

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



Module 2
TEMPLE 1

Module 2: Resource 4

Q @ A

Rachael: I've met 21 essences so far, and from what you've explained I'm assuming that a number of those I've met are actually one and the same, just appearing in different form (as such I may or may not have met all 12 so far). I'm just doing my best to be an observer. Will the temple disappear once I've met all 12 of my essences?

Belinda: I can't confirm any of your essences for you. (I could but have decided not to, otherwise you'll all want me to confirm them for you.) Start to try to find the thread of the 12 here. That is your next move.

Fiona: How can you tell whether they're essences or your mind wandering? I get so many visions in my temple that I'm not sure what's what. Do you just get a feeling/knowing?

Belinda: Fiona, like I have said many times, you don't need to worry about what is true and what is the product of a wandering mind. At this stage in the journey you have two tasks: to access the vibration of Temple 1 and to write down what shows up for you. That is all.

Fiona: As I've continued to go into the temple, I've started to see a lot more - some of which I'm sure is the product of my imagination/mind wandering, but I do think my soul essences are starting to show up. One of the essences that is showing up is a pale man in a black cloak who has told me he is not death, and is not a ghost. I have no idea what he represents at the moment, so how do I figure out what he represents? Is it just a case of being patient and all will be revealed? The same goes for the other essences that are equally as random: a wizard who turns into an owl, a temptress and lots of symbols from nature.

Belinda: At this stage in the journey you don't need to understand who they are - you only need to write down what you see. You're right on track. Good job.

Julijana: Why do I feel like I should be doing something other than sit in the middle at the temple? I feel like I should add a step (aside from taking off my ego cloak) in order to connect to the sacredness of the moment of being there. I feel like I need a “switch” or a ritual of sorts to help me get in the vibration of the essences, but I am torn because I really want to follow your instructions too. How creative can or should we get with these visits to the temple at this point? In contrast, I feel like I received and felt a lot more in the cave than at the temple. What is up with that?

Also, I have met three essences: The Lady in White (all I could see was a female figure illuminated in white); she was beautiful and the best I can put her in words is a mixture of Florence Nightingale and Mother Teresa - wise, loving, beautiful, swift and so caring. The other one came to me as “Emily Bronte,” although I have never felt particularly connected to her as a writer. I call her my “Poetess” essence for now. I have loved poetry all my life but have never thought of it as being part of my soul, though it makes sense now! And the other one was a snake. This is the one I am most confused about because I did not feel the “warm and fuzzy” feeling the other two gave me, is that ok?

Belinda: If you feel you need to add in an extra step in the temple in order to connect to your essences, that is fine. With regards to your soul essences that you’ve met, you’re doing well. You don’t have to like them and feel warm and fuzzy about them.

Ellie: I was wondering if you could explain the relationship between chakra 5 and chakra 8. How do they interact, if in any way?

Belinda: I don’t see a specific relationship between chakra 5 and chakra 8. Of course, there is a relationship between chakra 8 and all of your lower seven chakras. But no important connection between ch 5 + ch 8 strikes me.

Sine: I have been seeing/experiencing what I understand to be aspects of different soul essences when I spend time in my temple, but last week I'm pretty sure I met a 'whole' soul essence for the first time. He was similar in look and energy to my shaman (dark but not malevolent), wore a cloak, had a tall staff in his left hand, and wore a mask. Under the mask was a swirling pool of white energy that was like a 'pathway' from dark to light, and the WL at the end of it was connected up to WL shining from my heart chakra. He was not part of me, but I felt like I was connected somehow to his vibration, and since then I can kinda see him hovering around in the top of my field of vision. Sometimes he's a cheerleader and almost like he is somehow involved in it. I don't mind this, it's like he's my buddy, but is this what is meant to happen? Does it happen with all our soul essences as we meet them? I just hope I haven't taken a wrong vibratory 'turn' somewhere and am heading off in a wrong direction.

Belinda: No, this is great. Somehow you have already begun to activate him and this is the process in Module 3, Temple 2. But that's fine!

Nancy: Here's what I've experienced: the Earth Mother Queen, Tiger, Crow, The Goddess, Infinity, The Gray Lady, a Cabaret Dancer, an Angel, Her Royal Highness, Red Crab, a shiny black flowy energy, a bright green orb and a bright yellow orb. As a side note, the palms of my hands and the bottoms of my feet have been buzzing with energy. Any idea what that might mean? Also, should we be visiting the Temple every day?

