

A photograph of a beach scene. The sky is filled with heavy, dark grey clouds. The ocean is a vibrant turquoise color, with small waves breaking near the shore. The water transitions to a sandy, light brown color as it meets the beach in the foreground. The overall mood is serene yet dramatic due to the weather.

THE WAY OF THE

The Sea Priestess
online course manual
Part Six

by Louise Tarrier 2017



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Published by: www.creativeprayers.com





A warm welcome

Welcome to the Sea Priestess online Journey

Welcome to the sixth part of our journey together 'I am my Sea Priestess song'. As the season's turn, you listen ever more deeply to your Sea Priestess song and to your heart's true desire. Through your song, you can discover the key to your soul path and your Dharma.

You express your song through your creativity and the gifts you bring to the world. As you are held within this journey you can bring your tender heart offerings out into the light and into a safe space before offering them to the world.

As we move toward the autumn equinox it is a time to take stock. What wishes to manifest in your world and how can you find your personal expression as Sea Priestess? We are all unique individuals and what for me is my expression as Sea Priestess will not be the same as you. This is a path that is as unique as the individual who undertakes it. What gifts will you express, how will your service manifest?

As Sea Priestess we are in service to the Goddess. This is a term that we don't often hear in the world today and so I want to take some time to explore what is meant by 'service' in this context. The word service is defined as 'the action of helping or doing work for someone', and it is also defined as a liturgy or ritual. Interestingly in the way that service is meant in this context, we are working on behalf of the Goddess we are undertaking her work in a sacred or ritual manner. We are vessels of the Goddess in service to her.





I am my Sea Priestess Song

I want to welcome you with an open heart and to take you by the hand as you take this step on your journey as Sea Priestess

Before you read further make sure you are comfortable and will not be disturbed. Take three deep relaxing breaths and we will begin...



Page One

How can we bring our service to the world?

I believe that we bring our service by fully living and expressing our own unique gifts. When we withhold our gifts we are in essence withholding our life force, which is the Goddesses gift to us. In fully living and expressing our gifts we are bringing Goddess into the world.

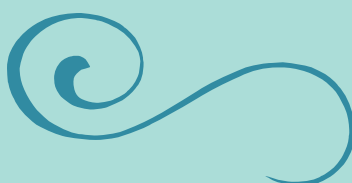
You may already be finding that your gifts as Sea Priestess are making themselves known in your life. Are you a healer, a singer, an oracle, do your gifts lie in teaching, creative arts or handicrafts? Are you being inspired into activism?

Each individual may bring one or more of these gifts and they will manifest on our individual life journey at the right timing. Your gift may be as simple as lighting a candle each day and saying a prayer for the ocean or you may start your own temple, or organisation. Each gift is as magnificent as the other because it is yours and only you can bring it to the world.

In this part of our journey, we will explore together what we withhold and we will also bring our gifts to share with each other. We will witness all of our gifts holding them in reverence and love.

In exploring your gifts you will also find that you will come up against your shadow because sometimes what we came into this life to manifest is what seems to be our greatest weakness and can be the part of ourselves that we don't wish to engage with. In this part of our journey, we will work with our shadow as well as our gift because ultimately they often turn out to be the same.

Over the next six weeks, you are invited to take the vision quest that you have prepared for over the past twelve weeks and you can work with the question that you have prepared. Your vision quest will allow you to tune into the silent whispering of your heart, to your intuition and into the silent places that wish to be expressed. Now is the time when you listen to your hearts deepest longing and learn to trust your instincts and intuition.



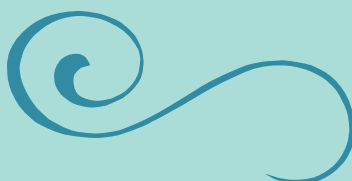
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This part of our journey is also one where together we can connect with each other and share our gifts. I invite you to bring what is forming and wishing to be expressed into our circle so that we can each hold the space of witness for each other.

What are your deepest longings, what does your heart wish for you?

