

THE WAY OF THE

The Sea Priestess
online course manual
Part Eight

by Louise Tarrier 2017



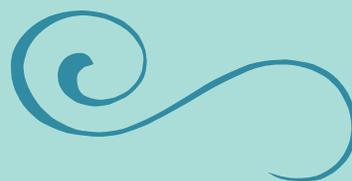
Copyright © Louise Tarrier

The right of Louise Tarrier to be identified as the author of this work has been asserted by her in accordance with the Copyright, Designs and Patents Act 1998 . All rights reserved.

The contents of this pamphlet may not be reproduced in any form, except for short extracts for quotation or review, without the written permission of the author.

Cover, and Illustrations by license to Louise Tarrier

Published by: www.creativeprayers.com





Deep Gratitude

Welcome to the final part of the Sea Priestess online Journey

And so, we come to the end of our journey together, but the beginning of your journey as Sea Priestess. This is our 'Celebration' a chance to give thanks for all that we have received, an opportunity to celebrate each other and all of the threads that we bring, each unique, but each thread bringing something greater to the whole.

I have so enjoyed this journey it has been my pleasure to be with you all energetically and physically throughout this year. I want to express my immense gratitude to you. For your surrender into the teachings, for your trust, for your love and care for each other. For all of the wisdom that each of you has brought to our circle. You are all a miracle! I now look out into the world and see the Sea Priestess, she exists and she shines out from each of you. The Sea Priestess is no longer something of the past, she is 'real' in the here and now, present in this day. My heart opens to the joy and ecstasy of that knowledge.

2018 has been a challenging year on many fronts, and none of us have been immune to the energy of the planets that are shifting, changing, rearranging and transforming our lives. We can't know what this new future will bring and we are being asked to trust and surrender like never before into the mystery. We are being asked to pray for a miracle and then to surrender in order to see it unfold before our eyes.

Each day as Sea Priestess we can connect to the waters, we can connect to Gaia and we can now connect to each other and it is through this connection, this mixing of our waters, this connection to the water that flows across the planet that we will find our miracle. We can join our prayers with others who are also praying for the waters. As Sea Priestess, it is our service to pray for the waters and to protect them wherever we can and in whatever capacity it is possible for us as individuals. As we join together in prayer our heart connection grows stronger.

Share this power with others, share your gifts!!!





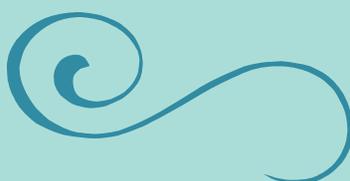
Celebration

I want to thank you with an open heart and to take you
by the hand as we celebrate your journey as
Sea Priestess



'I am the star that riseth from the
Sea,
the twilight sea.
All tides are mine, and answer unto
me
Tides of men's souls and dreams
and destiny
Isis veiled and Ea, Binah, Ge.
Lo I receive the gifts thou bringest
me
Life and more life – in fullest
ecstasy!

(The Sea Priestess, Dion Fortune pg
232)



Page One

I am so overjoyed that many of you are taking this work out into your communities and that as each year goes by there will be more Sea Priestesses and that each one of them will also be loving and caring for the waters. This is how we transform our lives and the world one person and one prayer at a time.

Now is the time to celebrate!

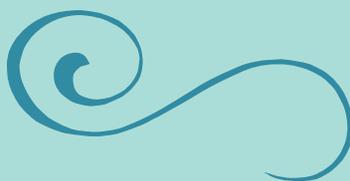
How often do you celebrate? How often do you gift yourself the ecstasy that comes from acknowledging your journey and all of the gifts that you bring?

I want you to each take a moment to truly celebrate yourself, your life, your service and the unique individual that you are. Throughout our time together we have learned techniques and tools to focus our energy both inward and outward. In this celebration practice, we will do both.

Our celebration is a coming together in community to express our joy in life and each other. So, for this last part of our journey together I would like you to do five things:

1. Write 250 words celebrating your own gifts and what you bring to the world. If you are part of the Facebook group, then post them to the group.
2. Celebrate the other women who have journeyed with us throughout this year. Feel your connection to them.
3. Do something just for you that brings you to a place of total joy.
4. You may want to celebrate your Goddess by decorating your altar in a way that represents and celebrates your journey with her.
5. Connect with the waters of the planet and in prayer celebrate all that Gaia brings to us through her waters. Celebrate the Goddess that you have journeyed with this year and all of the gifts that she has brought you.

Feel the ecstasy!



Page Two

What comes next!

You will be making your decision over the next month or so whether you will dedicate as Sea Priestess and deciding when and how to hold your ceremonies. Some of you may have already taken that decision and made your dedication. Wherever you are in the journey know that you are in the right timing.

