

Awakening to
the elements

an experiential and
transformational 5-week course

Welcome to week 1: Preparing for your journey



Welcome, welcome to this journey into the elements and to Goddess! I am delighted that you have chosen to invest in yourself, in your heart and soul and in your own wellbeing.

In this course you will focus on connecting to the elements, since getting to know the energies around you will help you ground and prepare for a deeper connection to Goddess.

You will also be inviting Goddess in, meeting Her in meditation and feeling Her through your journey with the elements. She is the elements. She is Air, Fire, Water and Earth. You will feel Her presence. You will get to know Her. Goddess is the energy that flows through every living being, every tree, every rock, every molecule here on earth and in the Universe. She is the feminine creative force. She is also within you. She is you. You are Goddess. You might not know it. You might not feel it at all times. But even when you feel lost, when you don't know your way, when you feel stuck and exhausted - She is there.



And other days you know. You know you shine. You know you are guided by love. You feel Her flowing through you.

This course will get you right back to a closer connection with Her, by way of getting to know the elements - Air, Fire, Water and Earth- intimately. As you journey with the elements you will awaken your heart and soul to new levels.

The colours around you will be brighter, you will start to notice the small magical things that surrounds us. You will notice tiny miracles, as well as larger ones.



This is a course which can be taken by beginners as well as people who have been walking with Goddess for a while, as a way to get back to basics again and to open up and awaken new parts of us.

During these five weeks I ask you to immerse yourself into the elements and your journey. I ask you to be open to miracles and to magic. I ask you to be open to Goddess, keeping you eyes, heart, mind and soul open to signs from Her. Know She is with you.



This exploration of the elements can of course go on for longer than a week! Later on you may choose to immerse yourself in an element for a month instead, using the same tools that I give you in this 5-week course. The reason we do it for just one week in this course is so that it will be easier for you to keep your focus.

What you will need for this course

You will not need a lot of stuff for this course. I have listed a few things below, but mainly what you need is yourself and your heart and soul. You will need all your senses and an intention to be present.

You will also need a place for your altar, and things to decorate it with. I will give you examples of what to use each week. These things include incense (you can buy lovely incense sticks that are not very expensive, Nag Champa is one of my favourites), a bowl, a candle, and a journal.

Creating your altar

An altar is a sacred place which reminds you of your connection to Goddess. It is a focus for you. It is a reminder that She is here. It should be a place of beauty and peace. Just because the altar is a focus point does not mean that She is not everywhere else, but when you sit down at your altar you make the intention to connect to Her and that can help you ground and centre. The symbols and decorations on your altar also help since they awaken your heart and soul to the energies.



During the weeks ahead as we go through the elements I will help you with suggestions on how you can decorate your altar. But always follow your own intuition and heart. There is no right or wrong.

You can choose to set up your altar anywhere. It can be on a table or even on the floor, it can be on top of a set of drawers or on your loungeroom table. It is up to you, as long as you feel good about it.

Start to make it beautiful. What colours do you like? You can place an altar cloth on it and then start your decorating. You might want to put crystals on it. If you have oracle cards or Tarot cards you may want to choose, or draw some from the deck. You can place pictures of animals, Goddesses, trees or other things on there.

You might want to bring in some twigs, leaves, stones or berries. I find it lovely to decorate with things from the outdoors as I feel it brings the energies alive. Remember you will be changing your altar every week, not drastically, but a bit anyway. An altar should not be stagnant, but alive! Vibrant!





If you have any Goddess statues, you could place them there, or pick one that you intuitively feel should be with you. To represent the elements you might want to put a candle, some soil or a stone (or crystals), a small bowl of water and some incense there as well.

When you have created your altar it is a good idea to cleanse it. I like using incense. I light it and waft the smoke over the whole thing. Always with the intention of cleansing. You may wish to speak a few words if that feels good.

A quick word on ceremony, sacred space and protection.

In my tradition and path as a Priestess I do not cast circles to protect myself energetically. Some traditions cast a magic circle to keep unwanted energies out. It is my firm belief that where Goddess is present no evil can enter. I do not even believe in evil.

When I do ceremony or meditate I ground and centre in love. I connect to Goddess and know that I radiate love outwards, so that if anything else was flying around out there somewhere it can not get to me anyway.

