I like to look at the experience of archetype backwards by looking at the potential affects of archetypal interface, so how do you know when you're interfacing archetypal energy?

[0:30:05]

How can you be aware of that? One of the ways that we become aware of that, Lawrence Blair says that most eloquently, "You know you're experiencing an archetype when you have an earthquake or a revelation with no apparent cause." Now, really take that in. You know that you're having an experience of an archetype when you have an earthquake or revelation inside with no apparent

cause. Archetypal energy carries a much higher charge than personal energy. It's the difference between a thunderbolt and a static electric spark. Jung said those who speak in the voice of archetypes speak as with a thousand voices.

Oftentimes, people ask me, they say, "Why is your voice so incredibly impactful? When I hear other people doing that at visualizations, I don't have this experience." It isn't about the words. It is that I have chosen to fully embody as a living archetype and be a voice of that archetype. And so, it becomes a frequency transmission that is occurring through and beyond the words that you are hearing.

When you experience and you begin to sense these transformative energies of the archetypes, some people experience an acute expansion or a feeling of energy or heat or electricity pouring in the top of the head, the neck, the back. Everyone is different. You may feel a tingling in your third eye. That's oftentimes a cue to me that I am specifically being interfaced with by an archetype as this tingling starts in my third eye, but everyone is different. You have to get your own awareness system going for how you perceptually take in this information as a signal of archetypal interface.

You may experience a pronounced shift of perception, vision, cognition or feeling. Some people experience what I call cosmic car sickness, which is kind of a feeling of disorientation or suddenly changing reference points or due to rapidly changing vibrational changes as you move into these higher frequencies of the archetypes.

You may get a feeling of catching your breath as a startled or a deep sense of recognition in your heart or solar plexus. Tears start pouring for no, absolutely no reason. Do not be concerned of these acknowledgments of archetypal presence. Just relax and breathe more deeply to open, to receive them. What I have observed over and over with archetypal work is that archetypal energy heals, catalyzes, and transforms at a vibrational level of consciousness that goes far, far beyond what the mind can cognize.

Generally speaking, archetypal energy heals from the etheric body down to the physical rather than from in the therapeutic model, from the ego mind upward. So what could be seen as transmutational effects and dramatic changes in our countenance and frequency in life choices can often be seen and felt almost immediately in these interfaces.

I want you to take three deep breaths to take in that transmission of what just moved through about the nature of archetypes and the nature of the fact so that you are here to step more fully into your full archetypal presence here on earth, to ratchet up your commitment to this modeling, this higher harmonic of truth

that you are, to really seeing through the weave of 3D reality and the spell that the ego mind has cast to make it all seem that it's the only reality there is, which could not be further from the truth.

[0:35:06]

Obviously, hopefully if you did your homework, one of your practices that is so seminal to any work in this feminine model of alchemy was the mirror practice of seeing through, being able to begin to see through the weave of reality, to use the mirror to dissolve what appears to be the coordinates of consciousness that the ego mind keeps us imprisoned in through only saying, "Oh, this is all that is real here." "Oh, the mall is all that is real here." "Oh, I guess I have to do it this way because that's what the culture is telling me." That could not be further from the truth.

And as we move into these higher frequencies of archetypes, we begin to see through the weave of reality and we begin to see that there is so much more, but until we have done this homework of seeing, actually breaking through and seeing through the appearance in the mirror -- and this takes time. Some of you may not have had any progress in one week, and I really encourage you to continue really working with that, with the mirror practice that you have the handout on -- as a seminal means of breaking through into a larger dimensional reality that archetypes and alchemy live in literally into a different realm.

And so, once you have seen through that, once you've used your mirror work to actually see through the weave and go, "Oh, we're not in Kansas anymore. Oh, my God! I think we're in Wonderland," you'll begin to really see through the weave that there's so much more dimensionally available to you that is right within your site, but you don't diffuse your vision enough out of its ordinary coordinates to see it. You just simply don't see it.

There was a wonderful example and I don't remember what movie it is in the state of consciousness, but some movie about seeing Columbus, that the natives couldn't see that there were boats out there because they have not been trained to see boats. They've never seen boats. One day, the shaman saw the big boat with all those people on it and he somehow, by tuning in to that frequency dimensionally, saw the boat, and thus the entire population began to see the boat that Columbus and other people were on.

You see, the curious thing was they couldn't see the boat until someone with vision that could see through the weave saw it, so we are that. We are that. We are the visionaries who can see through the weave of 3D reality, enough to bring in a totally new reality to say, "Yes, that is real. That is there," and that is what the Shift Network is about, shifting our awareness in such a way that we begin to

see the higher harmonic of truth that has always been here as we have just not seen through the weave to see it.