What are you afraid of bringing to the world that your heart cries out to express?

We will hold this for you whilst you experiment. There is no right or wrong, there is no failure, no not living up to your own or others expectations. This is your chance to 'practice' in the true sense of the word. We will play with our gifts. When we play we bring a childlike sense of wonder to our offering. I invite you to share and be held in that sharing.



Page Three

Meeting our shadow – dark moon practice

The dark moon is a time of release, as a bleeding woman it may be that you are also menstruating at this phase of the moon. In ancient cultures, women bled onto the Earth symbolically giving back to nature all that she had received during the preceding month. You may also wish to do this as part of your ceremony if appropriate. That a woman can bleed and yet not be wounded or dying was seen as a great source of power in past times and a strong link between women and the Goddess. These are the blood mysteries and they teach us to remember that we all come from the Great Mother and that her blood, our blood is a healing blood, able to bring forth life and provide nourishment. Menstruation today is often regarded by women as a nuisance and as something that needs to be cleaned up and dealt with or as a minor inconvenience that must be ignored so that 'normal' life can be resumed, yet as bleeding women we know that at this time we feel different and have a natural tendency to want to withdraw and to go within, exploring our inner world. This is a time of deep creativity and of being able to dream and of accessing our intuitive nature. I am now post menopause but I still find that my energies are deeply attuned to the phases of the moon even if my womb is now a cauldron creating and releasing at an energetic level as well as at a physical one.

The ceremony that you will create for the dark moon should be performed during this phase and if possible when it's dark. If the ceremony is being performed in daylight hours then try and create a darkened space. The space should be set up so that it has a dark, womb-like feeling. Set up your altar, ground, and center and invite the Goddess energy into the space. Have a jug of water nearby and remember to drink lots. You will be moving emotion through your body and it's good to drink whilst you do so.

Taking some deep breaths and allow yourself the time and space to just sit and be. As thoughts come into your mind, allow them, but let them pass like a cloud floating by in the sky. This is a special time just for you, a time when you can be relaxed, where there is nothing to achieve and nothing is required of you.

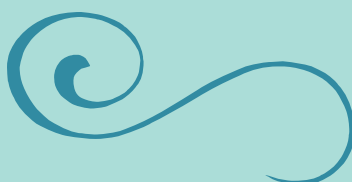


Page Four

Savour these moments of nothingness, sitting within the womb of the mother at this dark moon time. A time when she will take all from you that is no longer needed. After you have taken this time to just allow yourself to be, think of those things that have occurred in your life over the past months since you have been taking the course, what thoughts or feelings are coming up for you about your path as a Sea Priestess that you would like to shed, along with the lining of your/her womb. What negative thoughts do you have about your path? Where do you not feel worthy of this path or where are you are unsure of yourself? Don't analyse these feelings but instead symbolically release them; you can do this by simply naming them out loud. Or alternatively, you can write them on a biodegradable piece of paper, a shell, or something from nature that represents what you are feeling, which afterward you can place into some flowing water.

As you name or write down these feeling allow your emotions to flow as you do so. Maybe when you say them out loud they feel silly and you feel like laughing, or maybe when you say them you feel like crying, then also do so. Maybe you feel angry or any other myriad of emotion. This is your space and the Goddess will take all that you give her. Beat a pillow, scream or shout into it, and release all of the emotion that resides within you whatever that emotion may be without judgment. There is no right or wrong. Whatever you are feeling should be allowed in this safe space you have created for yourself. When you have finished sit or lie down and imagine yourself held in the womb of the mother Goddess. You may feel like resting or even sleeping for a while. When you are ready, thank the Goddess for this time, thanking her for the waters and the blood that flows and for emotional release. If you are bleeding during this time then you may wish to incorporate your moon blood into the ritual. You can do this by going outside to a 'safe' and 'private' place to bleed onto the land, or you can collect your moon blood and mix with paint or ochre and use this to write your feelings onto the natural object.

