

A coastal scene with a dark, cloudy sky, turquoise water, and sandy beach. The text "THE WAY OF THE" is overlaid at the top in white, uppercase letters.

THE WAY OF THE

The Sea Priestess  
online course manual  
Part Two

by Louise Tarrier 2017



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# A warm welcome

## Welcome to the Sea Priestess online Journey

Over the next six weeks, the purpose behind our journey is to learn to sense energy fields by engaging our womb chakra and opening our intuitive pathways. As Sea Priestess we become a channel, a channel through which we can communicate with the waters and speak the words of the Goddess.

We have spent the first six weeks ensuring that our body is prepared for this intention and we now move our attention towards learning to feel energetic space from our womb center, our chalice.

I, as are others, are of the opinion both through research and direct experience of womb activation techniques, that the oracle priestesses of the ancient world had an activated womb chakra and it was this that gave them oracular seeing. Oracular divination is a key element of the Sea Priestess training, the Sea Priestess is an oracular priestess, and in taking this training you are learning to become an oracular priestess.

We are following the calendar of the Northern Hemisphere and on our seasonal wheel, we move towards the spring equinox a time of balance and of a new birth. We use this energy to birth ourselves as we wish to be seen in the world and to initiate our journey as Sea Priestess. In the body, we turn our attention to our emotional body, to our sacral chakra and womb space, and we learn to discriminate our emotions to know what is ours to hold, and how to allow our emotions to flow and assist in our creativity...







# I am a sacred chalice

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

Your womb is your internal sacred space, your means of communication with the waters, with the starry realms and with Gaia. It is the seat of your body and of your intuition, your creativity, and your feminine instinctual nature. In honoring your connection with your womb space you touch your source, your wild feminine, your mermaid self.

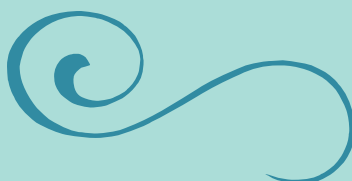
In this second part of our journey, you will connect with the womb space and start to communicate with the waters from this connection. We will begin the journey towards initiating your priestess self, by learning how to create sacred space both within and without. You will feel into the energetic boundaries that you can create and learn to work with these edge-places of self and the transpersonal. You will learn how to call the Goddess you have chosen to journey with into sacred space to co-create with you and to bring her blessings both to you and to those whom you invite into the space with you.

In this part of the journey we will dive into more practices and also create two ceremonies, one a moon-lodge that you can share with other women, and that honours the creative space of your womb and sacral chakra and also a beach labyrinth which you can choose to walk alone or with others to honour the season.

There is a lot to absorb and try at this stage of our journey so don't forget to continue to ground and center each day and to take care of your earthly body. At each stage of the journey, we are building on the practices that we have already learned.

The invitation for this stage of the journey is:

- Each day following the meditation that you have been sent as an audio.
- Each day or at least a couple of times a week, create a sacred space, within your home or in nature to allow you to connect with the Goddess you have chosen to journey with.
- 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. You can also begin recording your dreams.
- Regularly visit a body of water near your home and leave (bio-degradable) offerings and prayers
- Try out the ceremonies
- Take part in the dream group on Facebook and 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.



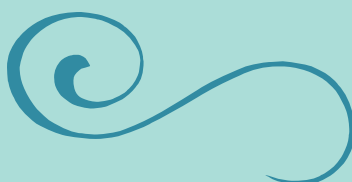


## Creating Sacred Goddess Space

As Sea Priestess we need to know how to create sacred space so that we can build our relationship with Goddess but also so that we can create a space for others to feel her energies. The Sea Priestess path is primarily an inner path but as part of our priestess role, we act as a conduit to the sacred for others and as an oracle priestess. To do this you need to understand how to create sacred goddess space. Many of you will already be familiar with this process and with creating sacred space, but for the purpose of this exercise, it is good to dissect what you are doing and understand the reasons behind it. As this will allow you to experiment and to have confidence in your creativity.