As the Christ said, the Kingdom is all around you. You just don't see it. That is the truth of our perceptual reality, and working with archetypes and alchemy will assist you in seeing through the weave to see that there is another reality that exists completely extent here and now. It's not flying off blue yonder to some other dimension. That dimension exists here and now and it's a matter of tapping into it. Archetypes and alchemy are the most expedient and delightful way to do that.

So I highly recommend that you, coming back to the mirror work that you start to see through the weave and to start working with archetypes to open up the realm of possibility for what you can do in terms of shifting and seeing what's actually here. You'll have practices to work on this week to help you to do more of that, but just to make a real commitment to that possibility.

After that divine rant, I'm going to -- you'll never know what's going to move through me. That's the wonderful thing about these things, is being able to be an open -- what can I say -- conduit for these things.

[0:40:10]

Alchemy at the simplest level is simply the raising of vibrational frequency. Most people think alchemy is completely arcane and complex and pointless and "Why should I bother?" but it's actually extremely simple just like all profound truths are.

At first, there must be a crucible or a container in which the alchemical reaction occurs; you're that. You're the container in which the alchemy occurs. Secondly, there must be an element such as a pattern or a belief or a thought resistant to love or whatever, but as you bring that into pure awareness, you are alchemically transforming it whether you call it the shadow wound, or in alchemy, it's called the "nigredo". It's being transmuted, but that's the element. You bring that element, whatever it is, into the alchemical container, which you are right now, and the larger patterning that we're in on this setting is a larger container for that transmutation to occur in.

Finally, number three is there needs to be energy added as fuel for the alchemical reaction to take place and a circle of committed beings such as we are here that are committed to this higher harmonic of truth and not just remaining in our ego minds and getting our questions answered, but truly entering into a mystery school principle of entering into this alchemical crucible of transmutation together. That adds the energy needed to fuel the alchemical

reaction, so it's both self-generated and archetypally generated awareness for the purposes of soul evolution.

So as we work with alchemy, we need a container, we need the pattern that needs to be transformed, that's calling to be transmuted and loved in the wholeness, and we need the energy to fuel the alchemical reaction that both happens on a personal level when you're working with alchemy personally or when we're in these circles. It is exponentially potentiated because if we're all willing to remain in empty presence and hold space for transformation to occur, then all sorts of "miracles" can happen in a very short period of time because literally, what we're doing is utilizing that field of the energy to fuel this transformation, and that is a very powerful gift that we're offering each other.

So let's breathe into that and to know that we're raising our frequency just by being together here in this alchemical field, that that's the most important thing for us to notice right now. In this moment, you being the container, I would like you to put one pattern or belief or shadow or wounding that you are truly, truly willing to transmute, and this is a key thing because most of us say we are, but living without that pattern is something you're just brilliantly and not willing to do. You're just not willing to because you're afraid to live without it or whatever you tell yourself, so be really truthful. Are you willing?

If you are, but only if you are willing, to put that wounding or that shadow patterning, that nigredo as they call it in alchemy, into this alchemical container that we are as a totality and to this crucible. Put it in now. Take your time, select what it is, and I'll be silent and we'll all be holding space and emptiness for you to put that into our alchemical cauldron.

See that dissolving in the golden light of this alchemical crucible. See the power of our unified intension that as it is wisdom for you in the highest alignment with your essence, to allow this pattern in its own way to dissolve in this field in the highest service to you as a soul.

[0:45:10]

Allow it to dissipate. Just put the pattern in and watch, feel, or sense the alchemical transmutation occurring. Really bring your full consciousness of what it is, where you're feeling archetypal interface, whether it was feeling it in your heart or feeling a tingling in your hands or feeling a wavy gravity feeling across the top of your head or whatever ways that your body was perceiving and whatever channel or way that it is perceiving it. Bring that channel to bear on this dissolution process.

In other words, amplify it. Amplify this dissolution with your vibration right now that's coming through that channel of you in your body. Send it to this pool. Send it to this pool, this golden pool in the center that is the transmutational crucible, that this nigredo, this wound, is going into. Add your own amplified archetypal energy, and you don't have to understand what that is, just wherever your body collected it. Send some of that juice to the center of this field.

For me, it's my third eye, so I'm beaming right now into this field of strong purple frequency into the center of this gold light. You see what comes for you right now, what you're sending to this transmutational process as an alchemical gift to this field. And when you feel it is truly dissolved really in now just a part of the molecules of this golden light, whatever the pattern was, thank it and bless it because no pattern is willing to go anywhere until you have blessed its existence because you created it.

So it's enough just to say, "Thank you. I appreciate whatever you were, whatever your lesson was, whatever you gifted me with. I thank you for it. And now, I dissolve you in love." That's all this pool is. It's a pool of alchemical light that is love, but be sure to thank the pattern on the way out.

