

Processing Deeper World Experiences

This exercise is based in Lesson 3 of Keeping Her Keys and the Propylaia chapter in Entering Hekate's Cave. We can have these encounters during meditation, ritual, dreams, readings, or even spontaneous ones.

The questions below are easily adaptable for use when processing just about anything. You can use the septagram template on the next page to structure your answers to these questions in relation to an experience you had with Hekate or another ally. Use the centre star to synthesize your answers.

1. What emotions did I have during the encounter and after? FEELINGS
2. What physical sensations did I experience during the encounter and after? BODY
3. What thoughts did I have during the encounter and after? MIND
4. What did I see or otherwise sense during the encounter? PERCEPTION
5. Who were my allies? What did they look like? ALLIES
6. What was communicated (by the allies and me)? COMMUNICATION
7. What symbol(s) did I receive? SYMBOL
8. What is the meaning? SYNTHESIS

