

Feminine Alchemy™

“Reclaiming Our Relationship With the Moon as Creational Compass” (Sep 4)

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Lindsay: Hello, everyone, and welcome to this fifth session of Feminine Alchemy: Raising Your Frequency with Divine Feminine Practices with Ariel Spilsbury. Our session today is entitled Reclaiming Our Relationship with the Moon as Creational Compass. This is your host, Lindsay King.

So first, our usual reminders. If you are on MaestroConference and you have a technical question, just press 5 on your phone keypad and someone will assist you.

Those of you listening on the webcast, you can get your questions answered by typing in that window provided and please provide your email address so we can email you back the answer.

Okay, so welcome, Ariel.

Ariel: Welcome to everyone. I want to get on another phone because it sounds to me like this one is not working very well. So just let me know if this is any better. Does that sound any better?

Lindsay: That sounds good. Yeah, the other one sounded okay as well.

Ariel: Okay. All right, well, I'm ready to go now. If you all are ready to go, I'm ready to go. Thank you, Lindsay.

Okay, so where I'd like to start today is to respond to some of the questions that you've been asking of Oyoana and Vivienne in the emails. I really like to ask each of you to feel free to continue to ask questions and we'll respond to them as we're able to.

On the very, very last session I want to leave at least 45 minutes for questions. So please feel free to really formulate those for the final session. So the primary thing it seems is if the questions have revolved around is the mirror work, the mirror exercise.

All I want to say about that is that it isn't for everyone. That if you're really struggling with it then the way as a goddess is the way of grace and ease. If there's a tremendous amount of struggle then I would just say that's not the practice for you.

However, some of the concerns like shape shifting images that you get when you work with this practice that's very common. In fact, it's part of the practice to be able to not be identified with whatever faces come pass through a screen as you're observing the face change.

For some people and apparently for some of you that wrote to her, it's scary. What makes it scary is scary for the ego mind to think that it is not as solid as it thinks it is. In other words that it's something more than you just see in the mirror when you're looking through the ego mind.

So consider that strongly that you don't want to be concerned about that. It's really not frightening in the slightest. It's definitely upsetting to the ego mind because you're working against the identification that the ego mind presently has. So it's no wonder that it seems scary to the ego mind, but there's really nothing scary about it. It's just a process.

Another one is falling asleep during the mirror exercise. Well, any meditational practice you will if you don't remain uber focused will fall asleep. It's not a big deal. You just start again the next time. The mind continuously wants to have a reason to be distracted and not to have to do, not to have to focus.

So if you fall asleep just try another time. It's not a big deal. If your eyes get teary or blurry or tear up, it is hard to remain in focus without blinking very much. When you blink you usually pull back into existential focus, into your normal ego mind focus.

Just know that that will certainly over time not be a big issue. That you'll get past all these issues that the ego mind brings up if you're willing to stick with the process of it.

If you have a specific question, please bring it to the final circle. Secondly, I want to say thank you so very much for the letters of gratitude that you've sent via Oyoana that I'm just delighted that you're getting out of this work what I would so hope that you get.

I'm not responding to things individually, but please know that I receive them and feel your gratitude and certainly send it lovingly back to you. So thank you for those comments that have been coming through her.

Now, let us start. We'll just begin again and set space for our work today. Just begin to breathe deeply. As we know how to do to begin to feel our own heart temple and the flames that is there in our central brazier of our heart temple. Breathing into that, relaxing and letting go of whatever in your day keeps you from being really present here and now.

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Make sure that your phones are turned off and your door is shut with a do not disturb sign and that you can really, really drop in fully to receive the benefits of this work.

Really breathing and fanning that flame with your breath emptying out on the out breath and breathing in, letting go on the out breath. When you're ready feel your center just in your own heart temple.

I ask you to send a ray of light out of your left hand. Whatever color wants to come out of your heart temple this day. Just send that out your left hand and to feel it pulsing in your hand. Feel it going out of your left hand embracing the entire circle in this.

Lindsay: Ariel, this is Lindsay. All of a sudden your volume has dropped off. We're having a little bit of a hard time hearing you now.

Ariel: Okay. Do you want me to try the other phone? Let me try that again. Thank you for monitoring that for us, Lindsay. Is that better?

Lindsay: Yes, that is. Thank you.

Ariel: All right, thank you so very much for that. So we have our holodeck driver on duty and we're so grateful for that.

So we're sending left energy out left hand from the heart. Breathing out and continuing to embrace everyone in this circle imagining a circle of any size of light that you wish, but that the energy is

moving all the way around the circle whatever color you wanted to send and then being received in your right hand signifying that it has gone all the way around to create our alchemical chalice for our work this day.

Open your right hand to really feel the energetic of that completion of the circuit because this is our primary work to come as empty presence into this cauldron today to let go of our day and be empty enough to really feel this current. So now I'll be silent so you can do just that.

As we do that, begin now by breathing consciously and attuning to the ebb and flow of the goddess of tides within your breath. Begin to resonate with the pulse of your heart by feeling your own pulse on your neck or wrist.

Really feel that pulse not as a concept, but as a living reality. Feel the pulse of the goddess of tides, the life tide. Putting your hand on your belly womb area whichever hand feels appropriate for you, feel the heartbeat of the divine mother emanating from your own hand and embracing your own womb, your creational cauldron in unconditional love embrace in that.

Feel your intrinsic resonance with the divine mother in this moment of deep embrace in the void in your womb belly. This is your dream lodge, the place where you can go consciously to dream reality into being. This is the stillness of the creational void.

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Here you are, the conscious dreamer dreaming a new dream into being. Here you have the immense power of creation at your disposal for your use. Enter into this holy temple of "I am not." Enter into the womb of silence. Surrender to this place of emptiness that holds the potential reception of all things.

Enter into the dark of the moon, the no things. Step into this place in the womb of silence. Now, allow a symbol to arise out of the void of your womb space which can inform you about your journey right now.

Really allow an image, a color, a sound, a symbol, something that arises unbidden, not down from the mind, but up from the belly to

arise into your awareness in the silence from the silence. The symbol does not need to make sense to the linear mind. Just allow whatever it is and make note of it.

If nothing seems to arise from the void then just enjoy the peace of entering the womb of silence to rest and renew your spirit. Feel the belly, the womb of silence at this creational dream lodge. Recognize that as women, we have systematically been stripped and sanitized of our innate connection to our monthly moon cycles with words like the "curse" or "sterile." Clinical words like "period" or "menstruation" rather than saying, "I am having my moon time."

This disconnect from our essential nature created a disempowerment of our feminine power as creatress of we have been inculturated to feel that moon blood was dirty and something to be ashamed and embarrassed about.

In the feminine mysteries, moon blood was actually associated with words like "deity, spirit, incomprehensible mystery." As a woman, your body is this sacred chalice of this holy substance of life.

In your moon time cycle you participate in sacramental continuity with the monthly swelling of the moon and your body from a sliver to round fullness to a sickle once again.

