

BELINDA DAVIDSON'S *School of the Modern Mystic Level 2*



Module 2
TEMPLE 1

Module 2: Resource 2

Q @ A

Tina: Should we always take the path through the door to the city first, then the green path to the garden, then find the stairs? Or can we just start in the garden?

Belinda: If you need help accessing the vibration, you can start by finding the door to the city, then going to the path and then climbing the stairs. Otherwise, just start from the garden and climb the stairs.

Lyerka: You mentioned the other day that we should not be listening to any guided meditations at this point. So, for the Journey into the White, when doing it self-guided, should we follow all the steps, the white door, the white city, the path to the garden and then the steps?

Belinda: Please read my reply above to Tina.

Ele: The first attempt I did feel like I had a great ACCM beforehand, but I went up the 22 stairs first time, found my big bright blue cushion, sat down and seemed to get something. I'm just worried that I have rushed things.

Belinda: If you are easily there, then you are there. But next time it may not be as easy. Or it may be. Just let it happen.

Julijana: I'm still on step 12, I seem to get a little nauseous and dizzy going up these stairs. Is that possible?

Belinda: Many people find climbing the stairs a very high vibration, so take your time.

Rebecca: Since working on my Temple 1 Journey, I've found that my dreams have become very lucid. Is this normal?

Caroline: Mine are the same! Noticeably more lucid and strange!

Julia: Mine too...

Belinda: Yep!

Alana: Me too! I've also had a couple premonition dreams! I wish I could learn to tell the difference between a normal dream and one I need to pay particular attention to.

Liana: Mine, too! Vivid, sometimes premonitory. It even feels, at times, like I am being initiated into something and/or taking intense high level classes of some sort (on the Astral plane?). I've woken up a few times feeling exhausted, but like I'm getting more done there in my dreams than not!

Rachel: I am pretty sure I finished up in my cave this morning. Lines 11 and 12 were a very different experience with lots of layers coming out. In fact, in one line 11 meditation I could only see white. I couldn't even see the cave (and I thought it must be gone!), but in the meditation I worked through a stream of shadow thinking.

I feel like I am finished, even though there was no 'big finale,' but I thought as I have access to asking I'd see if you agree!

Belinda: If you 'feel' finished, you are. Good job!

Melissa: I'm struggling to do my last line to move forward. I'm having hard time mediating. Any tips to move through this at moment?

Belinda: You have a lot of life changes right now. Just be as mindful as you can and try not to force the journey. Then it will open up again for you.

Rebecca: When I do the Temple 1 meditation, I find that when I come out of it I'm very lightheaded and spacey. I'm guessing this has to do with the level of vibration I'm achieving. Is that right? I tend to stamp my feet on the floor to try to ground myself. Do you have any other tips or suggestions?

Belinda: Yes, it's a good idea to stamp your feet. It is a very high vibration and I'm sure many other level 2 journeyers are feeling the same.

Caroline: I've been doing the stairs and am on 12. I feel such a strong expansive energy and I love it. I find after it I have vague recollections though and struggle to remember what stair I'm on. Do you have any insights on this? Also I feel really fatigued. Would this be connected to the work we are doing?

Belinda: You are rapidly raising your vibrations and moving into a very very high vibration. That is why it feels amazing and then afterwards can feel draining. This is why I say that we all need to take our time climbing the stairs. You're doing it right!

Rebecca: I read Caz's note about how she's been experiencing fatigue and wondering whether it's connected. Lately I've been experiencing that and also nausea at odd times of the day (so not actually during the meditation work). I've been blaming it on hormones (menopause kicking in), but maybe not? I'd rather be linking it to the work we're doing (does that sound odd? haha!).

Belinda: If it is related to this work, the dizziness and fatigue should pass in a couple of weeks.

Melina: At the end of my Chakra Cleanses when we concentrate on chakras 8, 9, 10, 11 and 12, I am starting to really feel and see chakra 9 and I do sort of see it opening up. I note your mum said that was ok, but to keep using chakra 8 for Level 2, which I get. However, during the cleanses, sometimes the White Light comes through charka 9 on its own. Do I just start visualising it coming through chakra 8 again? The only time I am aware of charka 9 is in the Chakra Cleanses.

Belinda: That's not a problem at all that you are seeing chakra 9. Just keep your focus on chakra 8 and the journey here, and let chakra 9 do it's own thing.

Rachael: I reached the top of my stairs the other day. Do I need to re-climb the stairs every time I visit my temple now?

Belinda: Just see where you feel guided to go when you go into the vibration. You may find yourself in the temple, or you may want to climb the stairs. Personally, I love to climb the stairs each time, although I can access the temple already. It's such a great feeling and then I visualise leaving my ego behind at the temple door and then enter the holy space of the temple.