This is a very powerful practice that can connect you to your feelings and to the land and it is useful when you need to shift something or clear a path so that something can emerge. It is a useful practice when thinking of our gifts and service, as sometimes something needs to shift or be released in order that our gift can emerge.



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Gratitude Practice

In this part of our journey, we want to discover our gifts and to bring them into manifestation. We can experience many desires but the act of bringing these into form can elude us.

We can believe that luck, fate or destiny are such that these things are not for us. Yet in knowing what it is we truly desire and being honest with ourselves about what these things are and in working with our true nature we can bring into form all that we desire. We live in an abundant universe that does not limit or ration our desires. However often the 'things' we believe we need are masking our deeper needs. So a desire for money can mask the real desire for security and safety within our world, or the need to make choices that better reflect our inner emotional state. We can encourage abundance and recognise our gifts through the practice of gratitude.

The act of expressing gratitude in our lives means that we approach life not from a place of entitlement but from a place of humility and of knowing that we are working in harmony with our higher self and the universe. We are telling the universe that we appreciate the things we have in our lives and that we would like to encourage more of those things. When we give thanks for our bodies, our families and our lives we immediately recognise those things that are important to us. Gratitude assists us in identifying those things that truly matter and our desires are then matched with those things that make us grateful and ultimately that make us fulfilled and happy.

In expressing gratitude we should try and do so on a regular basis. This will help us to keep in touch with what is working in our lives and making us happy. On waking in the morning it is good to express gratitude as part of an affirmation. This can be done while looking in the mirror. Something as simple as: 'I am so grateful for my beautiful smile and the wonderful nights sleep I had.'

If you smile at yourself in the mirror it will automatically make you feel better, and even if you did not get a great nights sleep you are telling the universe that this is what makes you happy.



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I also find it's useful to keep a gratitude page in my diary where I write down the things I feel happy about. Gratitude should be a spontaneous reaction to all of the things you have in your life. Even when your life is not going so well, all of us can still find things to be grateful for.

As well as practicing gratitude on a daily basis, we can also more formally express those things in our lives for which we are grateful by performing a gratitude ceremony. This is a ceremony that can focus our attention on what is important in our lives and allow us the time to listen to our inner voice and recognize what makes us content.

Gratitude Ceremony

In my understanding, the nymphs have a 'descending' ability to feel into the earth and the waters to understand what the earth and the waters need to tell us. I believe it is really important for us to learn how to feel into the earth and what she is trying to tell us. In so many oracle traditions there is a reaching up and out, rather than a reaching down and in. In order for us to be change agents in terms of the environment or earth issues, we have to understand Gaia and her rhythms.

Gather together the following before beginning:

- Items for your altar that represent things you are grateful for; these could be pictures of family, friends or representations of the same
- Something to represent the elements
- A chalice and drinking water
- Music of the sounds of the sea
- Paper and pen

Ground and centre and call in the energies of your Goddess into the space. Then begin to set up your altar by first putting the elements in the directions. As you do so, take each element and thank the Goddess for this element.



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So, for example, as you place your symbol of air, thank the Goddess for your life breath, for clean air, for the birds of the air, for wisdom and knowledge. Thank the Goddess for your mind and your thoughts. Then as you move to fire do the same, thank the Goddess for the warmth of your home, for the fuel you use to cook your food, thank her for your creativity and your optimism. Then place the water on the altar, thank the Goddess for the clean water you drink, for the beautiful places of water such as the oceans and the rivers. Thank her for your emotional life and for the beauty and compassion in your life. Finally, place your earth symbol and thank the Goddess for the food you eat, for this beautiful planet, thank her for all of the wonderful things that manifest in your life.

Once you have placed all your elements on the altar, say thank you for all of the elements that make up all of the forms on this planet. Then, taking your items, place them one by one on the altar taking time to express your gratitude for each one.

