



2009-2010 Temple of the Sacred Feminine

What Is It and What Is Offered?

Sheila Foster: temenosctr@aol.com

The Temple Mystery School teachings and initiations will be offered in Maryland, Boulder, CO, and Santa Fe in the coming year. Please join the email list if you want more info or contact me, Sheila, directly. The school was established in 1987 and continues to be stewarded by Sheila.

The curriculum of study includes Jungian psychology, focusing on archetypes, including the masculine as well as the feminine, shadow, dreamwork, active imagination; the paradigm of the hero's/heroine's journey as delineated by Joseph Campbell; psychology that includes object relations and attachment issues; spiritual practices and inspiration from many traditions, including nondual teachings such as Buddhism and Advaita. Hands-on healing work is part of the process, focusing on Samyama Healing, and energetic and psychological healing modality that supports women in healing wounds from the past and learning how to become rooted in the present and presence. Participants also learn heart alchemy, meditation practices, engage and make art, writing, self inquiry about their lives.

The container or vessel in which initiation can occur, the kundalini energy can rise, and women can feel safe to move through their journeys of descent and rebirth. This initiatory vessel is shaped by all the current women participating, the previous years of discovering what works and what doesn't, and the integrity and willingness of each woman to show up fully.

A temple cycle is four three-day meetings, from 12-5pm each day, with a half hour snack break midway.

We each sign a covenant agreeing on the practical things like payment and meeting dates, what happens if a date is cancelled etc. We also agree to full participation, showing up, doing the assignments in ways that work for each woman. Each woman also agrees to ask for help when needed, from me and/or the other group members, and to have two individual sessions with me each month for the duration of the group.

We invoke Sacred Feminine initiations via the archetypes of Mother, Amazon, Lover, Medial and Queen as portals to particular kinds of initiations. Each archetype invoked has its unique challenges and gifts for each woman that shows up in daily Life as it happens. I have found that initiation requires that we face shadow in each of these archetypal domains: that which has been/is unknown, unwanted, and/or unloved. Our shadow is the repository of so much creative energy and much, much light. We learn to shut down certain aspects of ourselves when we are children from family, church, school, and society. The realms of initiation are where these dimensions of our being can become free and integrated, useful and delighted in. Shadow is not all dark stuff—it's often the aspects of the inner child that did not get a chance to develop. Shadow is actually quite wonderful when welcomed.

We also address Life initiations from the perspective of nondual awareness, from beyond our conditioned human perspective, from stillness. That gives us yet another paradigm for living/being in this human conditioned Life.

Initiation happens by direct experience. I offer experiences in the group days, training and skill building for meeting what initiation brings up in your daily life. Some of it is quite challenging and requires enormous commitment to your own healing, awakening and truth.

I teach the practice of Samyama, among many other useful skills for negotiating the demands of life and the spiritual realms of initiation. The women in the temple practice with each other between gatherings.

There is also personal ritual work to be done between meetings, which involves inquiries into how the archetype of that cycle is working in you and your life, how it is in shadow, and expressing as such. The women share their personal ritual

work with each other, thereby 'cross-pollinating' information, ideas, places within themselves to address. It's very juicy and it works well.

Usually there is some creative piece to the personal rituals in which women may choose to paint, collage, photograph, write poetry, whatever suits her.

I provide handouts and suggest readings on the archetype and question for personal inquiry.

If there is a month or two between our temple gatherings, there are teleconferences so that we stay connected, in the sacred vessel together and apart.

I serve each woman as ritual elder. As such, I have a relationship with each woman and walk with her on her journey. This is supported by two individual sessions per month with me if you are new to this work, in person or by phone. In these sessions you can address the particular issues brought forth by the initiations at hand and deepen your experience of the practices and skills for negotiating the initiatory dimensions.

Sacred Feminine initiation requires deep commitment from each of us to our own awakening. The commitment of each woman is a strand in the weaving of an energetically tight vessel that is also fluid and forgiving. Much happens that we could never imagine possible. I continue to be in awe each time I work with a group of women in Temple. Every woman is a teacher and a student, and Life, the Divine Feminine Herself, is our Grand Initiatrix.

I am happy to answer any questions you have... email me.

www.temenoscenter.org

www.templeofthesacredfeminine.com

www.dangerousoldwomen.com

<http://sheilafoster.blogspot.com>

<http://www.annaslist.org/spiritual-work/sheila-foster-m.a/viewlink.html?Itemid=>