BELINDA DAVIDSON'S School of the Modern Mystic Level 2



Module 3: Resource 2



Patrycja: I have a question regarding Temple 1 and Temple 2. I have seen and/or felt about 15 images/words. I have no idea which of them are my 12 soul essences. Yesterday when I did Temple 1, I heard little birds singing happily, but then nothing was happening, so I asked, "Are there any souls essences I'm supposed to meet or have I completed Temple1?" Then I saw someone. First I thought it was a bride in a white, sparkling, long wedding dress, but then I thought it was an Angel. Suddenly white doves flew out of it - the person kind of dissolved into joyful white doves that flew up to the sky. I don't know if Temple 1 was still there or not but for the first time ever I felt like I should walk down the stairs, which I did. It seems I have finished Temple 1, but I am not 100% sure. Besides, I don't know which of those 15 are my 12 soul essences. Do you think I can move to Temple 2 now?

Belinda: Yes, I think you should move into Temple 2 now. When you walk in and see the round table, you will see the 12 soul essences sitting there, Patrycja.

Patrycja: One more question: I am not sure how to get to the stairs that lead to Temple 2. Do I start in the garden and walk up the stairs to Temple 1 first?

Belinda: Leading away from Temple 1, there is a flight of stairs leading up to Temple 2. Walk up them. If, however, your Temple 1 has dissolved - this has happened for some people - just find the set of stairs that lead to Temple 2 and walk up them.

Nancy: I think I just confused myself by reading the other comments. Should there be a new set of stairs that lead to Temple 2 or am I supposed to be using the set that led to Temple 1? I've been looking for a new set- maybe that's part of my recent struggles?

Belinda: Please read my reply to Patrycja above.

Rachael: I've walked with five essences on six occasions in Temple 2 and when we go through the door, they generally give me words of wisdom, as opposed to telling me aspects of my soul purpose. I'm fairly certain this is all part of the process, but I want to confirm that I'm on track.

Belinda: Yep, you're right on track.

Ellie: In Temple 1, I feel like I barely got 12 potential essences and I don't even know if all of them are my true ones. However, during my last few visits all I could see in the Temple were White Light angels. Then one day I found myself sitting in the chair without the Temple around me. Am I really ready for Temple 2?

Belinda: Yes. Time to move on to Temple 2.

Victoria: I'm wondering if it would be possible that my chakra 8 needs a 'top-up' activation? Straight after the activation I found it so easy to sink into meditation and go to the necessary vibration for Level 2 work, but that has waned off and I don't feel I'm at that vibration anymore. What should I do?

Belinda: If you aren't already, put it on the free weekly White Light list. This should do the trick.

Betsy: I cannot decide if I am done with Temple 1 or not. I feel like I have met at least 12 essences, but when I show up, the temple is still there, though a little darker and quieter.

Belinda: I think you should try climbing the stairs to Temple 2.

Lyerka: I am not sure that I encountered all my essences (I can count 11), but my Temple 1 is gone! Should I proceed to Temple 2?

Belinda: Yes!

Suzi: It has been amazing getting to know my soul essences. I am wondering whether I can already talk to them and ask them for advice on certain life decisions? So far it has felt good to ask them questions every now and then. I would love to start taking more decisions from my soul. Can I start to collaborate with my soul essences in this way or is it too early in the process for that?

Belinda: I think you should wait until you get to know them a little more. You will get to know them in Temple 2. When you have completed this journey you can feel completely safe to ask them questions.

Nancy: My first attempt was very successful: I found the stairs and easily climbed them. Then I easily found the temple, went in and was able to see the table. Six essences showed up! But since then - nothing. I keep going back, trying to enjoy the moment of the journey. It was super exciting though to see those six. I am excited for the rest to make an appearance.

Belinda: Just keep going into Temple 2. Let it unfold.

Annette: I was confused how to access Temple 1 to start the Temple 2 journey because my temple and stairs disappeared at the end of my Temple 1 journey. However, I tried today and what happened from my garden is that I "teleported" straight to Temple 1, and when I got there I was in the center of it but all the walls were gone. Then I saw a pathway in front of me and down that path to the right were the 22 stairs up to Temple 2. Does that sound like I'm on the right track?

Belinda: Yep - you're right on track.

Annette: I know you say it's more important to "feel" essences then to "see" anything but I'm the opposite, I usually see a lot more than I feel probably because I'm more clairvoyant, is that ok too?

Belinda: Yep, that's fine. Make sure though you are also trying to 'feel' how essences feel - visuals can be misleading. Try to perceive the truth of the vibration of them through your empathic skills too.

