Writing to Map Your Spiritual Journey

a self-guided writing journey

created by Mary Ann Moore

CONTENTS

8 INTRODUCTION

About Your Guide Some Background to Writing to Map Your Spiritual Journey The Journey You're Now On Writing as a Pilgrimage

CHAPTER ONE

11 GETTING STARTED ON A REGULAR, SELF-NOURISHING SPIRITUAL PRACTICE

Writing Practice Timed Writing Writing by Hand Before You Begin: Clear the Mind Clutter Stillness Observing the Seasons Explore Spirit Bliss Station Acknowledgements

CHAPTER TWO

17 YOUR NAME

A Place to Begin The Story of Your Name The First Letter of Your Name A Naming Ceremony I Am Here Gentle Return Resources

CHAPTER THREE 23 YOUR SYMBOLS

The Hand The Eye The Rose The Cat The Bee The Labrys A Place to Begin Your Symbol An Illuminated Letter Powerful Moments The Hand Priestess Power Gentle Return Acknowledgements Resources

CHAPTER FOUR

35 YOUR BELIEFS

Symbols of Strength/Symbols of Stories Stories Underground A Place to Begin Three Generations A Beginning, Middle and End Your Five Rules to Live By Your Five Spiritual Beliefs Your Own Stories in the Directions Gentle Return Acknowledgements Resources Audio Recordings

CHAPTER FIVE

48 YOUR HOME

My Own Beginnings My Home Now At Home Dwelling **Moving Meditation** Hestia Finding a Home A Place to Begin Your Sacred Sophia Temple Hestia, Keeper of the Hearth Your Home as Autobiography Your Home: Some Questions for Contemplation Community Gentle Return Acknowledgements Resources

CHAPTER SIX

63 MEMORY WALK

Çatal Höyük Findings at Çatal Höyük My Journey to Çatal Höyük **Our Ceremony** The Museum of Anatolian Civilizations **On Rituals** Your Own Ritual A Place to Begin A Memory Walk to Çatal Höyük Slowing the Picture Down Memory Walk Home Flowering Tree Ceremony Gentle Return Acknowledgements Resources Web Site

CHAPTER SEVEN 75 HONOURING YOUR ANCESTORS

Why Women Need the Goddess The Virgin Mary The Virgin in Chains Meryem Ana Evi Artemis Cybele Kubaba Hekate (or Hecate) The Goddess in You Some Definitions A Place to Begin Expressing Anger Your Virgin Mary Story Your Artemis Story Your Hekate Story Ancestral Memories in the Body Honouring Your Female Ancestors Ancestor Reverence Create Some Poems about your Female Ancestors An Ancestor Altar Gentle Return

Acknowledgements Resources Website

CHAPTER EIGHT 93 YOUR RELATIONSHIP WITH NATURE

Our Hands in Clay Stories from the Earth Earth Shaped by Woman, Woman Shaped by Earth Developing a Regular, Self-Nourishing Practice Pan, Nature God Belly to Belly with the Earth Mother Earth Empowers A Place to Begin Nature Ceremonies The Event Map A Place that Remembers You Gentle Return Acknowledgements Resources

108 THE END OF THE JOURNEY: A GENTLE RETURN

Looking Back Where Will You Go From Here? Gentle Return Acknowledgment

111 ABOUT MARY ANN MOORE