

# MODULE 5

THE BALM OF  
SACRED MOTHER WISDOM

# FIERCE GRACE

EXPLAINED

## A DAY OF RECONSECRATION

**Congratulations. You have reached your Shadow Dancing Finale.**

Over the past 20 days, you have explored thirteen different aspects of your psyche's attachment to negative emotions. As a result, you have learnt how to detach from the stories and habits that have locked you into a hellish world, and you have begun to see, own and feel where your Light, the truest thing about you, is dissipated into loveless, pain-filled stories.

Phew. I bet you're in need of a break?!

**Today is just that. A day of rest, reconsecration and recognition. Like day eleven today has no structured program except for you to:**

1. Nestle into your own morning and evening practice
2. Deeply evaluate what you have looked at and achieved these past three weeks, and
3. Read the poetry and listen to the music, and allow your soul to guide you to the awareness, feelings and insights she has been waiting to share with you.

**I highly recommend a sunrise or sunset walk in nature today, and during your walk, think about the last seven days and Mary Magdalene's teachings.**

- What has been the most significant revelation?
- What was painful or challenging to look at?
- What pulled you away from your daily practice?
- What shadow was too hard to dance with?
- What part of your inner life or outer world actions were too painful to look at or see?
- What still needs healing?
- Which relationships still require forgiveness and/ or restitution or release?

**Tonight, I also encourage you to draw a bath and in quietude and ceremony, surround yourself with candlelight, and consecrate your bath water with holy oils. With the magnificent music of Allegri's *Miserere mei*, Dous playing in your ears, step into the water and reconsecrate your soul.**

Can you ask the divine to wash away all that no longer serves you or the Highest Good of all?

Can you release the wounds that are too powerful to heal alone?

Can you baptise your soul and body as one Holy being?

Can you say yes to the embodiment of your Anthropos ~ you, an

***Embodied Holy Imperfectly Perfect Human Divine***



# RECONSECRATION DAY

## SUGGESTIONS

### REST DAY

#### MORNING :

Continue your morning practice of sacred connection.

#### READ :

The poem : To That Younger Brother by Rilke

#### HONOUR :

The courage and diligence you said yes to during this initiation. Congratulate your whole self for arriving here. Celebrate your diligence and commitment, or forgive yourself if you didn't live up to your hopes and aspirations.

#### EVALUATE & EXPLORE :

Your seven days with the teachings of Mary Magdalene. Use the questions listed on the previous page to ruthlessly evaluate the last seven days of shadow work.

#### RESTORE :

If this journey has been confronting or painful, use today as a nourishing day of rest. Feel your spiritual support team around you. Nourish your heart with beauty and kindness. Rest and relax if you can.

#### RECONSECRATE :

Your life, body and perception of self have been changed by self-illumination. Tonight, run a bath and follow the instructions on the previous page.

You are a holy child of Love. You are your own priest/ess and conduit of the Divine. Use the vibration of Holy oils to uplift the energetic composition of your bath water into a Chrism and baptise your whole self as a vessel of Good, Light and Love.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22



# TO THAT YOUNGER BROTHER

Now pray,

as I who came back from the same confusion  
learned to pray.

I returned to paint upon the altars  
those old holy forms,  
but they shone differently,  
fierce in their beauty.

So now my prayer is this:  
You, my own deep soul,  
trust me.

I will not betray you.  
My blood is alive with many voices  
telling me I am made of longing.

What mystery breaks over me now?  
In its shadow I come into life.  
For the first time, I am alone with you --

You,  
my power to feel.

- Rainer Maria Rilke -



# 'MISERERE MEI, DEUS'

## ENGLISH TRANSLATION

Have mercy on me,  
O God,  
according to Thy great mercy.  
According unto the multitude of Thy  
tender mercies remove my  
transgressions.  
Wash me thoroughly from my iniquities,  
and cleanse me from my sin.  
I knowingly confess my transgressions:  
and my sin is ever before me.  
Against Thee only have I sinned,  
and done evil before Thee:  
that they may be justified in Thy sayings,  
and might they overcome when I am  
judged.  
But behold,  
I was formed in iniquity:  
and in sin did my mother conceive me.  
Behold, Thou desirest truth in my  
innermost being:  
and shalt make me  
to understand wisdom secretly.  
Thou shalt sprinkle me with hyssop,  
and I shall be clean: wash me,  
make me whiter than snow.  
Open my ears and make me hear of joy  
and gladness:  
and my bones that have been humbled  
shall rejoice.  
Turn away Thy face from my sins:

and remember not all my misdeeds.  
Create in me a clean heart, O God: and  
make anew a righteous spirit within my  
body.

Do not cast me away from Thy presence:  
and take not Thy holy spirit from me.

Restore unto me the joy of your  
salvation, and uphold me with a willing  
spirit.

I will teach those that are unjust Thy  
ways: and sinners shall be converted  
unto Thee.

Deliver me from blood, O God, the God  
of my salvation: and my tongue shall  
sing of Thy righteousness.

O Lord, open my lips: and my mouth  
shall spring forth Thy praise.

For Thou desirest no sacrifice, where  
others would: with burnt offerings Thou  
wilt not be delighted.

Sacrifices of God are broken spirits:  
dejected and contrite hearts, O God,  
Thou wilt not despise.

Deal favorably, O Lord, in Thy good  
pleasure unto Zion: build Thou the walls  
of Jerusalem.

Then shalt Thou be pleased with the  
sacrifices of righteousness, with small  
and large burnt offerings: then shall they  
lay calves upon your altar.

- Allegri -