The sacred chalice of your body grows full with lunar tides until a seed is ripened or sloughed off. What women have been programmed into forgetting is that a woman's moon time is the time of deepest connection with the divine feminine.

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At that time her tides strongly pull you within to receive transcendent vision and needed renewal. The sensitive receptors of breaths and bellies fully swell to parabolic receptivity to the goddess as blood rite. That by turning inward becomes wisdom for the collective in art, in dream weaving, in new creations.

Our moon cycles are a sacred blood rite, a living enactment of the female mysteries that symbolically represents our connectedness to all of life.

There is a recent story from the indigenous Hopi people where the male elders went into sweat lodge to receive vision and they came out totally surprised saying that they had been divinely guided that they were now to serve women during their moon time. That it was holy time to honor the feminine in themselves through honoring their partners by being in service to them at this time.

Now, I realize this is a tremendous stretch for many of you who have given away these feminine rites. During your moon, genuinely consider allowing yourself to be served. Ask for help. Be receptive. PMS rather than being a nuisance is actually a strong signal from body and soul begging you for an inner rather than outer focus at this time of your moon cycle.

Please consider honoring your moon time by going inward if that is only for one day during your moon cycle to dream or do art or rest or renew or just simply drink tea and listen inwardly.

This single action is one of the most powerful ways to take back your innate feminine power. Strongly, strongly consider this one change in your life of your attitude toward your moon time by taking time to go inward. If you find yourself strongly resisting by saying you just could not do that with your job or with your this or with your that.

Consider that that is the strength of the programming that we have inherited from the patriarchy and that we do have the right to honor ourselves as feminine beings. Things are changing in that regard that it's not considered to be a bummer, but rather a blessing. So please consider that change.

Males striving for this completion with their inner female aspect, their anima do this by going through the sacred wound. That is there's a wound in life and takes many different forms for different people that somehow disarms or un-armors the male, softens the male with the lunar wisdom of vulnerability and openness, reception.

Unfortunately, this is often interpreted by the male's psyche as a need for the bloodletting of war. Held more positively and mythically, it would be more like King Arthur receiving the wound in his thigh that wouldn't heal. That symbolically represented his continued vulnerability to sacred wound that left him open to

change and growth while giving him a way to gain entrance to the symbolic life that a female intuitively leads.

So let me ask you, do you even know what phase the moon is in right now? Just ask yourself. Imagine, when was the last time I looked at the moon? What phase is the moon in? See whether you can answer that.

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We have become so disconnected from the potency of the moon which has the power to move the whole tides on earth. That's power that generally we don't even know what phase of the moon we are in. This disconnection has been purposely disempowering.

I remember a time I was teaching in Tokyo when I didn't see the moon for an entire month. It was clouded over and I felt this incredible loss because I am so tuned in to the phases of the moon and the different power that each holds. I was really in shock about the power of that and began to really clear attention to my connection with the moon.

To assist in reclaiming our natural feminine way of the way we manifest as female, we'd be served in looking at the moon as a navigational compass that is more of an organic alignment with our internal moon cycles that we start developing that more organic alignment with our moon cycle.

By doing that, we learn how the feminine manifest. To have a direct experience of this from the womb of silence we're going to allow a seed of intention to come to clarity that we desire to plant in the fertile field of possibility in the void space of the womb.

To set the pattern for using this creational wheel, we're going to do a very brief run through of this process that actually takes a whole moon cycle to complete as it would be in an entire moon by concretely imagining the different phases of the moon as we go through a whole moon cycle together.

Then since we were auspiciously in the new moon today, those of you who noticed that, we can begin to follow this intention for manifestation through each of the phases of the feminine creational moon cycle. If you have a 13 Moon Oracle casting board,

take it out and follow along with the various moon cycles that we're talking about here because it will give you a more concrete recognition of this. If not, I sent a handout with this so that we can have more of a concrete way of looking at the moon as a creational compass.

So taking a minute and if you want to do that, if you want to look at the paperwork for that to move through the phases, that's great. If you want to work with the moon board, that's great. If you want to just keep your eyes closed in meditation and imagine strongly these various phases of the moon, then please do it whatever way works for you as always. It is in alignment with your own internal process.

In the female creational cycle we begin each moon cycle with the dark of the moon where there's no visible moon. In the 13 Moon Oracle symboling system, this occurs in the Great Mother phase of the moon.

The Great Mother's mantra is "I surrender. I receive." All creations begin in the cycle of the Mother in receptivity and openness. So the first step of manifestation is to surrender to the divine self in order to receive support that for your intention or vision inwardly in the form of guidance or support from the divine source.

So take a moment and if it's wisdom for you in this moment, intend that you fully surrender to your divine self in the Great Mother.

In the second phase of the moon in the Goddess of Compassion, New Moon, where we are, we are called to recognize what it is that is being asked to be seeded in this particular moon of our lives.

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The Goddess of Compassion's mantra is "I recognize. I seed." On this new moon we observe what needs to be recognized or fully seen. From that, we choose an intention to seed during this cycle. Take a moment to recognize what intention it is that's really calling in your life to be seeded during this moon cycle and imagine what that is.

I'm going to give some time for this because I want the setting of the seed intention is the most powerful part of the moon which is

why it's always on new moon. Dropping into what needs to be recognized and what's asking to be seeded in this moon.

The third phase of the moon and priestess phase of the moon is waxing just a little more than new moon. Her mantra is "I amplify in stillness." The crescent moon, you take the seed of your intent into the silence of inward focus both seeing and feeling your intention expanding and amplifying into its full blossom. Do that now with your intention. Amplify it in stillness.

In the waxing creator destroyer phase of the moon cycle which is the moon phase that is equal dark and light. So the first quarter that's equal dark and light her mantra is "I focus. I create."

So in this moment bring further focus to your intention to somehow flesh out your visionary, your intention in some way. Allow that. That can just be energetic and vibrational rather than physical just imagining that you're fleshing it out.

As the moon further waxes in the Lady of Communion moon phase, her mantra is, "I intend. I empower." As the moon moved toward full moon, not all the way full, but it's just about three quarters of the way full. Empower your intention by offering it your sustained energy and intention.

So right now imagine empowering your intention with your loving attention in this moment. Really focus your awareness fully on it in emptiness. In the next phase of the moon when it's almost full, it is the Muse Moon and her mantra is, "I play. I inspire."

In this part of the moon cycle, you open up to creative inspiration for embellishing your intention through playful exploration. So in this moment see what pops into your awareness in the way of a surprising inspiration for your intentions manifestation.

Just imagine what that inspiring moment might be that just pops into your awareness unbidden. Obviously, when you're doing this in a full moon cycle you would spend a whole evening or several whole evenings in the Muse phase of the moon really playing and inspiring. Playing with your intention and being inspired with it, but for now we're just imagining these cycles to get them energetically imprinted into your being.