It is the process of working with energy that we are most interested in at this moment and increasing our awareness and understanding of how energy moves and changes a space. Remember to ask your chosen Goddess in prayer how she would like her energy to be honored? Try calling in the Goddess, when you are in different emotional states when you are in different physical space, or at different times of the day/night. Try calling in the energy, by sounding, by singing, using a drum, rattle, shell or anything that allows you to change the energy in the space. This is a time to experiment and try many different ways of working with the energy. This is particularly useful if you are used to the process.

Dare to be different and try new ways!!





# Page Three

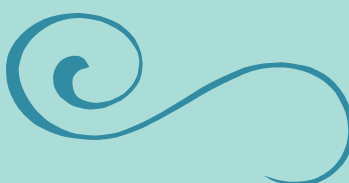
Each Goddess will hold and present an energy imprint in a unique way and as you journey with your Goddess you will learn how she wishes her energy to be manifest through you in the world.

In bringing this understanding you are then able to bring that energy through for others to experience it as well. For those of you less familiar with this process, put simply space or an object becomes sacred when we give it meaning beyond the ordinary. It is our role as Priestess to convey that meaning and to create a space so that others can feel the presence of the Goddess.

When you perform a ceremony in nature; whether by the sea or on the land; then you are already working within sacred space, as all of nature is sacred. In the home or in other spaces you can make the space sacred by changing the energy to a more natural state through inviting nature and the Goddess into your space. Although this sounds complicated, in reality, it is very easy to do. We begin by clearing the space of clutter, and by bringing into it objects that resonate with us and that has a meaning beyond their essential nature. The meaning of these items could be special to you or the people that you are creating the space for and they could derive from the time of the year, the moon cycle or just be an object that has personal meaning. If you have a statue or image of the Goddess you are inviting into your space then you can also place it within the room. You will also bring objects that relate to the natural elements, earth, air, fire, and water.

We then take the time to light candles, burn incense and change our sensory perception of the space, to one that is sacred. The purpose of the objects and the sensory experience is to remind us of our connection with the divine both without and within. It allows us to look at the objects anew and discover deeper meaning within the ordinary. It alters the subconscious mind so that on looking at the objects you know that you have entered a space that is out of the ordinary. At the same time, it inspires within us a sense of reverence for the place and for the ceremony/ritual that we will enact. A sense of reverence is something that occurs quite easily within the natural world but that can be more difficult to access in man-made spaces.

**In this part of our journey we are learning about altering our conscious state, and being able to do so instantaneously whilst also doing the same for others!!**



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For those of you looking for more background information on states of consciousness, there is a suggested reading list on the webpage. This can be particularly useful background reading if you learn in this way and can help you have a broader understanding. However, you do not need to read about or understand states of consciousness in order to do the experiential exercises.

Once you have set up your space, whether indoors or outside, you begin by grounding and centering and then inviting the elements to be present in the space. As Sea Priestess we acknowledge the presence of the elements because we are working with the energy of Gaia and the waters. Regardless of the season, we begin by acknowledging the element of air and of the spirit and light of the cosmos, we then acknowledge the presence of the Earth and give thanks for our material form and all that the earth provides us. We then give thanks to the fire of creation and the fire of our internal spirit and finally we acknowledge the waters and our connection to them that also connects each of us to each other. If you have invited others into your space, you can assist in altering their sense of perception by perhaps, smudging them with incense as you acknowledge air, letting them hold a crystal for the earth, passing their hand over a flame so they can feel the warmth, and splashing them with water from a feather. I choose to invite the elements in this order because I see it as a creation story, first there were the cosmic winds from the big bang, then the material of earth came together, then the earth was fire and finally, the waters emerged and then life, the spirit in the center. When we have acknowledged the presence of the elements then you can begin to invite Goddess energy into your space. Call to the Goddess aloud, inviting her to be present with you. When speaking to the Goddess, do so in a respectful and reverent way, asking her if she wishes to be there with you. Ask for her qualities to be available to you and try to include those things, for which you are thankful. After your research, you will know the qualities of your goddess; her totems and her gifts and you can invite these elements into your space. As you call to the Goddess, see her in your mind's eye, visualize her physically entering the space, along with her totems. When this happens it is as if you are calling her from the distance and she is walking towards you. Feel her energy entering the space. You will know when she arrives as you will feel a palpable change in the energy. You may find that you feel goosebumps, or a warmth, a feeling of love or spaciousness. The energies will differ dependant upon the Goddess you are working with and your bodily and sensory perception. If the space allows asking those taking part in the ceremony to stand in a circle or near to you so that they can feel the energetic space you are creating, will assist you in creating your sacred space. You can also lead your participants through the grounding and centering technique, or just ask them to take some deep relaxing breaths before beginning. Finally, you can invite them to welcome the Goddess by repeating a welcome to the Goddess after you. Keep this simple such as Hail and Welcome, or just welcome to our sacred space and the name of the Goddess.





