



Celestial Forest presents...

The StarMaiden Priestess Process™

Discover a Deeper Direct Relationship to the Sacred

StarMaiden High Priestess Suggested Guidelines & Tools

Creating Sacred Space For Each Call

There are a couple things you can do to support your experience before each call or listening to the replay.

- 1) If possible find a quiet place to listen to the call free from distractions.
- 2) Turn off cell phones and other distractions.
- 3) Have some paper handy or your journal or the process.
- 4) Create sacred space and/or a little altar by placing some fresh flowers or even some lovely leaves or a potted plant near you. Having a bowl and/or glass of water nearby. Light a candle if you feel called to do so. Place any of your favorite sacred objects that you want in the area. The more you create sacred space for yourself with each call the more powerfully the energy will work with you.

Give yourself a little time after each call or replay for the energy to settle in and you to have a complete experience before transitioning to other activities.

All handouts, replays and resources can be found on the classroom page:

<https://www.celestialforestinstitute.com/copy-of-starmaiden-priestess-proce>

High Priestess Process Tools

Connecting to your inner process by journaling throughout the process will strengthen your ability to access your inner wisdom and guidance.

Journal Writing Guidelines by Nicole Christine

Journal writing is an exploration of one's inner landscape that potentially takes the writer into the depths of the subconscious and the expanse of the superconscious. Through it, an individual can chip away at her or his sense of limitation and burst through into fields of limitless potential. It is an opportunity to clear out mental and emotional debris, to source the vast pools of mental and emotional intelligence, and to anchor life-affirming visions, dreams, realities. It is an opportunity to develop your personal "how to" manual for all areas of your

life, to enhance your creative expression, and to enliven your process of ever-expanding consciousness and self-discovery.

GUIDELINES:

- Situate yourself comfortably in your favorite place.
- Write on unlined colored paper with colored pens or pencils.
- Write for yourself!
- Let go of concerns about spelling, grammar—even legibility.
- Date your entries.
- Draw, doodle, scribble. Write sideways, upside down, in circles and spirals.

... THEN WHAT?

Read what you have written! Sit with it. Let it speak to you. Receive what you have written. Journaling is much more than a writing activity. By silently reading what you have committed to written form, you will greatly strengthen your self-awareness.

Next, read your entry aloud. Written words are congealed energy that is empowered, magnified, and allowed to move, when given voice. If you have written about a challenging circumstance, you are likely to experience a cathartic release as you write. By reading the words aloud, the release or insights are maximized and you allow trapped energy to move, to be liberated, and your life force to flow unrestrictedly. Releasing creates openings in the emotional body that leads to greater access of one's innate knowing. Fill these spaces with beauty, self-love, and appreciation. Take a nurturing bath or a walk in nature, play inspiring music, dance. Be gentle with yourself. Moving dark-night-of-the-soul energies is liberating. Moving stagnant, unexpressed emotions of joy, love, and compassion is exhilarating. Through journaling, you may discover that your deepest pain is due more to the suppression of love and creativity than to the suppression of anger, fear, hate, or resentment.

Dance Activations

Dance is a primary activation tool for the priestess and high priestess process because it engages all the elemental realms and creates full body temple access to the Divine.

Music Suggestions

I love the music of James Asher Feet in the Soil and Feet in the Soil 2. You will find a link to this and other great dance music on the classroom page as we use them.

Tracking Your Progress

In order to receive your certificate of completion I will need to receive your completed tracking form. Please fill it out for each module in order to track your progress and completion.

Supplemental Reading

Additional books can expand your experience and are not mandatory.

Book List

I will be suggesting books at certain times you can access them on the classroom page.

Holding the container for your own process:

The High Priestess Process is for mature women and men ready to step into a fuller connection to their sacred power and wisdom in the world. This process is sometimes therapeutic, but is not therapy. Each person is responsible for her or his own process. Sometimes, there is additional processing work from a particular section. You can assist your process by making time for yourself during the week. You can journal, take baths with Epsom salts or apple cider vinegar, do clearing work with any of the elements (you have a handout on this), get body work done, call your circle friends, connect on the Facebook group. There is much you can do to support your own process. Occasionally if the piece you are processing is quite large, you may need a private session with a support person. In addition to your sessions with me you can seek support from a local therapist if needed.

This is your process. Be sure to fully enliven it with your energy to gain maximum benefit. Keep calling forth your inner high priestess, the high priestess over soul, and your connection to the elemental forces of creation, the alchemical creation mysteries, and the sexual and money mysteries.

Dreamtime Temple Work

You may ask to be taken to the temples in your dreamtime for additional training and inner work.

High Priestess Energy Sealing

After traveling the full cycle of the zodiac, the energy of the process seals in a year and a day from your emergence.

Process Ally

It is helpful to ask your partner or a close friend to be an ally for you throughout the process.

Coming together in circle

- Please honor one another by deeply listening to each person when they speak, and waiting for them to finish before taking your turn.
- Each person's truth is essential to the whole.
- What is shared in the circle space stays within the sacred space of that circle.
- No one is broken so there is no need to try to fix or problem solve for another.
- Each person has their own process please honor differences.

- Please refrain from feedback on another person's process unless they specifically ask you for assistance.

Emergence Requirements: The death and re-birth process of the process is mandatory for emergence.

PLEASE NOTE: Should it become necessary to withdraw from the process for any reason, once the initiation cycle has been engaged, a private session is required in person or over the phone with Kathy for energetic closure. Completion of an initiation cycle makes a huge difference in your overall success.