Ellie: I have two questions so far:

1. The path to the Shaman was to the right, once we entered the garden. Where are the stairs to the temple in relation to the garden entrance?
2. I'm having two major fears come up about Temple 1 journey and they do not seem to be exactly the same ones I encountered on the Shadow Journey. Does this mean I didn't complete the Shadow Journey properly?

Belinda: Like I said on the tutorial, you need to walk back down the path leading from the shaman's cave to the garden, and then the stairs lead directly away from the garden, directly in front of it. If you vibrationally felt moved on from the shaman's cave, you completed it. You will experience fears in Temple 1 too.

Brigitte: I'm so happy that I finally reached my first temple. When I sat down on my pillows in the middle, a cat appeared and we held eye contact. Cats are so special to me, and I was sure they have something to do with my essences. But because I expected it, I now fear that I made this up. Or was it simply my intuition that already told me that the cat is one of my essences and I should trust it? Do you have any guidance for me to sort this out?

Belinda: Like I said in the tutorial you just need to accept and write down what you experience. ALL you need to do in Temple 1 is write down what you see and try not to analyse or worry about where it is coming from. You saw a cat - so put that in your journey and just keep going.

Rebecca: I felt a cat essence too, Brigitte, and then saw a tiger's face! Cats are special to me as well, so it will be interesting to see where this leads us!

Lyn: When I climb my stairs, my chakras 6 and 7 are pulsing and it feels fantastic. That's what raising the vibration is, right?

Belinda: Yep. Same for me. I always get a C6 & C7 humm.

Priscilla: I have no idea where I am in my cave work. I feel disoriented. A gap between the entrance and the cave has appeared recently, or sometimes steps that make it harder to get in. The last three lines are very unclear. I don't know if I go deep enough into my fears and if I really understand what my fears are. Do you have any suggestions how to get more clarity?

Belinda: Just keep following the path the way it shows up for you. Sometimes our orientation is our disorientation. You are on the right track - just keep going with where the journey takes you.

Anja: I have been walking up the stairs and the steps were easy. So my mind told me to slow down. Now I am really slow and only on step 11. I feel a bit lost if this is now too slow. It was too easy, so as I wanted to do this right, I slowed dow. Does that make sense?

Belinda: Some people find it easy to access the temple vibration. Just work out what is right for you.

Alana: I'm still on line 11 of my shadow work. I've been going through some intense processing and have only been able to do a couple lines each week. I have been doing my Chakra Cleanse almost every day since we started Level 1. I'm getting frustrated as I can't seem to go deep in my meditations, even after having kept up a consistent practice for over a year. My mind either races like mad and I can't focus or I fall asleep. I have to lie down doing my meditation as I have back problems and if I sit for too long it starts to be uncomfortable. I can feel my chakras spin but if I try to go deeper into them I get nothing. So, this makes it difficult for me as I have no idea what's really going on with each chakra, other than to kind of know if one is underactive because it's not spinning. I know I'm only scraping the surface of my meditations but have no idea how to go deeper or to really quiet my mind.

This could all be resistance but this has been going on for months and I have kept pushing through anyway, which now I'm not sure was the best thing. I'm ready to go deeper now, but when I try to sink into a particular chakra, my mind races, my body tenses, and I feel more in stress than relaxation. I know I can go deeper because once (only once!) last year I had an intense experience with the White Light in which I could feel all my chakras open and spinning, and I saw my chakra 7 shapeshift into a star and then WL came beaming through me. It felt incredible. I know that what I'm doing now is definitely not working for me. It's like I have a big block around opening myself up to my intuitive ability (although no fear related to this has come up in my shadow work yet). Can you give me any advice about why this is happening and how I might be able to practically start working towards overcoming this?

Belinda: You are going through a huge life shift right now. So much of what you thought was your soul purpose is being cleaned and cleared away. You are moving at light speed towards your real true soul purpose... but right now you can't see what it is. You only know that you are cleaning up, cleaning up, cleaning up, realigning... You see that you are standing still and stagnant - but I see HUGE progression. The dark night of the soul leads us to a true purpose. You are a brave soul - a true spiritual warrior who is willing to forgo ego and live your true light. God bless you, Alana. The world desperately needs light workers like you that are truly ready to overcome ego and live their truth. You will be in my thoughts these next weeks and I will be sending you a ton of White Light.

Sarah: I was wondering about the relevance of our point of view as we climb the stairs. Initially, I was looking at myself climbing the stairs from above, but the version of me was of a little girl; I couldn't make myself see a present-day me. Then when I tried to be in my body and climb the stairs, I looked down at my feet and didn't recognise the shoes! Any significance in this?