Cate: I have completed Temple 1, but I have not begun 2 yet. I am wondering, since Temple 1 disappeared, how do I get from Temple 1 to 2? Do I simply go back the same place Temple 1 was or should I not worry about it and the stairs will appear?

Belinda: Don't worry about it. The stairs will appear. See my response to Annette's question above. It will probably unfold for you like this.

Trish: I have definitely counted eight essences along with other feelings and visions. I have gone back to the temple three times, but each of those times the temple fell apart or part of it disappeared - but not all. Do you feel it's safe to go one to the next phase? What would happen if you didn't find all 12, and you continued on to the next phase? Do you think they would appear for you anyhow?

Belinda: Move onto Temple 2. You will have 12 essences there.

Priscilla: I perceive three or four different recurrent temple 'scenarios'/'atmospheres'. I don't know which of them, if any, is the real Temple 2. Sometimes there is an oblong table with one or a few people sitting. What is standing in my way/holding me back at this moment in time from starting to travel with my essences?

Belinda: Take a few days break. Stop thinking about what is real versus what is imagined. When you go back in again, allow it to unfold.

Marie: In Temple 1 I met maybe 25 different essences. I went to Temple 2 and that first time I only saw one sitting at the table. How will those 25 reduce to 12?

Belinda: They will reduce by themselves. Only your true essences can appear in Temple 2. It will happen for you.

Marie: I was teleported from Temple 1 to Temple 2. Is that ok? Am I ready fo Temple 2? I only saw one essence sitting at the table. Will I have to wait till the others appear, or can I start interacting with the first?

Belinda: Yes, it is ok to teleport. Wait until all 12 essences are there. You are still building vibration, so give it sometime until all 12 are there.

Brenda: In Temple 2 I see the chair that I sit in, but I haven't seen the table, even though I know it's there. When I sit at the table I can sense all of my essences and I feel a powerful sense of honour and humility to be there. I had a sense that one of them stood up, but I couldn't see or tell who it was. I'm aware of some reluctance on my part to go with them. Not like me at all, so I'm just basking in the beautiful heartfelt emotion of being there.

Belinda: You're right on track. They will start to show up. You're still adjusting to the new vibration.

Karen: I feel that I need to spend more time in Temple 1. I can see Temple 2, but just cannot stop this feeling that I need to keep going into Temple 1 and spend more time there. Any advice for me?

Belinda: Spend more time in Temple 1.

Brigette: I think I have met 8 or 9 Soul Essences so far. The first two were really intense and easy to see - the rest so far have been a struggle to met. Any advice? I am getting some huge resistance.

Belinda: Just hang out in Temple 1 for as long as you need. Stop putting any importance or pressure on yourself. It will unfold.

Helen: I had a break for a couple of weeks in December while overseas with family. Since returning to Temple 1 for about five times, nothing appeared. The next time there was an eagle and a bat. Then the next time I could not get through my blue door - it was too small. I am not quite sure if I am finished with Temple 1. I have met over 12 essences, some very briefly and others a few times. Just asking if maybe it's time for temple 2 or not? I'm not quite sure.

Belinda: Try walking the steps into Temple 2 and see if it unfolds. If not, go back to Temple 1.

Sine: I've been all the way up into Temple 2 three times. When I get there I see the table and five essences sitting there. I also see a whole lot of images I saw in Temple 1 in the middle of the table almost playing musical chairs - one will sit down then stand back up, then another one will, etc. Do I sit down at the table and wait for them to sort themselves out? Or do I wait until the 12 are sorted and seated before sitting down myself? Or is there something else I should be doing?

Belinda: Sit down at the table and wait for them to all be seated. If they can't do this, it means that you aren't able to easily hold the vibration yet. Jostling around, or trying to find their place or some essences not being there means we can't easily hold the elevated vibration yet.

Anja: I met 12 essences in Temple 1. I took a couple of days walking up the stairs to Temple 2, but it felt rather easy compared to the beginning of Temple 1. I was wondering if I went too fast? Then today in Temple 2 I saw the table, but no essence was sitting there. I felt like I should sit down anyway, and then 10 essences showed up- but two were missing and they did not decide on who would start with me. Instead it felt like they wanted to send me strength (as my life circumstances have been a bit rough). So I admit that doubt came back and I was wondering if I went too fast or if I am ready for an essence to take me through a door? And will the other two join later?

Belinda: Please read my reply to Sine on the previous page. You are still building vibration.

