



DAY 22

INSTRUCTIONS

ALL DAY PRACTICE : HONOURING YOUR JOURNEY

STEP ONE

Today you are to step off the coil of the Fierce Grace dance floor and resume the everyday ministry that is your ordinary life. You are to return to your usual practice or continue with the practice of this program, or perhaps a bit of both. Whatever you do is perfect, except falling back to sleep.

Shadow work is holy and necessary. Our inner darkness is a choice, it is also an illusion. It is also a very real. The only to wake up from the world created in the illusion of lovelessness that our shadow world is, is to choose a different way of life.

This is a daily choice. A choice between two things : love or fear. What are you going to choose to do this morning, during the day, and this evening to nourish the Light of your Soul within you?

**At midday I will release a final meditation for you use tonight.
*A final Blessing From the Mother Divine.***

STEP TWO

Read Andrew Harvey's 'Suggestions from the Divine Mother' out aloud to yourself. He received these teachings from the Divine Mother while experiencing a highly traumatic and difficult period. ***Could this guidance support you? Read it through and see.***

STEP THREE

Please fill in the Completion form included in the sanctuary. Use this as a reflective practice to evaluate your experience of the Fierce Grace Initiation as well as your own transformation.

**Thank you deeply for joining me on this sacred journey.
May you continue dancing onwards and all ways,
with great love,**

Lhamo

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



SALVE REGINA

HAIL HOLY QUEEN

Hail Holy Queen, Mother of mercy, our life, our
sweetness, and our hope.

To thee do we cry, poor banished
children of Eve.

To thee do we send up our sighs, mourning
and weeping in this valley of tears.

Turn then, most gracious Advocate, thine eyes
of mercy toward us.

And after this our exile show unto us the
blessed fruit of thy womb, Jesus.

O Clement, O Loving, O Sweet Virgin Mary

V. Pray for us, O Holy Mother of God.
R. That we may be made worthy of the
promises of Christ.

Let us pray

Almighty, everlasting God, who by the
cooperation of the Holy Spirit, didst prepare
the body and soul of the glorious Virgin-Mother
Mary to become a worthy dwelling for Thy Son;

Grant that we who rejoice in her
commemoration may, by her loving
intercession, be delivered from present evils
and from the everlasting death.

Amen.

- Hernando Franco-



SUGGESTIONS FROM DIVINE MOTHER

I am the mother I am both transcendent and immanent source and all that streams from it
I am one with all things in creation and one in boundless light within and beyond it. Adore me.

Adore every being and thing, from the whale to the ladybird, as life of my life. I am appearing in everything as everything.

Honour yourself humbly is my divine child and see, know, and celebrate all other beings as my divine children. Whatever you do two or for anyone, you do two or for me.

See through constant practice of adoration that nature is the sacred body of my sacred light, and do everything at all times to honour its laws that are my laws and protect it from destruction I and you and nature are one love, one glory; protecting nature is protecting yourselves.

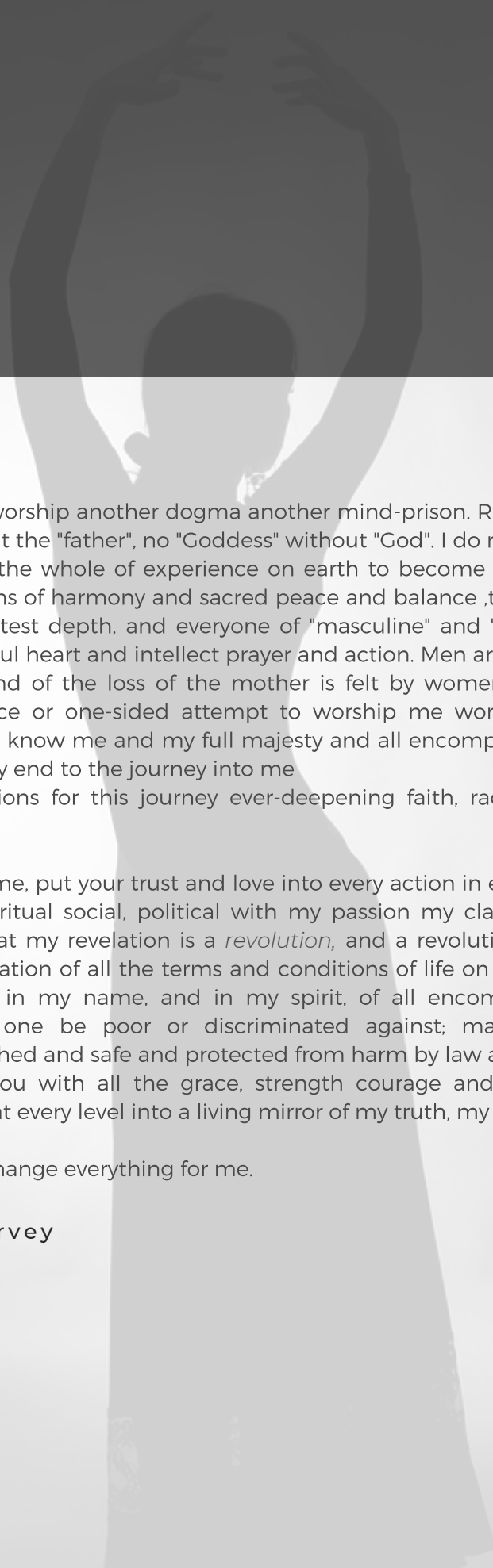
Dissolve forever all schisms and separations between sects and religions. Whatever you adore is a face of me and everyone is on his or her own unique path know that there are many as many parts as there are people.