Belinda: Oh, you are avoiding meeting your soul essences. I can completely relate to this. It is intimidating! You need to stand firmly in your own adult feet and walk those stairs purposefully. Claim it. Own it.

Jen: Sarah, I've had frequent bouts of tears, sobbing and nausea as I make small progressions, cracking through ego all the time, at random times, 24/7. These stairs are so significant.

Trish: I feel I'm falling behind. I have a line left to do in the cave. I feel too scared and fragile to keep going with the course. I haven't done a meditation for a while I just forget with everything happening in my life. It's overwhelming. I don't want to miss out on the work but I'm struggling to keep on going.

Belinda: You're not falling behind. You've only got one line left, and then walk up those amazing stairs into your soul temple!

Fiona: Can you tell us some more about what it "feels" like when the vibration is too high for us to hold? I was surprised to make it all the way to step 15 on my first attempt at the stairs, before I got a sense that going any further would be "pushing it" - as if the air was too thin for me to breathe very well. I felt like I could keep going if I wanted to, but you emphasized that it should feel easy. Did I manage that right?

Belinda: Yes! If the air feels too thin to breathe, or you feel tired, or you feel like you are straining to hold yourself there, the vibration is getting too high. Then stay where you are and hold that vibration easily.

Fionna: I'm finding walking up the stairs quite easy and my ego is telling me to slow down as I'm finding it too easy. I'm worrying that I have been forcing it and I'm not doing it correctly because it feels too easy!

Belinda: Just do what feels natural. Xo

Fiona: One more quick question - I love the FB group but find it distracting (albeit fascinating) to read about what others are seeing. It adds to my fear that I'm making up what I see/experience when what I receive is similar or parallel to something I have read or seen here. Any tips to keep this from happening?

Belinda: Those are the pros and cons of sharing... You get support and clarity but then anxiety and self-doubt can also set in. I'm sure you know how to strike a balance here.

Anna: I finished my shaman journey and started to climb the stairs. For the past few days, however, I find my energy and my vibrations to be really low. Almost borderline depression. I have always had this longing for something/someone lost and I discovered the reason behind this feeling during one of my journeys to the cave. The longing feeling is gone now, but the despair/hopelessness are not. The old me would try to push those feelings to the back of my mind, but the new me is trying to zoom in on them. Is this significant while trying to climb the stairs? I know that my expectation was that once I am done with the 12 lines I would leave the fears behind me, but that is not the case.

Belinda: We never leave our fears behind us. We just learn to accept them and deal with them. I feel fear everyday. But as Susan Jeffers says, "Face the fear and do it anyway." The Shaman's Cave journey allows us to clearly see and heal our fears. It stops them standing in the way of moving forward. But it is unrealistic to expect our fears to go away entirely. Just keeping moving forward....

Tina: I have been experiencing the same thing, Anna. After I finished the Shadow Work I could hardly function for about a week. I could hardly meditate either. But then suddenly it lifted and I feel great. I actually felt a "pop" in my throat chakra. Best wishes to you, hang in there!

Susie: As I walk up the stairs, I am finding the next step doesn't appear until I'm ready to move forward. So I was sitting on step 8, and step 9 appeared. I didn't feel ready to move forward so I sat there with my hands resting on step 9. Suddenly I began to have "hints" of one of the essences. I could not see it, just felt the energy. This seems premature, just wondering if the mind is up to its shenanigans?

Belinda: Nope. Sounds right on track. Keep going!

Eva: Hi Susie. I met one of my essence at the beginning of Level 2 in the garden. It showed me what it was and wanted me to integrate its qualities, as I needed them in those weeks of my life and those qualities were also really helpful on my cave journey. Could be the same for you? The essence shows up as you need it. Hope you know what I mean.

Marie: At the end of the meditation, do we just stop at the step we are on ?

Belinda: Yes!

Marie: Today, many steps were of semi precious stones, like amethyst, lapis lazuli, quartz and more.

Belinda: Beautiful. I often see this too.

Marie: The next step was just made of White Light, and the next step was like only made of geometrical shapes... Is that due to the different levels of vibration? I feel very high lifted and dizzy sometimes, like in another world...

Belinda: Sounds great.

Nancy: When I first started visiting the garden, three beings showed up - a bubbly blonde woman, an ornery old gentleman, and a serious young man. They disappeared during my shadow work but now they accompany me up the stairs: Blondie shows up on step 3 and goes with me to the landing at 10. Then the old guy shows up for steps 11-15. That's as far as we've gone. I enjoy their company as they're quite fun and funny. Is it okay to have them with me as I climb?

