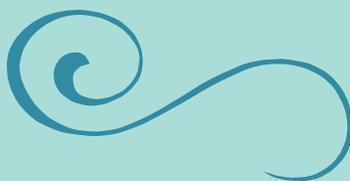


THE WAY OF THE

The Sea Priestess  
online course manual  
Part One

by Louise Tarrier 2017



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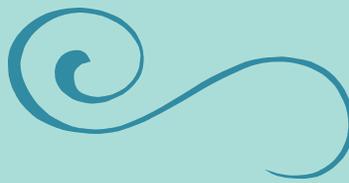
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# A warm welcome

## Welcome to the Sea Priestess online Journey

I know that you are going to receive so much from this course and that you will look back on this time as a very special time in your life. I know this because I have experienced the joy that comes from this path and through the channeling work that I am doing I am being told that this energy is very welcome and needed on the planet at this time.

I am so looking forward to spending this time with you as we all journey together.

This course as with the Sea Priestess path is an evolving journey and as such we are all explorers. In respect of this please be sure to constantly tune into your higher self. By this I mean take the time to check in with the part of you that has your best interests at heart.

You know this part of yourself as your intuition or your gut feeling. If at any time any practice or anything you are being invited to experience feels like it wants a strong no, then spend a couple of minutes just tuning into this higher guidance. You will soon know whether this is a genuine no or resistance that needs to be worked through. If it is the latter then please bring this to me or to the group so we can work it through. If it is a genuine strong no then please feel free to disregard the information or the practice and move on to something else offered in the course.

All of the practices that are introduced are an invitation. You are always in control of this process. There are also only good questions so if you have any questions please bring them to the Facebook group as chances are someone else would like to know too

And so with the formalities over, we can take the first step on our journey together.





# My Body as Temple

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

I believe that in any spiritual, magical work/journey it is extremely important to be grounded and rooted in our body and to be grounded and rooted into Gaia/Ge our planet. The reason for this is that grounding our intentions makes them manifest. It also allows us to be strong and rooted in our physical bodies and on the planet and ensures that the changes that we make and the intentions that we place out into the world are much more likely to stick.

The journey we will take together begins at our root chakra; it begins in the physical earthy realm where we will initially learn to honor the water of our physical body and the water that surrounds us in nature.

In this first part of our journey, we will explore what it means to treat our body as our earthly temple.

What do I mean by that?

In our external temple, we tend it well. We wash the altar cloths regularly, we clean the candlesticks of wax and we ensure that it is a pleasant place full of a beautiful energetic presence. We light wonderful smelling incense and candles. We smudge the space and clear it with feathers or sound using bells and gongs. We do this to ensure that space is always resonating at the highest possible frequency. We decorate the space so that anyone who enters it looks upon beauty. We bring in fresh flowers and herbs so that our temple space is at one with the natural world. It may be that our temple is outside and then we are totally surrounded by the beauty of the natural world and nature has created a space of wonder for us to behold. We give our temple whatever it needs, maybe space, time and care; and only bring to it items that raise its energetic frequency or that add to its beauty.

We fill our temple space with the energy of love.

We now need to ask ourselves do we treat our own temple bodies with the same care and respect? We have come into incarnation in a physical body and our care for it will enable us to carry out our dharma, our life purpose.

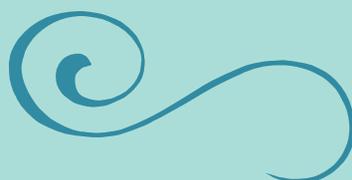




In the journey that we will take as Sea Priestess our relationship with the planet, with our great mother earth Gaia, and the waters that flow across her and through us is a key part of our role and why we have been called to this path. In order for us to begin our communication with the planet and with the water, it is necessary for us to feel totally grounded and rooted within our body. In this way, we can establish our communication with Gaia with ease and we can do this in a very instinctual and grounded way. We can access our 'natural' and 'instinctual' self.

When we do a lot of spiritual work if we are not grounded we can lose our connection with our material body and with Gaia. And of course with the waters, within and without.

It also bears repeating that we are made of water. The average adult is 76% water!!!



# Page Three

The water that is within us may have come from the ocean, from a river, from deep within the earth and it came I believe originally from the stars. If we are going to start caring for the water and communicating with water as a conscious entity then we should start with the water in our own body.

The late Masaru Emoto showed through his photography of water molecules how the way water is treated, either with love and respect or hate and derision, had an impact on the water and its molecular structure. The loved water molecules were sharper, brighter and resonating at a higher frequency and of course, the other water was dull, lifeless and the molecules became misshapen.

