

ORACULAR EMBODIMENT: RECOVERY OF KNOWING

PREPARATION BEFORE THE PRACTICE

1. Consider one or more times in your life when you felt betrayed by others or by yourself, or when you feel you really should have “known better.” These kinds of experiences are usually colored by a sense of shame, embarrassment, disappointment, or regret.
2. Choose one experience that feels most alive at this moment. What was the situation?
3. Has that experience colored your trust in yourself to choose and do the right thing for you, or for others?
4. Do you feel that deep down, you “knew” something, but weren’t allowing yourself to know what you knew?
5. If so, what do you feel were the reasons that your knowing wasn’t able to fully inform you?
6. If you were to regret anything, or harbor a sense of loss from that experience, what would you name as your regret, or the loss?
7. If you were to name what you learned from that experience, what would that be?

INTEGRATION AFTER THE PRACTICE

1. What does your knowing *feel like* in your body?
2. Are there particular sensations, in particular places of your body, that let you know you are sensing something “off” or that you need to slow down and really listen?

3. What oracular wisdom did you retrieve from this past experience?
4. How might that wisdom inform your present moment?
5. Is there anything left for you to reconcile in order to put to rest any feelings of regret?
6. This practice invites you to consider that life isn't testing you to figure out if you are worthy or if you do the "right" thing, and then serving up rewards or punishments accordingly. The practice suggests that life is an evolution that unfolds and allows you to grow, to experience your own consequences, and to redeem the past through your actions in the present. On the spectrum, do you hold your human journey under the overtones of punishment or grace, or anywhere in between? "Punishment" in spiritual traditions can look like anything from the concept of original sin to the belief that we are trapped in a wheel of karmic suffering. Consider your more fundamental, perhaps unacknowledged beliefs about how life works and in whose Hands we all really are.
7. Retrieving oracular wisdom often allows us to fold time, to retrieve the knowing or the action or the quality we needed to embody, and to do it NOW, in the present moment. This action, despite happening apparently in the present moment, can actually alter the past, and have reverberations through all time and space. Is there an action being called for, or a particular aspect of She that you sense you need to turn towards and to more fully express? How might you do that?