



DECEMBER 2022 Post Call Notes

CROWN Chakra

~ **CAPRICORN** ~

*Intentions for Reclamation
New Life, Gifts & Initiation*

Reclaim *New Inner Authority & Purpose*
Solidify *Plan, Structure & Organization*

Last month, we **INITIATED** the **RECLAMATION** side & second half of the current cycle by shifting our focus to the **INNER Initiation** and the New Vision that is finally beginning to clarify. It is time to think bigger in terms of the exchanges & interactions that we want to have with others. It's time to magnetize your Soul Group and manifest a Higher Vision for your own life.

This month, we will begin our journey at the **Crown Chakra**, claiming a new level of consciousness, which reveals new goals & aspirations that we would like to have manifested/in-form by the **Fall of 2023**. You cleared something from the **Root 9-months ago** that has cleared space to incubate new ideas, thoughts, concepts & creations. It is an exciting time to open to your Higher Self to ask for guidance on the next leg of the journey.

Next month, we will activate our imagination at the **Third Eye Chakra** and claim a new vision. We cleared the Creative Center in order to expand here at the **Third Eye** so it is time to flesh out the New Vision, consider the details that matter and start working on the framework or foundation of what you are calling into being. This month supports a radically new & different Story. You are encouraged to use **ALL** that you are and all that you've learned in the last year or so, and **IMAGINE** a New Narrative for your Self and the World.

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Task# 2 ~ Exposing the Crude Shadow

from *Women Who Run with the Wolves* by Clarissa Pinkola-Estes

In this part of the tale, the "bad-rotten" stepfamily marches into Vasalisa's world and begins to make her life miserable. The Tasks of this time are: Learning even more mindfully to let go of the overly positive mother. Finding that being good, being sweet, being nice will not cause life to sing. (Vasalisa becomes a slave, but it does not help.) Experiencing directly one's own shadow nature, particularly the exclusionary, jealous, and exploitative aspects of self (the stepmother and stepsisters). Acknowledging these unequivocally. Making the best relationship one can with the worst parts of oneself. Letting the pressure build between who one is taught to be and who one really is. Ultimately working toward letting the old self die and the new intuitive self be born.

The stepmother and stepsisters represent the undeveloped but provocatively cruel elements of the psyche. They are shadow elements, meaning aspects of oneself which are considered by the ego to be undesirable or not useful and are therefore relegated to the dark. On one hand, shadow material can be quite positive, for often a woman's gifts are pushed into the dark, hidden there and waiting to be discovered. On the other hand, negative shadow material - that which busily kills off or detains all new life - can also be turned to one's use, as we shall see. When it erupts, and we finally identify its aspects and sources, we are made all the stronger and wiser.

In this stage of initiation, a woman is harassed by the petty demands of her psyche which exhort her to comply with whatever anyone wishes. Compliance causes a shocking realization that must be registered by all women. That is, to be ourselves causes us to be exiled by many others, and yet to comply with what others want causes us to be exiled from ourselves. It is a tormenting tension and it must be borne, but the choice is clear. Vasalisa is disenfranchised, for she inherits and is inherited by a family that cannot understand or appreciate her. As far as they're concerned, she is unnecessary. They hate & revile her. They treat her as The Stranger, the untrustworthy one. In fairy tales, the role of the stranger or the outcast is usually played by the one who is most deeply connected to the knowing nature.

The stepmother & stepsisters can be understood as creatures set into a woman's psyche by the culture to which she belongs. The stepfamily in the psyche is different from the "soul family" for it is of the superego, the aspect of psyche which is structured according to each particular society's expectations - healthy or not - for women. These cultural - that is, superego - overlays & injunctions, are not experienced by women as emanating from the SoulSelf psyche, but are felt as if they come from "out there" from some other source which is not innate. The cultural/superego overlays can be very positive or they can be very detrimental. Vasalisa's stepfamily is an intra-psyche ganglia which pinches off the nerve to life's vitality. They enter as a chorus of unredeemed hags who taunt, "You can't do it. You're not good enough. You're not bold enough. You're stupid, insipid, vacant. You don't have time. You're only good for simple things. You're only allowed to do this much and no more. Give up while you're ahead." As Vasalisa is not yet fully conscious of her powers, she allows this evil crimp in her lifeline.