Start the music and lie on the floor, closing your eyes, allow yourself to relax as you listen to the sea. Imagine yourself walking towards a door, you are entering the non-ordinary world; behind this door lays a beautiful beach and the ocean. Look around the beach taking time to familiarize yourself with your surroundings. There is a guide waiting to greet you. Notice if there are any animals, people or elementals on the beach, which one is your guide? Who is waiting for you? Talk with them for a while and get to know them, listen to any messages they may have for you and tell them you wish to meet with your Goddess to thank her for the things you have in your life.

Then when you are ready to go with them to meet her. Imagine how she looks to you and where you go to meet her. Tell her about all of the things in your life for which you are grateful. Listen to what she has to say to you and how you feel.

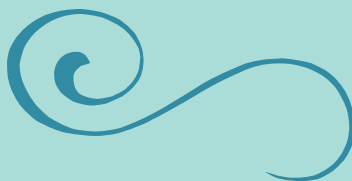
Ask her to tell you what your gifts are? Listen to her words of wisdom.



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When you are ready to leave, thank her for her wisdom and finding a gift in your pocket give it to her. Allow yourself to return to your guide and thank them for their assistance. Then, leaving, return back through the door and slowly bring yourself back into the room. Turning off the music take the paper and pen and write down your journey. Rather like the dream state, it is a good idea to do this immediately as you will find the memory of the journey will fade.

Remember on each day during this period to say thank you for all that you have in your life.



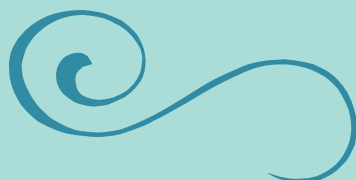


Mermaid Wisdom

Working with your moon sign

Hopefully, you have now had a chance to have your astrological birth chart drawn up. In developing, understanding and expressing our gifts the moon's placement in our charts can assist us, as this is the place in our chart of clarity, reflection and it is the part of our chart that can be a key to our esoteric gifts as well as our worldly ones. The placement of your moon can help unlock the desires within you, leading to inner fulfillment and the recognition of your gift.

As Sea Priestess you are cultivating an intimate relationship with the moon and its phases and as you work with the moon as it moves through its different aspects and phases you have been reflecting upon the effects in both the natural world and on your own body.



The moon's gravitational pull on the planet affects the water that flows on it and the water that flows through our bodies. The phases of the moon mark the passing of time and the solar calendar we now use was not the one used by our ancestors who marked the time through a lunar calendar.

This thirteen-month year is the feminine year and reflects the movement of the moon from new, through to full, and then dark. The phases of the moon impact our bodies and emotional state, as the tide ebbs and flows with the moon so do we.

During your practice you have hopefully been keeping a moon diary, and as Sea Priestess you journey with the moon as you deepen your practice. Through this practice you are developing an awareness of the phases and astrological houses through which the moon travels and you are building your relationship with her. It will be a different journey for everyone but one that follows the natural pattern of life and the ebb and flow of the planet and its waters. You will find yourself reflected in the patterns that she shows you. Like the tide you will have your low and your high points but by tracing these patterns in yourself you can find your truth and it will help you to understand how you can be in service.

As a practice reflect on your moon sign and the particular gifts associated with this sign? Do some research! What are the strengths and weaknesses? What are the generalized meanings? Are these valid for you? Look back over your moon diary, under which signs do you feel more emotional? Where are you more energetic? When do you enjoy company? When do you need alone time? Spend some time mapping out and looking at the relationship that you have with the moon. Is it a clear relationship or muddled? Do you bleed at particular moon times or if you are post menopause or medically not bleeding are there still peaks and troughs in your energy and your creativity?

If you wish to share your moon sign with the group and what you have found out. Take some time journaling and writing about this or creatively expressing it. Does it reveal anything about your gift of service?



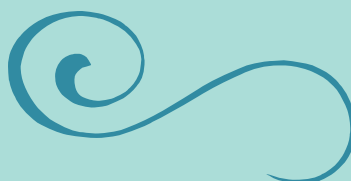
Vision Quest

In this part of our journey, you take the vision quest that you have planned from part four and you will work with the question that you have spent time formulating and working with.

