

# Temple of the Sacred Feminine



## Living Grace Fully

Be Awake in Your Own Extra/Ordinary Life!

Begins January 2, 2012

A Year-Long Women's Novena Journey

The First Mondays, January 2012 through December 2012  
with Sheila Foster, M.A.

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4-5:30PM ET; 2-3:30PM MT; 1-2:30PM PT

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Begins Monday January 2, 2012 ~ Please register by December 15, 2011  
Space is limited!

**You are invited to the Temenos to join a grace-full group of women devoted to consciousness**, a sanctuary where you can be supported and

held as you tend the labor and the birthing of your own immanent radiance and awakening—as well as support other women--in the context of our *wabi sabi* lives. *Wabi sabi* is a Japanese aesthetic of beauty that is signified by what is impermanent, imperfect, and incomplete. These qualities speak to all that is human, all that comes and goes, including us. In these intense times, we seem to be coming and going all at once!

**We are in a stunning time** of great collective and individual chaos, shock, cognitive dissonance, change, awakening, de-construction, dissolution, death, rebirth, that is showing up as the long-awaited emergence of a whole new paradigm for living consciously from the Heart in full awareness of the inter-connectedness of all of life. The old life and ways of separation are truly going, some very suddenly and quickly. Relationships, living and work situations, finances, lifestyles, and our own internal structures are changing radically. The old ground is crumbling under our feet as we are shifting to find rest and renewal in the boundless ground of be-ing.

**WE are radically changing!** We can struggle, resist, and fight with what is happening, or we can learn to flow with what is, **be the change** so that we can, simply by **be-ing**, help to midwife the collective change as it is unfolding.

*"Borrow the Beloved's eyes.*

*Look through them and you'll see the Beloved's face everywhere...*

*things you have hated will become helpers.*

*~Rumi*

**The Divine Beloved will go to any length and means to break open our hearts and disrupt our human lives to get us to awaken and receive the divine embrace--and it all happens within the context of our day-to-day lives!** Often we do not recognize it as such. We can meet all of it... whatever is happening, everything is welcome in this group for inquiry, support, exploration, presence, and sacred witnessing.

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**We are blessed by Grace in every moment**, and Kubera, the boundless generosity and Grace of the Universe is continually coming to us in small and huge ways. Are we paying attention and seeing it?

**The key to Living Grace Fully is consciousness.** We experience consciousness as both **awareness and attention.** The work of this group will assist each other in learning, deepening, and working with the alchemy that is awareness, that allows us to be with what is, whatever it is. Heart opens wider than imaginable, we go beyond any limited ideas we have about ourselves or what is.

**We become aware that Silence** is the boundless space in which the dreamscapes of our lives appear and unfold, come and go. The heart knows this, and the mind can learn to rest in this. We can be open to the unimaginable, to the unknown, as we come to rest as awareness itself, beyond concepts, open to everything as it is. Surrender happens. Forgiveness happens. Compassion happens. Love happens. Creative expression happens. This is where suffering ends--even in the midst the traumas, losses, disappointments, and grief.

**If you feel longing or the call** to be with a safe and devoted group of women committed to the truth of what is, to meeting each moment with heart and doing the work of consciously awakening to all that is appearing and arising in your own life, as well as in the collective, come...join us. We go deep, we have fun and laugh, we speak truth, we address shadow, we sit at the edge dangling our feet into the vastness of the Unknown, and be with what shows up! The sublime and the ridiculous are not so different.

## A Seed of Grace

*"Life is a mystery. A Mystery so awesome that we insulate ourselves from its intensity. To numb our fear of the unknown we desensitize ourselves to the miracle of living. We perpetuate the nonchalant lie that we know who we are and what life is. Yet behind this preposterous bluff the Mystery remains unchanging, waiting for us to remember to wonder. It is waiting in a shaft of sunlight, in the thought of death, in the intoxication of new love, in the joy of childbirth or the shock of loss. One minute we are going about our business as if life were nothing special and the next we are face to face with profound, unfathomable, breathtaking Mystery.*

*This is both the origin and consummation of the spiritual quest."*

*~ Timothy Freke & Peter Gandy: [Jesus and the Lost Goddess](#)*

Twelve meetings – **the first is January 2** – the first Monday of each month except 4<sup>th</sup> of July week.