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Never be concerned when doing this as there is really nothing to get wrong and you do not have to remember long or complicated speeches. We are not working at being great orators here, (although many are excellent at creating energetic space), we are creating a sacred connection and we can do this without speaking a word. We could use a bell, a drum, a rattle, a shell, or we could create a sensory experience or use our body through dance and movement. The only real limit is your imagination. One of the most evocative ceremonies I have ever been part of called the Goddess energy in using just the sound of different drums. Never be afraid to experiment particularly while you are learning. Share with your friends that you are trying new ways and ask them for feedback on what worked well and what didn't work as well. In my experience Goddess always invites us to experiment and loves it when we act in new and unexpected ways. If at any time the energy you are inviting into the space feels uncomfortable, then you can just ask that energy to no longer be present and then smudge the room with incense or ring a bell.

We are undertaking this exercise as Priestess because we want to be able to understand the energy field of the Goddess; we want to know what her energy feels like and how the energy moves when she is present. Water is energy, water moves, as Sea Priestess we wish to understand movement and flow.



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By understanding the energy of the Goddess she will teach us how to communicate with the natural world, with other realms and importantly for our journey as a sea priestess with the waters. She will teach us that our world is not just the material world that we see but that everything is energy. She will also teach us about the energetic spaces in between what we know as matter. In the esoteric world, dark matter, as scientists call it, is the matter of the goddess, this is the space from where all creation flows, where the collective consciousness exists, where our imagination evolves, where our thoughts and feelings exist, and where our emotions and intuition come into being. We flow from the spaces in between and in being able to work in this energetic space we can open our communication beyond the verbal and beyond the material world we experience with our five sense.

Physics informs us that we can exist simultaneously at all points in space and at all points in time...that is quite something to get your head around! It is in doing this work that we come to understand the energy fields in which we exist and the soul that brings this energy into the manifest world. It is only through the practice of experiencing the energy that we can truly understand ourselves as energetic beings. Once we understand that we are all energy then we can take this idea further and we realise that the water of our planet is also an energetic soul being, with whom we can communicate and who exists within all of us and on Gaia and that we all exist across the many universes, in all timelines, and in all realities. We will come back to this in a much deeper way in later parts of our journey but for the moment, this is an opportunity to increase awareness and to practice noticing your own and others energetic fields and work with the energy of your chosen Goddess so that she can teach you by showing you her presence and her energetic qualities. Once you have undertaken your ritual, or ceremony, or have just spent time in this sacred space you have created. You then need to thank the Goddess for being in the space, and her energy will naturally decrease. If you are setting up a permanent altar, or temple space for your Goddess then as you and others call her in, her energetic frequency will remain and the energetic signature/resonance will increase over time. Notice this in other places where people work with energy!