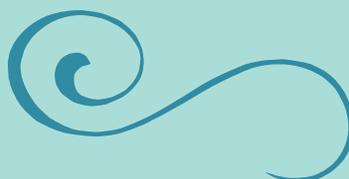
*'We must pay respect to water, feel love and gratitude, and receive vibrations with a positive attitude. Then water changes, you change, and I change because both you and I are water'*  
(The True power of water, M Emoto)

We can ask ourselves the question. Do we love our own water body?

Do you send love to yourself or do you constantly criticize and belittle your own efforts?

How you treat your body temple and the water that flows through it is a key question that you will work with as we begin this journey. Do you shower yourself with love? Surround yourself with beauty and allow into your body only that which can help you achieve the highest frequency? You will examine this without shame or blame, by just bringing awareness. How do you treat yourself in terms of 'self-talk'? Do you act as a wise compassionate friend or as a critical enemy?

How did the rose ever open its  
heart and give to the world all  
its beauty? It felt the  
encouragement of light against  
its being Otherwise we all  
remain too frightened  
(Hafiz, it felt love)



# Page Four

Water needs to keep flowing and connecting, as it is the flow that gives water its life force and that stops it from stagnating. Within our own watery body, we should strive to keep our inner pathways open, flowing and active. We start by drinking plenty of water and being aware of what we are putting inside us. I personally love the practice of blessing everything I eat and drink.

Water has the ability to hold an energetic imprint and we should be mindful of the significance of this within our body. When we bless our food and the water that we drink we do so in the knowledge that we are increasing the energetic frequency of all of the waters not just our own. In this first part of our journey, you will begin to introduce some practices that enable you to show your body and the water of your body some love. We will find some time in our busy schedules for self-care and self-love.

Too often as women, we take great care of those around us, our children, our partners, our creative lives, our work, but forget to take care of the person who provides this care, ourselves. It may be that you are already nurturing yourself in a wise and kind way and that's fantastic and the great thing about love is that we can always be open to more. In this part of the journey, we are going to introduce a concept of "Profound Self-Care".

This is a fierce love, a protective nurturing love, it is a love that allows us to tuck ourselves into our own hearts and love ourselves in a compassionate and wise way.

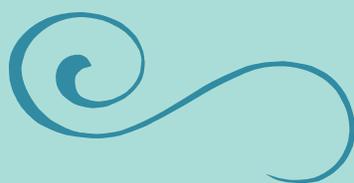
It does not come at the detriment of the other but adds to and enhances what we bring to the world. Giving us the strength and resilience to follow our path in a grounded and held way.

Our love of self is not dependent on the other but is generated from our own heart and like a constantly flowing spring, it is always freely available.



# Page Five

How do we achieve this 'Profound Self Care'?



# Page Six

What is clear to me is that this love is always available as it is the 'true' energetic frequency of the water that flows through us and on the planet. We only have to tap into that consciousness and we can draw from the wellspring. It comes from a state of mindfulness and of checking in with our higher self on a regular basis and being in a place of connection with the needs of the water in our body.

This means that we need to be mindful about ourselves. To do this we regularly check in with the water in our body during the day. When you check in, you do so at three levels, mind, body and spirit.

1st Mind: You catch your thoughts. What are you thinking? Are your thoughts about yourself loving and kind or self-critical? There is no judgment just awareness.

2nd Body: You scan your body. How does your body feel,? Are you hungry, thirsty, tired, do you need to change your posture? Again no judgment, just awareness

3rd Spirit: How do you feel at this moment? What is your emotional state? Do you feel connected to your higher self?

Finally, after checking in you make the necessary adjustments. Again no judgment, just awareness.

You might want to practice gratitude if your mind feels out of alignment, you might want to send golden light to parts of your body that need healing, or maybe just take the practical action your body requires, like a drink of water or a nap. If your spirit is low you can follow a quick grounding and centering exercise to bring yourself back to balance and connection. As well as being mindful you can set a date to connect to your reflective self. Take time to go for a walk, or daydream, do something creative. Still your mind and be open to your inner voice, your intuition, your creative nature. This is what keeps the pathways open and flowing. Water circulates and moves. By moving our body, our mind and our creative selves we keep open and flowing. If this seems impossible put it in your diary, make it an appointment (even if it's just 10 minutes) that you cannot miss. Know that it is OK to put yourself first. You matter.

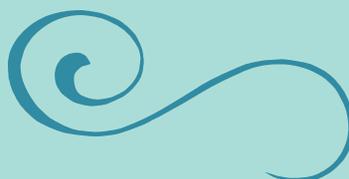


# Page Seven

Following on from this introduction are some of the practices that you are invited to journey with over the next period of our time together and the intention of these practices is to tune in with the water that flows through your body; receive guidance from this water as to what it needs and to move to a state of being where you are giving yourself the gift of profound self care and nurture and the waters of your body are flowing.