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When you see the full moon, absolutely beautiful full moon, we are in the Goddess of Love. Her mantra is "I feel. I respond. I beautify." In the full moon, add the depth of your feelings especially joy to your sustained focus to respond to and beautify your creation making it magnetically attractive remembering that joy magnetizes energy.

In this moment, add feeling and magnetic attractiveness through your joy to your intention. In the moon phase that's just barely past full moon on the waning side, but just a little sliver cut off of it is the Primal Goddess. Her mantra is "I fuel. I consume."

In this moon phase, put your intention or creation into the elemental fire of Shakti to be fueled and to purify any part of your intention that is only self-serving or not looking out for the good of the whole and all beings in it.

Please now imagine your internal Shakti fire burning through and purifying your intention in this moment. As the moon further wanes getting smaller on the waning side of the moon, the initiator phase of the moon asks us to align to challenge and to further clarify our intention.

This phase asks us to reexamine and challenge our intention creation in the light of the wisdom and experience that we've garnered in the creational process thus far. So take a moment and imagine offering clarity or challenging or aligning further with your intention.

When the moon is equal dark and light as it was in the creator-destroyer, it is the wise woman moon on the waning side of the moon cycle. She offers the mantra "I simplify. I resonate."

So in meditation you add your unique vibrational signature or your frequency to your creation. The wise woman calls us to distill to its quintessential essence our intention. That might be a symbol or an image or a sound or a geometry that something that you'll use to dream and connect your intention with the larger matrix in the next moon phase.

So right now distill your intention into the form of a symbol or an image, a sound or geometry, whatever it wants to coalesce into. What I mean by adding your unique vibrational signature to your creation, what I mean by that is seeing your frequency as a color and adding that to the creation like you would add an element in a recipe.

Each being has a very distinct like thumb print of their vibrational frequency that is a particular color frequency. So an investigation into what that is and then sealing each creation with that is a very potent way to get manifestation to be amplified and happen in a very graceful way.

The next phase of the waning moon is as it's getting smaller and smaller is the weaver-dreamer. Her mantra is "I dream. I connect." In this phase of the moon, you dream and network or connect your creation into the larger field of reception in your world by putting it out collectively in some way in meditation and making it known in your sphere.

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So in this moment, visualize your intention connecting right now to your personal sphere and with the planetary grid of the collective whole. You can see that by sending the symbol that you received or the image or the geometry to that collective grid or influencing that personal sphere using the weaver-dreamer phase to connect to the larger pattern.

In this final sliver of a moon just before the dark of the moon, the queen of death mantra is "I trust. I release." As the moon becomes a sliver once again, you release with gratitude and non-attachment your intention creation to the universe to receive back an outcome from the divine from the universe which serves the good of the one.

Imagine in this moment gracefully releasing your intention without any attachment to outcomes. The Thirteenth Moon is the alchemical moon of changing woman. The realm of alchemistica, the portal of union ecstasy and freedom that holds all elements and all phases of the moon and thus has no specific time unless you are working with the lunar rather than the solar calendar that we have been inculturated to use.

If you're using a lunar calendar then it would be the 13th Moon or month as it originally was in all calendars. So let's breathe having made it through this entire creational compass wheel of how to work with the moon, with the phases of the moon to make your manifestations and your intentions manifest very easily in the feminine way.

This can be streamlined in a myriad number of ways that everyone has a different way of entering into this process that works for them, but utilizing the moon board that you can move a token around on that's in the 13 Moon Oracle box is one way that's very concrete that I move my token around the board as each phase changes so that I stand in real communion with the moon and the power that each phase of the moon actually does have.

Now that we've really looked at the moon as reclaiming our creational powers, I would look at what the moon represents symbolically. That is to look at the lunar intuitive, more metaphorical and symbolic left-handed path of the feminine that the moon represents.

To deeply engage and take in this section as a transmission of frequency, remember to put on your crystal decoder helmets as you have done in past segments and to listen with the viscera, with your belly especially and your heart for this information on working with symbol, intuition and divination.

Please put on your crystal helmets now and listen with deep feeling acuity and know that you will have the recording of these pieces of information that you can take in at a much slower pace than we have in the short period of time that these are timeless pieces of information.

So know that as you really listen with full presence with your crystal decoding helmet that you're getting the most out of it that you possibly can. You can go back over months of time listening and taking in different aspects and different ways.

[0:40:02]

So really just become fully present to stay on your surf board of the present moment and listen with the viscera. To understand the

nature of reality as we took in last week, we as human beings can be looked at as being holograms interpreting a holographic universe.

We are by nature and that is by nature a symbolic process. That's very hard to take in, but at one level of reality that is absolute truth. At a certain level of reality, everything is nothing more than symbolic. That you understand the nature of symbols is to have access to that larger holographic view of reality.

Symbols are both the stuff of feeling and knowledge. Rather than being the lens through which we see reality, symbols are the very organs of reality itself. All symbols act as resonant structures for decoding and integrating pure states of consciousness that exist beyond the range of human language.

Really take that in. All symbols act as resonant structures for decoding and integrating pure states of consciousness that exist beyond the range of human language. That means that by design symbols reach through themselves to access the natural law or organizing principle that is held within the symbol.

As we learn from reality being fractal in nature last week, symbols are based on an understanding of true analogies between the greater cosmos and the smaller form, function and law in one cosmos being used to hint at the corresponding form, functions and laws in other cosmoses and dimensions as the alchemist say, "As above, so below."

Marion Woodman, an amazing wise woman in the realm of symbol has this to say about symbol metaphor. The images, metaphors that we assimilate on a daily basis are as important to our well-being as the food we eat.

The images we choose to ingest determine the daily refinement of the subtle body. Really get that. This is something nobody teaches you about. The images we choose to ingest determine the daily refinement of the subtle bodies. The subtle body, light body, energy body is the home to the soul midway between spirit and body.

The world of metaphor and dream, metaphor captures the passion, the meaning, the movement all in one moment. In one image brings a total response both emotional imaginative and intellectual.

Imagine on a daily basis what kind of image food you are taking in on all the forms of media that you listen to and watch and recognize that they are impacting the refinement of your consciousness, the refinement of your subtle bodies.

If we focus the fire of our imagination, our own metaphors begin to heat and transform opening up new energy channels in our body. In taking this creative leap, we embody the metaphor and in becoming the metaphor we become whole.

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Now, this is a very, very advanced concept in consciousness and it is something you have to take in over time. It is a very important concept to recognize the power of metaphor that there's no way I can talk about it really. You have to experience the power of metaphor.

There's one example that Marion Woodman spoke of that just impacted me no end. I will be sending it out in your handout, but just to speak very briefly about it that she had had been in a car accident and had a ringing in her ears that was absolutely driving her to complete madness.

She one night just in total desperation bolted out of her bed, ended up on the floor of the kitchen just screaming and being in just total despair. All of a sudden, the metaphor of a mock orange tree arose out of her subconscious and began to move up her legs and she could smell the intense smell of that mock orange. The metaphor had become so real in her.