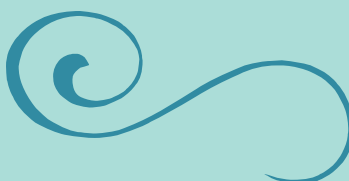


# Page Seven

**We will now continue our journey into sacred space by connecting with the water and differentiating our internal sacred space from that of others. You will need about an hour to do this in a space where you will not be disturbed...**

The meditation this month is about connecting with the water and creating internal sacred space. This exercise is a longer version of your meditation and you can use the meditation to help you with this practice. Before you read further I would ask you find your journal and a pen, maybe sit by your altar, have a glass of water next to you, and make sure you are sitting comfortably and will not be disturbed for about an hour. Take three deep relaxing breaths, ground and center and connect to your womb space seeing it as a bright golden light and we will begin... Take a deep breath... pause for a moment and bring your thoughts to your womb space, what do you feel? Can you feel this space? Place your hands onto your womb space. Do you still have a womb? Does your womb or the area where your womb was pulsate? Where are you in your cycle? Are you bleeding? Exhale. Do this a number of times. Try it the other way by bringing your attention to the womb space as you exhale. When you bring your attention to your womb how do you feel? What is your emotional reaction to this space? Feel the emotional response to your womb, how do you feel? Happy? Sad? Angry? Bored? Emotional? Joyous? Something else? Physically how do you feel, comfortable, relaxed, are there aches and pains, numbness, is there heat, cold? What do you think about when you bring your attention to your womb space, birth, menstruation, aches and pains, health issues, babies not birthed, trauma, lovers, creative projects completed or not, or none or all of these things and more? Take a moment and write in your journal your first thoughts however random! Perhaps draw a picture of your womb space if there are no words. Remember to keep breathing, if you feel that this is touching areas you would rather not go into, breathe, and focus on your breath. Take it slowly, stop, drink your water, lie down close your eyes for a moment, take a nap if that's possible. Ground and center and objectively quantify what you are feeling, on the scale of emotions is it a 5 or 6 or a 9, 10? This will move you from right to left-brain and change your state of awareness. If at any time it feels too much just stop!. There is no getting this right or wrong.

The womb is shaped like a chalice and it is a receiving dish, it can pick up the collective joy/trauma as well as the personal. As a priestess, we need to learn to differentiate between what is ours and what belongs outside of the self. The feminine has been subjected to abuse and neglect and we can feel that collective pain because as women our wombs are connected and we are each a node on the womb grid. The cosmic center of our universe is a womb, where our galaxy was birthed, as is the center of Gaia. When we connect our womb into this space we are able to communicate with universal truth, with the earth mother and with each other! This can be an illuminating experience but it can also trigger feelings of trauma from this or past lives in our self and or others.



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Also at this point in the timeline, we are not used to connecting in this way and we are receiving into our light body new energies and experiences that we may not have felt before. This can be a lot to take on board. At this point feel into what you learned in part one, about taking care of yourself and judge what you need to be with at this point, dial it back if necessary to revisit later. If it's really too much, stop, breathe and go out onto the land, take off your shoes and stand barefoot, do your grounding exercise and connect with mother earth. Take care of you. Remember these exercises are just invitations. If it is too strong for you, you don't need to continue at this point. Love yourself enough to know it's OK to be with only what you can handle at this point on the journey. You can still feel into the energetic space without necessarily subjecting yourself to unwanted energy. If you feel able to try the exercise again, this time become aware of what is yours and what is outside of the self. Maybe make two columns in your journal and separate the two. Again you can do this pictorially if that works better for you. Allow this information to settle...we will now begin the process of connecting our womb to the water inside of our body and then outside to the planetary waters. Read what is written below and then moving into a meditative space and using the grounding and centering technique you have already learned connect to Gaia and to your mother star. Feel both of these energies meeting in your womb space. Visualise or sense the energetic space of your womb as a bright golden light. Feel that golden light moving out of your womb space to connect with the water in your body, see it moving around your body, entering your blood, your saliva, your tears, your lymph's, your sexual fluids, all of the fluid that runs through your body. See the golden light move around your body, flowing and moving if there are any areas that feel stagnant or that are not flowing allow the golden light to open that channel to bring back the flow. Allow this to be for some moments. Then bring your attention back to your womb space and feel the golden light of your womb move out of your body down through the grounding cord and into the water that moves through the soil, move the energy down further into the water of the planet that runs beneath your feet, feel your golden light mixing with the light of the water, feel your light move around the planet mixed with the energy of the water, into the streams, into the rivers, and into the oceans. Again if any areas feel stagnant or are not moving allow the golden light to open the channel. When you are ready draw your energy back up and into your body. Then staying grounded and centered allow the energy of Gaia and your mother star to clear and cleanse the energy in your womb space, do this by allowing the light to flush through your womb space so that it emits a brilliant golden light.