Dissolve forever through repeated Holy inner experience of my unity all barriers between what is called "sacred" and what is been called "profane". know the whole of life as my feast. Realise ordinary life as an unbroken flow of normal miracle.

End all hatred of the body or guilt and sexual shame and discover and celebrate my sacred Eros in all its ecstatic connections and revelations. Preserve its purity and power, in my name, with truth and fidelity and mutual honour.

Unlearn all the "religious" propaganda that tries to tell you that you need intermediaries in your relationship with me. I could be contacted by anyone anywhere at any time and in any circumstance simply by saying my name however you imagine it. No intermediaries, no gurus priests "experts" are ever - are ever needed. You and I are, always, already one.



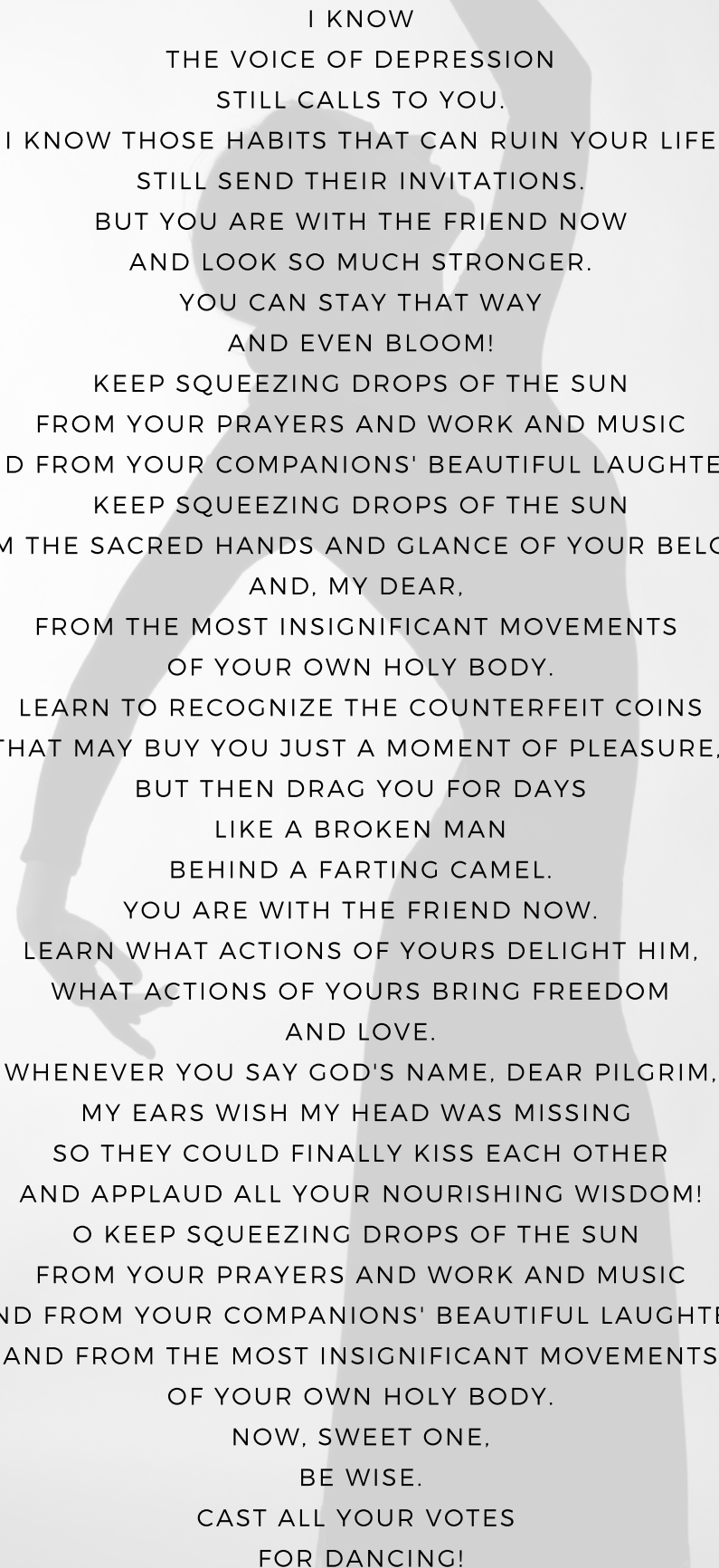


Do not make of my worship another dogma another mind-prison. Remember always there is no "mother" without the "father", no "Goddess" without "God". I do not want a new religion in my name; I want the whole of experience on earth to become holy and integrated in love. I want the returns of harmony and sacred peace and balance ,the union of the sacred marriage at the greatest depth, and everyone of "masculine" and "feminine," "earth" and, "heaven" body and soul heart and intellect prayer and action. Men are as much my children as women; the wound of the loss of the mother is felt by women as well as men. Any separatist or prejudice or one-sided attempt to worship me worships only a distorted image of me. Dare to know me and my full majesty and all encompassing humility I know that there is never any end to the journey into me and that the conditions for this journey ever-deepening faith, radical trust and radical humility.