When that was complete, when it had gone through her entire body, the ringing that had been going on for four years ceased. It forever transformed her journey. The clock person that she was that was very addicted to the way the culture was running her around stopped.

She became totally engaged with the feminine mysteries because there was no way to explain that. No way to explain what had

happened to her logically speaking. So this is what I mean when I say when you realize the power of metaphor and you make that creative leap and embody the metaphor, you literally are making yourself whole by doing that.

So really start investigating the kinds of metaphors that you live with in your life, the kind of images that you take in. Beyond words or concepts or the separation that language intrinsically creates exist a symbolic language which we are now entering into the larger hologram of in the light speed transformations that we now are undergoing on earth.

This symbolic language assists you in the cellular restructuring involved in awakening the body of light, the ka body, the Mayan symbols and star glyphs are part of the galactic coding and seeding for the awakening of our light body as are the symbols in the 13 Moon Oracle.

So it's not surprise that there is often a feeling of instant recognition associated with the visual impact of these symbols because they provide a bridge between physical and spiritual realities. They create that bridge and offer access to resources in yourself that might remain completely unconscious or hidden without the external catalyst that symbols provide.

Metaphor literally means to crossover. Symbolic metaphors assist us in transforming and crossing over to experience the energies of the infinite self, so all symbols act as resonant structures for decoding this frequency of information.

Symbols by design assist us in deriving the gift of being directly touched by the energy found behind the outward interpretation of the symbol. Once natural resonance is established with the symbol, resonant shift encoded with super conscious energy can transform the human bile system through grace.

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Symbols need not be intellectually understood as they act on the holograms of super conscious mythic coding of our psyche. An easy way to understand and access these states of resonance is simply to experience them as if you were tuning in to a particular frequency.

You can learn to fly symbols to a profound and purest state of consciousness where there just simply are no words. Symbols are metaphorical rungs on a spiral ladder of light or climbing to expanded states of consciousness and can be used to enter a quantum realm which moves at light speed beyond the limits of logical thought, time or space.

Symbols and metaphors help in the process of self-remembrance of who we are as expanded essence in our true identity. They act as a bridge, a kind of bridge to spark memories and knowing or larger holograms and encoded patterns of which we are intrinsically a part.

Symbols are a powerful means for rapid transformation. An important aspect of their power is the encoding of great amounts of information in one small symbol much the way the DNA codons contain enough information to recreate the complicated human system.

That is symbols are an abstract map not the territory or the land itself, simply the access route. We have established that each human being can be looked at as a symbolic system interpreting a symbolic universe beyond cautious thought.

Symbols and science and metaphors are offered in your daily life moment-by-moment for your spiritual guidance, but their potency and effect has nothing to do with your ability to cognize their exact meanings. Symbols work at a totally different level.

They ask you to play with them, to follow them like a clue trail. Symbols open you to a reception of your natural state of being. You take in at one level literally a language of light that through this symboling system and feelings are the basic vibration of this language of light that has no words.

The Mayan symbols are a great example of this being the vibration of this language of light as static communication that there's tremendous amount of information encoded in these symbols.

Another aspect of this language is the language of color frequencies which I encourage you so strongly to use color frequencies to be able to vastly pay attention to the various realms

and dimensions of being and to affect how you're feeling in any given day on both ends of the spectrum.

The colors you wear and the colors you surround yourself with, the frequencies that you are engaged with affect you much more than you imagine. They are a kind of food exactly as images in metaphors are.

So become aware of how different colors affect you. They are a symboling system. So how do we begin to have a direct experience of recognizing the power of symbol and metaphor through our intuition?

Albert Einstein has this to say about intuition. "There comes a time when the mind touches higher planes of knowledge, but can never prove how it got there." Words are to thoughts what symbols are to intuition and creative novelty. Knowledge of higher forms of existence is obtained by a process other than thought and the process only commences when thought is left behind.

[0:55:00]

So how do we access that leap? Divination is one of the ways to train intuition to make that leap through symbol, metaphor and recognition of those, the power of those. Symbols are fluid, open, non-fixed imaged which bring light into matter. Take that one really in.

Symbols are fluid, open, non-fixed images which bring light into matter. The brain decodes or makes sense of those representations of objectified reality, but often there is a profound sense and feeding of information that is missed due to people having fixed systems with fixed meanings.

If you have memorized a card deck and you know what every card means and you know exactly what all the symbols mean, you are short-circuiting the entire universe of possibilities. Consider that if you're utilizing a specific meaning for a symbol that is pulled solely from your memory without opening yourself to the wisdom of your feelings in the present moment.

That it can seriously limit your experience of tapping in to the depth of your own intuition. Remember that divination is rich and

abstract language really engaging the vehicle of symbols and metaphors. All symbols assist you in learning how to process and integrate consciousness that exist beyond human language as I said.

Many states of consciousness that you enter into through symbols could be experienced in ways such as pulses of light or color or sound or all kinds of other sensation that occur that are just showing you that you are being pulsed with light frequency information which sometimes experiences ecstasy or mystical union or ecstatic states of all kinds.

Basically, the easiest way to access that language that is a static process is through gaining direct access to their natural resonance which is like a direct experience. You can't talk about how to do that. You can only have the experience.

So let's have an actual experience with divination using an oracle as I ask you to take out your oracles. I mentioned that in our prior email to take out your oracle now and get very still and centered. If you don't have an oracle you're just going to have to use something in the room as an oracle looking at some object or image or whatever if you didn't bring an oracle to this circle.

Recognize that you'll probably take much longer doing this when you're doing it on your own, but then I'm just giving you the overview of how to engage with this information intuitively. Just get very still and centered as you have experienced doing with your mirror work.

Breathing maybe three deep breaths, inviting your witness or essence consciousness to respond to your inquiry and at that moment when you feel like you have the witness engaged in your heart where you normally hold that energy. Then form a soul question. That is a question that's not from the ego mind or personality like will I get this job I'm applying for?

Oracles are not designed to respond to those kinds of questions especially not the Mayan Oracle or the 13 Moon Oracle. They're definitely designed to respond to soul questions. So rather than thinking of a question, I'm going to give you time in silence to inquire to allow a question to bubble up from the womb of silence

that is soul sourced. So allow that to happen, something you want to ask the oracle.

[1:00:00]

When you have that question in your awareness and, again, this may take you longer to access, but for now hopefully you have one. Allow yourself to resonate directly with the card and this is the important step. This is not looking with your mind at the card.

This is feeling its vibrational transmission and to do that allow your vision to go fuzzy as you do in your mirror work to expand your consciousness out from ego mind into the larger hologram of your witness or essence. You might need to put the card further away from yourself. For example, to really allow it to go out of focus, so allow that. Take a moment and really allow resonance with the card to happen.

Really deeply resonating, feeling the energy, the vibrational transmission of the symbols on the card without trying to understand them. Now, look at the images and symbols on the card from this expanded place of the witness rather than allowing the mind to draw from past experience with this image. Allow fresh, new perception to arise from the energy of the images and symbols themselves.

