



Tree of Life Month Three

The Mind, Communication

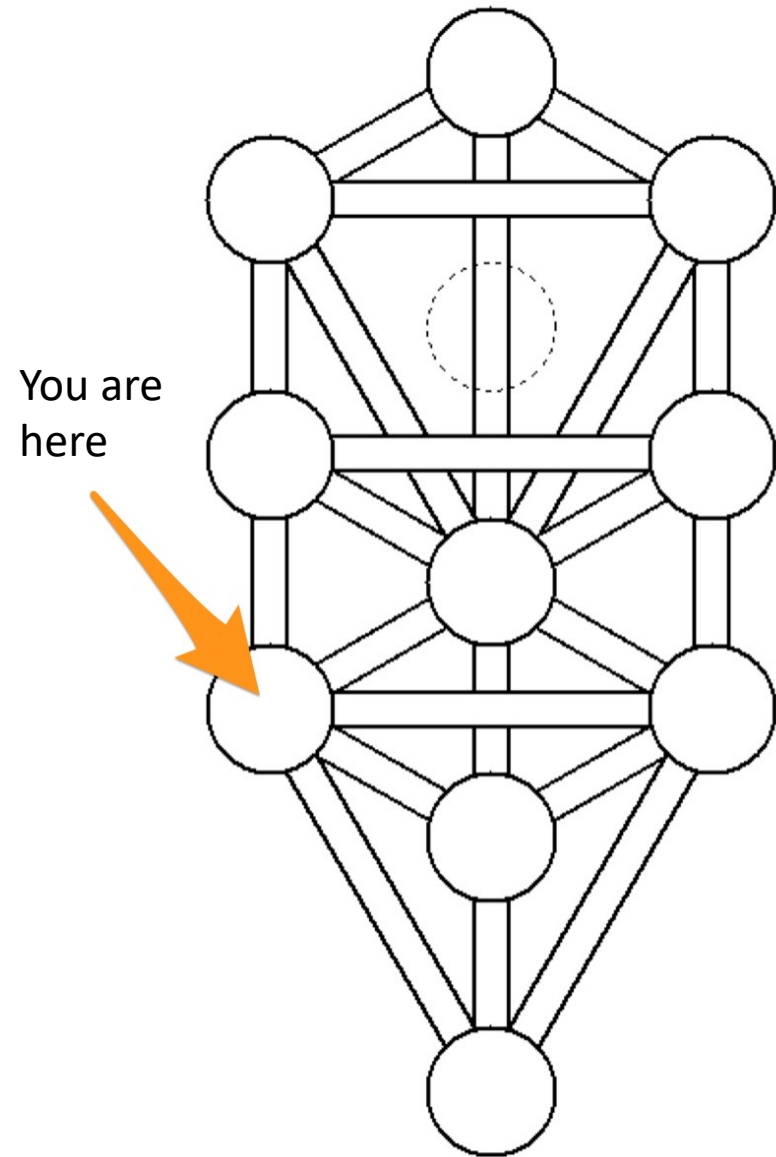
**"The Mind is everything. What you think, you become."**

