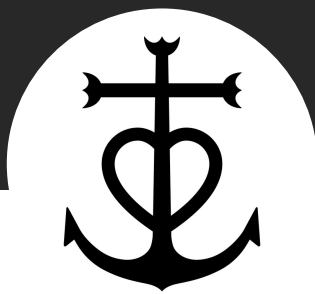


MODULE 4

RELEASING THE SEVEN WRATHS



THE GOSPEL OF MARY

... OVERCOMING THE POWERS ...

"And Desire said, 'I didn't see you going down, but now I see you're going up. So why are you lying, since you belong to me?' In response, the soul said, 'I saw you, but you didn't see me or know me. I was to you just a garment, and you didn't recognize me.' When it said these things, it left, rejoicing greatly.

Again, it came to the third power, which is called Ignorance. [It] interrogated the soul and [said], 'Where are you going? In wickedness, you're bound. Since you're bound, don't judge!'

[And] the soul said, 'Why do you judge me, since I haven't judged? I was bound, even though I haven't bound. They didn't recognize me, but I've recognized that everything will dissolve – both the things of the [earth] and the things of [heaven].'

When the soul had overcome the third power, it went up and saw the fourth power, which took seven forms:

The first form is Darkness;

The second, Desire;

The third, Ignorance;

The fourth, Zeal for Death;

The fifth, the Kingdom of the Flesh;

The sixth, the Foolish 'Wisdom' of Flesh;

The seventh the 'Wisdom' of Anger.

These are the seven powers of Wrath.

They ask the soul, 'Where do you come from, you murderer, and where are you going, conqueror of space?'

In response, the soul said, 'What binds me has been killed, what surrounds me has been overcome, my desire is gone, and ignorance has died. In a [world] I was released from a world, [and] in a type from a type which is above, and from the chain of forgetfulness which exists only for a time. From now on I'll receive the rest of the time of the season of the age in silence.'

When Mary said these things, she fell silent because the Savior had spoken with her up to this point."



RELEASING DEVILS

FROM THE WISDOM OF MARY MAGDALENE

THE GOSPEL OF MARY MAGDALENE

The first six pages of Mary Magdalene's gospel are missing. In all three surviving copies of her text, pages one through to six and eleven to fourteen are missing. The excerpt of her gospel included here starts on page fifteen, we assume, after she has faced the first two encounters with her soul and experienced the first two 'powers', whatever they might be.

It is during her discussion of the third power, the insight reached after dispelling ignorance, that we hear Mary speaking of the *seven powers of wrath*. Seven states of being that later became known as 'the seven devils' Jesus expelled from her and eventually became Catholicism's seven deadly sins.

It is this aspect of Mary's gospel that we will use as our guide for the next seven days of Shadow Dancing.

The word *wrath*, in Aramaic, the ancient Hebrew language spoken at the time of Jesus and Mary, is *chema* the word for hot displeasure, irritation or betrayal. Its definition is more like our body's response to a snake bite than a punishment from a vengeful god.

What if the *wraths* Mary Magdalene cleared were our human, angry responses to life? Much like the Buddhist concept of Sankara or the Hindu concept of Karma. What if these wraths were the annoying, irritating consequences we all suffer when we forget our soul?

Maybe because Mary had just cleared out her ignorance she was then able to own her reactions and the root causes of her turmoil. Maybe these are the seven powers required by each one of us to be able to hold our awakened soul permanently in our bodies.

It is into these Mysteries we are about to dive, but before we do, here is a quick confession.

I am not a theologian. I am not a historian and I have not studied the Gospel of Mary Magdalene in-depth or for very long. I really have no clue if my suggestion is on track or anywhere close to being true, but I am curious to find out and passionately interested in exploring it with you.

Please, only explore the next seven days with your sovereignty and self-love intact. Beautiful woman, *Know thy Self* and to your own inner knowing, be true. The purpose of the next seven days is to release your mind, body and way of living from the confines of your limited beliefs or Shadow. Your aim is to embody your Soul and the Divine and be Love, always.



DAY 13

INSTRUCTIONS

MORNING PRACTICE : REMEMBERING LIGHT

STEP ONE

Start your morning practice with your own prayer or centring practice, and then listen to the new Morning Meditation. This meditation is to support you with today's shadow practice.

STEP TWO

You are then invited to make a warm cup of tea and gently read the Module Four notes and the excerpt from the Gospel of Mary Magdalene. Then read through your shadow notes and explore how and why you lose yourself in darkness and how and why you choose to abandon your connection with God / the Divine when you do.