Belinda: Great work. The buzzing is probably the high vibration of the temple you are accessing. You can visit the temple every day if you been 'called' to. Otherwise just find your rhythm with it.

Anja: The cave felt very structured. In the temple it is like the opposite. I have no clue if it is a soul essence that shows up or anything at all. I am managing to leave expectations aside and just go in. There was a butterfly once and it felt amazing, and also a unicorn, but the rest is foggy and very unclear. Is there anything other than going back in as often as I can (exhausted with three kids...) to advance?

Belinda: Perhaps take a short break. Maybe you just need downtime, and then the fog will clear and you will progress.

Anja: Can a beautiful tree with huge red flowers be a soul essence? I had a very clear but short vision of this a few weeks ago - just wrote it down. Since so many people mention animals and some sort of beings, I wonder if a tree can be a soul essence?

Belinda: Yes.

Melina: I have met about seven of my essences. I love going to my temple and I often cry when I reach my door as I get greeted by my essences. I feel so much at home. Down here on earth side I am feeling quite melancholy. Not really sad, but a slight disconnected feeling to life... I don't like feeling like this but intuitively I know it's a time of transformation and to just go with it. So being in the moment and accepting what I am feeling, is that the best way to raise my vibrations to Chakra 8?

Belinda: Most of my life I've felt disconnected to my life on earth because it is always been paler, darker and less beautiful than my life on the other side. Ever since the chakra work, I've felt much better, brighter and more connected, but when I still have days where I'm disconnected, I work chakras 1 - 3. It works everytime.

Anja: Melina, I am with you - feel disconnected in life as well. I went to a Christmas event with kids and was sitting there watching the people around me thinking: What am I doing here? I don't wanna be here.

Melina: Anja, I know - but only started feeling like this since the Temple Work. I think I am understanding the nature of why I am here - shedding all this wanting and striving in life is going and the ego is struggling I think!

Marie: I had lots of animals passing by, a real zoo, in the different times I was in my temple. Some come several times (falcons, crows, bears, penguins, eagles, bats and witches, fairies, angels, a Venus, Hildegard von Bingen). What to do with this information? Are these soul essences? The eagle was the one who enveloped me completely with his wings. It felt like we were one.

Belinda: Write down what you see. This is the only task for Module 1. You don't need to know what they are yet. You only need to take note of them.

Marie: With the eagle, I felt like one. The others I just saw them. Would that mean that only the eagle is a soul essence as I was one with him ?

Belinda: No, not necessarily. Write everything down that you have seen.

Luke: Is it common that one essence will show up twice in a row? If not, is there a reasoning for it happening, because I felt the same presence twice in a row?

Belinda: Yes! It is very common that the same essence shows up more than once.

Maïke: I'm still not visiting my temple. Last year I did find twelve essences, I believe, and got to know four of them closer. I'm not sure if I'm afraid that last year's findings are all wrong or if I did the work already and can take a long break now. What do you think?

Belinda: You already have your 12 essences, so you don't need to visit the temple. Join us again when Module 3 begins.

Mia: I'm relieved! I've been feeling guilty for not getting into it as much as last year. But I still have four more essences to find.

Patrycja: I've only done Temple 1 a few times. I think it's because I found walking up the stairs a bit boring and I was scared of getting light-headed or ill. After reassurance from Rhondda, I started running up the stairs. Is it ok to run so fast? Once I saw myself as a little girl jumping happily up the stairs! I know I need to meditate more often, but I'm busy at the moment. So far, I think I have met two essences. The first one was a beautiful black panther and the second one was a (Yoga) Guru / Teacher. I hope I will have enough time to meet them all before this module finishes.

Belinda: Yes, I think it is good for you to run up the stairs. It would be great for you to have more essences before we move on to Module 3.

Claire: I had a bunch of leaves blow through my temple one time. Is it possible that nature or elements like wind can be a soul essence?

Belinda: Yes. But remember - at this stage of the journey you have only two tasks - to access the vibration of Temple 1 and to write down what appears to you in Temple 1. The rest will be revealed in Temple 2.

Ashlee: My question involves me being a repeater of Level 2. I feel that I moved away from my Temple 1 too early last year. This time around I'm still receiving information in T1, but I'm unclear if I have met all 12 of my essences and am not trusting this, or if I do actually still have more to meet? I would just like some clarification of where I'm at in my journey.

Belinda: Yes. You aren't quite finished yet with Temple 1. Keep going there.