As we now could continue in this thing to begin to really step into the archetype of this male-female inner polarity balance, I would like you to really ask yourself what it is that is needing more balance. For example, if you were to have a ruler or an instrument of some sort that had one at the bottom being female and ten at the top being male, where would the pointer on this increment be? Would it be down closer to purely female? Would it be up closer to purely male? Ask your soul voice to reveal to you right now not what you think about your female-male balance, but what it actually is. Just visualize that continuum, whatever you want to call it, and see where the pointer ends up. Just notice.

For me, it's around seven up towards the male. I always am trying to get it to come down into the female because I think I've incarnated in a female body because I have such male consciousness, such incisive consciousness, so notice where yours is, surprisingly for some, but really ask the soul voice to show you what is true, not what you think is true. Let's give that a moment of silence so you can see that on the continuum.

[0:50:08]

And then I want to give you a direct experience of how to answer that question. I want you to shut your right eye and just really put your hand over it or whatever you need to do to completely close your right eye, and to look and sense and feel out of your left eye for about a minute. I'm just going to give you a moment here. Look at the room, see what you're aware of, notice how you perceive

through just your left eye. And then cover your left eye and observe what you find looking out just the right eye. What are you aware of? How are you perceptually different looking out just your right eye than your left eye?

Most people have never even tried to do this, but if you'll sit with this as a practice, you'll recognize that there is vast perceptual difference here, and it shows you a great deal about how you were presently receiving or perceiving reality mainly through a male or mainly through a female lens. Which one is clearer? Which one is atrophied? Which one is more vibrant and alive?

The left brain or right eye processes information linearly, rationally, conceptually, actively. It analyzes and takes unity apart basically. The right brain or left eye processes a female way of receptive, intuitive, feeling, non-causal, nonlinear sensate. The right brain coheres and connects, seeing all parts of the gestalt as a whole. It doesn't take much to see the handicap of singularly holding either position solely.

The corpus callosum in the brain is the unifying position that with awareness, fires information back and forth for a look from vastly different points of view. Doing the work of the inner marriage of the hieros gamos assist in activating the corpus callosum of higher consciousness, which sees unity with the whole while perceiving the dazzling diversity of all its parts.

Freedom is not found in an either/or position. In the feminine, if something is true spiritually, it's a paradox. It is both and rather than either/or, and really take that in. That is an important distinction that we're working with here of both perceiving with dazzling diversity of the part and perceiving wholeness and unity at the same time. It's a paradox. Dolphins and whales have complete full brain functioning where information is flowing back and forth between the right and the left hemispheres of the brain, so they have full brain access. We are now evolving into that and some people actually have that.

I was sent a video link to a young woman pianist who sleeps with her eyes awake as dolphins do. Her eyes are open, but she is asleep. It's like being asleep but not being asleep. She's like continuously awake like dolphins are continuously awake. They have their eyes open, but they are asleep for periods of time. It's a transmutation that's occurring collectively on our planet as we gain full brain functioning of the animus and the anima, the male and female, the hieros gamos truly being fully enacted within us. This corpus callosum will no longer be needed. We will have full brain access.

So to begin that alchemical dissolution and moving fluidly between these two brains, you can easily be doing these exercises with the eyes and integrating the two positions, or just imagining the flow between your two brains, right and left

brain, being fluid and easily transmuting to whole brain functioning. It's as simple as that alchemically speaking of your fully intending it with full conscious awareness and really being aware of what begins to shift as you have whole brain functioning.

[0:55:03]

We begin on our journey as truly into the journey of our becoming this one being, this being who is married to itself. I'd like to take us on a journey there as I feel like it is an incredibly important part of our journey for many, many, many reasons, but right now, I'm also aware of time and also aware of I wish we had three hours, and also aware of wanting to get you into your archetypal -- the things, the archetypal quiz that I had sent out in advance and so forth. See which archetype you most resonate with and so forth. We'll see if we can get to that toward the end. I'm certainly hoping so, but I do feel that this is a worthy use of our time alchemically and archetypally speaking, so I'm going to begin our journey.

If you want to breathe into this journey of the hieros gamos, of the male and female balance within, begin by breathing into your heart temple and really feel that there is a temple in your heart, truly a sacred space that exist there, that is a temple space that you can always retreat to and find sanctuary in. And in your dream temple, begin creating a dream body, an imaginal body with which to enter into the singularity of light that exists in your heart. There's a tiny point of light that is the entry-exit point that when you die, the soul leaves through and you lose something like 13 ounces when there's no explanation for it. It is leaving. The soul is leaving through that tiny singularity of light within the heart.

Find that light with your dream body and you'll find that it moves you into a vast universe that lives within the heart itself. It's a mystery that though you are going through this point of light into the universe, it all exists within you. As you move into this universe, you find yourself in your dream body entering a thick forest, smelling and feeling the earth as you walk on it, the scent of pine trees filling your nostrils. Your journey very deeply further into the forest leads you to an astonishing view of two unicorns that are guarding the entrance to a sacred growth of 13 trees.

