



A letter from Ariel and your Deepening Practices for Week 5:

Dear Beloveds..

What a potent session on the moon and symbols. I am so happy to hear from some of you that you are feeling grateful for your experience in this work. I know that it is ALOT to take in. Please know that you can go to the recordings of these sessions at any time and deepen with any or all of these sessions or listen to the meditations, taking all the time you wish to fully receive the gifts.. but also know that the vibrational frequency transmission DURING the calls is the most important part of the gift of these sessions! Also know that I am available after we finish this course, for private sessions to deepen around anything that you were particularly struck with and wanted to explore more deeply as souls! I send my love and blessings to your journey..

Love Eternal..

ariel

PS: If you resonated with the Priestess Journey, I suggest that you purchase "Guidebook for the Modern Priestess" from my website

<http://www.holographicgoddess.com>

Eventually, I hope you purchase a 13 Moon Oracle or the 13 Moon Oracle: Finding Guidance From Within, to work with Divine Feminine Consciousness evolution in general. If you were piqued by the power of the Mayan Archetypes, consider getting The Mayan Oracle from my website as well!

Practices for the week of Module 5

Practice: Hallowing the Moon

This moon go outside as often as you can remember to, and sit under each phase of the moon, noticing the subtle differences in the energy of each phase , keeping a journal of how you FEEL during each phase of the moon. At the end of the moon see what conclusions you would draw about your experience.

Practice: Symbol Recognition from Soul Voice/Essence

Notice in any given day, if a particular symbol or image arises more than once. Usually if our Essence/soul voice wants to communicate something to us, it will be presented multiple times in the hologram of a single day or week and/or in several forms such as on the radio, on a billboard, in our fortune cookie.. etc. Keep track of what that symbol is and meditate with it for guidance about the intended soul message.

Practice: Honoring Your Moon Blood

During this moon cycle, practice being aware of the language you use to describe your moontime and consider changing language that is denigrating or negative about it to honoring language (especially around the issue of PMS). If it is wisdom for you, investigate using healthy/organic products for honoring your body chalice and your moon blood.

Practice: Using the Creational Compass of the Moon

During this moon, starting right now in the new moon phase, track a clearly held intention utilizing the energies of the different phases of the lunar cycle which were laid out in this session and for which you have a handout to elucidate the process.

Practice: Becoming Aware of the Symbols you are Ingesting

For this week, make note of the kind of images and symbols you are ingesting consciously or unconsciously from media of all kinds from movies, to TV or Facebook, from the news etc. Consider how the outpicturing of your world would be different if you fed the body/psyche a different food such as classical music or only inspiringly positive movies or art. If you want the advanced curriculum, consider taking a complete sabbatical from media for a few days or a week. Notice how the outpicturing of your world and most especially, how your emotional feeling nature changes.

Practice: Working with an Oracle for Divination this week.

Use your favorite Oracle to sharpen your direct perception of truth and your intuition this week by, NOT ASCRIBING ANY PAST OR FIXED MEANINGS TO THE SYMBOLS THAT ARISE IN THE READING. If you have thought of that idea around the oracle card you have received before, empty out and try again to receive something fresh and surprisingly novel from your Essence and Divine Guidance

You can find all of the session 5 handouts on your course homepage under Session 5,

QUESTIONS FOR DEEPENING AS SOULS- Module 5**Questions for Deepening as Souls**

Has there been a repeating, recurring symbol that has shown up in your dreams and/or real time life experience? If so what is it, and what message is it trying to deliver to you?

Do you presently honor your moon time by going inwardly for at least one day of your moon cycle? If not, please make an intention this week to make one change in your life that honors your moon time as sacred.

What quality of metaphors or symbols do you feed yourself through the media that you take in on a daily basis? Really be honest with yourself. Are these symbols and metaphors numbing you out, or inspiring you to health and creation?