



T H E L I V I N G M Y S T E R Y

# SCHOOL

Eluña Noelle

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# Evolution of Frequencies

Instinct → Emotion → Will → Heart → Mind → Wisdom → Transcendence

# The Divine Child

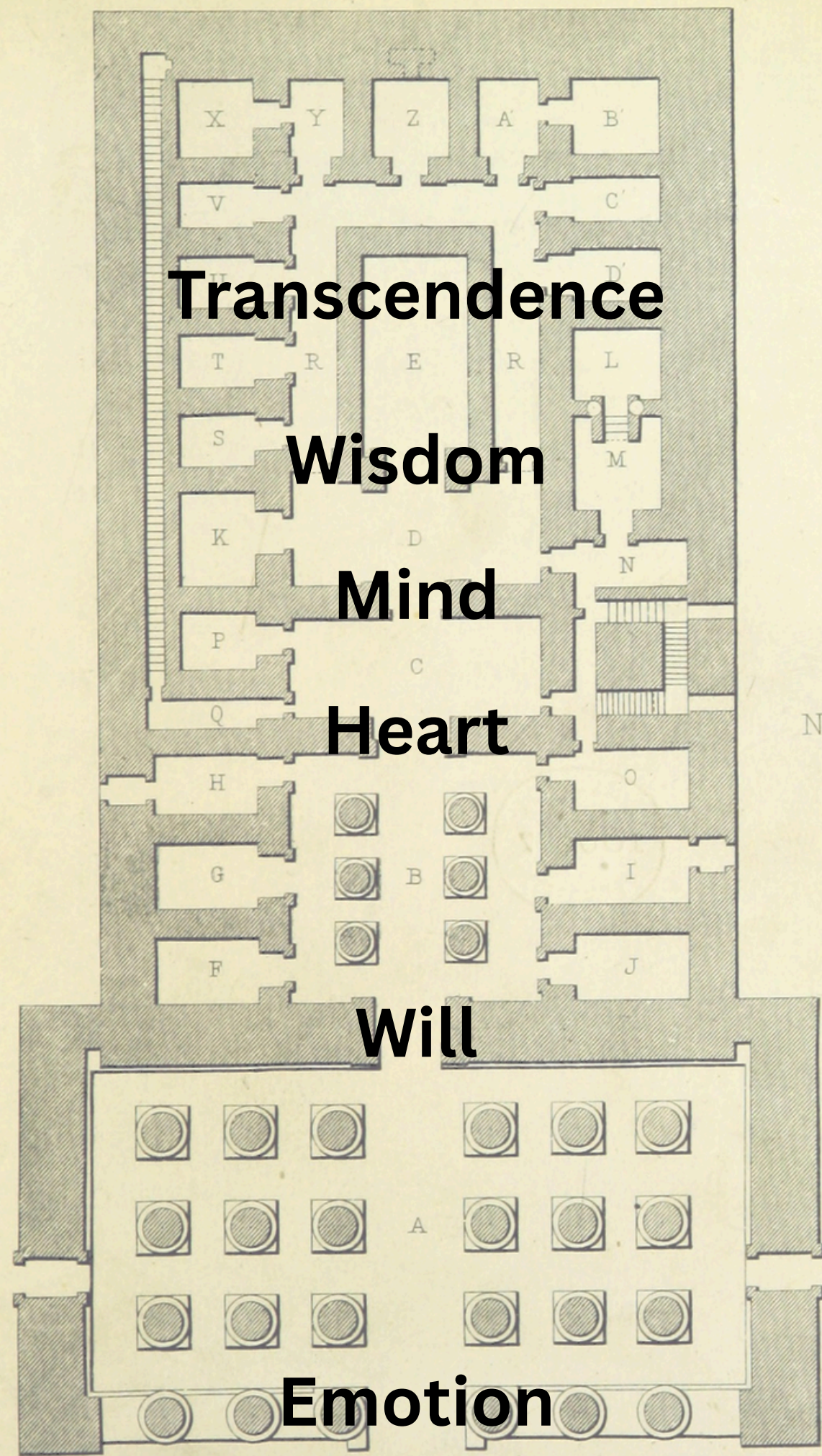
- Initiation begins when you are willing to leave certainty behind.
- The Divine Child is the beginning and the end; the eternal traveler.

# Key Qualities of Divine Child:

- Innocence before knowledge
- Radical trust in the Divine Order
- Freedom from social conditioning
- Willingness to walk the unknown path
- Alignment with cosmic truth rather than social expectation

# Small Group Discussion

- Discuss the qualities of Heru, the Divine Child



**Transcendence**

**Wisdom**

**Mind**

**Heart**

**Will**

**Emotion**

**Instinct**

# Self Reflection

- Reflect and write about your experience from the meditation - Who did you meet? What did you see? What did you feel?

# Vocal Activation

I am safe in my body. I welcome all aspects of myself into my heart.

*Add other phrases that support your sense of safety and belonging in yourself and to the Earth.*

# Embodiment Practice

For the next seven days, each night before bed, give your feet a massage. Slowly, focusing on each part of your foot with love in your heart; expressing your gratitude for all of the places they have taken you that day, and all of the places they will take you in the future.

# Earth Practice

Wake up before sunrise; bring a drink and a snack with you; take a walk out your front door with no set destination. Simply walk outside and let your feet guide you, stopping as often as you want, or not stopping at all. Walking as quickly or as slowly as you feel. Tune into your body and ask it to guide you to beauty, walking in innocence and joy.