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In order for her to regain her life, something different, something life-giving must occur. The same is true for us. We can see in the story that Vasalisa's intuition into what is happening around her is quite flimsy, that the father of the psyche doesn't notice the hostile environment either; he is also too-good and has no intuitive development himself. It is interesting to note that daughters who have naïve fathers often take longer to awaken. We too are pinched off when the stepfamily within us and/or surrounding us tells us we are not much to begin with and insists we focus on our shortcomings, rather than perceiving the cruelty whirling around us – be it emanating from within our psyches or form without in the culture. However, to see into or through something requires intuition and also the strength to stand upon what one sees. Like Vasalisa, we may try to be nice when we ought to be knowing. We may have been taught to set aside acute insight in order to get along. However, the reward for simply being nice in oppressive circumstances is to be mistreated all the more. Although a woman feels that if she is herself she will alienate others, it is just this psychic tension that is needed in order to make soul and to create change.

So the stepmother and stepsisters scheme to send Vasalisa away. They secretly plot, “Go into the forest, Vasalisa, go to Baba Yaga, and if you survive, ha ha – which you won't – then we might accept you.” This is a very critical idea because many women are stuck halfway through this initiation process – sort of hanging half in and half out of the hoop. Although there is a natural predator in the psyche, one who says, “Die!” and “Bah!” and “Why don't you give up?” on a rather automatic basis, the culture in which a woman lives, and the family in which she was raised, can painfully exacerbate that natural but moderate nay-saying aspect in the psyche. For instance, women who are raised in families that are not accepting of their gifts often set off on tremendously big quests – over and over, and they do not know why. They feel they must have three PhDs or that they have to hang upside down from Mount Everest, or that they must execute all manner of dangerous, time-consuming and money-eating endeavors to try to prove to their families that they have worth. “Now will you accept me? No? Okay (sigh), watch this.” The stepfamily ganglia of course belongs to us by whichever means we received it, and it is our work to deal with it in an empowered manner. However, we can see for the deep work to continue, trying to prove one's worth to the chorus of jealous hags is pointless, and as we shall see, in fact, impedes the initiation.

Vasalisa does the everyday chores without complaint. To submit without complaint is heroic-seeming, but in fact causes more and more pressure and conflict between the two oppositional natures, one too-good and the other too-demanding. Like the conflict between being over-adaptive and being oneself, this pressure builds to a good end. A woman who is torn between these two is in a good way, but she must take the next steps. In the story, the stepwomen so squeeze the burgeoning psyche that through their machinations the fire goes out. At this point a woman begins to lose her psychic bearings. She may feel cold, alone & willing to do anything to bring back the light again. This is just the jolt the too-nice woman needs in order to continue her induction into her own power. One might say that Vasalisa has to meet the Great Wild Hag

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because she needs a good scare. We have to leave the chorus of detractors and plunge into the woods. There is no way to both stay and go. Vasalisa, like us, needs some guiding light that will differentiate for her what is good for her and what is not. She cannot develop by standing around being everyone's bootjack. Women who try to make their deeper feelings invisible are deadening themselves. The fire goes out. It is a painful form of suspended animation. Conversely, and somewhat perversely, when the fire is put out, it helps to snap Vasalisa out of her submission. It causes her to die to an old way of life and to step with shivers into a new life, one which is based on an older, wiser kind of inner knowing.

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GO AFTER YOUR GOALS ~ *Persist ~ Encourage ~ Advance*

from *The Ancestor Spirit Oracle Cards*

Art by Belinda Morris / Text by Jade Sky with Leela J. Williams / Published by Blue Angel

Scottish CULTURE:

Born in 1274, Robert the Bruce claimed the Scottish throne and led an uprising against English rule. Thus, he is known as the Father of Scottish Independence. He suffered many defeats on the way to establishing his authority and bided his time before moving forward to become King of Scotland. He was defeated twice in battle by the English before he went into hiding on a remote island off the coast of Ireland. It is said that he often became depressed during his time on the island. Then, one day, he saw a spider in his room. He sat and watched the spider swinging from rafter to rafter, trying to make its web. It wasn't until its seventh attempt that the spider succeeded in making an anchor for its web. Robert the Bruce saw the spider as a sign that he



must keep persevering for Scotland's independence. He then moved forward with his cause and was successful.

