BELINDA DAVIDSON'S School of the Modern Mystic Level 2



Module 3: Resource 5



Maike: I got to know four essences last year. This time around I have only met one other. I can't seem to hold the vibration up there. Is it because a lot is changing in my life right now?

Belinda: It could be. Just keep walking the stairs and letting it unfold. You've got to give it up to get it.

Louise: I'm not sure if I have journeyed with all my soul essences so far. I seem to have all 12 but am not sure if some of them actually belong together as the one soul essence. They all seem to have a seat but the last four are very hazy.

Belinda: The last four will come through in time. Just keep journeying with them and it will get clearer and clearer. Keep going.

Louise: Lately the essences have been hugging me a lot. Not so many words are coming through. It feels like energetic communication. Am I still integrating things even though I have no idea what is happening?

Belinda: Yes.

Louise: Often my time in Temple 2 is rather short. Should I be trying to build up my stamina and stay in there for longer periods or is our feeling of time, short or long, not an issue?

Belinda: Stay as long as you can. And come out when you are starting to find it exhausting.

Louise: Will the essences be starting to influence our daily lives even if we can't feel it yet?

Belinda: Yes, but subtly.

Louise: Is it ok to call on our soul essences to help us with particular chakras when doing ACCM?

Belinda: No, That isn't their job. They do other things which you are starting to learn right now. Ask the White Light to help you.

Rachael: I'm finding that as I go about my day, I'm thinking about and trying to interpret the information my soul essences are giving me in my temple, because their messages aren't straightforward, i.e., they don't tell me, "Rachael, your soul purpose is..." I'm not expecting them to spell it out for me that clearly, but I want to clarify whether it's ok for me to think about and interpret the messages when I'm not in my temple, or should I reserve all of my learning for when I'm inside the temple?

Belinda: You can think about it during the day but don't try to understand it through the mind. Let it go and allow yourself to understand it. You've only just begun to journey with them, so the information will only be trickling through. But in time you will.

Priscilla: In the areas in life the lower chakras look after I still struggle so much. It takes me about two hours to plough through chakras 1 - 7. Afterwards I feel exhausted. I still journey to chakra 8 and enjoy it! But I feel when it comes to the lower chakras I am not changing my energy, and with that, my life, and certainly not quickly. I still can't see the blockages in my chakras clearly enough nor direct the light precisely to clear them. I feel I have grown and learnt a lot regarding chakra 8, though I wonder if the weakness of my lower chakras might inhibit the temple journey somewhat.

I have some inkling of the direction of my purpose but not clearly enough to base decisions upon it, knowing I was walking towards my purpose and not running in the opposite direction.

The struggle and stuckness is draining and painful. Doubt is creeping up. I wonder if I am missing something fundamental or doing something wrong. Can you see what would help me breaking out of this?

Belinda: You should not be clear AT ALL at this stage of the journey what your soul purpose is, and you shouldn't be making life decisions based upon it. The ENTIRE chakra 8 journey is discovering your life purpose and who you are, so you've got many, many months to go yet before you will get an idea of it. You are pushing too hard to cleanse and balance your lower chakras. Try to do it joyfully. You are making it a stress and struggle.

Priscilla: Walking up towards the stairs is a little journey in itself. Can what I see there be of significance? Like the chakras or essences communicating?

Belinda: It isn't really important what you see while you are walking up the stairs. It is more important what you see in the temple.

Marie: I do not know why I have such difficulties meditating lately. I have asthma and bronchitis, so even the ACCM is difficult. What can I do?

Belinda: Keep meditating. And don't make a chore out of it. Try to enjoy it.

Marie: I met lots of essences in Temple 1. It was a long time ago, but there were more than 12. In Temple 2 I did not see anyone.

Belinda: You are struggling to see the vibration, that's why. Keep going. It will happen.

Louise: Sometimes in my Temple 2 I get concerned that I won't remember all that's happening and everything the essences say. At times I break off the journey to write it in my journal. Should I just go with it and whatever I forget is ok?

Belinda: No - it's fine to break it off and write things down. I do this too.

Anja: I am wondering about the level of detail that we get from the essences at this stage. In my case, with each essence, it was always only one "trip" so far. At the table there are no discussions, but after a short moment of silence one always comes towards me. The "feeling" or meaning of each essence has been very clear, but there are not many details. I'm curious about what lies ahead and I'm hoping they will become more talkative.

Belinda: Most people only have minimal interaction - talking - with their essences at this stage, and some of you may never have talking interaction with your essences. They will convey information to you in other ways. The level of interaction you are having with them right now is normal and natural for this phase of the journey.

Anja: I do not feel like I can feel blockages - so when I do the ACCM I sort of just go with the flow and it seems to somehow work well. But do you have any advice on how I can better direct White Light to further strengthen my chakras?

Belinda: That sounds fine to me, but if I were you I'd practice the blockages removal system you learnt in Level 1. This will help you locate and heal blockages, even if you think you can't feel them.

Lyerka: To reach Temple 2, do we have to ascend the 22 steps to where Temple 1 was and then ascend the next set of steps to reach Temple 2?

Belinda: No. You simply stand in Temple 1 and climb the 22 stairs from Temple 1 to Temple 2.

Kelly: In my Temple 1, I got to see my essences, but in one sitting I had three there to meet. I remembered the first two easily, but can not for the life of me remember the third. Do you think that this one isn't important enough, or was just there at the time but isn't worth remembering?

