

(as rec'd on Oct 9<sup>th</sup>, 2018)

“The old ways/knowledge of the mysteries were driven underground. But it’s coming back. (It’s already happening). You are here to disseminate knowledge of the old ways, to return the flame to the flame. To walk through the minds of men with light/fire to balance the realities with a different kind of endurance.”

“The wisdom schools have been heard on different levels in the collective; now it is being manifested into forms all can understand, at higher frequencies and more abundantly, more frequently. No one will be left out. Everyone will hear and bear witness to the return of the flame of knowledge. Flame bearers [“made of fire”] are leading the way. This is how you ground consciousness.”

Athena indicated that there are 9 pillars of the Divine Feminine which are the “basics” in terms of actions to herald the knowledge which is on its way to returning.

1) Cultivate deep woman-to-woman friendships. Witnessing is powerful and transformative. Cat fights are over. Don’t compete with each other (that’s what the men do, where has it gotten them, all of us?)

2) Creative acts of self-expression (to regularly stimulate the flame within). Fire is the fuel of creation; if you want to make something new in your life or on the planet, you must adopt the mindset of the creatrix. Creativity is the thing which feeds the fire: paint, draw, sing, write, sew, bundle, sculpt, knit, garden, cook are all acts of creation—do them regularly

3) Service (b/c if we can’t take care of each other, then what is the point of any of it?). Focus on the immediate community. It is only in modern times that our precious energy has been re-directed to other times/places/communities (for instance, the ‘community’ of DC). People are in need right next door. Do what you can and what you are able to do with a full heart, not some sense of obligation or need for recognition

4) Match your rhythm to the rhythms of Earth/ Earth’s cycles. Hibernate like the seed in the rich black earth in winter; in spring, bring your fullness out, express, be colorful and wild. Drum, dance, sweat, bleed—be in touch with your body as it is a microcosm of Earth. Sleep when it’s dark, rise when the light wakes you. The body will tell you what it needs; develop a way to listen closely. Pay attention to the stars, to your moods throughout the seasons; notice what perks you up and what depresses you.

5) Fire ceremony. “Fire ceremony is redundant...every ceremony must have fire” Fire is the ultimate life bearer. The flame of spirit is what truly sustains us. Being a torch bearer means having an intimate relationship with all elements but fire is what transforms. Fire *is* the ceremony—transformation is the point. Gather in a ceremonial way as it will sanctify the community. Circle the wagons. If you can’t build a fire, light a white candle every morning and call in the Great Goddess

6) Ecology. Even an animal knows better than to shit where it sleeps. The desecration is unfathomable. To tip the scales back to balance will take great effort on many different levels. The law level, the farming level, seed cultivation, clean water efforts and of course cleaning the air. Where there is massive destruction, there is massive potential for new birth. Diversity is key. There cannot be a spectrum if we are contented to sit in the dark. Stop “appreciating” nature and start realizing you are not separate from it.

7) Knowledge. Teach the children, even the adult children. Lean in, listen, process. Be patient with what you can't quite figure out. Don't get your news from only 1 or 2 sources. READ! Seek counsel from your elders, your mentors. Appreciate the wisdom of experience, yours and others'—everyone has something they can teach you. Light the way for others by representing the wisdom of the Feminine. Technology is winning out over other forms of intelligence, over ways of noticing but it is only a vehicle for information. Information is not wisdom. Wisdom should be a verb. Women inherently know how to make it a verb.

8) Temperance/ Sacred Sexuality. This is the time to ground consciousness. You cannot be a light bringer if you are escaping the intelligence of the body, the womb. If you are altering yourself regularly, this task will be difficult. If you body-shame, this task will be difficult; if you engage with your body in ways that make you feel unworthy, denigrated, degraded or otherwise less-than-sacred, this task will be difficult. Eventually, if the ratios of grounding consciousness and polluting your holy vessel are thrown too far of course, the task of bringing light will be out of reach, impossible. Take immaculate care of the only thing that is truly yours.

9) Heed the Call, be strong in every way you can be. Everyone has a sacred purpose b/c we are divine—there is no task, job, purpose that is holier than another. Your karma, history, experiences, passions—all of it has been exquisitely crafted and molded to suit your soul and spirit for this time Do not judge your “ability”—walk with pride. Do not back down, Know your rights. Fight with mercy. Be the light in the dark minds of men and women for ALL to see and witness. There is no other time to wake up the dragon.