A response may come in the form of another symbol or an image, a sound or a color frequency. Allow whatever arises and make note of whatever comes without trying to run it through the linear mind for what it "means."

Then listen, feel, sense your soul voice in this moment from the witness, from the essence self to receive guidance in the form of a symbol or an image directly from source awareness, from pure awareness.

Allow the answer to your question to arise in the form of a metaphor or a symbol an image that is directly from source awareness in the womb of silence. Really drop into that.

As a final step after you have taken time to resonate fully with the card and receive its vibrational transmission first and then receive the wisdom that the symbol has to offer you in terms of specific

guidance for your question. Then if you feel to even mine the symbol further create something in what arose in art or music, poetry, dance whatever evokes higher consciousness to come into the foreground focus and become available to much more expanded frequency of information.

[1:05:18]

So you can allow more information to pour through guidance in this non-linear form of art or music, poetry, dance, some form that is non-linear and more holographic. I don't ever want to give the impression that there's anything wrong with the ego mind. It's just that it has a very limited frequency band of information available to it.

So when you're doing this kind of work with divination, you are tapping into a much broader frequency band as you are willing to let go of fixed interpretations from cards and expanding your awareness out to a much, much broader frequency band and receiving direct information from pure consciousness, from pure awareness, from source awareness.

I really encourage you to do that. It's an absolutely fulfilling way of garnering your own guidance from within. In other words, each time you take out your dooraclececk, that is oracle deck, you will have a different response. It's fresh and new and you know that it's coming from pure source because you've never heard yourself say that before.

You've never seen that image before. You've never heard that sound before. You know that that's coming from pure source when that happens. So each time you're finding guidance from within it is different. The card will take on a different meaning.

If you want a starting place with this that is less abstract, then I highly recommend that you get the 13 Moon Oracle finding guidance from within because it's a starting place to really develop intuition. Then when you have it well-developed as many of you do already then the 13 Moon Oracle's a big step. It has the Moon Board and everything will really serve your awareness, but it is much more abstract.

So it's just a process of really integrating how powerful symbols actually are and how they deeply, deeply impact us in our journey, in the spirit, in our journey in daily life.

So I would like to take some time as we just in silence to finish up whatever in our reading with this one image because one image will garner a tremendous amount of information.

People who do six and eight and ten cards spread, I have no idea how they manage to take in that much information. For me less is more. On an archetypal level, that is really the case.

So begin any oracle process with one card at a time at first because you start to learn to take the vibrational transmission in first is the most potent aspect of it before you even ask for guidance that is going to be in some form that you would perhaps recognize at an ego mind level.

You'll start getting fed ecstasy. You'll start feeling from these vibrational transmissions of the cards. You will start having a static state and moving into vibrational resonance where the information is beyond words. It's a very, very critical juncture in our journey to give up the fixed nature of symbols and move into more of the formless and pure frequency transmissions.

So I think it's probably time that we do a group harvesting. Lindsay, we'll just take a few moments and let everyone sort of gather their molecules back together here from this major download and from the work with the cards. Open up the lines to any group harvesting of what you received from your heart, from your oracle card a divination or anything up until now.

[1:10:08]

We're going to complete our work with a journey, a meditation into the temple of the priestess. I wanted to stop and ground just ever so slightly here before we do that with any questions that you have about where we've been so far today or sharing from your experience of your divination more importantly right now.

So we will give time at the end for questions, but group harvesting about your experience is what we're up to right now. Lindsay, can you tell me if there are any hands up?

Lindsay: Okay. If you would like to contribute to the conversation, press 1 on your phone keypad for those on Maestro. For those on the webcast, you can go ahead and type your comments or questions in. We'll actually start with the webcast. This comes from [Participant].

"Last week I think you said humans are holograms. If that is so and we're just images on a screen then what's the point of being on a planet and why have a soul?"

Ariel: Whoa. Oh, it's a good thing my consciousness has expanded to undertake that question. Thank you very much, [Participant]. Okay, all experience, every experience that we have leads to our soul's evolution. There's absolutely no way to make a wrong choice in our journey.

There's no way to have a bad experience in the sense of the overview of your soul because everything leads toward growth. This hologram of experience is a particular frequency band of growth. It's a very particular curriculum especially in respect to duality, in respect to 3D as a training ground for moving beyond duality, for utilizing the hall of mirrors that we have in the other holograms in our holographic universe here to grow ourselves and our awareness in terms of our being able to move through duality into oneness, into unified consciousness.

I can totally understand the question as you have post it from that point of view, but there is now to not get something out of this experience whether you're a hologram or you're not. You're still learning as a soul. You're still experiencing and learning what you need to learn in this round.

Thank you for that question. That was absolutely brilliant. Thank you.

Lindsay: Okay, I'm bringing the mike to [Participant]. Go ahead, [Participant].

Participant: Hello there. I just first want to express I feel so held and cared for in this class. It's so beautiful. My oracle deck didn't come in yet, but I had a basic question about symbols because of the last three to six months symbols have become so prevalent in my life. I'll just

begin to notice one. Recently, I walked the Community of San Diego and what I noticed more than anything are these symbols.

Some of them would almost just grab me and begin just to work in all aspects like even my biology, my psychobiology and just lead me down this kind of rabbit hole. Like the cross was one. Of course there were so many crosses, but every few days it opened me up to something totally new whether it was like the four directions or lending my masculine feminine.

So that's how I've been inviting symbols to come into my life and work with me alchemically. Lately and I don't know if this is valid, but I've been almost a to yearning to call a symbol in like the chalice or the cauldron. I love the word that you often use for it because my soul longs to become a cauldron and my brain doesn't know how the symbol I trust will transform me.

Ariel: You are adequately accurate. That is a very great perception. You don't have to understand how it's going to work. The fact that you're holding that symbol of the chalice in your awareness you will be transformed.

[1:15:10]

Participant: I love. I'm so grateful. Oh, my gosh, yes.

Ariel: Yes, that is a miracle.

Participant: Yes, it is a miracle.

Ariel: Miracle symbols and how symbols operate in our psyche. Thank you for your awareness.

Participant: Well, bless you for your clarity.

Ariel: And yours. I deeply appreciate it. Thank you, sweetheart and thank you for opening to symbols and the power of symbols to transform you at a vibrational level. I can go endlessly in words about the nature of symbols, but until you begin to have very direct experiences with them transforming you, you cannot understand the potency.

There is just no way to. So I'm really grateful that you're investigating around this. The more you investigate symbols, the more they will show up for you. That is the way it works just like synchronicity. So you'll be astounded at that. I have things show up on a billboard or on the radio.

Sometimes things that are just improbably ways for me to be fed that I'm on track and these symbols are like crumb trail that say, "You're on track in your spiritual journey." I'm really, really grateful that you're on that journey with me. Blessed be. Thank you for your question.

Participant: Thank you.