We are each of us born with an essential essence, something that is truly ours. It is a seed of our potential. It can also be known as our 'dharma' or our life's purpose. Our soul is fully aware of what this gift is, but oftentimes our ego gets in the way of us truly being able to live our gift. We have an ego for good reason, it keeps us safe and we would not be able to function in our lives without our ego self. Having an ego is not a 'bad' thing. The expression of our ego in the world though, particularly if it is at an immature stage, can stop us from fully experiencing life in all its fullness. The ego can obstruct our personal development and we may develop resistances, or become, stuck or lost. This can happen at any life stage. A mature ego understands that sometimes it is necessary for us to get out of our own way and to listen to what our 'soul' is trying to tell us.

Oftentimes in our lives we can be 'forced' into this place of listening. It can happen when we have a change enforced upon us, through loss, grief or radical transformation of our life. In some ways it doesn't really matter how we encounter the soul more that we do, but it can be a much easier journey when we have prepared ourselves and are supported. A vision quest gives us an opportunity for transformation without necessarily having it forced upon us. We can undertake a vision quest when we wish to uncover the treasure that is our essential essence or when we are just seeking to encounter our soul.

When we undertake a vision quest we are performing a powerful ritual. A ritual is an embodied action. We are not imagining it we are doing it for real. We feel the air on our skin, the sun on our back and the dirt beneath our feet. When we undertake our vision quest it is our body that takes the journey through our footsteps on the land. We feel the body of Gaia beneath us and we dance our prayers. We chant our prayers out loud. We enter a state where we are in total presence with our body on her body.



When we begin our quest, we go with this support to a wild place, to a place that calls to our heart. This is a ritual and as such we support this ritual by feeding it with the symbols and places that speak to our heart. In the same way that we would with any ritual or ceremony, we take time to prepare, to form our question. To prepare the items that we wish to take with us. We invite our soul self to participate by speaking to the soul in the soul's language. This is a language of symbols, and of archetypes and myths. We ask ourselves what does our soul need to appear and to speak with us?

In order to assist you with this process, I am going to share my vision quest with you. Your vision quest will be your own process and so in sharing this I am not anticipating that you will do the same but illustrating what is possible and how we can utilise archetypes and myths to speak to our soul. I acted out my ritual on my vision quest by marking out space and into this space by placing objects and totems that represented my questions. I have a small medicine bag and within it representations of the elements, and items that are of importance to me. These items supported me and by preparing them I prepared my soul for the question I wanted to ask. For this particular quest, I also made and added items that represented home for me. In all parts of this vision quest, I asked for the support of my sisters who knew I was questing and who lovingly supported me in my intentions. I chose for this particular quest not to go into wild nature but to be within a space in my own home.

My question came from my hearts longing, 'to find a home'. My question. Where is my home? What do I need to bring into my life in order to find my home and my place in the world? I thought about the things that represented home for me and the symbol that came up was the hearth fire. I began my quest with a small ritual. I lit a candle for each place I had called home and in the space, I set out for myself I danced my ritual, lighting and then blowing out each candle for each home I had moved from. Each time physically moving myself to represent the physical move of space that occurred each time I had moved home. Finally, I lay out pictures of women who represented my ancestors around me and lit a hearth candle. In my imagination, I had my ancestors and also my family and soul sisters of today come and light a candle from my hearth. I then entered a meditation.

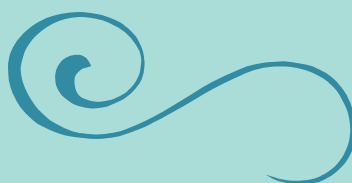


I stepped into my imagination, what would this spiritual home look like? I imagined a place on the beach, a place of the turtle woman, of the sea woman, where would she dwell? My heart saw a simple hut, round in shape, like a teepee. Outside fish hung, salted and drying in the air. Small flags with symbols of the turtle, the mermaid, and sea creatures flew from the top of the teepee, the sea breeze moving them gently as they fluttered back and forth. The teepee was held to the ground with large pebbles and a smell of salt and brine permeated the air. Inside of the teepee were rush mats and a central hearth fire, around this fire sat the grandmothers, nine of them. I had entered the dreaming lodge of the grandmothers.