As you move closer, wishing that you could enter, they snort and stand protectively, clearly telepathically asking you for a symbol or image, a mudra or something for you to enter, to show your preparation to be able to enter this sacred place, what do you offer them and what do they offer you in return. And as you navigate this mystical gateway with your innate love and innocence and emptiness, you notice that the forest is becoming electrified with energy like the ground having been united with his lover lightning. You recognize that you are in

fact in a zone of magnified power, so you breathe and empty even further to receive its gifting, moving reverently and intentionally.

[1:00:05]

You breathe and move into the sacred growth of trees that you find opening like a gateway into a mysterious, hallucinogenically vibrant green forest, pristine, crystalline beauty such as you may never have seen before. It feels utterly otherworldly as you vibrate with this unfamiliar frequency. As you do, you feel into it within the forest a large earth altar. As you walk toward it, you notice what symbolic guidance is found on the altar that was put there just for you that can assist you and alchemically releasing whatever you no longer need. Notice what that symbol is.

With a sudden ruffling, you see a doe and a stag at the edge of the forest forming a sacred entryway into an even further mystery. You are in awe. And as you stand in breathless wonder, you find that you're in full communion with the doe and the stag. You magically begin seeing this sacred space through their eyes, guardians of the sacred fountain of union at the center of the Sacred Garden of Alchemystica, guardians of the alchemical refinement of the fountain wherein salutio, alchemical dissolution, can be accessed, wherein that which appeared to be solid is made to be holographically liquid so that divine archetypal process can fully incarnate in you.

This is the place in frequency of purification and preparation for the hieros gamos, for the sacred marriage that takes place in this Kingdom of Alchemystica wherein you now recognize that if it is on highest wisdom for you, you find that you are drinking from this sacred fountain of union, recognizing this sacred opportunity to alchemically clear the density and gravity of fear, the lack of love that keeps your frequency down. Drink from this fountain as you are in alignment in this moment, clearing any density or gravity of fear and the lack of love that keeps your frequency down.

You don't even have to know what that is in this moment. Just intention it. Notice now whatever is dense and fearful, not self-loving, and take this opportunity to release fully into these holy waters of the fountain of union in this sacred garden, washing away indeed sacred waters of salutio, whatever you wish to offer up and release in full conscious awareness that you no longer need in your journey as a soul.

When that is complete, allow the waters to alchemically offer you release of what appears to keep you out of balance in the male-female aspects that live within you. Drink that water in this potential moment of alchemical rebalancing of male and female.

[1:05:12]

In this moment, as you drink from the fountain, you begin to notice, feel, sense that from your crown down, your right side is turning brilliant gold like an hourglass filling up with the tinkling sound of forest full of fairies laughing. Feel this scintillating gold energy pouring down, down, down from your crown on the right side of your being, pouring down through your head, neck, and shoulders, cascading like water, liquid light going down.

All of your right side, all the way down, clear down to your toes and feeling the scintillation of that gold light in your right side, only to find that as the hourglass has turned the opposite way, you feel coming up from the earth the rich, green, mossy streambed green, your left side slowly turning this emerald green, moving from your feet upwards, cell to cell, muscle to bone, feeling the deep cleansing and nurturing, loving energy moving up your left side, moving all the way up to the top of your head, taking all the time you need to feel that energy moving up in timelessness to completely fill your left side with this rich emerald green frequency.

And as golden green now fill both right and left sides, lucidly green and gold begin diffusing, demolecularizing by merging molecule by molecule like wax crayons melting in the alchemical heat of the sun, green and gold, gold and green merging in every cell of your body, making the alchemical marriage of the frequency of gold and green, male and female, hieros gamos in yourselves, selves creating themselves anew in male-female, balanced androgyny on the DNA staircase of gold.

Feel that merger happening molecule by molecule in yourselves, growing in the embrace of expanded consciousness, cosmic consciousness. Feel the alchemical union of green and gold moving you into this higher harmonic of balanced awareness that is neither and both, this patterning signaling the awakening of three holographic hearts and three rainbow snakes to slowly form in your heart, three holographic hearts and three rainbow snakes forming in your heart. Feel those three hearts and three snakes forming now, pulsing lovingly with the power of their immense alchemical frequency gift.

Feel this merger, this symbol bringing to you this alchemical merger of male and female, and hear your very selves singing these words of hieros gamos. I am neither male nor female. I am neither left nor right. I am that I am beyond day and night. I am the mystery of the triple flame. I am the snake with wings. I am the moon that burns and I am the sun as she sings. I am the heart that reveals a star. I am, we are, collective avatar.

[1:10:01]

Allow that to just totally saturate your being like dye going into silk. If you are desiring to take this vow of balance at this time, this vow of hieros gamos, of the inner marriage, then say these words with me in celebration of the gnosis of this direct apprehension. I am neither male nor female. I am neither left nor right. I am that I am beyond day and night. I am the mystery of the triple flame. I am the snake with wings. I am the moon that burns. I am the sun as she sings. I am the heart that reveals a star. I am, we are, collective avatar.