Sarah: It's hard to read these comments of everyone doing so well finding their essences. My ego says, "You're a failure, " and I have to say, "Thanks but not buying into that, Ego." My question: I find it hard to be in my body during the meditation to Temple 1. I see myself walking the stairs like I'm watching a movie. Last night in my meditation I saw myself as a hobbit. Is this wrong?

Belinda: Oh yes - comparison is the biggest saboteur of creativity and our spiritual journey. Good for you for not buying into it. I also often see myself climbing the stairs. Nothing wrong with that. Keep going.

Sarah: Can you have a 'knowing' about an essence without much interaction in Temple 1?

Belinda: Yes - but there does need to be some interaction in Temple 1.

Brigitte: The last two days it felt for me like all 12 essences are in the temple with me, swirling around in their energy form - kind of transparent forms, a color here or there. It is a good feeling, very 'at home.' I got the impression that they are trying to show me something (or take on a form) that I can understand and are very happy to communicate with me. It's not really a question, but I'm asking for your confirmation that I'm on the right way.

Belinda: Yes. Great stuff.

Kylie: Every single time I sit to do the ACCM before the temple journey I fall asleep. I think I have only managed to get to the temple once. I will keep going with it, however I feel as though I might not be ready for Level 2. I'm wondering if I'm getting anywhere at all.

Belinda: This can feel really discouraging, can't it, especially when we really want to progress? You need to stop falling asleep, and you can do this by doing the meditation standing. This is why you feel you aren't getting anywhere. NO MORE FALLING ASLEEP! (I'm also going to send you some White Light to help you move through the sleepiness.)

Ellie: I feel similar to Kylie and am wondering if I'm making any progress at all. This has been harder than the Shadow Journey so far. Am I stuck in any particular way that you can see or should I just keep chugging forward?

Belinda: Just keep going. I think you're doing well.

Brooke: I am feeling similar to Kylie, as I'm continuously drifting off to sleep, and I've been doing this for weeks and weeks now and am wondering if my vibration simply isn't strong enough, or if there is something I am not doing properly?

Belinda: You need to stand up and do the meditation if you are falling asleep.

Brooke: I also was wondering if you can shine some White Light clarity on some of things I've experienced in my temple. Every time I enter through the same large door that comes to a point at the top and am in the temple, there are 11 windows in the same shape as the door, evenly spaced all the way around my circular temple, each with White Light shining into the centre of the room. Then, from the ceiling down to the floor, there's always a solid beam of White Light, so that's where I sit - where all the WL meets in the centre of the room. I've mostly sat there soaking up the energy, just patiently waiting, and so far have seen small glimpses of the following: an old cheeky man in long white robe, a fire burning calmly along the floor of the temple, a swing that I hop on (it's been there 3 or 4 visits), two Elephant trunks touching, a little pond showing a reflection of a vibrant blue light and two people dancing: one in bright red pants. Am I on the right track?

Belinda: If this feels right to you and is what is showing up when you are in your temple, it is good and right. Great work.

Rebecca: I had strong experiences during the shaman cave journey, but the temple journey isn't as strong and certain for me. I got up the 22 steps without a problem and entered my beautiful crystal temple, which was great. I met with a couple of what I felt might be essences, but then things seem to slow down and I lost my connection. I've been working on my chakra 8 and White Light connection, doing the chakra cleanse meditation almost every day to try to lift my vibration higher, but it seems that when I get to my temple nothing further happens. What else should I do to keep my vibration lifted? Is it possible I'm not strong enough to go any further on this journey? So far I've had Tiger, Witch, Dove, Knight in Shining Armour, Love, Travel, which is fabulous, but seeing as I've been doing the temple journey a minimum of five times a week since starting, I thought I would've met more or been clearer with them. This sounds like ego getting in the way, eh? But I do make sure I leave my cloak at the temple door.

Belinda: You're doing everything right, you're just experiencing a lull or ebb in your journey. This is normal and natural.

Cate: Is it possible for an essence to be an ascended master? This is what has happened to me. I have met many characters on my way going up the stairs. I guess time will tell if they are essences or just helpers. There is a woman who is always outside the temple door, so that is my second question: can they be outside the temple? So far inside the temple I met Ganesh, and then saw a baby elephant rolling around in joy! Next time was an eastern-Indian-looking man, and I got the name Krishna, and then a horse appeared. I said horse and he said, "Yes, he will show you strength." (I try not to talk to them as you have advised us not to.) Next time everything was so white it was blinding me and hard to see, but I looked down at my arms and they turned into wings. The fourth time I saw the image of a swan's face, and the fifth, I saw a lion - it roared at me then jumped right over my head. That's it so far.