That is my belief, my intention, and so it is.

If you come from another tradition and is used to casting circles, then please do so if you like. We all have our different ways of working. It is all just different paths on the same journey.

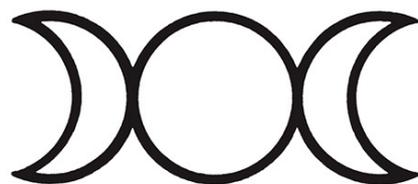


Journaling

During these five weeks I will be asking you to write down your experiences, your thoughts and your feelings about the elements as we go through them. Make sure you do this, as it makes such a difference to your journey. It is in fact vital! This way you will be able to go back and see how your thoughts have changed and developed. Write down your thoughts about the element before, as well as after a meditation. Write down the ways in which you were touched by, for example, air as you went about your day. Write down if She speaks to you in dreams, if you hear Her voice in the wind. Write down your intuitions. Perhaps you prefer to draw. Perhaps your feelings come out as a song or as poetry. It doesn't matter how you do it, just the fact that you do it is what is important.

Through these weeks you can expect to be transformed. You can expect challenges, but you can also expect joy and for your heart to open even wider.

It is important that you use your journal to write down what happens and your feelings because that will make it easier to understand, and to sort out what is going on.



To do this week

Are you ready? Here we go!

1. Listen to the guided meditation: Sacred cave

You may be very familiar with meditation and guided visualisations, or you may not. Don't worry. I will guide you on some beautiful journeys on this course. All you need to do is relax and listen to my voice. Some people will find it very easy to see the images I talk about in the meditation, and others find it difficult. When I first started working with visualisations many years ago I saw nothing. And after not too many weeks I had the most amazing journeys! So believe me when I say that you will experience some lovely things. And if you don't "see", you may feel, smell or sense in other ways what is happening and that is all just fine! And remember, all you need to do is listen to my voice.

If your thoughts drift off, don't worry, it happens to most people. I find it helps if I prepare with some breathing before I start. In every meditation I guide you through some gentle breathing so that you will relax and find it easier to go deeper into the journey.

Visualisations can be truly magical!

2. Daily meditation

Every week I will ask you to start the day with a short meditation. It should not take more than a couple of minutes, so it should fit into your daily schedule without any problems. Sit down and breathe deeply and calmly for a minute or so, until you feel centred, grounded and present.



In your mind, or out loud state your intention that this is your time to prepare for journeying with the elements. Ask the Goddess to help you on this path. She will hear you. Let your body and your heart know that you are slowing down and preparing to open your heart for a deeper connection and understanding of air, fire, water and earth. Know that this is your decision.

Breathe in, hold it, breathe out and smile.

You are now ready to go about your day.

3. Ceremony

At the end of the week you are going to do a ceremony. Nothing complicated, good ceremonies are never complicated! The purpose of this ceremony is to prepare for your journey of the next four weeks. To make sure you are ready it is good to state your intention in ceremony, as it makes it a sacred promise, and it is like saying to yourself and to Goddess, that you are really doing this, and that you are ready. Read through the ceremony once before you start so that you are familiar with it.

You will find the ceremony instructions on the next page.





Preparation ceremony

Sit down at your altar. Light the candle and if you have some incense you may wish to light that too. Breathe deeply and calmly in and out through your nose for ten breaths, or until you feel centred. You may wish to sit in meditation for a while, just focusing on your breath.

Feel your own strength. Feel your open heart beating. Know that you are ready.

Then state your intention of this journey. Speak from your heart, and tell the Goddess that you are ready to open up to the elements and to Her love. Use your own words. If you feel stuck you may wish to say something like:

Goddess, I call to you and invite you to this space and into my heart. I hereby state that I am ready to journey with air, fire, water and earth for the next four weeks, inviting them each into my life and into my heart.

I am open and ready for new experiences.

I am open for you to speak to me through signs in nature.

I am open and ready.

I give thanks for all your blessings.

Blessed be.



Take a minute or so to sit in silence, feeling the change in the energies, if you feel any and just give yourself the time to be present.

When you feel ready, blow out the candle and spend some time writing in your journal about the ceremony, your thoughts and feelings and your expectations.