Ariel: Blessed be.

Lindsay: Okay, we're going now to [Participant]. You have the mike.

Participant: Thank you. Hello, Ariel. This is has been such a fabulous class. I shouldn't even call it class, experience the whole thing. Thank you so much. This meditation that we were in was just a wonderful experience. I had three integrated six-sided Yama Trees like a three integrated circles only these were six-sided geometries.

I was wondering if I really need to know what they mean because they felt very potent or I don't know. Like I'm kind of out there myself trying to form this question, but I think I'm very curious about what that's about.

Ariel: I think that both things are possible, but the most potent thing is the transmission that offers you directly without your mind having to "know" what it means.

If you want to explore that more in depth and research it or whatever, sit with it. I would recommend that you just sit with it and let it inform you at another level. The first one is the most important one and that's the frequency level that you've taken it in on.

So keep doing that and if you need to know more, your mind wants to know more, then sit with it in meditation and allow it to reveal itself. That's what I would recommend. Thank you for your observation and question about geometry.

Participant: Thank you.

Ariel: You're welcome. Blessed be.

Lindsay: Those are all the questions we have so far.

Ariel: Great. Well, let's go ahead with the meditation. I just wanted to be sure that people had what they needed from the divination part. So let's just go ahead with our meditation.

We're going to drop in again. We definitely moved along in awareness here until I'm more relaxed. Again, let's drop in, three deep breaths, three deep breaths. This is a journey to really deeply access symbols. So get yourself very, very comfortable.

Everyone moves at a different pace on these inner journeys so I'll do my best to find a medium pace that won't either be lagging for some or too fast for others. You may wish to take this journey from your recording of this session and stop during the various sections so you can really, really deepen with them to stop the recording and feel each answer more deeply the symbols that arise.

For those of you that move or changing images and move very quickly, this will be easy for you, but I'll do my best to get a medium pace. So breathing deeply and entering your heart temple as we have learned to do, really entering fully into your heart temple whatever that is.

[1:20:09]

Creating your dream body whatever that coalesces into. Move into the singularity of light that opens to the universe that is within your heart holding the intention of finding the temple of the priestess on the etheric plane in your inner universe.

As you find and enter the priestess temple ground, you are met by two enormous white owls who guard the entrance to this temple knowing that they are guardians and coherency testers, you bow and wait for guidance. They telepathically communicate with you asking for a resonant symbol, image or mudra to demonstrate your preparedness for entering this temple. What do you offer them?

What do they offer you in return? When this is transacted they fly off holding a silver key in their beaks. Knowing an initiatory gateway, you breathlessly follow them to the edge of a mirror still lake. Suddenly, they drop the silver key they were holding in their beaks into the lake.

Intuitively, you recognize the momentary evanescent entry way into the mystery and so without thought you dive into the lake following the descending key. You swim more deeply into the unknown not knowing how you will breathe. Following the descending key you find yourself moving toward a white marble gate emitting a powerful light.

Just as you think your lungs will burst, you swim through the gate grasping one of the keys you find lying at the base of the gate. You were astonished to notice that the moment you touched the key you find that you seem to be breathing air underwater.

Having navigated this gateway of surrender to the present moment, you notice a torch lit above the surface. Swimming toward the surface, you find two robed priestesses with crescent moons tattooed on their third eye.

They lovingly offer you a hand out of the water. Somehow your clothes are mysteriously now not wet. One priestess asks you telepathically for the key you hold and then asks you what it is that the key opens. Wait for a response to bubble up in your awareness from the womb of silence as to what the key opens.

As a response comes, the priestess places a symbol in your left hand, notice what that symbol is.

[1:25:00]

The other priestess anoints your third eye with rosemary as she does intoning the mantra **[1:25:15] [Indiscernible]**.

As this transaction occurs, you fall into a swoon the scent of rosemary carrying you deeper and deeper into the mystery. Suddenly, you find that you are swept up into an etheric priestess temple of whatever time or lineage is most appropriate for you to remember and witness in this moment.

In timelessness, notice, feel, sense all of the details of this familiar temple paying special attention to the symbols on the altar, the geometry, the colors especially paying attention to the symbols you see around you in the temple. Much about past lineages can be reclaimed simply by observing where you are. Do so now.

As you are taking in this temple on one of the altars, notice that there is a treasure box and you intuitively know that it is yours to open. Within it you see three things, a gem, a rolled up scroll and image or symbol. Look at each thing with great care and alert attention.

First as you carefully unroll the scroll, you will notice a symbol on top of it and a name. Without thought, notice what the name at the top of the scroll is. Notice what symbol is emblazoned on the top of the scroll with the name. If there is more detail on the scroll the observe it.

When you are through observing the scroll, begin to notice the specifics of the gem and the symbol that are in the treasure box. When you look up from this exploration, you notice that there is a mirror on the other side of the room with exit number 13 written above it.

Knowing the work of the priestess, you walk over to the mirror and sit in empty presence in open eyed meditation with the mirror to see what oracle the mirror wishes to offer you in pure awareness in the naked truth of this moment as you know how to do this and train in resonance with your own image and the mirror on the etheric and in timelessness receive this transmissions from pure awareness.

[1:30:24]

As you complete this transmission, you notice that you have moved through the mirror and are now standing with the lady of the lake who serenely sits on a **[1:31:25] [Indiscernible]** in a white temple by a lake. She is holding the scroll of MeManus and a chalice.

Notice what symbol is on the chalice. She telepathically beckons you to move closer and you feel the zone of magnified power around her that sends waves of energy up your spine as you move closer while at the same time a feeling of deepest peace, stillness

and centeredness washes over your being stepping you into a familiar frequency like stepping into the arms of a lover.

As you deepen in this feeling and this frequency, tears of reunion fall onto the velvet cape she wears. She removes it and tenderly puts the cape gently around your shoulders in recognition and remembrance. Notice what color the cape is and if there are any other symbolic details on the cape.

She asks you quaff deeply from the chalice of remembrance that she now holds out for you to drink off. You do so if it is wisdom for you. Now, in timelessness drink from this chalice of remembrance.

As the chalice is set down, allow a sacred interaction to take place with this priestess, the lady of the lake or anyone that is has morphed into for you and your appropriate lineage for her to directly confer a symbol or image for your awareness, a wisdom or simply a vibrational exchange and then take all the time you need to return back the way you came through your heart temple into this time space to integrate from your journey to the temple of the priestess.

[1:35:00]

Take a moment to completely come back into your heart temple, come back into your body, come back into this expanded perception of reality that is extend now that we have created this resonant frequency together of our journey in the priestess.

Take a few deep breaths to see if there's anything that you wish to share in group harvesting concerning the symbol that you received. If you feel like it will serve the whole for you to share that it's not just personal that it really is about a question you had or that arose during it or a remembrance that arose. Let's stay as succinct as we can so that we can attend to as many beings who wish to share and garner the gifts from this harvesting of this journey that wish to. Then we'll complete with questions at the end for basic questions.