- **We start each call with silence, meditation**...the deepest transmissions happen in silence
- **Each month you will be offered 'seeds of grace', wisdom teachings from a wisdom text** like the Tao Te Ching, a poem, or a koan - a sacred question or statement that cannot be answered or understood by the mind. These 'seeds of grace' scattered in your consciousness will help you remember what you already know at the deepest level of your being. They can sprout in many ways, be used as a lens to see each and every event or circumstance in your life, help you to see more deeply and respond with awareness from Heart, from a wider spiritual perspective, and support you in dis-identifying with ego and old conditioning. They can take us out of our stories into direct experience of what is.

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- **Divine arrangement will become ever more evident in your life** as you will become aware of many opportunities to receive, embody, and integrate the teachings day to day—without effort.
- **You will be offered various ideas for your Novena practice** – 10 minute writings, mandala making, sacred art, chanting, self inquiry, etc., and it's up to you to decide what you are moved to engage. You will find what works best for you.
- **We work with Novenas, 9 days in a row each month**, in which we are intentionally mindful of the teaching, the grace, the practices we choose to work with, in collaboration with another group member. You and your partners can choose which 9 days work for you.
- **To learn more about the Novena process go to:**  
[http://www.templeofthesacredfeminine.com/articles/article\\_writingnovenainfo.html](http://www.templeofthesacredfeminine.com/articles/article_writingnovenainfo.html)
- **Collaboration and contact between meetings are strongly encouraged.** It helps prevent isolation or falling into separation, and it's fun, much can be co-created and learned from each other.
- **Readings will be suggested** – your suggestions are also welcome
- **Calls will be recorded** and sent to you after the meetings
- **The first seeds of grace** are the ones on this flyer. Invite them to take you...

**About the prairie dog: I don't know who took this photo...it came in an email some time in the last year or two. Almost daily, Rumi and I visit a prairie dog community a few blocks from my home... I have tried to photograph them and it is near impossible to get close enough to catch one of these little guys in his prayer pose. I am deeply appreciative of the photographer who shot this, and to this little prairie dog for his devotion.**

## Registration Details

**Inquiries:** Please feel free to email me to learn more or to find out if this is what you are longing for and if it's right for you at this time. [temenosctr@aol.com](mailto:temenosctr@aol.com)

**Dates:** Meetings are the first Tuesday of each month: **January 2; February 6; March 5, April 2, May 7, June 4, July 9, August 6, September 3, October 1, November 5, and December 3, 2012.**

**Register:** by **December 15, 2011** - contact me by email to let me know at [temenosctr@aol.com](mailto:temenosctr@aol.com) and, if we have not worked together before in any way we will arrange a call.

**Tuition is \$50 per month, payable quarterly with the first payment of \$150 due with registration no later than December 15. Then \$150 is due April 1, July 1 and October 1.** If you need to pay monthly, we can work that out.

**A Covenant** will be provided when you contact me to register stating that the commitment is for the full year, the dates, tuition due dates, etc. This covenant is essentially an acknowledgment of the deep commitment to your own work and participation in the group. We all agree to show up fully as best we can.

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**Refunds:** Full refund - \$50 admin fee will be available upon written request until December 15. After that, there are no refunds except under extreme circumstances.

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Sheila Foster, M.A.

I have been teaching Jungian Psychology with particular emphasis on the Feminine and working with Sacred Feminine initiation since the early 80's. I had no idea I was starting a women's mystery school, or even that such a thing was possible. To learn more about the origins of the school and the path that led me here, please follow the link below, and read the preface of my E-Book, **Sacred Feminine Initiation: An Archetypal Journey.**

I have a deep interest in masculine spirituality and working with men and couples, as well. The archetype of the Sacred Marriage and the alchemy of relationship, including work with couples, are important aspects of my work.