As we will say it one more time together for the collective one, for any being on this plane that wishes to step into this alchemical field and take this vow of hieros gamos, of the balance of male and female for the collective planetary news field, to say it again. I am neither male nor female. I am neither left nor right. I am that I am beyond day or night. I am the mystery of the triple flame. I am the snake with wings. I am the moon that burns and I am the sun as she sings. I am the heart that reveals a star. I am, we are, collective avatar.

And if you're desiring to take this vow of balance at this time, this inner marriage, you will see with direct apprehension of the Alchemystery gold fire igniting on the waters of the sacred spring, the fountain of union like a supernova of consciousness detonating from the center of the star in your heart from the inside out. Feel that ecstatic explosion of union in your heart because it is time. It is time. It is time golden solar androgyne.

Now, you are the sacred shrine on which innocents unify the holy triune of maiden, green man, and benedicta viriditas entwined, now transformed from "me" and "you" into "the" and "thy"; thine, I, thou, you; you, thou, I; I, thou, you; you, thou, I; singer of the mystery, celebrant of the goddess, inebriant of the god. Feel this process of union occurring within you on all levels. Integrate these archetypal, alchemical energies by allowing them to do their work of transformation as a gift of grace.

There's so much material that I could give you here. What I'm feeling really drawn to right now is to open the lines of communication for you to speak.

[1:15:06]

Quintessentially, I might add, I really want you to speak from the place and the voice, the soul voice of archetype, the soul voice of essence encounter from the place of emptiness of your experience with this ceremony of hieros gamos, the sacred marriage within. If there's something that arises from the womb of silence, if there's something that arises from essence that wishes to be spoken, to speak it.

We'll just open slowly, not moving quickly back in any kind of hurry, just seeing if there's anything that anyone wishes to share about their journey, and taking this vow of hieros gamos. Oftentimes, people are so not able to speak after these things that that just may not be an option right now, and that's okay, too.

Lindsay: If you would like to speak and you're on the Maestro line, press 1 on your phone keypad. Those of you who are listening over the webcast, you can type your comments into the chat box provided. We do have some hands going up. We'll start with [Participant]. Go ahead, [Participant].

Participant: Oh, Ariel. Wow! I feel like I've been standing at the edge of this understanding for a very long time. I'm so grateful to be sort of broken open and put back together again by this celebration that we just did. It just feels so empowering to me.

Ariel: I'm joyful to hear that, beloved sister. We hope that this will continue to vibrate and deepen within you. You can come back to this and listen to it as often as you wish to really remind yourself of the power of archetype and alchemy, and truly the power of your being to step in at this level and really start off from this level of archetype rather than from ego personality. That's what all this is about, so thank you for sharing that.

Participant: Thank you. Thank you so much.

Lindsay: [Participant], go ahead.

Participant: Oh, boy! Ariel, thank you. I have never felt so complete and cohesive in my life. I was born a girl like a fairy in joy and light and lightness. She was hurt and I devoted most of my life to then being masculine until I was about 35 and -- well, I have opened up to my feminine and then I murdered my masculine, meaning it's bad. I didn't realize until now how I've been really looking for him in other people.

Ariel: Good catch! This is how we project our animus out on to the world and start looking for that lost part of ourselves out in the world and have relationships that don't work because it's really ourselves we're looking for, so thank you for that awareness.

Participant: I was a little scared to do this ceremony with you because I was scared to invite him back and then be like neutering or maybe I'd be killing my feminine, but it didn't happen. They really beautifully joined and I feel cohesive. Thank you.

[1:20:08]

Ariel: Oh, I'm so joyful to hear this. I'm so joyful to hear this. Thank you so much for integrating and taking it in at such a deep vibrational level, sweetheart, much love to you. Thank you for sharing this journey.

Lindsay: Those are all the hands that have gone up.

Ariel: That's wonderful because there's so much --

Lindsay: We do happen to have -- we actually have a couple now go up. [Participant], you have the mike. [Participant], we can't hear you, so you might be muted on your line. Okay, sorry.

We're going to go to [Participant]. You're live on the call.

Participant: Hi! Can you hear me all right?

Ariel: Yes.

Participant: Okay. All right. Ariel, I just want to profoundly thank you for facilitating this incredible journey that gave me an opportunity to experience something internally that I've experienced in ways that I've always offered outwardly and I've always enacted in service to others and to the world in a more sort of bodhisattva way, taking stance for the earth and for the world.

Today, I had this profound shift where I experienced this vast beauty and this vast grace interior of me and was so moved by it. I was able to envision very deeply for myself that I can receive for me very deeply as well.

Ariel: That's joyful news to me. That means you're integrating that you can truly receive for the self. Thank you. Thank you for your willingness and thank you for the depth of your feeling. I really appreciate that and your vulnerability. Thank you for sharing your heart.

