

THE *Feminine Magic*[®]
SCHOOL OF MANIFESTING

Awaken Your Power To Create All You Desire

The Art of BE-ing Empty and Present (Inspired by the work of Ariel Spilsbury and spiritual teachers everywhere)

If the primary function of the Desire Priestess or Feminine Magician is to be an empty, static-free vessel through which creative energy can flow... then her first, most basic and seminal practice is that of being both *empty and present*.

To be EMPTY is to be a mind *without* the clutter of thought, *without* the interference of the ego mind and *with* spaciousness.

To be PRESENT is to bring the wandering mind to be here *NOW*.

To be empty and present is to be free of thought, while being totally focused, while surrendering at the same time.

The ability to be both empty and present is the foundation of all spiritual work. Through a state of emptiness and presence, we cultivate a frequency of coherence and resonance.

In this state of BE-ing empty and present, we have access to information across all channels – especially those other than the ego mind. Information can be received from heart, belly, womb. We can access information from our intuition and the collective consciousness.

It is only when we are empty and present can we fully connect with Essence – our true selves, our Essential nature. (Yes, you can learn to connect with Essence in the midst of a busy day – but as she exists beyond the ego and the “critter brain,” we must first empty and get present, if just for an instant!)

Through this practice, we cultivate the ability to hear the voice of Essence, over the voice of ego – and the ability to discern the truth.

When the words bubble up from the emptiness, it is as if the truth is speaking US, rather than the other way around.

You already know how to become Empty and Present. Simply get in a comfortable position, take a few deep breaths, and allow all thought to drain from your mind. As you let go of the chatter of the ego, call your attention and awareness to the present moment.

Then hold that space for as long as you can.

As with other meditative practices, simply notice when your attention wanders and gently bring it back. If thoughts come in, bless them and allow them to float away.

Surrender to all that is happening. If you wish, consciously connect with your Essence. (When you are in a state of being empty and present, you won't have to consciously do this – you will be connected no matter what! But it's certainly lovely to do so, if you wish.)

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Once you are comfortable in this space of expanded, clear awareness.... your Essence may offer you a piece of information... a sound, a color, a symbol.

Do not try to make up anything from your mind. Simply allow this awareness to arise up from your belly, heart, womb....

If it is coming from Essence and/or this place of pure awareness, it will have a felt sense of Truth to it. But don't try to analyze at this point – simply receive.

When you are complete, slowly bring your attention back to the external world. And here's the kicker – while maintaining this frequency of empty, present, expanded awareness.

The invitation is to go about your day with the awareness of this place of emptiness and presence within you and your connection to your Essence – both of which you can bring to all of your interactions.

The more you practice the art of being Empty and Present, the more you will be able to tune into and receive information from your Essence self, no matter what is going on in your day-to-day world. Plus, it feels really, really good.

Enjoy this space of Emptiness, and practice this skill as often as you can!