



## Journal Exercises for Module 0

### 1. *The Insight Exercise*

What does it mean to you to be a priest?

Stand in front of a mirror - preferably a full length mirror - and observe the priest in yourself.

### 2. *The Zero Point*

Module zero has been about origins. Take a moment to allow yourself to remember as far back as possible. What are your first memories? Is there some reason why they were impressed upon you? Watch the memories arise within in you, and then imagine the arrow of time flowing backwards until you reach the moment of birth. Imagine this little baby emerging into the world, and the soul watching - knowing that this frail container would bear the weight of purpose for this incarnation.

### 3. *The Mass*

In Level III we shall work with the gifts of the priesthood. One of the greatest gifts from the founders of the Free Priesthood is known as the Cosmic Mass. The word Mass comes from the Latin missa which means, sent. That is, something is sent from the higher spiritual worlds into this one. Rev Mario called it 'Cosmic' because it aligns the 'above' with the 'below' and thus creates an ordered relationship between the spheres. The word cosmos itself originally meant order.

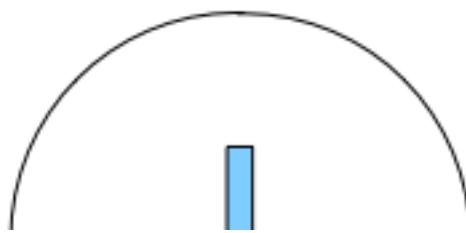
During the eleven modules of Level III we shall explore the deeper levels of the mass.



### *Preparation*

Before you celebrate mass, pause for a few minutes to cleanse the space.

Imagine that you are standing in the middle of a circle. From the edges of the circle a light arises until it creates a dome above your head. Now imagine that a light comes from the highest heavens through the centre of the dome through your head and penetrating through the centre of your body until it grounds in the earth between your feet. As you visualise this say, out loud, or to yourself, “I and the Father are one”



### *Beginning and Ending*

Each time you celebrate the mass, perform the visualisation given at the end of Module 0:

Draw the cross in front of you. As you say the words imagine each line as line of light. Surround the glowing cross with the circle. In your mind, see the cross opening from the centre and dissolving away the inside of the circle. As this happens, perceive that the circle has now become a gateway, and through this window flow the energies of the hierarchy. These energies flow into your space which you have cleansed and made ready and will assist you throughout the whole of the ceremony.

At the end of the mass when you make the same sign again, visualise the gateway closing as the holy beings return to their own sphere.

Sit for a while in silence and allow the power invoked to flow over you and through you. Feel the renewal given in this time.