Lindsay: [Participant], you're live on the call.

Participant: I just feel like I have roots growing out of my hands and branches going out of my feet, and everywhere there is something reaching out and growing into both the soil and the heavens, and I don't know which is up or down.

Ariel: That's good. That means you're integrating both and the paradoxes of all of it. That's great. Thank you for sharing. I appreciate that point of view.

Lindsay: And we'll try [Participant] again. Are you there, [Participant]? Okay.

Participant: Can you hear me?

Ariel: Sure we can, yes.

Participant: Oh, awesome! Well, I wanted to thank you for the wonderful meditation. My experience has been that I realized that my male and my female were pretty much balanced. There's a little bit on the male side, but they both were young. My female was very shy and unready. It was very childlike and afraid. And so, my male was protecting it. And so, my male is now exhausted and my female realized that it's ready to mature into a woman and it's ready to -- so the male says "I will protect you" and the female says "I will save you." I realized that a transformation is about to take place.

Ariel: Oh! I so celebrate that, that you really caught that and you saw how you've been outpicturing that in the world. Now that you're really taking this back in and saying, "Whoa, this has been moving my movie here" with male and female interactions, you'll see that as she's willing to grow up and as she's willing to advocate that overprotectiveness, all these things will rebalance and you'll find yourself interested and attracted to very different people, so thank you.

Participant: Exactly.

Ariel: Thank you for doing the work. I deeply appreciate your willingness to go to that depth.

Participant: May I say one more thing?

Ariel: Um-hum.

[1:25:02]

Participant: I just wanted to say when you were saying about the fountain in the garden, for me, it was a gigantic lake that I ran into and in between -- like my shape remained, but it got dissolved. And so, basically it was a major clearing. And the thing that I was ready to let go of is anxiety and fear, and I think I'm ready to embrace a complete trust.

Ariel: Well, that is really good news for me, let me tell you, because that's what it takes, is complete trust of your journey, of your divine self, of this process of integration. It really takes trust, so I'm glad you're willing to really step in there and own that. Thank you. Thank you for that.

Lindsay: [Participant], you're live on the call.

Ariel: Again, that will have to be our last one for now. Thank you. I'm ready.

Lindsay: [Participant], are you there?

Participant: Well, I'm here, but I did not push the button.

Ariel: I guess let's see what your divine self have in mind. Let's just drop into silence in your belly and see what your divine self have in mind. Let's really be quiet here and drop into silence and see what's really going on here, any pictures or images arise as to what this interface really meant to be since it was divinely orchestrated.

Are any images coming, beloved?

Participant: Well, I'm just seeing threes across my telephone.

Ariel: Seeing what? What are you seeing?

Participant: Threes.

Ariel: Threes?

Participant: The number three, yeah, three, three, three. Three is my favorite number, and there are threes across my phone.

Ariel: Meditate with that because that is a number incredibly sacred to the goddess, and three, three, three, making nine. Nine is the prime number of the goddess and it's made of three threes.

Participant: And threes and nines are my numbers. I was born at 333 North Palm Street. I had threes all my life. Anyway, I'm connected kinesthetically, energetically to the world. I'm very intuitive and I've had interfaces with electrical things like this and I can't explain it.

Ariel: I understand and that's fabulous. Welcome to the mystery.

Participant: Exactly.

Ariel: Yeah. That's the wonderful thing. As we do radar frequency alchemically, these things start happening more and more often where there's electrical interface. There are all sorts of things that happen, so you just get used to it and just say, "Oh, there you are, Mother. Thank you."

Participant: Yeah. Thank you.

Ariel: Thank you, sweetheart. Thanks for sharing. I would just like to really encourage everyone to participate in the email forum area with each other because I would assume that one of the most important aspects of this work is to be able to connect with other like-hearted beings around the planet that are on the same page looking at things through this lens of feminine alchemy. And so, we have these two beautiful priestesses, Anna and Vivienne, who are answering questions as they come up and working with people with the images that arise in their dreams or whatever.

I'm unfortunately going to teach in Canada for the week, so I won't be able to interface this week, but they are, and they're very, very competent priestesses and very skilled in their skill bases with this work, with the 13 Moon Mystery School work, so enjoy the forum with each other.

[1:30:03]

I don't know whether you are, but I hope you do, and I sincerely hope that you're really taking the deep dive and doing the practices.

I'd like to hear from one person that did the mirror practice and what your experience was. I just can't encourage you enough to do the mirror practice continuously through this entire cycle of seven weeks and beyond, but did anyone do that that would like to speak of their experience? No hands up, Lindsay?

Lindsay: Yes, we do. [Participant], go ahead.

Participant: Oh, did you say [Participant] or [Participant]?

Lindsay: [Participant].