You have travelled with your own Goddess throughout this time, so take time to thank Her for your journey together. It may be that you decide to continue your journey with this Goddess and it may be that you have made a specific dedication to this Goddess as Sea Priestess. I would love to hear how this journey has been for you and the qualities that this Goddess has brought into your life. How were your expectations of the journey met? Where did she lead you? Are you entering into a deeper mystery with this Goddess than you anticipated?

Please share again the qualities of your Goddess and how you have experienced her throughout the year. If you are able to share this with the Facebook Group then that would be fantastic.

It is my intention to keep the Facebook group open as long as it is needed and used. Please feel free to continue to post and tell us all about your journey.

Please also keep the group informed of any public ceremonies/workshops that you are planning as we can then act as your cheerleading squad. So, as we come to our new beginning I send you the gift of love, beautifully wrapped, and as you open this gift imagine my love pouring out of it towards you, enveloping you and holding you, see yourself reflected in its beauty. I send you blessings, water blessings from the well of my heart, deep ocean blessings from the depths of my being, warm tropical sea blessings for the pearl of beauty that you are.

All my love...from my heart to yours.





Mermaid Wisdom

Ecstatic practices of the mermaids

In this final part of our journey together we receive the ecstatic practices of the mermaids. An ecstatic practice is one that is transpersonal in nature. It is embodied and during such practice, we can alter our state of consciousness from one state to another. There are many types of ecstatic practice, dance, trance, drumming, chanting, sexual practice, fasting, holotropic breathwork to name just a few.

Ecstatic practice opens us up to bliss and joy. It brings us into a conscious state of awareness that we are connected with everyone and everything. It allows us to experience what it means to love unconditionally. It can be cathartic and life-enhancing.



We live in a world where it can be sometimes difficult to find our bliss and our joy. We are bombarded with negativity and with the real harm that is being done to our environment, to our fellow creatures and to our fellow man, woman, and child. We can find that we experience fear far more often than bliss?

In this exercise, we will tap into our own blissful states.

Taking a few deep breaths and settling into a meditative state, I would like you to use your journal and writing with a stream of consciousness approach I would like you to write:

I feel blissful when.....

then without reading back, I would like you to continue with

I feel ecstatic when.....

Then take some deep breaths read back out loud what you have written to yourself.

How do you feel? Take a moment to notice the sensation in your body. Sit with those sensations and really allow them. Does thinking about and writing about blissful and ecstatic states help you to connect with those feelings?

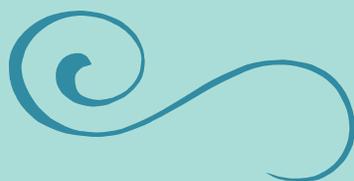
Next, I want you to write down the last time you felt a blissful and/or ecstatic state and to describe if you are able how this felt in your body? Which part of your body connected to this state. Was it a mental or a physical state? How did your emotions ebb and flow through this experience?

Can you recall the area in your body where any emotion may have been stuck? Can you recall how it shifted and moved? Feel into your body now as you recall this experience. Where in your body is asking for your attention?





Picture: Louise Tarrier 2018



Take some time to be with these feelings and to journal about them.

For the next week, whenever you feel a sense of bliss, joy or ecstatic pleasure take time to notice and write in your journal about the experience. Even if the experience is just fleeting. At the end of the week look back through your journal and notice any similarities or if your bodily sensations are similar.

The more we are able to tap into these powerful states of consciousness the more our dominant experience changes. We truly become alchemists shifting our states of awareness. We become more in tune with our personal needs and our boundaries. And we get to experience the bliss and joy more often.

Mermaid Ecstatic Practice

The ecstatic practice of the mermaid is achieved through voice practice and particularly chanting and breath work. This practice opens us to a state of ecstatic bliss. It is best done with music to accompany.

Music I have used that you may wish to download:

Sirens of the Sea Sea - Mindfillers

Pleiades Ocean - Mirabai Ceiba

Mantra Ham chanting - Spirit Voices - Chakra Music Zone

Make your playlist about 20 minutes long.

We begin in the Priestess pose, kneeling, use cushions if it is uncomfortable for your knees. Knees should be wide apart and your bottom, root as close to the ground as possible. If kneeling isn't possible for you then sit upright in a chair with your back straight.

Hands will change positions during the practice but we begin with palms facing upward resting on your knees. To start breath slowly with a relaxed breath through your nose



Then bring your hands up to your womb and position them in a downward facing triangle. Move your breath so that you are breathing in through your nose and out through your mouth. Begin to take in three breaths in through your nose, and then exhale making a sound. Try not to pause between breaths. Do this for a full ten minutes.

Then move your breath back to a slower more relaxed pace and move your hands up to your throat this time placing them in an upward facing triangle. Begin by breathing in through your nose and then as you breathe out through your mouth chant HAM. This mantra is clearing for your throat but also quite gentle after the initial rapid breathwork. Chant 9 breaths.

Then bring your hands back to your knees and relax the breath.