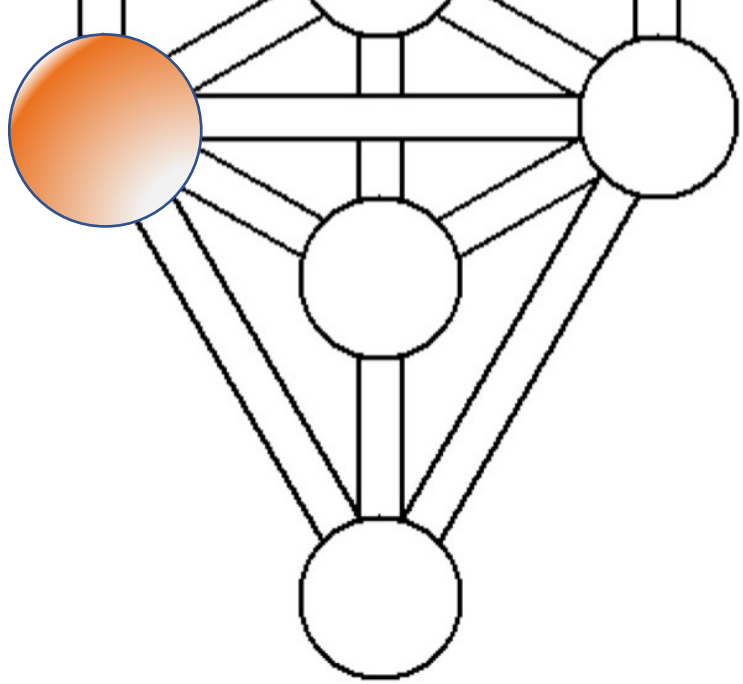
**Buddha**

## Lets Check In With The Map

Traditionally Called **Hod**

It's home to **Mercury**, your mind, how you communicate, what do you create with your mind?





## How It Shows Up In Your Life

You may feel more conscious of the language you use around others, what to pick up from friends and family as far as word 'ticks' go. Those phrases and sayings that become 'your thing' for example.

Often you'll become more aware of those who live on half-truths or in a state of denial, those who suggest change and never actually do anything about of just how negative some folks are. You may also notice how all of those things show up in you.

Mindfulness is a buzzword in our modern world but it's principles are as ancient as days, a real example of how the message, the language of the mystery schools is being translated into modern speak.

You may find yourself wanting to correct others, not always a good idea, but instead of seeking to correct, observe the language, the trends that are being shown to you and ask if it's how you want to continue?

# The Mind, Communication

With Mercury in charge it's all about communication, rational and analytical it's the part of you that makes sense not only of what's being said, it also pieces together the true meaning of messages that come your way through music, poetry, prose and ritual too. It's crystal clear and it's temple is an ice palace that represents the ability to see all, to see through and cool logic.

This is where your mind breathes, where it exercises it's ability to tap into many different streams of consciousness and where you open new gates as well as close old ones. Remember it feeds into the subconscious, asking it to action those thoughts ready to bring to the final destination; earth. Hence the saying 'every thought becomes a thing.'



## Palaces and Pathways of the Mind

There are multiple paths leading into and out of this sphere, reminding you of the connection to every-thing. This one sits at the bottom of the left hand pillar and is connected to the central pillar as well as the one on the right and down to the subconscious. There are many paths, just as there are many our mind can take us down. ALL in the name of making sense, organising and analysing the information it receives.

The downside of this sphere is false ego based on misinformation, the barroom chatter of the spiritual worlds where platitudes and half truths pass as deep esoteric knowledge. It's communication that isn't very useful and can lead to a diversion that could take a very long-time to work around.

True wisdom isn't going to be found here, no course, no book can provide that; it's gained from the experience of your connection to higher realms, higher consciousness and for that this sphere is well equipped to offer it.

## Let's take a closer look

With Mercury in the driving seat you become a messenger, both internal and external, you see the mundane and the magic and you walk between these two worlds adapting as you go. By joining together what you feel with what you see, what you hear with what you can do about and eventually taking action based on the plan you have; you move through life like the winged god. Talking, communicating and pushing your mind-full-mess into the world. As you become more aware, more savvy that EVERY word you use is truly a spell, things change.

Much of what you see around you came into manifestation through someone's mind, those buildings were conceived on a drawing board, the food you eat put together by a chef, the clothes you wear the sofa you sit on and so it goes on. But what about the way you look at the world, the way you perceive it? Are they your thoughts or someone else's?

And you can do what about that? Change your attitude. Change the way you filter information and how you react to it, perhaps get rid of it altogether by meditating on your awesomeness first thing in the morning rather than listening to the thoughts, fears and choices of a news editor. Make no mistake, it's a human being making that choice for you, it's not an organisation, a faceless thing, it's someone else's opinion, someone with a name and a face. Then you begin to understand that whilst I would agree that your thoughts create your world, there are plenty of other people's thoughts interfering with that process if you allow them.