Michele: I easily float up to Temple 1 but it's really just a shadow. My stairs are in the same place as last time so I walk through anyway and found I could climb them with a short rest. My Temple 2 is really above Temple 1, but huge. My little dog (a terrier, I think) always runs up to greet me, but as yet there is no table, or others. My dog just 'hangs' with me as I explore. Is he waiting for the table too before he takes me anywhere?

Belinda: You are still trying to raise your vibration into Temple 2. It's happening but may take a while longer yet.

Michele: Is there anything we can do in our daily lives that will help up raise our vibrations to access the next step or is it purely in our meditations?

Belinda: You already are doing everything you need to. The transition from Temple 1 to Temple 2 is a big jump. You're right on track.

Tina: The last few times I went to Temple 1, nothing new happened. I'm pretty sure I finished it, but could you confirm?

Belinda: If nothing new is happening, move on to Temple 2.

Anja: Thank you - so that means once they all sit at the table and wait for me, this then means I can hold the vibration high enough and they then will decide who goes first?

Belinda: Anja, YES! Exactly.

Annette: When I did Temple 1, all 12 essences came pretty clearly to me, but then when I went into Temple 2 today just to check it out and get to know it. I saw the round table and then I got a flash of an image of a wolf in a forest but that wasn't anything I saw/felt in Temple 1. Is that a normal experience? I'm guessing it will make sense the more I visit.

Belinda: Yes, it will make sense the more you visit it. Keep going.

Annette: As we increase our sensitivities, what are some of the "side effects" that happen in our everyday life? For example, I'm finding that I'm not able to let things roll off my back like before when people in my life have treated me poorly. I feel more sensitive, and unfortunately if I'm being honest, a bit unforgiving. I hope in time I can reconcile this within myself and be more open-hearted again. Can you comment on this?

Belinda: Being over-sensitive can happen, but it's usually temporary. You are becoming aware of things that were always there but that you weren't always aware of. Your regular CCM practice helps with us, as does the chakra 3 practice of 'shielding'

Julijana: I second this question, I experience it not as "unforgiving" but just move on quick as I no longer feel like a velcro for people and situations that need fixing. I could look at it as "unforgiving" but I choose to see it as focusing my energy in better ways.

Annette: Yes, I will continue those practices. I definitely feel I am transforming! Thanks Julijana, it's nice to see it that way. I've definitely been focusing on establishing healthier boundaries, just can feel challenging at times!

Julijana: I know what you mean Annette. I've had to "mourn" friendships over this, it has been a challenge for me as well.

Emma: I've not been in Temple 2 yet but I am starting to notice my soul essences play out in my real life. Is it just that I am now more aware of them or am I giving them life?

Belinda: Both. In this journey we are becoming aware of them but also 'enlivening them.' Temple 2 journey does this specifically.

Julijana: Can you speak a little about the essences and how they may relate to our egos (ego wounds)? I have one essence that almost seems "mean" to me... like she's a vast departure to who I feel I should be. She is like a rather mean Queen of sorts - sometimes I even question her being an essence. She started getting in my conscious mind in the cave and she has persistently shown up in my temple. Am I doing something wrong and not running in the right vibration? Is it possible to tune in the wrong wavelength? This makes me wonder if I should stay in Temple 1.

Belinda: The essences don't relate to your soul wounds, but if you are still carrying wounds from them you may see them are being 'negative.' Death appeared negative and scary to me at first but that was because I needed to do lots of healing around this topic. If you are encountering this, it means more healing will come for you. You don't need to do anything per se - just keep journeying into Temple 2 and the healing will find you. Then you will be able to clearly see the light and beauty of this essence that you aren't enjoying.

Julijana: That resonates. You mentioned death in your response so I have a follow up question - I feel like since doing Temple 1 I have increasingly been thinking about death and losing life on earth (including thinking about losing loved ones). Typically, this has never been me, I have always been "happy go lucky", but I feel like some sort of ripening is happening in me and I am becoming more serious about this topic. Do you think it's because of my chakra 8 work or something else?

Belinda: I think about death every night. I think about losing my life on earth every night. I also, every night, think about losing my loved ones. I love this because it keeps me aligned with the truth about life - we will all die and we will all lose. If you can face this fact and embrace it, you will find that your life becomes aligned and imbued with joy. You only have short life here on earth, don't waste it.

Meg: The last three times I've been to Temple 1, it has appeared in miniature, like a doll's house and I can't fit in through the door. However, according to my journal I have only met 10 of my essences. Could it be that the other two appeared and I didn't recognise them as essences? Should I move on to Temple 2? I'm feeling intuitively that I should.