This is an exercise in differentiation and in discrimination also. As Sea Priestess you will be using your womb space to connect and communicate with the water and with each other on this grid. This will bring an awakening, and a spiritual emergence that might feel strange, it is an awakening to an inner world and it may be some outer world issues just drop away. This is a supportive energy and should bring with it a feeling of inner peace and a new perspective on previously intractable issues. If this is not the case then please reach out, either to your fellow sisters on the journey via the Facebook group or directly to me. If this brings up more than you can handle and or resolve, be self-responsible and seek professional help.





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## Sensing Energy

As part of our journey over the coming weeks continue to visit your nearest body of water at least weekly, offering prayers of gratitude and leave small (biodegradable offerings) and maybe do your daily meditation there if it is possible and you feel able. See if you are able to sense the energy of the place, write down or draw how that energy seems to you? Is there a color? A feeling? A body sense? How far out and around your body can you sense the energy? What is your awareness of the change of energy when others enter the space? Play with and see and sense what comes up for you when doing this. Try to bring an energetic awareness into your daily life sensing other people's energy and the energy of the places that you visit. Comment, draw, make some art or write about this in your journal.



Mermaid Wisdom



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## The instinctual wisdom of the Mermaid

As Sea Priestess we are connecting with the natural world and as such we want to come into connection with our own instinctual self. We want to connect with our wild soul selves. We will do this by connecting with mermaid energy. In my own journey, I see the Sea Priestess as deeply connected with the Siren, the bird who became a sea creature, another adaptation of the mermaid, and I will tell you more about this connection as we journey together and how it has informed me. Throughout our journey, we will utilize the myth motif of the mermaid and come to understand how her wild nature and her story helps us to integrate parts of our psyche and to know ourselves more fully. The mermaid is half woman, half fish; her bare-breasted top half representing the mother and love, nourishment and nurture, familiar to us as mammals, yet her bottom half is fish: cold-blooded, primeval, a mystery. The fish part of her is from a strange place where we can't go unaided. In the world of the fish, we can't breathe and we are alien. The mermaid teaches us about moving between states. She is a representation of the conscious and unconscious parts of our being. As Sea Priestess we learn to walk the edge path between the conscious and subconscious worlds, we learn to understand the instinctual parts of our self and those parts that are alien and that we have not yet integrated into our psyches.

The mermaid is a symbol of feminine consciousness and for changes in states of consciousness. In many stories about the mermaid she falls in love and through a bargain with the underworld she is allowed to remain on the land but only if she can gain the love of another, of the masculine or make a personal sacrifice, such as losing her voice. In the fairy tales, this often goes very wrong for the mermaid. She realizes that she cannot stay on the land and that the object of her desire cannot survive in the water. Her love is often unrequited and she realizes that she has made a bargain that ultimately cannot be fulfilled. She is unable to successfully integrate the two parts of herself and/or to find fulfillment through the love of the masculine. She ultimately becomes a creature that cannot exist successfully in either world. The world of the mermaid is often portrayed as a world of either/or? She must either remain self-contained in the mystery of her own world or make the sacrifice of her own instinctual nature. In this myth motif, she is often placed in the realm of the masculine worldview and how she is perceived from this aspect. She can become an erotic fantasy or a subject of dread and fear. She becomes disassociated from the mystery realms and is only visible through the eyes of fatal attraction.