Belinda: Soul Essences can be anything. Literally. If they are waiting outside the temple, they are probably eager to meet you, but they need to follow you into the temple, and that then clearly shows you they are your essences. You can talk to them, that is no problem. But remember, your job in Temple 1 is to meet your 12 essences so that you can speak with them and activate them in Temple 2.

Julie: How do we know when we have met all of our essences and we are finished?

Belinda: When your Temple 1 disappears or you go there and for some time nothing else happens. It will also feel 'complete,' like it did in the shaman's cave.

Ruth: I have only seen fleeting visions in my temple. One is a woman dressed in white, one in a gold hooded cloak, one dressed in a red hibiscus flower, and one in a tie dyed dress. I don't know if this is all the same woman, as I only see her from the back, and several of the outfits have a hood. I've seen an ancient Egyptian looking, heavily tattooed woman, a brown bear, a white dove which turned into a hawk, a centaur, and an anaconda/python. I often get chills/goosebumps on my arms and my head during my temple visits and am wondering if that is me sensing one my essences?

Belinda: Great work. Keep going!

Melissa: I have taken my time with the stairs raising my vibration as I move up stairs, but have had some resistance entering my temple. Is it a fear or just integrating all that's been going on?

Belinda: Yes, you are feeling fear about meeting your soul essences. This happens to many of us!

Katie: The cave and the temple journeys are going well, and I'm seeing such beautiful things. My mom is always in the garden, watching me go up the stairs, and wishing me well. I've been curious about the light that I've experienced for about six years. It came down from above, through me one day while I was doing a massage session on a client. It absolutely blasted through the top of my head, through my feet into the earth, through my hands and into the client. Very powerful. I started calling what I was doing "Running Light". It feels like the White

Light. Do you have any idea if it's one and the same? The White Light that you've taught us to use and that you send on Mondays has completely changed my life and helped in so many situations for me and my family.

Belinda: If the light that entered you that day feels like the White Light, then it is. Trust your intuition on that.

Karen: I've entered my temple a few times now, but I'm not seeing anything besides a feeling of a misty light to my left. I'm trying to keep motivation. Any advice?

Belinda: You're doing well, but like many of your Level 2 soul-journeyers, you're focused on 'seeing' something. Forget why you are going into the temple. Think: "I'm just going on a stroll up these stairs. Let's see if anything takes place."

Kelly: After the weekend I'm more trusting of what I have seen and heard! My question is, if an essence is misinterpreted, will we get clarity on what it truly is further into the journey?

Belinda: Yes. At this stage in the journey you don't need to be concerned about getting it right. In Modules 3 and 4, a 'filtration system' takes place which flushes out anything that isn't accurate.

Cynthia: This is my second time for Level 2 and I saw more than 12 images the first time and repeats of three plus two new ones this time. Now the Temple is not there but I can sit in the White Light on a cushion, does this mean I have seen all of my essences?

Belinda: Yes.

Denise: I love the stairs and hanging in the temple. I've seen and met many characters - probably more than 12, so I keep paying attention and journaling. Is it possible for the essences to engage when not in the temple at this point? Sometimes I have similar experience (to my temple visits) when doing my meditation, pulsing White Light or just going through my day-to-day activities.

Belinda: Yes, that can happen, and will happen more and more. The key point to note though is this - we want our essences to primarily show up in the temple, and only secondarily in our everyday lives. This protects the accuracy of the information and interactions we are having.

Angelika: I already met some soul essences two years ago. These didn't show up again now. Can I keep them or have I to meet 12 "new" essences?

Belinda: Keep what you have. If nothing new is coming through, those are yours to keep forever.

Caroline: I have two questions:

1. I don't tend to spend long in the temple nor take time to look around and pay attention to the details of it. I sit straight down and get straight to meeting the essence. It's very much my personality to get straight to the point. Is this okay or will I be missing things by not hanging around and taking in the details?

2. When I meet my essences, I really feel their essence within me. Is this okay?

Belinda: 1. That's fine. 2. No, you probably won't feel their essence within you, but rather you'll probably view them as separate being.

Vicky: I find that it is easier to put myself up in the White light rather than bring it down through me. Is that ok?

Belinda: Yes, that is fine.