The invitation for this stage of the journey is:

- Each day follow the grounding meditation that you have been sent as an audio at least once a day. The meditation is the beginning of establishing a connection and a communication with Gaia. (This will help ground you). The meditation is 13 minutes long. If you have the time then you can do it morning and evening. If you can't make the meditation date you've set for yourself at any time show yourself the same compassion you would show to your best friend.
- 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.
- If you don't know already have your astrological chart drawn up, we will use this later in the course and it's good to know your moon sign straight away as it will help with your moon diary. You can do this on [www.astro.com](http://www.astro.com) for free as a guest. I also recommend the Pele report a weekly video by Kaypacha. It's like a spiritual weather report and comes highly recommended. You can sign up for this at the new paradigm community. [www.newparadigmastrology.com](http://www.newparadigmastrology.com)
- Follow the practices that come with this introduction.
- 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.



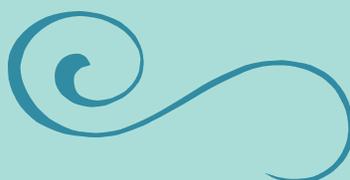
# Page Eight

This may all seem like a lot to fit in but remember you have six weeks and to treat yourself with love if you do not live up to your own expectations.

Try to aim for consistency in one or two practices if you are not able to fit them all in. I know that your experience of exploring your body as a temple is one that will bring you joy and that will allow you to feel at home in your own body fully connected to this planet and to the water and, that it will ensure that our journey together is one that you are taking from a grounded and rooted place.

In the next part of our journey, we will connect with our sacral chakra and womb space and we will also journey with the mermaid.

Many blessings and much love Louise (Dove).



# Practices

## Inviting the Goddess

As a Sea Priestess, you are looking to build and strengthen your relationship with Goddess/Divine Mother. For the purpose of this journey, you will choose a Goddess associated with the water element who speaks to you, and see how her aspects change during the seasons and come to know her more fully over your journey. Over each of the six weeks, you will build and deepen your relationship.

In this first six weeks you will be getting to know your Goddess by finding out as much about her as possible; both through researching what others have to say about her but more importantly by building your own relationship with her and listening for the messages she has for you.

To begin this relationship you will build an altar to her in your home space. This can either be outside or inside. If you have small children or animals then find a shelf out of reach where you can place your altar. Find yourself a special cup or chalice that you can fill with water daily and that you will also use for self-blessing and ceremonies throughout the course. Each day make time to sit at your altar, (it's a good idea to make a date with yourself and follow your meditation sat at your altar each day) and make offerings and prayers, or maybe just light a candle, burn incense and offer a water libation. Once a week try to recreate your altar to keep it fresh and stimulating. Find objects that resonate with you or with your Goddess, in particular items from nature. Be sure to keep a chalice or bowl of water on your altar and refresh it daily!

Goddesses that you may wish to work with and whom have long histories and many aspects associated with the water/and or the ocean are:

Anahita, Aphrodite, Brigit, Domnu, Isis, Ixchel, Kali, Lady of the Lake, Nimue/Vivienne Mary/Mari, Oshun Selene, Sedna, Sulis, Tiamat, Yemanya

Or please feel to pick any other Goddess that you are either currently working with or who resonates for you as being important on your path, tradition. If the thought of making a choice feels you with dread then use a technique called body discernment to help you make the choice. Take time to connect in with your body or perhaps use the meditation. Then speak each of the Goddesses names in turn that you are drawn too and notice how your body reacts when you say the name. Allow your body rather than your mind to make the choice. Also, know that there is no right or wrong choice and know that each Goddess will ultimately lead you to all aspects of the divine both within and without.

# Practices

## Connecting with water energy

You may or may not live near the ocean, if you do great, if not then try and locate the nearest body of water that you can visit at least weekly near your home.

At this stage just visit and get to know the place and the nature that is there. Say a prayer of gratitude, leave small (biodegradable offerings) and maybe do your grounding meditation there.

### Full moon ceremony: The Moon and the Mirror

As a Sea Priestess, we look to the guidance of the moon and the tide to help us navigate our way. In this practice, we begin our journey with the moon and use her teachings to guide us in how we can understand our body as a temple.

Throughout our journey together we will use the moon as a guide. If you don't know already find out which time of the month the moon is new and full. It is also useful to know which sign of the zodiac that the moon is in at these times and also where the moon is in your natal horoscope. There is more guidance on this in my book, 'The Way of the Sea Priestess: An inner path'. Keep a moon journal as this will assist you in understanding your own cycles and help you to tune into the natural world. It is also a place to keep a record of your experience.