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It is a shift that we must make to see the mermaid through our own eyes and how she feels to us and to understand that she can be viewed as a motif for the subconscious world and the conscious one and that through this lens she can help us to deepen our understanding of what it is to be a priestess and to walk the edge place between two worlds. As we have seen from our creating of sacred space, we are ultimately trying to understand the energetic and to do this we need to be aware of both our conscious and our sub-conscious impulses and those of the collective. In the sea, the mermaid is in the realm of the sub-conscious and here she is the instinctual nature of feminine energy, she is the sea goddess, she is at ease, in flow with the very waters of life.

She is in touch with the ancient knowledge that we all originate from water and that the water is the mother of all creation. She is a representative of our deep subconscious creative depths and also of the collective subconscious. In order to bring our creative depths into manifestation/consciousness in the world, we need to take them out of the water and to bring them into life. We need to borrow legs like the mermaid so that we are able to breathe (literally) in this case life into our dreams and deep desires. Carl Jung saw the image of the fish or the serpent as a representative of life bringing qualities of our deeper sub-conscious desires and as Sea Priestess we are not wishing to make a Faustian pact in order to bring our sub-conscious dreams and wishes to life; rather to be at home in the sub-conscious world and to enter into life at one with both aspects of the self. We want to be able to understand the symbology of the sub-conscious world and through this to understand how it relates to our waking conscious life and how it informs our creativity and our ability to relate.

The mermaid teaches us that we need to be in touch with the subconscious world. This is a place of dreaming, of imagery and of co-creation with the divine. This is the world of the idea and the impulse, which as yet has not come into manifestation. It is a world that is ripe in symbol, myth, and story. It is a world that is governed by our emotions and it is from our emotional world that we can understand our deepest soul yearning. This emotional energy is a key part of our human experience and can be pleasurable, deeply painful or both. The mermaid shows us how to swim through our emotions and to experience them without drowning in them. By tapping into our emotions through our sub-conscious we can expand beyond the limits that we may set for ourselves in our conscious world into the world of our imagination. As Sea Priestess we tap into this mermaid wisdom by immersing ourselves in the world of dreams, dream imagery, symbol, and emotional experience. We need to make space in our lives to allow for this journey and to fill our world with aspects of the sub-conscious. One of the ways in which we can do this is by getting in touch with our dream world. I have suggested a couple of books on the web page that will help with this. However one of the easiest ways is to begin a dream diary.





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It doesn't matter if at first you can't remember your dreams clearly, just write down any thoughts and observations that come, even just what kind of night you had, i.e. deep sleep, restlessness. Sometimes too it can be easier to draw an image than writing, or just make marks of colors and patterns. It's important that you write down your thoughts immediately upon waking though as you will find that your dreams quickly fade as you move into the conscious state and into your normal daily life. I keep my journal and a pen next to me at night so that as soon as I wake I can record my dreams. You will find that the act of recording your dreams on a daily basis will actually help you to recall your dreams. It can also help if you ask friends or relatives to tell you about their dreams and you can help them to interpret what those dreams mean for them.

By exposing yourself regularly to dream like images you will be tuning into the subconscious world. Once we are a week or so into this part of the journey we will begin a dream group on the Facebook page for those of you who want to explore this further and I will post instructions for how we will approach this. It is great fun and I know that you will enjoy our exploration together. We will also continue to explore the wisdom of the mermaid in the next part of our journey together where we will look at the integration of the masculine and feminine energies and how the mermaid informs us in this respect.



# Practices

## The Sea Priestess Moonlodge

The moon-lodge ceremony is a ceremony that you can create for others, and which is common to many traditions. The moon-lodge of the Sea Priestess follows a similar format, however, there are some unique and distinct features, which you may wish to incorporate as part of your Sea Priestess path. The traditional moon-lodge celebrates the blood mysteries and it arises from the feminine mystery contained within our own bodies. It celebrates what women know that within them is the potential to bring forth new life and new creations.