If you trust and love me, put your trust and love into every action in every aspect of your life emotional sexual spiritual social, political with my passion my clarity my unsentimental practicality. Know that my revelation is a *revolution*, and a revolution that that demands currently a transformation of all the terms and conditions of life on Earth. Establish justice for all in my world, in my name, and in my spirit, of all encompassing inexhaustible compassion let no one be poor or discriminated against; may all sentient beings everywhere be cherished and safe and protected from harm by law and by love. Turn to me now and I will fill you with all the grace, strength courage and passion you need to transform the world at every level into a living mirror of my truth, my love, and my justice.

If you truly love me change everything for me.

= by Andrew Harvey



I KNOW
THE VOICE OF DEPRESSION
STILL CALLS TO YOU.
I KNOW THOSE HABITS THAT CAN RUIN YOUR LIFE
STILL SEND THEIR INVITATIONS.
BUT YOU ARE WITH THE FRIEND NOW
AND LOOK SO MUCH STRONGER.
YOU CAN STAY THAT WAY
AND EVEN BLOOM!
KEEP SQUEEZING DROPS OF THE SUN
FROM YOUR PRAYERS AND WORK AND MUSIC
AND FROM YOUR COMPANIONS' BEAUTIFUL LAUGHTER.
KEEP SQUEEZING DROPS OF THE SUN
FROM THE SACRED HANDS AND GLANCE OF YOUR BELOVED
AND, MY DEAR,
FROM THE MOST INSIGNIFICANT MOVEMENTS
OF YOUR OWN HOLY BODY.
LEARN TO RECOGNIZE THE COUNTERFEIT COINS
THAT MAY BUY YOU JUST A MOMENT OF PLEASURE,
BUT THEN DRAG YOU FOR DAYS
LIKE A BROKEN MAN
BEHIND A FARTING CAMEL.
YOU ARE WITH THE FRIEND NOW.
LEARN WHAT ACTIONS OF YOURS DELIGHT HIM,
WHAT ACTIONS OF YOURS BRING FREEDOM
AND LOVE.
WHENEVER YOU SAY GOD'S NAME, DEAR PILGRIM,
MY EARS WISH MY HEAD WAS MISSING
SO THEY COULD FINALLY KISS EACH OTHER
AND APPLAUD ALL YOUR NOURISHING WISDOM!
O KEEP SQUEEZING DROPS OF THE SUN
FROM YOUR PRAYERS AND WORK AND MUSIC
AND FROM YOUR COMPANIONS' BEAUTIFUL LAUGHTER
AND FROM THE MOST INSIGNIFICANT MOVEMENTS
OF YOUR OWN HOLY BODY.
NOW, SWEET ONE,
BE WISE.
CAST ALL YOUR VOTES
FOR DANCING!

- HAFIZ -