The nature of the moon is that it is a mirror: it has no light of its own but reflects the light of the sun. This reveals an esoteric teaching in that we cannot directly see ourselves but must look into the mirror in order to see our projection to the world. We cannot look directly at the sun so it is the moon that allows us to see her brightness. The Sea Priestess understands the power of the mirror as demonstrated by the moon as it offers her an opportunity to look directly into her soul and see that brightness.

In this exercise, the moon acts as a conduit allowing what needs to be reflected to be seen. We will begin this practice by using the grounding and centering technique introduced in the introductory meditation. We will ask for the presence of the Goddess and for all of our helpful guides and ancestors to be with us.

This mirror exercise is designed to awaken our love for the self. At the full moon or near to the full moon, fill a glass bowl (large enough so that you can see your reflection) with water. Let that water sit outside and soak up the moonlight overnight.

# Practices

## Full moon ceremony: The Moon and the Mirror

The next day after grounding and centering and finding yourself a small hand mirror, remove any makeup you are wearing and pin your hair back so that you can see your face. Place the glass bowl of water in front of you and begin to look at your face.

Soften your gaze and see past what you think may be there. After a couple of minutes pick up the hand mirror and start to look into it. [If you have poor sight then you can do this exercise through touch by placing your fingers onto your face.] Take in all your face and be mindful of self-talk! Look at the bone structure below your skin, marvel at how your body is made, the skin, your eyes, nose, and mouth. Imagine your veins as rivers that take the blood, the water of life around your body. Take time to look at each part of your face acknowledging how complex it is, how much is going on. Look into your eyes and be amazed at how they give you a window into your inner world. See each part of your face as a piece of intricate machinery designed to do a job. How amazing that we have been created with such abilities!

As you look at or touch your face, marvel at how the face ages, how the marks on your face have changed from when you were younger. Be thankful for these laughter lines, these wrinkles and marks on the skin, which map your journey through life. See the wisdom that has been earned and the joy, pain, and love that you have witnessed. Then as you continue to look at your face give thanks for the gifts of sight, smell, taste, and hearing that your face has given you. Imagine or feel the water that flows from your face, as tears, saliva, mucous. Then close your eyes and putting the mirror to one side; imagine Gaia and her watery face, her springs and rivers, her lakes, her seas, and oceans. Imagine yourself seated beside a body of water of your choosing. Marvel at how beautiful this water is and spend time just being there and listen to any messages her waters may have for you? When you have done this open your eyes and taking the mirror look, into it again. Note how you have exactly the same qualities as she does, look at the landscape of your face, and the water that flows there. Gazing back into your bowl of water with a softened gaze allow the water of your body to connect to the water in the bowl in front of you by slowly tracing your finger across it.

See what emerges from this encounter, writing anything of importance in your moon diary or journal. You can use the water to either charge a crystal that you own or wear or for watering a special plant. Save some of the water to place on your altar. Connect with the sensual nature of what it is to be human.

Journal Prompt:

I am grateful for the water because.....

# Practices

## Self blessing ceremony

This introductory period is a chance to gift yourself; space and time. Water is a cleansing element and we will use water to cleanse our earthly body and honor the water that flows within. We all like a special bath-time and this practice is one that we can create for ourselves around bathing. Create a sacred space within your bathroom by lighting candles and burning sweet smelling incense.

Invite the Goddess into your space. Bathe yourself and honor your body by blessing it with the water in which you are bathing. Imagine these wonderful blessings entering the water that is within you and surrounding you in your bath.

In your mind's eye imagine your maternal ancestors going back for seven generations each sitting behind you holding you afloat in the water. Their essence and memories are also contained within this water. All of our memories exist within the water that has flown within each one of us. Imagine the blessings they would bestow on you, their darling, daughter, granddaughter, great-granddaughter. Even if you have not had good relationships with your immediate ancestors, you can imagine the blessings from those further back in your mother line.

Hear their blessings for you resonating within the water. Soak in these wonderful blessings, say them out loud, and feel them within the space. When you have finished your bath take some of the water and place in your chalice on your altar. Take some of this water and pour onto the land adding your blessings to the Earth and the water that flows from it. This ceremony can also be performed in any body of water (weather permitting) and is fantastic when bathing in the sea.

Write these blessings in your moon diary or journal. Each morning say these blessings to yourself as an affirmation. Or use the affirmation below.

Suggested Affirmation:

I am beloved of the Goddess  
The water that flows through my body  
is the same water that has flowed since the beginning of time  
through my motherline  
I am a blessed daughter of the Goddess  
I am love  
I love myself.

Love, Gratitude and many  
blessings on your journey

Part two begins in six weeks