In many traditions the woman enters the moon lodge at the time of bleeding, the women gather together and bleed together, and in bleeding together they receive from each other and can also connect with each other both through their womb space and their interactions. I offer you a ceremony that you can create with friends and that gives you the chance to experience sacred space with other women during our online journey together and that honors and nourishes the women who attend. This ceremony is suitable for all women whether they are bleeding or not and please feel free to adapt and change to make it your own.

### Creating your moonlodge

*"I send out a call to the women of the sea tribe to join me in this space, women of the salty ocean, women of the water, women of Gaia, women of the star rivers, sea priestesses, I send out a call, hear our sea drums on the night breeze, look to the sky and see the moon is full. It is time for us to gather, to sing our soul song. To celebrate the life-giving waters that flow through each of us. Come mermaid woman, turtle woman, dolphin dreamer, selkie, siren, come to our tent so that we may wash your feet in salty brine, plait your hair, and feed you for the month to come. I send out a call to the women of the sea tribe to join me."*

This is my intention for the moon lodge and the energetic space I am intending for the women who come. It is an intention that invites, that celebrates life and that celebrates our love of the oceans and waterways. It is a moon lodge that feeds and sustains and nourishes the women for the month ahead. In the moon lodge tradition that I have based the Sea Priestess lodge on we are meeting at the full moon and the ceremony takes place in rounds. Each round is punctuated by the drinking of water from the chalice. There are five rounds in total. Traditionally each round is based on an element, air, earth, fire and water and the fifth round is the spirit of friendship and gratitude.

# Practices

We begin the moon lodge by each woman taking her place around the altar and placing her chalice in front of her. I open the space by leading the women through the grounding and centering and then connecting via their womb space one to the other. I then fill my own chalice with water and state my name, I then drink the water from the chalice and fill the chalice of the woman sat next to me, and ask her to do the same and so forth around the circle. After each woman has said her name and drank her water, the rest of us say “welcome and her name”. I then invite each woman to place the object she has brought with her onto the altar, she can speak if she wishes but there is no need to do so and she can just place her item if that feels more comfortable. I then ask the women to join me in ‘the connecting to the water’ meditation, this is the same meditation that you have been given and are learning this month. In this meditation, I add an extra piece to the meditation that connects each woman one to the other in the group through the waters. So first we connect to our own inner waters, then to the waters of the earth and finally to each other. This is a very blissful meditation carried out in this space. It will also give you a chance to work with a meditation that you are already familiar with. When our meditation is finished we come back around the circle again filling each other’s cup with water, drinking and this time the woman can speak a few words if she wishes. We are not guiding this by asking for intention or asking a question and the woman can speak about anything that has come up for her either during the meditation or in her life in general. This is a chance for the woman to tell her story, we do not censor, time keep, or make any effort to comfort the woman, we just allow her to take her time and deeply listen and bear witness. We hold the space so that the woman is not interrupted and gently remind others if they interject. This can be a difficult energy to hold if an individual takes up a lot of space and if the time doesn’t allow. If this is the case and you are concerned, begin the round by setting a time limit of two minutes. Personally, I avoid this and trust the space but if you are feeling vulnerable around this then it is OK to set up some boundaries. If she doesn’t wish to speak then you can hand her a drum or rattle, or shell if she wishes to make a sound, or alternatively, you can hold the silence for her. When the chalices have all been filled and drank. We then move the energy by playing music or drumming and allow for everyone to move their body in whatever way they are able. Then we move around the circle a third time, again filling the chalice of the woman next to us with water but this time we hand the woman a rattle or drum and invite her to sing, or if no sounds or words come she is invited to just shake the rattle or bang the drum. Finally, we move around the fourth time and fill each other’s chalice with water again and this time we just drink. I then place chocolate or fruit on the altar for the women to help themselves too and during this time it is good to give each other massages, foot rubs or to just sit and enjoy the space. I often leave out creative materials, tarot/oracle cards, and books, and for the remainder of the time together we enjoy the space. When it is time to leave the lodge, we gather for our final and fifth round and move around the circle filling and drinking from our chalice and this time saying thank you for the space. This moon-lodge generally takes an evening, afternoon or morning in terms of time. Although if desired the space can be left open for a full day and the food can be a lunch followed by an afternoon of spending time in the space. I personally find that this moon lodge is very nourishing and is an allowance of time just to be. I look forward to the feedback on your experience.



