

Mystery School of the Rose

Temple of Isis Ritual II: Pleasure Practice

HOW TO PREPARE:

GUIDE PREPARATIONS:

- quiet and uninterrupted space; comfortable space to sit and lay down
- wear a white dress or gown and adorn yourself for the ceremony (priestess attire: necklaces, earrings, flowers, headpiece, sparkles...)
- accessories to further 'priestess-ify the participants'
- speaker & downloaded playlist (soothing and heart-opening)
- altar & temple items (candles, flowers, divine energies)
- prepare the temple space: six pointed shape with the altar and the cacao pod across from each other (you can use crystal and candles to mark the six-pointed star)
- incense for smudging (sage, palo santo, copal...)
- water for drinking
- bucket of water and towel to wash and dry feet
- oil for anointing (preferably rose, frankincense, spikenard or myrrh)
- roses 1-12
- red thread, enough to make a bracelet for each sister
- instruments
- cacao pod or cacao in its purest form
- prepare sacred cacao for drinking
- massage oil
- notebook and a pen

PARTICIPANT PREPARATIONS:

- wear a white dress or gown and adorn yourself for the ceremony (priestess attire: necklaces, earrings, flowers, headpiece, sparkles +)
- altar items
- massage oil
- notebook & pen

RITUAL ROLES:

- Guiding Priestess
- Curandera
 - duties: clean & dry feet and smudging upon entering the temple
- Temple Keeper
 - duties: support in preparing the temple (six-figured sacred geometric shape)
- Wise Woman/Man
 - duty: final song

THE RITUAL:

1. Purification as one enters the sacred space: smudging and clean feet in a bucket of water (curandera)

2. Guide everyone to sit together in a circle

3. Welcome

- Welcome participants
- Bring participants into presence by having everyone close their eyes and take a few long deep breaths; optional OM. At this moment repeat 'the prayer to the divine mother' internally to yourself:

*'let me be a sacred vessel.
fill me with divine love.
only from there, I'll share your prayer.
fill me with your love.'*

4. Introduction to the Mystery School of the Rose & the remembrance of the Temple of Isis ritual practices:

- Mystery school of the rose is a school for priestesses who remember their place in the temple. It is a mystery school of ancient ritual practices from the Temple of Isis evoking the divine feminine energy, remembrance & leadership to usher in the New Earth.
- Formula: remembrance→sovereignty→empowerment→creative expression→leadership
- *Temple of Isis ritual | pleasure practice*: Remembering the sacredness and beauty of pleasure. In this Temple of Isis Ritual Practice we gather in an intimate practice to neutralize perceptions of sexual energy, dissolve false programs, strengthen sisterhood, and step into the confident sensual Phoenix that we truly are.
- Briefing of temple etiquette:
 - Nobel silence
 - Respect
 - Presence
 - Constant attention on the intention

5. Official opening & Honouring of Cacao

- Opening words (prayer, calling in your guides to protect the space and the ritual, reiterate the intention of the ritual: to remember the sacredness and beauty of pleasure. In this Temple of Isis Ritual Practice we gather in an intimate practice to neutralize perceptions of sexual energy, dissolve false programs, strengthen sisterhood, and step into the confident sensual Phoenix that we truly are.
- Welcome the spirit of the cacao into the space to protect, guide and further open our hearts: pouring of the cacao and passing around. Instruct sisters to hold the cacao up to their hearts as they wait for the rest to receive their cacao. Once everyone has their cacao, all Hold the cup to your heart, quietly bless the cacao and put your intention into her while receiving hers (to open your sacred heart). Honouring of the cacao with prayer and song. Instruct sisters to smell the cacao, enjoy the aroma and connect with her spirit. Guide sisters to start sipping the cacao.
- Open the space for each woman, one at a time, to share their name, their intention for the ceremony and what they are calling into form/ manifesting (emphasize precision in their share; one sentence).

6. One at a time sisters enter into the center of the circle for healing & blessing

- One woman enters the centre of the circle, the rest of the women tune in and feel what their sister needs. Everyone offers to their sister in the centre of the circle what they feel she needs (ex: massage, stroking of hair, tapping, essential oils, crystals etc). A red thread is placed around her wrist and she is anointed with rose oil on her crown, third eye, throat, heart, and womb, initiating her to the Magdalene Path. Each woman has 5-10 minutes in the centre, depending on group size. After the allocated time, she is supported back to seated and thanks is given.
- The process is repeated for the next sister until all women have had their time in the middle of the circle.

7. Pleasure practice begins

- Each woman takes a comfortable and relaxed place and the self pleasure practice begins. Stay in the heart, stay in your body. No talking. Expression through sounds is encouraged (20min)
- Use your intuition to feel what is needed. If some guidance feels appropriate you can do so at the beginning. However, assure that there is at least 15 minutes of silence.

8. Relaxation and receiving

- After the allocated time, intuitively begin to serenade sisters with a song. Open the space if someone else wants to sing (all women are encouraged to take their turn to sing but it is not required; instruments are invited)

9. Closing circle and sharing

- Have everyone sit down in a circle again and drop into presence
- Invite the wise woman sings a song from her heart
- Proceed with the closing words:
 - prayer, thanking your guides for protecting the space and the ritual
 - restate the intention of the ritual and thank each person for their participation, presence and courage and congratulate each person for this powerful initiation. Remind the sisters that this is just the beginning, a seed was planted and to be patient and observant of how this work continues to unfold. Emphasize the importance of self-love in this process.
- Collective OM and declare with this final sacred sound, OM you are closing the portal.
- Hold sacred silence and open space for sharing (remember, request concise and brief sharing)
- Thank everyone for coming, for sharing and if there is anything you feel is important to impart with the group before dispersing you may share.

*I often like to celebrate the ritual with a collective potluck; the energy has been held very intensely throughout the ritual, so an activity that is LIGHT and FUN afterwards is a good idea. It is also a great moment for people to connect more intimately with others, share their experience and integrate the experience.