*In the North sits **Ember Woman** she guards the fire. She sits in the dreaming lodge and tends the coals that have almost turned to ash. She is old, older than time, older than the stars, she is the universal woman. A keeper of time and a keeper of the mysteries, she was here in the time before; when the universe took shape when the mountains rose from the ground and the oceans filled. She keeps the flame of life burning, never letting it die out. Ember woman speaks to her sisters of the time when women lived in synchronicity with the earth when they were in touch with the dreaming moon and their cycles were as one. She spins the universal web of memory and she recalls a time when women's' dreams shaped the universe. I ask her my question and she speaks to me of the universal home of the soul.*

*In the North East sits **Swan Woman** she is a protector of the young and the vulnerable; a shape shifter and maiden warrior who glides through the water as a virgin healer. This maiden Sister comes to the dreaming lodge having sailed the broad river on a wide wing boat, arm in arm with her sisters chanting songs of conquest, songs of love; songs of tender heart healing and the river of life. She is the embodiment of presence, of youth, beauty and the vigour of life. She dances her great swan wings proudly displayed as a demonstration of the glory and joy of womanhood. I ask her my question and she speaks to me of what is needed for healing.*

*I turn to the East and **Red earth Woman** speaks to me. She knows the mysteries of the life-blood, of the fertility of the land and women. She walks the red path as midwife, herbalist and healer. She leads the maiden through menarche with sweet secrets and honeyed feet and a deep belly laugh. She enters the dreaming lodge with tales from the edge place of the birthing room where she places the bricks under the feet of the labouring woman and sings her soothing songs. She beats a steady rhythm on her drum encouraging the movement of the hips and the birthing dances of the women of the tribe. She whispers the secrets of the crone whose womb is the internal cauldron of her creativity. As I ask my question she whispers in my ear and her laughter feels my heart.*



Turning to the South I sense **Cloud woman** as well as see her she comes with the energy of the cyclonic wind; she is the fire of lightning and the roar of thunder. She is pure energy, the fullness of manifest creativity in the world. She is a woman at her peak turning the wheel of life. She is a balm to the young, the old, to all of her tribe. She is the energy of community gathered together to make manifest all possibility. She is the spiral dancer, earth spinner, world weaver the wild woman bringing the transformational power of change. Her broom sweeps away all that no longer serves. I ask her my question and I understand the insignificance of it in comparison to all that is.

As I turn to the South West **Turtle Woman** the mother of all, opens her eyes to take me, in she carries the world on her back, yet she never falters. She is the fullness of the pregnant woman and she enters the dreaming lodge slowly, surely, patiently knowing that her time of ripeness will manifest. She is the heat of the summer day and the bliss of burrowing into cold sand waiting for the tide to turn. She guides and teaches the patience of the natural world where all beings, where all of our relations have their time and their season. She teaches of loyalty in relation to others, of the gift of the present, and the potential longevity of our dreams and creative wishes, our gift of life to the next generation. She acts now for the future and her gratitude is boundless. I understand from her that to answer my question I need to act now in the present to help it manifest.

And in the West is **Tide Woman** she is the mystery of the deep ocean and the movement of the moon and tide from new to full. She ebbs and flows feeling into the emotional body. She is the water of life the waters of this blue planet, that connects all living things. She is the depth of emotional response to the world crying salt tears of joy, laughter, and sadness. She enters the dreaming lodge with the moon in her heart and the knowledge that nothing is permanent, that all must change and flow. She teaches the wisdom of not holding onto what must change and that it is easier to dive into the wave than to be swept along with it. And I know this to be true with all my senses.