Participant: Okay, great! I'm so glad to have an opportunity because it was a wonderful and weird experience. Sometimes, when I would connect with other people, their faces would morph and it would be okay with me, but watching my own face in the mirror and seeing some of my features disappear and then begin to shift into -- and this is judgment because it is. They look strange to me. I got so nervous and contracted that I would keep on coming out of the centered presence. I wanted so much to go deeper and stay with it and I couldn't hold it.

Ariel: That's an important awareness for us to show everyone because everyone will come up against such resistance like it's just too weird, can't control this, and it's just weird and the images are weird. It's a gateway. It's like the guardian at the

gate and you have to be willing to go past that resistance and go into that where you literally see through the weave and you see that you're just nothing but light, but it takes going through that gateway, and maybe you're not ready to go through that gateway yet. It's okay. Do it if it feels right. If it doesn't, don't. I mean, this is something we all have to learn in our self authority.

People can give you practices, but if it doesn't resonate in full truth with you, don't do it. I really have to say that clearly here that any of these things, it's just if it feels right to you, and it may just not be the right timing for you. You may try it another time and have a total breakthrough. Nothing is being expected here. There's no right or wrong about it. It's just when you're ready, you'll do it and it'll be great, but you don't need to do it right now. If you don't want to go through the resistance, that's okay.

Participant: Well, I'd love to open to the -- each time I do it, I just encourage myself to sit longer and to explore and just really feel within where the fear is coming up because my sense is there's such vastness and freedom on the other side and I want to see that person.

Ariel: Yes, okay. Well, keep going then because you will. That's what I want to encourage you with. Thank you. I do want to respond to [Participant], too, if you're still there, [Participant].

Participant: Hello!

Ariel: [Participant].

Participant: Can you hear me?

Ariel: Yes, indeed.

Participant: Well, I was doing the mirror practices this week, but not as long as my "linear mind thought I should" because I've been doing it and just noticing that I would suddenly walk away from the mirror, and being also gentle with myself in terms of noticing how I want to be hard on myself, et cetera, but then I'm really interested to continue the practice and see what's there. And then last night, I have this dream where I was with my mother and she and I had a lot of contention over the years. She started speaking like all the charge that's there for her.

In my dream, I went into empty presence like it was home and I just sat there and allowed her to speak and witnessed her in a way that I have not ever been able to do in waking life. It was like the most exciting, precious moment. I woke up going, "You know what? I am doing it. It is happening."

Ariel: You're doing it in dream time. That's great.

Participant: Yeah, and I just -- the access to hold space that came through the dream time was really new. It's just great to be here with you all.

[1:35:06]

Ariel: Well, thank you so much. It's a delight to be here with you, [Participant], and I really appreciate your sharing that because that's a very important feature that you may think nothing is happening, but things are happening energetically and it will show up in your dreams. It will show up in other ways, so you know that you are really progressing with this practice, so thank you for sharing that and my blessings.

I wanted to complete really by saying that as usual, I have enough material for at least 20 lifetimes whenever I do anything, and I always think time can be stretched out, but I've lost my time stretcher and it's a bummer. Anyway, we're looking at two things. One, I want you to look -- you're supposed to have gotten or will get tomorrow morning, I'm not sure which, the archetypal resonance quiz from the 13 Moon Oracle for you to determine what feminine archetype you are most aligned with.

Can one person raise their hand and just say yes or no, you have received that already? I think you were supposed to receive it in an email today. Can you catch that one, Lindsay?

Lindsay: We have some hands going up. Do you want to talk to one of them?

Ariel: Yeah, just to say "yes" or "no". Let's just go with [Participant]. [Participant]?

Participant: Hi! Yeah. I didn't receive an email, but I see it on the course site, the website.

Ariel: Great! Okay. Thank you. So what I'm looking for is this week for you to really take time to do the handouts. I've really carefully handpicked things to really support and embellish your experience in this work, so in this case, the archetypal resonance quiz and how to determine my primary archetype, what are archetypes, what is alchemy. Those are all things that really will fill in a lot of the more mind food kinds of things that I'm not getting to at all on the calls that I'm going into hyper warp, and consequently not getting to those things, so I'm hoping that you'll definitely read the handouts that are coming because they're very supportive of really rocking this information at the very deep level, and to do the practices that are sent out.

She sends those out tomorrow morning, but the practices for this round, and one area that we did not get to touch upon whatsoever was channels of perception, which I believe is going out. Let me see in this one. Yes, it went out in this one. That in itself is a whole -- that would be a whole hour right there and I had a short thing to offer on it tonight, but that's not happening. So I encourage you to really look at what your primary channel of perception is and what your most clogged channel of perception is, what the one is the least used.

For me, kinesthetic is the least used and auditory is the most used. When you know this, you begin to be able to really support yourself in your gifts and also bring some of the other senses up to be more of multidimensional receptors that they actually are rather than just senses, so please look into that more deeply. I hope you do take time to really look into that more. I'm happy to just give you a small piece of it right now if you'd like, just what I was going to share, and then you can do more of your own practice with it as we get going here with this piece of paper that you'll get.