Just around this journey for now, is there anyone who would like to share?

Lindsay: I give the mike to [Participant]. Go ahead, [Participant].

Participant: Hello, Ariel. I'm in awe. I have to go back to the card and the first that happened for me was I saw immediately before I drew the card while I was formulating my question for the oracle, a woman in front of me and the question that I was formulating was the fear that I go into as a singer-songwriter in performance.

I have a lot of fear when I go to perform, but I'm super connected to spirit with when I'm not "performing." I was handed two symbols from the oracle. One was a mirror, a tall mirror and the other one was an emerald green really large emerald green sewing needles. I was like really clear that the needle came from the emerald tablet, but I had no clue what this meant.

I was told, "Don't analyze it. Just go with the flow." When the two owls during this meditation asked for me to give them my gift, the sewing needle appeared unexpectedly.

Then in the meditation, you have the mirror and then the lady of the lake was the same woman at the beginning before I drew the oracle card which I drew the queen of death.

Ariel: Oh, beautiful, amazing overlay. Wow.

Participant: It's truly synchronistic the whole thing, all the symbol. I mean I'm in awe. I'm very much in the moment with this. Yeah.

Ariel: Well, thank you, [Participant]. I deeply appreciate that and I hope you utilize those symbols to move through your fear around performance because when you're in this expanded state of awareness, there is absolutely no fear. It just doesn't exist.

So I really support you in stepping as much as you can out of your personality before you perform and entering into the state that is so lucid that you obviously are very lucid in and performing from there.

Participant: Okay, perfect.

Ariel: I send my blessings to your journey. Keep after it. It's exciting to see the unfolding with your oracle work, with your divination. Thank you.

Participant: Yeah, thank you.

Lindsay: We have a question on the webcast, this from [Participant]. "I have a profound ringing in my hearing realm especially when we are in session. Could you comment on this?"

[1:40:05]

Ariel: Oh, yes, I certainly can. Okay. Most of us have detuned from the sound that exist in our brains. All I can say is it is the precursor. It is the way through to the nada, to the soundless sound that is for some a lifetime investigation of following the sound that you can tune into your brain that a lot of people call tinnitus, but it's not.

It's not dysfunctional. What it's indicative of is an activated pineal gland and an activated DNA. You got what's called the love song in the blood what the Mayans call the love sound in the blood which is the high pitched sound. It's a good sign. It's a sign that you truly are awakening and following it into the void of the nada is a major initiation.

So I just want to support you in continuing on following the sound. You can clog your ears or find really good earphones so that you're only hearing internal sounds. Then when you've shut out all the external sounds and you just meditate with the sound you can hear inside, it will you to places and dimensions you never would believe are possible from that one sound.

That is my response since I am an avid nada meditator. Thank you for the question.

Lindsay: Okay, this one comes in from [Participant]. "My question was a yes or no question. If I'd ever achieved empowered states only in life, what I felt was heat in my body and looks very vibrations when I close my eyes in the darkness. Is that a yes or a no answer? What do you think?"

Ariel: Well, my body says yes. All I can say is I have a resonating thing that goes on that I call my tilt-o-meter. When it hears truth it says yes and when it doesn't hear truth and that's me and there's no such thing as ultimate truth. There's only my truth and my perception of what your truth is. My perception of your truth is yes, you are touching those states. Thank you.

Keep going. You're doing well to interpolate these things and they are very inchoate so it's very difficult to pinpoint. It is a yes or a no? As you learn to use this navigational compass that you have inside of you that is the feminine, that is intuition, you will really find that you cannot interpret it very easily.

It takes time because it's not black and white. It's not yes or no. It's a navigation to feel what is accurate. It's feeling navigation and that is a big difference from yes and no answer. So you're headed in a great direction. Keep listening.

Lindsay: Okay, we have one more hand go up. They pressed 5, but I wanted to check with you just in case you did want to ask a question. If somebody from the general PIN calling in on area code 530, are you there, caller?

Participant: Okay, so Ariel, thank you so much and everybody. My question is there were many wings and birds that showed up as symbols along this meditation. Well, at the very, very beginning of the call when you tapped into we're going through the moon phases, I had the turkey showed up when checking in with the womb.

Then when we got to the owls and I asked for a symbol they asked for the turkey. The symbol they gave back to me was I believe it was like a white feather. On the scroll was in the temple that we went to for me was a Native American tipi. There was a big chief with many feathers coming up of his long headdress and on the scroll was an eagle.

That was also within that pouch or box was an eagle wing I believe and then other place there were other wings. There were various birds. So there's lots of different wing and flight information, but I'm not so good at identifying all the different birds and I was just was hoping you could speak to some of that.

[1:45:17]

Ariel: Well, the first that arises is the winged ones, the bird tribes. What they're called, the bird tribes are really the angelic beings and the star beings that are here from other planetary places here on earth right now.

I don't whether you are one of them or whether you perceive of yourself as that, but certainly with all that showing up I would do some deeper meditation with that. The white feather in particular is a symbol of connection with spirit. So I mean that's pretty direct that it's an accolade to you for being so deeply connected to spirit.

Birds often times symbolize that in a journey. So you've got a plethora of birds. So pray. It sounds like you're deeply connected to spirit. That's how I would read that and I would just do further meditation with it again. I said we had to move so quickly through the meditation that there was undoubtedly a whole lot more that you could have garnered if you had more time.

So I would really deepen with your meditation around it when you next sit to meditate.

Participant: It was interesting and thank you so much. It was interesting that the information would come to me in a flash really quickly just as you would say or ask the question. Then with the time space that we are allowed to look more deeply then things would get blurry. I believe that my analytical or my ego mind that comes in wants to so badly make sense of it all.

Ariel: Exactly. That's why I did the disclaimer at the first because everybody processes information so differently. So if you get it in a flash to begin with, by all means stick with that. Just stick with that. That's usually directly from spirit. Just totally take that and run with it and don't let your mind get hold of it and try and analyze it.

You'll see that that will be what's really accurate for you. A lot of people need more time to access. You're just very lucky that it comes in very quickly for you.

Participant: Thank you. I've been practicing for a while. One more other question just a little bit beyond is through this whole entire experience from class one to now. I've been finding the further we get in and the busier my life demands it on the outside of keeping your appointments and things. I'm getting a little bit less able like my mind is getting a little bit more confused and less able to keep track of like where did I put that plug in for the phone. I need to charge and things like that.

Can you speak of how, a way, I don't know what not to help manage this in a living, functioning in the world that we do.

Ariel: Well, I have a particular way and that is that I have a persona within my inner pantheon that I call Turma who's my inner secretary that I give the job of tracking all that stuff so that I can remain in a much more expanded state more of the time.

When I need that kind of data, I will say, "Turma, where is that charger?" I can go in and get it. That works for me and everybody has different systems that work for them, but I set up somebody that that's their responsibility to pay attention to 3D and it works for me. You should try it and see.