And in the North West sits **Crocodile woman** the ancestral crone, her scaly skin old and worn, her teeth sharp and her senses sharper. She knows when to act, when to be still and wait and when to move. She enters the dreaming lodge on old stout legs, squatting by the fire, her watchful gaze placed upon the flame. She is the wisdom of age and her belly is full; her teeth glint in the firelight; she is the bringer of death but also of rebirth. She loves fully and laughs deeply and understands the beauty of a life lived well. She sings songs of days long past and makes prayer sticks to honour the ancestors who have walked this land for millennia; she is a keeper of the old ways. And finally, I understand.

As the women sit around the fire in the dreaming lodge, the seasons turn and the earth turns her face to the sun and then looks away. The moon moves from new to full and the women gaze up through the centre of the lodge into the night sky and smile at the seven sisters as they sail by. They remember the ancestors and acknowledge the generations who are yet to come. They call to the fourth sister Maia, the blue giant star; and the goddess of their hearts; they talk to her and receive her wisdom.



They join hands and as they do so their hearts connect and the energy of the earth, the sea, the fire, the wind and the water move through their bodies out into the night calling their sisters, calling me to enter the dreaming lodge so that the women of this land can come together and receive their wisdom. They call all women whose dreams fire the heart and hearth and who hold the land in reverence and I know that my home is within the circle of my sisters and my heart opens and blossoms in this knowledge.

I give thanks and gratitude for the time I have spent with each of the grandmothers and for their wisdom. I have been blessed in my quest.

In my vision quest I didn't necessarily receive the answer to the question I thought I had posed, but I received my answer of where my home truly lies and such is the working of the soul. From my quest I have received the totem women who will guide me in the future on my Sea Priestess quest and who will be way showers. I am in deep gratitude for my journey.

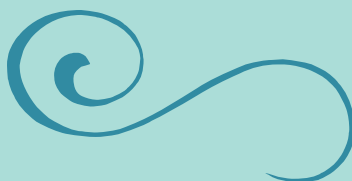
The vision quest is a solitary pursuit, however a vision quest is also an acknowledgement that we need support. Our friends, sisters, or family support our quest. They keep a fire lit for us, they keep us in their prayers and they hold the sacred space for our ritual. They keep us safe while we enter the ritual space. They hold the doorway. We are aware of their support, even in our isolation. Having this support is a vital and a necessary part of the quest. We do not go out alone without this support. We surrender our ego to the soul but we do so with our allies and our tribe witnessing and holding us within our quest.

Although generally, a vision quest is an experience in the outdoor wilderness essentially it is a journey into the interior wilderness of your own soul. As such if you do not feel comfortable going out into wild nature because you do not have the support around you to do so then you can just as easily take your vision quest in a safe space within or around your own home. Camping in your back garden can be an experience or even in a spare room in the house like you did when you were a child with blankets draped over chairs. If you are taking your vision quest in this way then let your Sea Priestess SiStars on this course know when you plan to take your vision quest so that they can support you and be there for you with your intention, that way you feel supported not just by choosing a safe place to undertake your quest but you also know that you are also supported on the inner planes too by your sisters.



In planning your vision you have called a part of your inner self to have ego encounter and as such you will be undertaking a soul initiation. This is a meditative journey but don't be concerned if you do fall asleep, as your intention is everything. Remember your own personal safety, and don't leave candles etc. lit and unattended. If you are traveling out into wild nature, don't go without a support team.

I wish you well on your journey and if you feel so moved then please share your experience.



A Summary of your practices

Follow the mediation to give thanks for your gifts of service

Research and share what you learn about your moon sign.

Express your gifts and bring your tender heart offerings to the group
so that we may witness you.

Take your vision quest

Continue to keep a journal, this will allow you to see what works for you and
to also track the phases of the moon and the tides and how they affect you.

Regularly visit a body of water near your home and leave (bio-degradable)
offerings and prayers

Stay connected...tell us about your experiences on the Facebook page and be
there for others. If you are not on Facebook then check in with friends, family,
or your own supporting tribe.

Spend time in watery nature and drink plenty of water.



Love, Gratitude and many
blessings on your journey

Part seven begins in six weeks