Just in general, I'll just sort of try and move into it in a really abbreviated way, and that is that I have a friend, for example, that can tell you when someone's coming. He'll go, "So and so is coming over," and five minutes later, he's there. It's so incredible. If I hadn't witnessed it myself, I would say, "Really?" What I'm telling you the story for is that the senses are really designed to be multidimensional receptors. They're not just sensory apparatus. The more we can really drop into the power of our senses and what they're actually delivering us in the way of information and awareness, the better. The feminine path really shows us that the senses are designed for us to evolve through the senses rather than in abnegation of them.

[1:40:03]

In a more male model, it's like turn off all the senses and tune out from the senses and be still and go inward, and that is the path and it does work. In the feminine, it's about exalting the senses in their true nature and experiencing each sense's discreet view of wisdom. In the slowing down process of taking in sensory data such as to track a scent absolutely that you're smelling, or a sound or a taste into its expanded field of resonance and remembrance that makes it multidimensional.

I'm sure you've all had the experience of smelling something and going, "Where did I smell this before?" You smell it more deeply and you go, "Oh my God, my mother used to make cinnamon bread when I was a kid and I loved that and I felt so nurtured." Now, I don't have to wonder when I'm looking at a cinnamon roll what's going on. In other words, you will start to tune in to all of these sensory apparatus as a tool for remembrance and a tool to enter into multidimensional

awareness as you track the scent or the sound or the taste, whatever, to its absolutely expanded field of resonance.

And so, this week, there are all kinds of things you can do with it to enliven the senses, but you will I'm sure discover them in working with them and tuning in to the various channels that are available as you zoom in and zoom out. The eight-channel perception is like the causal body channel, and that is like large pattern recognition, and most people don't touch on that one much in life. It's like sacred geometry and things like that, so I really encourage you to spend some time with that.

To answer the questions that come since we're not really finding time to work on them on the phone, which honestly I don't think is the best use of our time, I'm hoping that you'll find someone on this call in the email forum to really sit one day, make a date and go through these questions and answer from the womb of silence, these questions that are here to assist us in really deepening with the feminine alchemy.

Those will be coming out tomorrow morning and I hope that you -- Lindsay, is that possible for them to pair up with somebody that's already on the email forum?

Lindsay: Yeah. They could just put out a message on the email forum and somebody could answer them and they can exchange emails. Another place you can exchange emails will be within these small breakout groups, so that's another option.

Ariel: Okay, great! Well, normally we don't get to the breakout group, part of reality though, so I'm sincerely hoping that you're going to use the email forum more and really use it. When I'm teaching live 13 Moon Mystery School, we have an ally, each moon that we work through the issues of that particular moon with a priestess ally. And so, I really hope you find someone to ally with in this pattern to really do these questions with and deepen around your experiences that you're having. It really brings it to a whole other level, so I hope you do that. That's enough encouragement for that.

Finally, if you want any more material that I have to support you in besides the things that I'm sending you in terms of the handouts and those kinds of things, I encourage you to go to my website, www.holographicgoddess.com. There are all kinds of support materials there for you, not the least of which is the 13 Moon Oracle from which all these archetypal energies were taken or I should say scribed that we've spoken about today, some of them, whatever else you feel drawn to there, but know that I'm going to be gone for at least a week offline.

I will get to it. If you order something that you want to support you, it will be a while, but it will be coming. I'll mention that again at some point in the journey, but I forgot to mention it on the first go.

My love with all of you, unless there's some absolutely grinding question, I think we're supposed to go -- aren't we, Lindsay, to letting people talk to each other in their breakout groups?

Lindsay: That's exactly right.

Ariel: Okay. So I'll let you do that. If there are any other questions that somebody has, maybe you can type them out and I'll stay on here for a minute to answer them, but we want to give at least ten minutes for you to interface with each other. Is that right?

Lindsay: Okay. Do you want to have people raise their hand and ask questions and then go into breakout groups?

[1:45:03]

Ariel: No. I think what I'm really meaning is I think it's best to just -- since we have such a short time, to just have them go into the breakout groups.

Lindsay: Okay, great! Well, I am going to create breakout groups now. If there's anybody on the line who, for whatever reason, doesn't want to participate or can't participate, I invite you to drop off the line now so we can see how many people we have left. I also want to invite those on the webcast to come and join us.

When you listen on the webcast, you cannot participate in the groups because that's done over the phone. So if you want to be in one of the small groups, and we hope you will, I invite you to call in at this number, 530-216-4292 and the general PIN number is 410428. That information is also within the email that you receive from us.

Ariel: Okay, Lindsay, I'm going to drop off then and say my love is with everyone and thank you for your adroit driving. Thank you, Lindsay.

Lindsay: Thank you. We'll see you next time.

[1:46:14] End of Audio

© 2013 The Shift Network. All rights reserved.