# Sigils

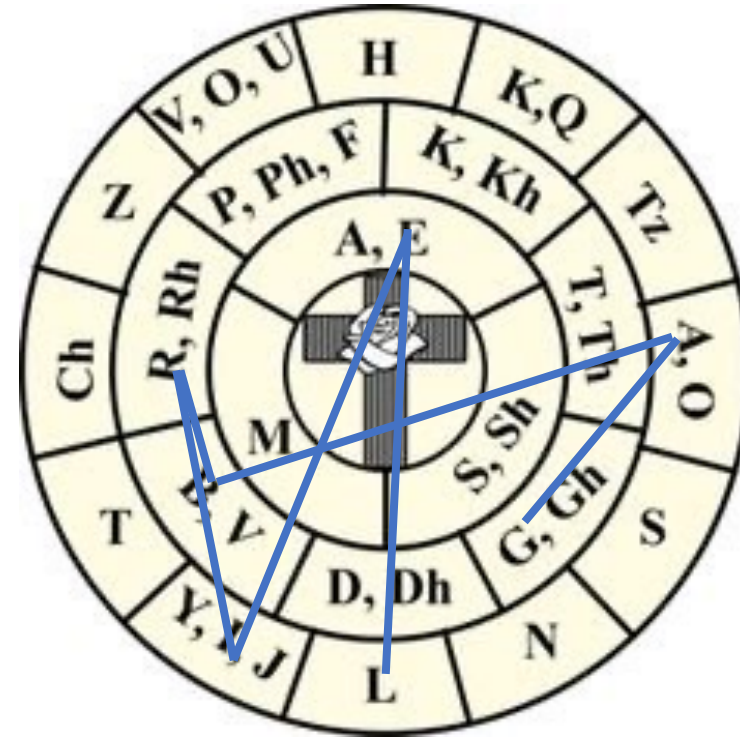
There are many ways to communicate your wants, desires and heartfelt hopes for change but Sigils are a real favourite with magic makers; but first a warning.

DO NOT take this lightly, the symbology of your Sigil is an activation of your thoughts with your feelings and your will and will take it's place in the great cosmic soup of desires. Imbue your Sigil ONLY with the highest and purest energy you can and if it's a personal Sigil, soul name for example, DO NOT share it with anyone.

I will share the rose cross method for creating magical sigils, this is useful if you want to attract things like angelic energy your way and if you can't be bothered to create them, you can find them online but as with all things web-based; use reputable sites and do your homework.

So, let's look at the Sigil for Gabriel

This is the English translation of the original Hebrew

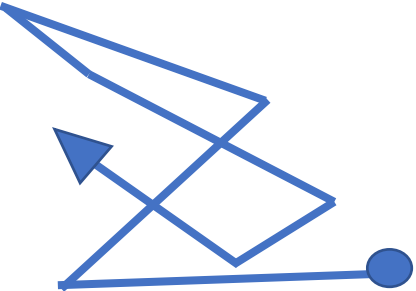
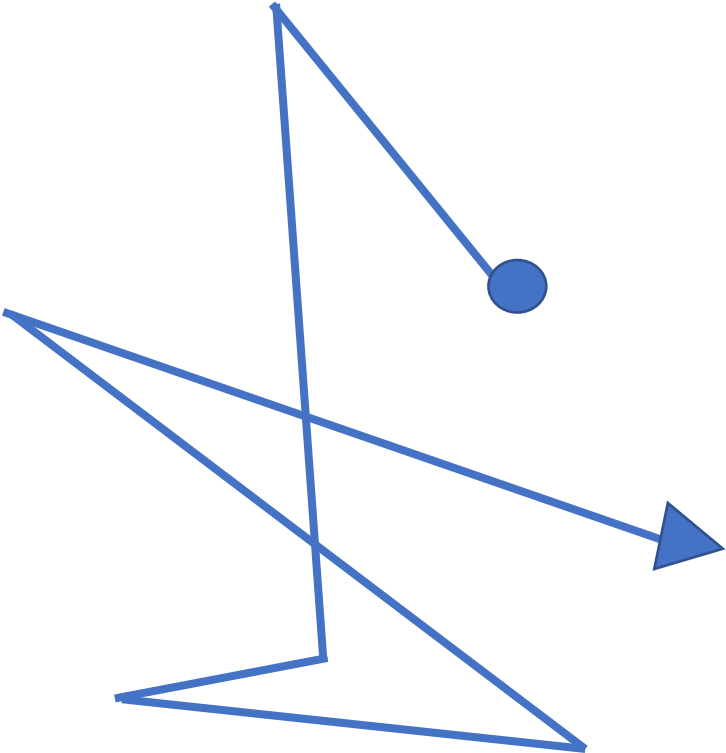
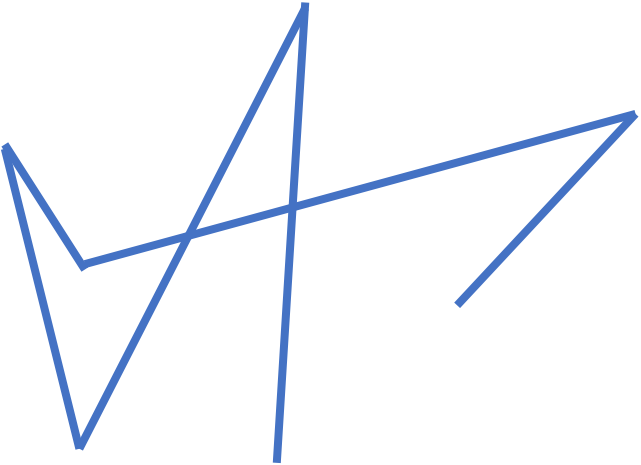