Participant: Thank you. I think somebody would show up for me. Thank you so much. I appreciate that.

Ariel: You are so welcome. I appreciate you sharing. Blessed be.

Where I'd like to go now is just to complete with any question questions, but just to encourage you to before we get any final questions, general questions to do the practices. I mean I just have to say there is so much information in one week's course. They could each have been six months truly.

The practices, practicing them could have been six months or a year. So don't feel overwhelmed. If you're feeling overwhelmed, please don't allow yourself to go there. You have this information on the recorded calls and can go back at any time and look at the practices again. Look at your emails. Put them all in one place for the practices to deepen on any one of these areas.

So that you don't have to feel like under pressure to garner everything right now. It's just not possible. I mean this is the feminine mysteries we're talking about here and to try and garner everything there is to garner out of these in seven weeks is ludicrous.

[1:50:11]

So I'm really hoping that you're not being hard on yourself and that you're not feeling overwhelmed. That you just take piece-by-piece what you can take in vibrationally is the most important. You can

go back and do the journeys or practice the practices on your own. We'll just continue to deepen with them.

So I really encourage that. Of course, I recommend that you get the 13 Moon Oracle of the Alchemy of Ecstasy or Finding Guidance Within, just so that you have a template to continue to practice with overtime. That is oracular system so that you can enjoy working with an oracle.

Okay, I think I will be sending out the practices or The Shift Network tomorrow we'll be sending them out. The handouts I'm hoping you're not feeling overwhelmed by the number of handouts I'm sending out. You don't have to read them right now. They will be there.

So they're just to really elucidate the experience that you're having more experientially like the creation phases of the moon that we did today is written out. I wrote that out for you. I hadn't done that before because it is in the 13 Moon Oracle, but I hadn't written it out per se.

So those kinds of things you'll have at your disposal to look at any time. I hope you do that you deepen around the moon and the power of the moon to influence and create our realities in a very powerful and graceful way.

Are there any final questions? Let's just start there.

Lindsay: Okay, great. So I've put your hands down so we'll start fresh. If there's any final questions, go ahead and raise your hands by pressing 1 on your phone keypad.

Okay, we have a question here. I'm giving the mike to [Participant]. Go ahead, [Participant].

Participant: I'm in awe of this course. My instincts just drew me to it and although I have a lot on my plate I just felt like I really needed to be here and I'm making the space for it. I have a comment and a question about an experience that I had. The comment first is about the mirror exercise.

I am a very body-aware person and I get a lot of feeling in my body and more so now than ever. Like a lot of things resonate in my

body. So I'm beginning to notice this more and more. With the mirror exercise, the images that I see as they come to me I get these real like feelings in my stomach like a knowing, like a recognizing.

Even though these images are distorted and strange and animal-like and I'm wondering. I guess my question here is that because there is a resonance, that there is a knowing of these beings or shapes?

Ariel: Yes, definitely. There's resonance going on and that's why I encourage all of you not to feel afraid of the shapes and things that come through because you're establishing resonance with something and there is absolutely nothing to be afraid of.

If you're looking in pure awareness of yourself from a pure heart, there is nothing to ever worry about. That's you're looking at yourself that way, so yes.

Participant: So what do we do with those feelings? It's like going over a speed bump. You get this like little thrill in your stomach, little rush. I'm constantly getting them when I do this mirror exercise. It's like I can do the mirror exercise and within one session of looking in the mirror and seeing all these images, I get like, I don't know, five to ten feelings in my stomach of just wow.

They happen so quickly. I don't really know exactly what I am recognizing or resonating with, but that's what's happening.

Ariel: Well, that feels like a body signal that your body is saying, "Stop and meditate with this." Do you see what I'm saying? You could experiment with that and see. You're probably developing a body signal that is going to be your general body signal for truth. It's like hitting a speed bump and that feels really like you're really clear.

[1:55:12]

I'm hitting a speed bump. This means this you see, but right now you're just establishing what those body signals actually are signaling and what they mean. So you might try stopping. When you get a speed bump, stop and meditate with whatever that was and see if you get any further guidance.

Participant: Yeah, okay. No, that's good. Thank you. Another thing I have to say. I had a dream not too long ago where I just appeared on this slough overlooking a big body of water. There was an ominous figure with its back towards me and I felt afraid to go towards it, but something was drawing me closer to it.

When I got closer, this figure was looking through an instrument that had like six circles. It was like a carpenter's measuring tool or leveling tool. As I got closer to it, I could hear this musical note.

One of the circles was bright and lit up. I realize that this figure was looking through this one circle where that was lit up. So I walked closer to it and I can hear the musical note getting louder and louder as I was getting closer to it. Even though I was fearful I felt like I need to go look.

As I put my eye up to this circle with light, the musical note was so loud and all of a sudden I was sucked into this, I don't know, the space where my whole body was resonating, vibrating. This is so clear in my dream. Everything around me it was as though as I was one in this state. It's vibrating to this musical note.

I don't even know how long it lasted. It seems like two seconds because my daughter walked in and woke me up. To this day I feel like I want to experience that again and I could sort of hear the musical note, but I'm just wondering what your take on that is.

Ariel: Well, I would definitely if you can recreate the note like on a piano or whatever, I would just repeatedly meditate with that sound before you go to bed especially. If you want to re-enter that dream that's like the opening, that's the aperture to enter that dream again is the sound.

I have a strong feeling that this is about you entering into the nada that you're being called with sound to enter into a different dimensional expression. I would use that sound. If you can re-create what the sound is as an entryway to keep hitting the note on the piano or whatever until your body-mind-psyche finally slots in somehow to where you just enter into a different reality with that sound.

That is pretty vague. Work with it and see what happens with you if you do that and then get back to me on that. I'd love to hear. That's fascinating.

Participant: Thank you. I appreciate that. Thank you for everything here. It's just wonderful. I'm loving this. My body is loving it.

Ariel: I'm so glad. Good. Well, thank you so very much. I really appreciate the depth of your question. Thank you.

I think that's as much time as we have. Lindsay, if people want to stay longer. It appeared as if people weren't very much doing that, staying and talking to each other, but I sincerely hope you're continuing to connect with each other in whatever way etherically or on the email platform as well.

Oyoana and Vivienne have done such a beautiful job of answering your questions. I'm just thrilled with the beauty of the way they've responded to you about the mirror work and other things. I couldn't have done better myself. So I'm delighted and I hope that you do keep emailing questions to that forum and to each other and connecting to do your practices and so forth.

Is that true, Lindsay, that we're out of time or do you want to give them time to do that or...?

Lindsay: We always end the classes with breakout discussion groups and people are welcome to stay on and talk for as long as they like. So that is definitely available.

Ariel: Okay, great. Well, my blessings to you, Lindsay. Thank you for being our holodeck driver and to everyone who was on the call tonight. I send my love and blessings. I'll be sending out an email for details tomorrow. Much love to you all.

[2:00:08] End of Audio

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