

Soul Course Series Three

9. Soul and Ceremony

1. Use the medallion to create a story line that links several symbols of your choice to reflect your interest in esoteric studies. Use the symbols as a key to the story.

2. Share the story with a partner and without comment listen to their story.

3. Then, together search for common symbols in both stories.

4. Then share a story from your biography of a time when you had doubts about esoteric studies.

5. Have them ask you three questions about your thinking (autonomy), feeling (relatedness) and willing (competence) processes when experiencing that doubt. Examples could be: how did your thinking change about the issue or were your feelings influenced by the doubt or did you do something in response to the doubt?

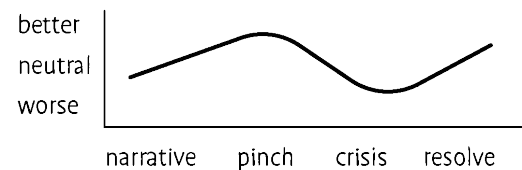
6. The focus on the thinking, feeling and willing aspects can serve as the basis for the formation of an esoteric ritual when soul issues like doubt or fear are present in the soul. The ritual involves anointing the brow, throat, and hands with a blend of oils before sleep. A blend of olive oil and black seed cumin oil is the carrier. To that can be added traditional oils for soul balance such as yarrow, sagebrush, angelica and mugwort. The ritual is designed to enhance the capacity to remember your dreams and to understand how your dreams reflect the relationship between body, soul and spirit.

Anointing the body with oils for healing purposes has a long history. Personal anointing is best done before sleep to enhance the capacity to remember dreams upon awakening. Ritual anointing of others can be done at any time there is an interest in strengthening community. We actually meet others in the greater community during sleep and dream every night. The following examples are offerings. The hope is that more personal wishes for self and others will blossom out of the ritual activity.

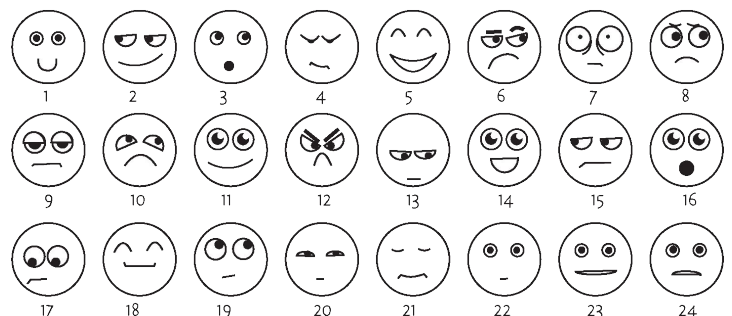
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CHARACTER ARC



FEELINGS TOOLBAR



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Anointing the brow

Focus on sensory/thinking integration hypothalamus/ pituitary/ adrenals

For myself:

- *I ask to please help me remember my dreams.*

For working with others:

- Peace of mind example: *I pray that you have peace of mind.*
- Remembrance example: *May you be able to remember your gifts.*
- Clear imagination example: *I wish for you a clear and abundant imagination.*
- Good dreams example: *May you be blessed with good dreams.*

Anointing the throat

Focus on finding words to express higher self

For myself:

- I ask to please help me to find a symbolic language for the dream images

For working with others:

- I hope that you are granted understanding about your challenges.
- Insight example: *May you be given insights into your mission.*
- Inspired speech example: *May you be inspired to speak your truth.*



Anointing the hands/ heart

Focus on awakening to polarities linked to feelings of flow and obstruction in daily issues.

- For myself: *I ask to please help me to interpret the dream symbols as feelings in my daily life.*
 - *I ask that the crossing over into sleep and waking be harmonious*
 - *I ask that the lessons of the lower guardian can be harmonized with my feelings*
- For work with others: *May you be given healing feelings about the course of your life.*

General chakra phrases for working with others

- *I wish for you..*
- *May you be..*
- *I pray that you...*

The heart chakra can be anointed for another by using the acupuncture heart/pericardium meridian in the right hand. Start at the joint of the right ring finger and move up to the wrist. Turn the hand over and anoint the inside of the wrist and go back down across the palm to the joint of the ring finger. This circuit unites the heart and the protective sheath of the pericardium.

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The Dream Door and Chronic Pain

An experiment this year has been an attempt to understand how the expectation of pain produces latent or chronic pain that is amplified by deeply established pathways in other parts of the body such as the relationship between the immune system and the sympathetic nervous system. Medical science calls this type of pain nociception or expected pain. There is no actual stimulus, the pain exists in memory.

Certain traditional herbs such as sagebrush, yarrow, mugwort and angelica seek out pain patterns in tissues and lift them out. A biological function that reliably provides a way of reaching deep memory patterns.

These plants are steam distilled and their essential oils then infused in olive oil, and black seed cumin oil, a blend adept at crossing transdermal membranes. This oil aids communication between the sympathetic nervous system (flight or fight) and the lymph nodes of the immune system. This guides the production of serotonin and melatonin in the pineal and pituitary glands that instigates the rapid eye movement (REM) dream phases of sleep cycles. REM cycles are very healing to a soul that is dealing with memories of past wounds and insults. In esoteric language the soul function that guides this process is the sentient (sensitive) body that acts as liaison between the life forces (endocrine) and soul responses (nerves). This deeply unconscious level is very active in initiating dream states. The sentient body acts as a link between the sleeping body and the dreaming soul forces navigating the spiritual world in sleep. Dreaming supports a healing lymphatic immune function.

These infused herbs actively seek out pain centers when applied over the skin. Applied over pain spots in a regular application of small amounts of the oil has proven to gradually



reduce the amount of painkillers needed to control chronic pain.

Before sleep, anoint the skin between the eyebrows that is a door to the neural features (thalamus etc.) that trigger REM dreams.

Applying oil to the top and bottom of the breast bone puts oil directly into the major lymph return sites in the body. This transfers regulatory chemistry into the neuroendocrine (nerve/lymph) system that is active in REM states.

The dermal application is enhanced by also taking fifteen to twenty drops by mouth of dream door tonic in a bit of water before sleep. In the morning dab oil on old hurts and record dream fragments.

These practices can help the sleeping body respond to the soul imagery of the immune system as it is signaling the brain in sleep, initiating dream states. Together the oils and tonic work to clarify dreams in a powerful way. Keeping a dream journal even for fragments can provide symbolic insights about soul issues related to chronic health problems. The oils and the tonic together strengthen the relationship between the neuroendocrine “body” of forces and the more conscious parts of the soul active during REM states. The more conscious soul functions are linked to emotional and biographical neural pathways. Dabbing these centers with oils while taking the herbs in a tonic before sleep directly addresses perceived pain. This system provides a reliable way to safely explore chronic soul challenges regarding past insults to the body that linger long after an injury has healed.

CEREMONY / RITUAL

THINKING - AUTONOMY - doubt
Feeling - relatedness - hatred
Willing - COMPETENCE - fear