**Samyama** literally dropped into my meditation about 18 years ago and I don't know what life would be without it. It transformed from a 'practice' to a way of living and seeing from my heart rather than my head. I have taught the mediation practice to many people and have trained many healers in the Samyama Healing approach over the year. I have witnessed many miracles and the unfathomable Mystery at work with us. I have years of training in many other healing modalities and spiritual practices, as well. In addition, I make multi-media art, write, and I am the mother of two grown children and a small, wise Being in a poodle suit named Rumi.

**For more information, please go to my websites: [www.temenoscenter.org](http://www.temenoscenter.org) or email me.**

Suggested Reading to start with – more will be provided:

*The Return of the Feminine and the World Soul* - Llewellyn Vaughan-Lee

*Awakening to the Dream* - Leo Hartong

*The Power of Now, and others* - Eckhart Tolle

*Emptiness Dancing, and others* - Adyashanti

*The Diamond in Your Pocket, and others* - Gangaji

*A Thousand Names for Joy* – Byron Katie *Loving What Is* – Byron Katie

*The Second Book of the Tao* – Stephen Mitchell

*Bring Me the Rhinoceros* – John Tarrant

*Tao Te Ching* - also poetry of Rumi, Antonio Machado, Juan Ramon Jimenez, Mary Oliver, etc.

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## Testimonials from Women Who Have Participated

Since starting the Living Grace Fully course I've been both challenged and amazed. I'm starting to see that what arises in daily life all around me is a manifestation of the inner guru as well as a ready-made altar for surrender and conscious growth. By connecting with this sacred circle of women I am held in unconditional love; together we have created a space of possibility and trust.

**Nicole, Australia**

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Being in the Living Grace Fully vessel helps me say YES. Yes I am willing to open my eyes, my heart, to mySelf. And when I do I am witnessed by compassionate women, and bathed in so much love I feel safe seeing and feeling anything that comes up. The Novenas allow me to go as deep as I want, to explore, to try something new or something I have thought of for a long time. I feel held - held to the fire by myself and held in embrace by the other women. And I see Grace when she shows up. And She does.

**Jette Goldman, Massachusetts**

I am loving being with women in the Temple Vessel once again. While everyday life provides the necessary lessons for growth, being in this vessel turns up the alchemical fire and Grace is there in each moment.

**Nancy Loeffler, North Carolina**

I really love this group. The depth of devotion to TRUTH, the trust and safety I feel, and the level of communication among the women in this group is beyond anything I have experienced with anyone. I am ever grateful. My heart is overflowing with gratitude for this vessel and the women who fill it and rest in the spaciousness of it.

**Krishna Kamini, West Virginia**

Our group has been a strong grounding vessel for me. It keeps the fire going in my heart and helps in the continual deepening of Awareness, my True Nature. I find I can hang out for much longer periods in that Sacred Place. Sheila is always offering fresh ideas and tools to go deeper. I am truly grateful for this precious community of sisters.

**Patti Brinjac, Pennsylvania**

I have been very grateful to be in this group! It has allowed me to have a safe vessel to continue my Samyama and heart-work with women whom I trust to be honest and hold my feet to the fire in a very loving way. I really have been grateful for Sheila's ever-loving presence and understanding, for it has helped me to stand more gently in my heart, for myself and with others. What has been also very helpful is that it is not time-demanding or expensive, so it is my gift to myself to participate.

**Annette Laugel-Schloss, Maryland**

I am so very moved and in marvel at the Novena process that takes you successively deeper into your own being, helping to shine the light of love... wiping away layers of guilt, decay, despair... Mary is the very essence of love, our connection to ourselves and to ALL of life. The Novena acts like a soft cloth of understanding and compassion that when applied to the soul makes it reflect back the light of our very being, full of grace; and to share this process with another is both enriching and transcending. A perfect gift for the self.

**Gena - France**

After many years of being in a circle of women with Sheila and then moving away for a bit, I have found coming back into the circle via the teleconferences the perfect sacred vessel for doing my own work. I cannot do it alone - I think we have all learned that. This is a perfect safe container in which to share my journey, be witnessed, learn from amazing women all different from myself and yet One.

**Lucy - Maryland**