# Practices

## Labyrinth Beach Walk

As you are finding out this part of our journey is very much about understanding the conscious and subconscious realms. Walking a labyrinth is a great way to alter our state of consciousness, as it shifts us to a right brain focus where we can become more in touch with our intuitive nature. It is also a Goddess symbol found all over the world going back to ancient times, the Cretan Labyrinth being the most famous representing the story of Ariadne and the Minotaur. Interestingly a beach labyrinth seems very appropriate as Celtic lore describes that the labyrinth reflects the moon cycles and the tides. Finally creating a labyrinth gives you the opportunity to practice your skill of creating sacred space.

There is much reading that you can do on the symbology of the labyrinth and I confess that it is one of my most favorite goddess symbols and I love to walk the labyrinth. Rather than spend lots of time telling you about labyrinths the site below is a fantastic resource. I also want to share with you a site that tells you about a labyrinth I helped to create and of which I am very proud, and which also shows that the labyrinth does not have to be a traditional shape to be a labyrinth. I also include a youtube video that shows you how to draw a labyrinth so that you are aware of how to set out a traditional seven-path labyrinth with a right-handed entrance.

<https://labyrinthsociety.org/about-labyrinths> <http://www.westhillendowment.org/Holton-Lee-Labyrinth>  
<https://www.youtube.com/watch?v=CyEwgGuWzCI>

In your ceremony, it is great if you can make your labyrinth on the beach but if you are not near a beach then its still good to give this a go and you can do it indoors by laying out a tape. When laying out the labyrinth on the beach, I generally use stones, or shells or sometimes seaweed. When walking the labyrinth treat it as sacred space and remember to walk in and walk out. As discussed above ensure that you understand your intention of walking the labyrinth? Are you wishing to birth something into the world by walking in with the intention and walking out with the gift? Are you wishing to release something? Are you wishing to meet with the Goddess in the center of the labyrinth? Think about what you would like, maybe when you get to the center you would like to spend some time in the space, talking to your Goddess or making a prayer object. Maybe the act of walking in and out in a prayerful way is what you desire. How you utilize the space is very much up to you. You can visualize the labyrinth as representative of your journey through life, or as a journey to visit the Goddess in the center. The limits are really only your own imagination.

# Practices

Traditionally the labyrinth represents a personal inner journey that mimics an outer world journey. In the centre of the labyrinth, you can place an altar, sacred objects, a statue or just elements from the natural environment. Remember your labyrinth is an impermanent structure; so remember not to leave anything that wasn't already in the natural environment when you have finished. Before you begin to walk, ground and center and create a sacred space as you have been shown above, call in the goddess energy of your chosen goddess. Once you have laid out the labyrinth it becomes a sacred space. It is important to treat it as such and to walk in and out in a reverent way.

You can walk into the labyrinth or enter it in other ways, dance, run, crawl; the choice is yours but as you walk focus on your intention. You may find that you feel a bit dizzy or unbalanced as you walk through. This is because walking the labyrinth affects the right/left brain interface. Notice how walking the labyrinth changes your state of consciousness. Notice how placing the labyrinth in the physical space changes the energy. Don't forget to give thanks for your time in the labyrinth and journal your experience. You can also make the labyrinth with friends and walk it together.

You may wish to use your labyrinth walk as an initiation ritual for your path as Sea Priestess. What are your intentions for this journey? What will you bring into the labyrinth? What do you wish to emerge with?





Love, Gratitude and many  
blessings on your journey

Part three begins in six weeks