Name: Gabriel

Remove any double letters, some people also remove vowels.

You can also use sigils for wish fulfilment, Sigil for World Peace for example

Gabriel



World Peace

# Other Communicators

## **Spirit Guides**

We all need a little help from time to time, and there are many ways and many teachers out there, not all are earthbound. With all guides remember to ask for their help, they cannot act directly unless you ask.

## **Lifetime Guide**

Usually someone with a past-life interest who knows you very well indeed and they really know the true you, the inner workings of your soul, why you have incarnated and the lessons you want to get from that journey.

## **Doorkeeper - Yesod**

Doorkeepers are protectors, they stand in front of you to keep your crown chakra safe during spiritual travels in particular, making sure you close down between your meditations and your earthly return. By that I simply mean they won't let any negative energy affect you as long as you keep yourself under some sort of control.

## **Teacher Guides**

Teacher guides move in and out, they may stay with you for a month or perhaps years, but their influence is very strong and they have definite ideas about getting you to see your potential and they will have the expertise to pass on to you should you choose to listen.

These teacher guides are there to help open up a true calling within, and they are what I call the 'right here, right now guides', that's to say they are teachers for right now and will stay with you until you have learned all that you can.

## **Soul Guides**

Next up the ladder are soul guides. These guides sometimes present in costume to let you know what sort of energy they bring. They may not have a past-life link and they really are not interested in personality issue of any sort. They look after many souls and usually move in when you're on a path to higher spiritual awareness but not exclusively.

## **Masters**

They really are interested in those who are working with higher energy, real change makers and also those who work with groups in a collective energetic field. Their names are familiar to you already; Lady Nada, St. Germain amongst many.

## Tarot Cards

### The four Eights

Eight of Wands – The Lord of Swiftness, a direct image of clarity and what should happen next. A vision of a new phase in your life.

Eight of Cups – The Lord of Indolence, look for those who impose their will more than you do your own. They may take your energy, or rather you may give it away?

Eight of Swords – The Lord of Interference, things may not be going your way. Perhaps step away and do something else?

Eight of Disks – The Lord of Prudence, be ready for an opportunity but also ready to work with any stress or change required.





## Homework

“First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.” Napoleon Hill

- Interwoven-Light meditation.
- Find your Mercury, what does it tell you?
- Create a Sigil.
- Notice your language, what triggers you in others, what about your own words?
- Have a negativity fast, start with a day, then two; keep extending it!
- Be mindful.
- Do the Spirit Guide meditation, make those connections.
- Write down your experiences.
- Take your daily card.
- Breathe 4-2-4.

Next Facebook Live is Monday 16<sup>th</sup> May 10 AM

Next Meeting on Zoom

Monday June 6<sup>th</sup> 19:00