Belinda: Yes, move on to Temple 2 and see what happens.

Liana: I've loved my temple journey and all of the inner support, have certainly needed it more than I ever have. I'm so grateful. In the midst of the outer turmoil of all that is so swiftly shifting in my external life (any insight/advice/support much appreciated!), I think I may have completed my Temple 1 journey and have met all 12 essences, but, would love to know if I'm sensing that accurately and am all clear to join the Temple2 module now?

Belinda: If you intuitively feel you have completed the journey, you have. Move on and see what happens.

Brooke: My Temple 1 slowly disintegrated and then blew away, leaving me standing atop the original 22 steps witnessing a beautiful orange skyline across the horizon. Above the clouds and the steps to Temple 2 just appeared. Breathtakingly beautiful! I'm now taking my time walking these new steps (as far as step 3 so far) and looking forward to making sense of my 12 essences and then getting to meet them in depth.

Belinda: I'm so glad you're loving the journey. It is, hands down, the most amazing journey I've ever had. I'm grateful for it everyday.

Monisha: Once you reach the temple, in subsequent sessions do we have to climb the stairs again to go to there? Or do we go directly to the temple door? In Temple 1 I seemed to always go up the stairs each time I did the journey.

Belinda: You need to climb the 22 steps that lead from Temple 1 towards Temple 2. You climb these steps until you can easily access the vibration of Temple 2. Then, either you will continue to climb the steps each time to enter Temple 2, or, you will 'find' yourself at the door of Temple 2.

Karina: I'm trying to work on which temple I am in. I had an experience in a few meditations where my temple was different, and I found a pool in my temple for one of my essences so she could appear when she wanted to. I saw an image of a door and had been trying to work out the furniture in my temple to allow room for the essences to come and join me - before I heard the tutorial.

Yesterday as I walked the stairs, I dropped my cloak as I reached the top. I watched it slide back down the 22 stairs and saw an image of a female looking back at me that I knew was me dropping the cloak. It didn't look like me or the images of essences I had seen previously. But I knew that I was her and she was me.

At this point I came straight out of the mediation. Do you think I am still in Temple 1 as I haven't seen the round table?

Belinda: I think you are in Temple 2 and still learning to adjust to its vibration. Keep going.

Karen: I am struggling with my meditation practice due to either headaches, or anxiety or both. When I do make it to sit on my meditation cushion, I then have struggle to sit when I'm feeling so blah. Any advice (I know I will keep putting it on White Light list) for why, or is this just something to keep going through?

Belinda: You're nervous about discovering your life's purpose and the ramifications it may have on your current life. I understand this anxiety and know many of us feel this way too. Keep going. You'll break through.

Ellie: If I usually start my journey by walking towards the White, opening the door, walking to the garden, etc. Do I now have to climb the first set of stairs that led to Temple 1 and then from there the stairs to Temple 2? Or do I now simply start my meditation at the bottom of Temple 2 stairs?

Belinda: The bottom of Temple 2.

Aram: As you know I haven't done much meditation over the last ten or so weeks. I'm wondering if I need to raise my vibration back to where it was, or have I been able to maintain the same vibration by channelling WL multiple times a day?

Belinda: Just move into Temple 2 and see if you can hold the vibration. I've been sending you White Light to help you feel better.

Trish: You have said work on your lower chakras many times. To do this, could you do a shorter meditation or a meditation that just focused on these three and still bring the WL down through all of them? Or is it about spending more time on these ones as well as the rest?

Belinda: When you do the CCM, spend a lot of time on chakras 1 - 3. I do this everyday. Every day I spend a ton of time on chakras 1 - 3 and then I work up to the other chakras, and they don't need so much.

Anja: Just curious, once all the essences are sitting at the table, do they always keep the same seat?

Cate: That is an interesting question. You think maybe it's like musical chairs? It could happen I guess, since they each take turns guiding us through a door. Well, let us know what happens for you, and I will let you know if mine stay in the same seats or change it up. I did something like this once before, and they were

always in the same seats, but that means nothing. This is a different experience and our vibrations are much higher in this then my other class.

Anja: It feels like they will keep the same seat to me - but I only sat at the table today for the first time and not all of them were there.

Cate: I am so looking forward to going into T2 tomorrow! I have not been yet.

Gudrun: Mine sit at the same places.

Rhondda: Sorry Belinda didn't get a chance to answer this Anja, but I'm the same as Gudrun, in that my essences are always sitting in the same seats.