THE ANCESTORS SPEAK:

Take charge and move forward in your life. The Universe is encouraging you to pursue something that is important to you. It doesn't matter how big or small it is, go after it. You have been consciously working on yourself and are now ready to take on anything you want to achieve. Do not hesitate. Take this card as a sign that you can do more and be more. Stand up for your beliefs, stand your ground and do not be swayed by opposing ideologies.

DIVINATORY MEANING:

Just as the Universe endeavors to raise your spirits, it's time for you to encourage and inspire others. A little positivity goes a long way. Try to support your loved ones, friends or anyone you come in contact with. You may not realize how much it means to a person to have someone believe in them. A kind word can keep someone going through hard times, so they reach their goals.

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V ~ SHAMAN ~ *Wisdom*

from *Vision Quest Tarot* by Gayan Silvie Winter & Jo Dosé



KEYWORDS: Wisdom ~ Transcendence ~ Intuition ~
~ Clear Insight into Recurring Cycles ~ Super-Natural Talents ~
~ Deep Knowledge of Underlying Forces ~
~ Otherworldly, Extrasensory Visions ~

INNER MESSAGE: The Shaman inside you is capable of merging his intuitive perceptiveness with the wisdom of the Elders. Meditate and find out what really motivates you, what your inner core truly desires. Don't waste time trying to fulfill more superficial desires. They can never satisfy your ancient longing. That is not their task. Shift your attention to what is essential. Most essential in your life is your own Being. Without knowing the true essence of your Being, your heart will always remain empty & dissatisfied. Without recognition of who you are, without inwardly awakening to that, you stumble like a drunkard through a maze of meaningless limitations. Remember your Self! Take the time and whatever

space you need to explore your innermost being. For that, you don't have to go anywhere.

OUTWARD MANIFESTATION: Much of what feels no longer right for you is ready to leave or fall away. Be thankful! You may have to go through the pain of disillusionment, but that's in fact your liberation. If you want to awaken to Reality, no spiritual entertainment technique can help you. It is time to face yourself. The Shaman merely reminds you of your spiritual heritage. He points to your source, the unnamable, the mystery of your existence, the power that created everything and absorbs you back into itself at the end of this life. Contemplate how to best spend your time!

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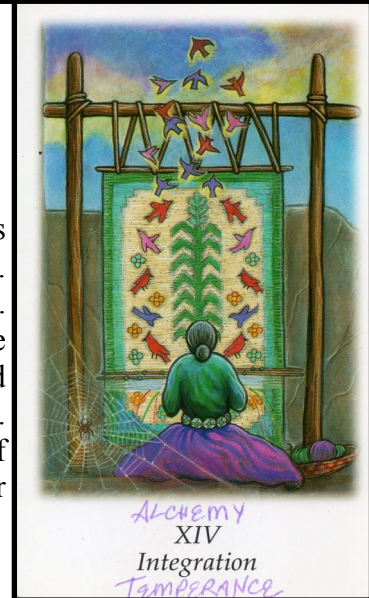
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XIV ~ INTEGRATION ~ *Alchemy*

from *Vision Quest Tarot* by Gayan Silvie Winter & Jo Dosé

KEYWORDS: Alchemy ~ Creativity ~ Artfulness ~
~ Union of Male and Female Energies ~ Harmony ~
~ The Spiritualization of Matter ~ Equanimity ~
~ Finding One's True Form ~

INNER MESSAGE: Just when it seems that everything has come to a standstill, the forces of transformation are most active. Refrain from criticizing the process that is taking place within. You are inwardly busy with the merging of your male and female energies. This brings about the balance you seek. To live a balanced life, these two forces must be integrated into a harmonious unity. Remember the birds, depicted on this card. Once the weaving of their forms is complete, they rise up high into the sky and soar freely! This is what is known as "the spiritualization of matter".



OUTWARD MANIFESTATION: Don't take a definite position, much less defend it stubbornly. What is going on inside you now, is yet too fragile to be dragged out into the open and killed by explaining it away. Give yourself the freedom of not having to justify the delicate processes of your spiritual development that must take place in secrecy. Respect what is happening in the darkness, far from the maddening crowd. Have faith in its appropriateness. Simply relax and, most of all, be kind to yourself. At the right time, the fruits of your labor will become clearly visible in your behavior and especially in your work.