Belinda: Yep. Sure.

Anja: I wish I felt any chakra at all. I imagine, that is all, sigh. And I believe. But FEEL? I feel numb.

Belinda: You do feel your chakras but in your own way. You aren't numb!

Anja: What can I do to get rid of being numb? It's been like forever.

Belinda: I'm confused as to why you think you are numb. I find you very empathic and switched on.

Patrycia: Anja, why so you think you're numb? You are not! Maybe you have huge expectations and sometimes the sensations we have are very subtle! You have had loads of visions - remember? Everybody perceives things in a different way.

Anja: Yes I had visions in the cave (and before) - it just does not feel like there are any chakras inside of or above me.

Rachael: Anja, sweetheart, is it possible that you're holding on to the "numb" label that we uncovered a while back when you were working through some past life stuff? My impression now is that there was numbness, but now it's more a denial of what is there - you can't see the trees for the forest. Are you scared of what this might bring up for you if you acknowledge what you feel (e.g., pain)?

Anja: I really don't know what it is. Last night for one minute my ego even said: This is all because you'd better stop wasting your time! My heart and soul know better...

Liana: My question is regarding my cave journey...I was almost finished but I've felt the end has all been a bit of a blur. It appeared as if my cave dissolved at the end and I found myself in a lovely meadow where my cave had been. When I returned just to check, the meadow was all I found (and I honestly have felt as if I've been clearing a lot more than 12 fears with all that has been coming up in my day to day, too!). I was really just hoping for confirmation from you that I've successfully completed my cave journey.

Belinda: I think the White Light angels have given you a well-deserved break. Rest up, and join us in module 2 when you are ready. You have completed module 1.

Liana: Oh, good to know! A question re: my Temple. I've seen my temple from my garden for many weeks now. My snowy owl, Athena, always comes flying down to greet me from there, and there is a white pegasus often flying around up by my temple (what a childhood dream this is!). Although I haven't started my Temple journey, I've felt that the pegasus is somehow waiting to escort me (this happened with my Shaman, too, he was always waiting by the path from my garden long before I received your tutorial, wasn't sure who he was until then!). Is it possible that climbing my stairs could involve an alternate way (in this case, help via flying on a pegasus)? Or, should I just trust that he's there for support as I climb the stairs? I've also wondered as I have a Unicorn that I almost always ride on the path to my garden. SO cliché, I know, but my inner-child self and I love it too!

Belinda: Please see my reply to Nancy.

Iris: The cave was quite a ride. I have a question concerning chakra 6: most of the time I see a very bright light and have difficulties sensing the indigo (although I love indigo). It feels like a switch has been triggered and then there is this white. It's a different white than that in chakra 8. Is it ok? Or should I try to focus more on the indigo?

Belinda: Your chakra 6 should be getting stronger on this journey and I mostly see White Light not indigo light in my chakra 6. Sounds to me like you are right on track.

Brenda: I know I'm getting near my limit on the stairs when the steps become narrow or when I place my foot on a step and it melts where my foot is. I then will turn around and look at my garden, relax, and enjoy the colours for a few minutes and try again. I can often go up another step or two before I know I'm high enough for today. Is it ok to push higher like this?

Belinda: Yes, you can push higher but on a little wee bit. You are doing it just right!

Francesca: Everything feels so much more expansive. I'm on step 5 with my other mini-mes (baby-self, child-self and how I am today, that was how we left the cave). Taking steps happens with my adult self taking naps along the way. I'm pretty sure I got a glimpse of my Soul Essence (that happens a lot when I sleep) and feel an internal struggle with it. I'm usually chill about seeing stuff in advance, but part of me doesn't want this. It kind of sees this as a responsibility. I know I should just sit and wait but.. the ego is making noise.

Belinda: Many people start to get a slight understanding as they make their way to Temple 1. That is good and right!

Annette: I climbed the steps the first time today and got to step 6, felt light and floating almost like I had a bit of vertigo and then a railing appeared on both sides of the stairs. Has that ever happened for your past students?

Belinda: Yep. Sure has. That means you can get to step 6 and then need to rest and let your vibrations adjust.

Brooke: I'm up to step 3 and have had about seven visits to my steps, taking my time and enjoying the ascent. The first time I entered via the path back from the shaman's cave, and after that it was always through my Garden, but on most recent visits, as soon as I relax with intention to visit the stairs I instantly find myself at the base of the stairs... Is it ok to start from there, or do I need to back-track and enter via the garden?

Belinda: Starting at the base of the stairs is a great place to start.