Explore how the shadow of Abandonment feels when you are a victim of it. Then explore how your world is when you are a perpetrator of abandonment against the Divine. Who really suffers the consequence of you giving up on God?

MID-DAY PRACTICE :

Re-read the *Thunder*, *Perfect Mind* and if you haven't already, highlight your favourite parts. Repeat at least three excerpts aloud to yourself :

For example, I am working with :

I am the judgment and the acquittal. I, I am sinless, and the root of sin derives from me.

I am the knowledge of my inquiry, and the finding of those who seek after me, and the command of those who ask of me,

I am the silence that is incomprehensible and the idea whose remembrance is frequent.

EVENING PRACTICE

Bring your notes and any questions to our Zoom Call tonight. Your link to join is in the membership sanctuary. We will have our practice together.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

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DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

LEAVING DARKNESS

How attached are you to Darkness?

Are you ready to release your love affair to being unloved, unwanted, wrong and alone?

How often do you fall into believing that everyone, or at least *nearly everyone* in the world, is worthy of love except you? Or do you believe everyone else is made of love and is intrinsically good, except for you? Do you secretly (or not so secretly) believe that the truth within you is something unloveable or unforgivable and that secretly your Divine maker knows this, and you are terrified that it is true?

What if this is simply a lie your Shadowy Ego has made true and it's a cage you must break free from? What if there is no darkness anymore, only your addiction to it?

In Tibetan Buddhism, there is a teaching about a soul and its journey to enlightenment. There are five human states you can be born in : One, you can be born in the Light and turn to the Light. Or Two, you can be born in the Light and turn towards the Darkness. Or Three, you can be born in the darkness and head towards the Light or Four you can be born in darkness and keep heading towards the Darkness. Or number Five, you can be born in either the darkness or the Light and choose to stand still. Choosing to stand still is also choosing darkness because it is falling asleep and wasting this one miraculous human life. Which is always and only your opportunity to walk the path of self-realisation.

How long are you going to indulge in the suffering that is choosing Darkness? How long do you need to hurt yourself with the consequences of choosing Darkness?

Today you are to claim only one direction; you are to go home to your Christed and fully Human Self. It's time to walk away from the darkness. Choose Light. Make it inside and out. Make it real. This is your practice every day, for the rest of your Shadow Dancing life.



DAY 1
DAY 2
DAY 3
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DAY 15
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DAY 21
DAY 22

***“Those who have awoken
Have found the rare ruby.
While you slept, you fool,
You lost what little you had.”
– Kabir***

ABANDONMENT

when you have forgotten God

Your Shadow work changes today.

You are no longer the dancer melding and weaving into the shadow who has been deceptively taking the lead. Today you are to own your dance and you are to move with purpose.

Your shadow is Abandonment, but not where you have collapsed into ancient stories of neglect or ostracism. And no, not the Abandonment of your memories from childhood. Today is not about falling into a chorus line of memories of being discarded or rejected.

Today you are to stalk one causal belief, where you in your addiction to darkness, have abandoned God.

God, who is the Divine Love that is your birthright. The unique gift and loving warmth of your soul, your perfect place in the family of belonging that is our Universe.

Today you are to own how, in your choice of loveless or unworthy darkness, you willingly abandoned your light and have forsaken the Divine within you.

Today you are to choose your path towards enLIGHTenment. Completely.

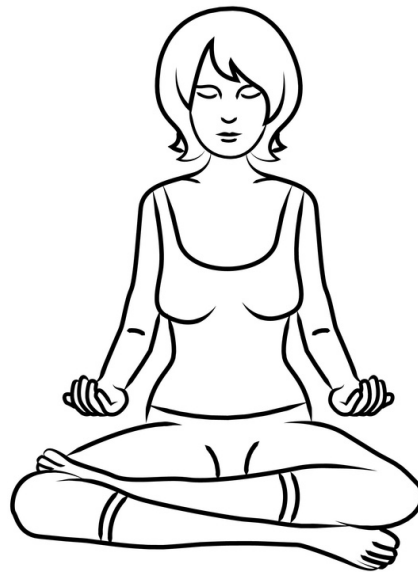


SHADOW SEVEN

DARKNESS = WHERE I ABANDON GOD

IN MY BODY DARKNESS FEELS

IN MY BODY ABANDONING GOD
FEELS



WHEN I AM IN IN THE ILLUSION OF DARKNESS ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I CHOOSE TO REMEMBER THE DIVINE / MY LIGHT I FEEL ...