This practice strengthens your womb throat connection, your priestess chakras and also brings about a blissful state.

(Contraindications: Holotropic breathing part one of the practice should not be undertaken if you are pregnant or may be pregnant. If you are taking medication you should consult your doctor before undertaking the practice.)

Kelping

The practice of kelping has to be one of the most deeply healing, relaxing and blissful dance practices I know. It is extremely simple and easy to do. Put on some relaxing instrumental music. Either standing or sitting, imagine that you are in the sea and that you are Kelp/Seaweed. You are deeply connected to the ocean floor by your feet or your bottom but the rest of you is subject to the movement of the tide as it goes in and out. Begin to move the rest of your body in a tidal swaying motion. Bringing your hands up above your head or letting them hang by your side. Changing your movement as the imaginary tide moves you back and forth side to side. All the while keeping yourself rooted to the ground. Do this practice until you move into a beautifully blissful state. Just be careful not to get too relaxed and fall over. Keep your root. If ever I am feeling down I kelp!



The Journey begins - Opening Moon Ritual

This is the conclusion of our journey together, but it is the beginning of your journey as Sea Priestess. You have spent these past months learning various techniques and also deepening your relationship to Goddess. It is a good time to reflect and to plan how you will remain connected over the coming months. To assist with this and to extend your connection out over the next month, I recommend this moon ritual, which you can begin at the next new moon. The moon ritual should be performed at the different phases of the moon through New to Dark Moon. You will work the ritual over the period of a full lunar month.

- New Moon
- Waxing Crescent
- First quarter
- Waxing Gibbous (Half moon)
- Full moon
- Waning Gibbous (Half Moon)
- Last Quarter
- Waning Crescent
- Dark Moon

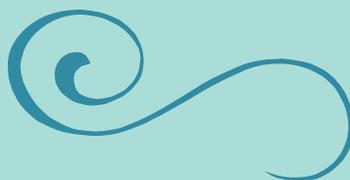
You will be connecting with the moon daily over this lunar period. At each of the times above you will also come into ritual space. You can use this ritual to set a new intention for the coming period, as a practice of gratitude or just to keep connected and aligned after your dedication. At the new moon, it is the time to set your intention for how you will connect with the moon over the coming period. This is the time when you initiate your connection and it will be the moment of your initiation into this month-long ritual. What do you wish to achieve? Is there a specific question or something that does not feel complete from our time together?

Once you have set your intention; when the moon is new; set up your altar and call your Goddess into space. Have something to represent each of the elements on your altar. Also, add to your altar space items from your journey, or something that represents your ongoing journey. The ritual can also become one of discovery and a way of defining how you will continue your journey as Sea Priestess. Even if you have decided not to dedicate this ritual can be used to set your intentions for the coming month.



At the new moon, open your ritual by meditating and stating your intention. Sanctify your intention with each of the elements, in turn, imbuing and blessing your intention with earth, air, fire and water. Be present with your intention to the moon in her new state and align yourself with the energy. When you have finished thanking the energies present including that of the moon, leave the altar open and the items representing your intention in place, put them somewhere where you can see them and acknowledge their presence on a daily basis. Each day between the new moon and the waxing crescent take time to connect with the moon, keeping your intention present in your mind. You can maybe do this by leaving out a bowl of water each night in the moonlight and then blessing and drinking it each morning. When the moon is at waxing crescent come back into ritual space. Write down what has come up for you over the last couple of days. Sense whether anything has shifted within your intention and work with this in the ritual space either creatively or through meditation.

It can be helpful to create something during this ritual that you work on throughout the cycle or wear a piece of jewellery or a crystal which you have blessed in the space. It will remind you to stay present to your journey. During this time you are listening to any messages that your Goddess or connection with the moon is bringing into your life. Continue your ritual through to the full moon. When the moon is full be sure to include a thank you and gratitude. Then as you move towards the dark moon, release your intention to the universe. Stay present to your connection and to a place of surrender. This is the connection to the ebb and to the flow. To the tides of your body and to the tides of life. You may wish to connect this ritual to your menstrual cycle and to your menstrual blood. It may be that you want to continue this lunar ritual each month. It can be a very powerful way of staying connected to the natural rhythms of life. Find within this ritual a way to deeply personalise it so that it reflects your own needs and rhythms. From my own experience, I know that quite often my stated desires and intentions mask much deeper desires, calling for my attention. When I am not giving these core 'dharma' parts of my life attention, they scream out to me and are masked by behaviours and habits I would rather not have. Keeping in connection and surrendering and letting go, strengthens my intuition and connection to my creativity and Sea Priestess self. When you state your intentions in this way the universe listens and will give you opportunities to work with what you have asked for. Remember to give thanks and blessings for what has occurred over the lunar cycle.



My deepest gratitude to you. Sending you love, and
ocean blessings on your journey as Sea Priestess