Belinda: It will come back to you. Your soul essences will be your soul essences for the rest of your life. They will always be there waiting for you.

Cate: I am happy to say that all 12 essences showed up at my table today. The owl, it seems, originally showed up as a shaman in a very large feather headdress. As he is the only one that didn't show up I am assuming this. I thought it may have been the Isis character, but as Isis and the owl did show up, this is what I am going to presume for now. This is not an easy vibration to hold, but one of my essences began to talk to me today and show me around her world. It was exciting, but honestly, I was a little well... maybe in awe? Not scared, but in awe, and she told me that it would be enough for today. Is it weird to be a little hesitant? I never thought I would be hesitant about meeting them, but I guess I am!

Belinda: Sounds great. Sounds normal and natural. Good work!

Julijana: I am usually guided to do the ACCM before entering the Temple, and by then it's sometimes well over an hour meditating. If I try to go to the Temple without the full ACCM I find myself feeling light-headed and klutzy afterwards. At the same time, the Temple still feels very confusing and foggy for the most part. Is it fear, resistance or something else? Any suggestions, other than to just keep going at it?

Belinda: You are finding it hard to reach this raised vibration. That's all. Keep going. You are breaking through.

Ellie: During those slow times when you just sit there in meditation, what do you like to focus on? Your breath? Channeling White Light? Something else?

Belinda: I focus on nothingness. Nothingness is so juicy and delicious for me. I rarely get a break from visions or information, so that deep blackness is awesome. For you though - just focus on whatever keeps you present.

Ellie: Do you discourage listening to music during meditation?

Belinda: No. If it helps you that's fine. I sometimes do.

Shani: I'm still in Temple 1. In the first two meditations I met some essences, but nothing since. I climb the stairs each time slowly and without haste, but when I arrive at the temple I usually feel restless and can't settle, and am not meeting essences. Any guidance would be much appreciated.

Belinda: Keep going Shani. That sounds normal and natural to me. If you're restless and can't settle it's because you are still struggling to hold the elevated vibration. This will pass.

Cate: Hey Shani, I don't know if this will help you or not, but I ask, "Who is here today?" It works for me.

Shani: Thank you Cate, I'd never thought to simply ask before! I will give that a go too.

Anna: I seem to be completely disconnected from Temple 2. I went through Temple 1 easily, but now I get stopped in Temple 1 on the way to Temple 2. I managed to only follow one of my essences, but next two times I went into Temple 2 the essences were sitting at the table, facing the table, and their faces were covered with hoods. I feel disconnected in a way. Should I just keep trying, or is this a sign that I need to learn something in the meantime before I am able to actually follow each one of them?

Belinda: This is a sign that although you don't realise it, you are struggling to hold the highered vibration of Temple 2. Just keep doing what you are doing and this too will pass.

Chandni: When I journey with one or two essences I feel like there's more to learn or I hit a blank when we reach some place. Is there something I can do to make this process more fluid? Or is it just a matter of time?

Belinda: It's a matter of time. You are receiving the amount of information and insights you can vibrationally hold right now. This is how the journey unfolds. In pieces.

Chandni: I'll remind myself to enjoy whatever it presents. It's such a wonderful gift. Thank you for your patience with us. Not sure if I have time for another quick question - I've been really unwell with a bad cold and flu. I felt the White Light and the clearing but it's taking a while to feel fully energetic again. Should I continue with my journey and CCM or give it a rest?

Belinda: If the Temple 2 journey is making you feel tired, then give it a rest for a few days.

Fiona: I think I went on my first journey with an essence. It was very hazy and the only thing I took away (which was amazing) was the most incredible feeling of connectedness and peace. I'm not sure if this feeling was just the experience of being with an essence, or if the feeling was the information the essence was trying to pass on to me. Any ideas? I will keep journeying to find out more.

Belinda: I think it was the feeling of being with one of your essences. Great work!

Karina: I'm going into the temple once a week and had my first experience with one of my soul essences. It was amazing! I'm conscious that I am only going once a week. I don't want to rush the time I have in the temple but I also don't want to fall behind in the journey. Is once a week ok for the moment?

Belinda: I think you should aim for at least 3-4 times a week. You can hold that vibration easily.

Luke: I love traveling to Temple 2 and I always feel refreshed afterwards. I haven't really had visions of the essences, but I know they are there. They also take me to their doors but never really journey into their worlds, though they tell me what they are there to teach me. I'm looking forward to working more with them.

Belinda: Great work, Luke. Keep it up.

Clarissa: My energy is quite down at the moment because a lot is changing in my life right now. While meditating (chakra cleansing) I have a lot of problems. I come up to the throat chakra then I feel blocked. I don't want to miss the connection. Any suggestions other than hold on?

Belinda: You're doing it exactly right. When life gets difficult, we go back to chakra cleansing. This is helping you maintain the connection, and then soon you'll find you want to climb the steps and continue the journey.

Karen: I've only just gone into (what I think) is Temple 2. Should we be climbing all 44 steps? And it seems my Temple 2 is directly above my Temple 1, like an overlay where I'm up above and looking down (I can see through walls and floors). I seemed to be taken up (almost like a glass elevator) above temple one, so I'm just questioning if this is really my temple 2?

Belinda: You start in Temple 1 and climb the 22 stairs into Temple 2.

Karen: Thanks Belinda, but I'm having trouble starting in Temple 1. I feel I need to begin in my garden, is that ok?

Belinda: Karen, yes. That's fine. Whatever you need to get there.