

Master's Class - Special Lesson

Walking into The Tomb

"I have lost this need for definition in creation, but once ego—who am I? - obsessed me. Definition is the original confusion which has been reverberating down through time on the planet. The only thing that counteracts this process is naming the self by exploring one's own creativity. Our link to the galaxy is through art, beauty, and love, which frees us from materialism—addiction to things we are conditioned to believe we need. Creativity, or moving into experience with the Creator, is more powerful than any force, even materialism. We can only create if we trust the process and let go of control."

"Heart of the Christos - Starseeding From The Pleiades" by Barbara Hand Clow

The time of Lent or incubating our divine possibilities is drawing to an end as we approach the time of The Tomb and Easter/Passover. As our seeds of change begin to grow, so do we begin our own star-seeding for this time in our lives. Whether the seeds come to fruition or not in this earthly reality, it is the activity of seeding in order to move forward manifestation that is the task to be mastered here...not how many seedlings are thriving. Guard those fruits of your labor well. They represent the manifestation of new changes in your life. Now is the time where all those times of pain, isolation and sheer crankiness in the past few weeks begin to make sense. Growing pains are seldom pleasant but, the time to stretch is here!

As we rapidly approach the dawn of our new life, we must prepare the body, mind and spirit for new change. Long before Jesus was born, the GodHead put this time of upheaval, change and then transformation on our paths so that life would always have the opportunity of upliftment. In other words, Easter has gone by many names in many cultures over time, but, it still represents new opportunities to explore the Creator within. We begin preparing for the Festival of Transmutation (March 30th thru May 15th) by outlining some rites you can incorporate into your time of change to enhance your growth and recognition of power.

The seeding that Barbara Hand Clow refers to in her book title (above), is evident all year round but, more apparent at this time of year. Receiving the gifts of spirit as "seeds" in this season, as opposed to gifts at Christmastime, is our recognizing that all possibilities may not be fully explored at this time but, we know they have been given. Our ceremony of seeding is an attempt to concretize this process and bring it forward into our lives. Manifestation begins in this way. We are not always aware of the many gifts that have been given but, ceremonies celebrating our awareness will keep the process going, eternally. As Ms. Hand Clow describes, our celebration utilizing moments of beauty, art, activity, music, laughter and so on, capture more of the essence of God/Goddess than just speaking the words of transformation out loud. Affirmation, invocation, ceremonies invoking the senses, dark and light, death and life, all make for exciting ceremonies in these sacred times.

At this time of transmutation, our meditations may figure heavily around the "temple" of your soul. In spiritual reality, that temple becomes your Tomb or womb in the next few weeks. The Tomb of Jesus was not a place of death. It was a miraculous holding place in the Universe where miracles of transmutation and transfiguration occurred. God asked Jesus, as He has asked many such prophets before, to show humanity how to walk through this exceptional time of the seasons, coming out of the Tomb with greater awareness and understanding of the roles we play. At this time, we prepare our bodies, minds and understanding to participate in this most joyous of ceremonies. Is this the year you walk fully into the Tomb, celebrating with God or do we let another year of seeding go to waste by not taking a few minutes of your time to celebrate with the Divine? You see, all manifestation must be fertilized with ceremony, trust, thankfulness and a willingness to take sacred time in the midst of joy to "listen" to what is unfolding.

The Mother within as well as the spirit of Her children are aspects of God within all of us compelling us to see the power in being our best and being at our most innocent. Innocent means to accept without judgment, wait with patience and receive willingly without desire. The Mother-power is always there to do battle for Her liege Lord and children. She is always the first to protect the innocent and the first to lay down her sword when battle is over. These two archetypes of God, the Mother and Child, epitomize the gifts of spirit that are being given so magnanimously out to humanity at present. Both these characteristics of God/man require lots of physical energy and powerful understanding now. Keep them uppermost in your minds' eye as you enter the Tomb on or around Good Friday, April 2nd. These important aspects of your soul are being called upon to help alter the mistakes of humanity in order to transform our future. See yourself as the transmutation of the whole. You are the saviour/hero, not just a lowly earthling without greater power to enhance the whole.

Preparation for entering the Tomb:

Lighten your diet, ingesting more fruits, juices and veggies over the week. Eschew heavy spices, heavy meals and too many unnatural sugars. Prepare the diet for a Saturday/Sunday celebration. Please open your hearts' to a daily meditation of between 10 and 20 minutes. We do not ask for hours. As we approach the time of transmutation, be open to spending more time with family and friends, discussing matters of value in your lives as well as your love for them. The Last Supper is replayed over and over again so that we may find true solace with friends, family and the world. It is one meal where we are asked to play "nice." It represents teamwork dedicated to higher ideals, love and work accomplished in the outer world.

In this period of coming forth, select a day to cleanse your body as if you were being dressed for a wedding or your tomb, as is the reality. Dress your hair, put on a spirit face and approach all of humanity, not as a sacrifice but, as one that knows the job is just beginning and go about your work. Do your best to smile in the face of impatience, intolerance, stupidity and annoyance. Hold your tongue of anger and ego and listen to your sweet heart instead. When will we realize that the vitriol of our tongues is lashing out in our world? Take a moment to envision your triumph as you walk into the tomb of change, transformation and freedom. When you return home for the evening, conduct a short meditation where you see yourself in the tomb, asking God to show you what may be revealed to you. Before going to bed, anoint your body with cream or a light oil, thoroughly. Take a leisurely walk or just sit out of doors long enough to do another meditation in the tomb. Please write your visions down so you can savor them over the year.

On Easter Saturday/Sunday or sometime up until May 15th, dedicate some time to visualizing yourself coming forth from the womb of God. Take the time to look at the changes that transmutation has wrought and give a thought to the momentous journey through ceremony you have taken over the past four days. Can you see how meaningful this service to God and humanity can be over years? And, to yourself? The Tomb represents a housecleaning as well. Your health should improve because of this spiritual journey and your mind will slowly clear of clutter. You will find yourself letting go of old habits, cleaning more avidly your place of worship (your abode) and streamlining your body and mind so as not to be slowed down any longer. The Tomb need not be fearful but, if it is, remember; they are fears that you are transforming and probably expunging. Go into the Tomb with Jesus, Mary, Moses, Osiris and all the other archetypes of God within you and be ready to come out the champion with the heart of a newborn!

All the best as we walk into the Tomb as One. This rite of passage is so powerful. Did I not hear you say you wanted to move, change jobs, start a new, more meaningful life, lighten your heart and body? I encourage you to utilize ceremony now to move your life along in the way of the Goddess-Warrior who thinks always what is best for Her children and land. Like Moses, let's lead one another towards the Promised Land always knowing that greater love, illumination and adventure will always be with us. Let the lamps of The One never go dry.

Love to you,

Dr. Gwen MacGregor
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