

MAGDALENE'S JOURNEY

Workbook

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AWAKEN YOUR SOUL
& THE WISDOM WITHIN



ALCHEMY IN MOTION



Belief Systems

In *Magdalene's Journey*, there is an entire chapter dedicated to belief systems.

At the beginning of their experience with Miriam and Yeshua, Rochelle and Angelo spend a great deal of time contemplating their beliefs and how much they were changing the more time they spent with two beings from another dimension.

They questioned the nature of what was real versus illusion even if they couldn't find definitive answers. They asked questions like: *"How does one decide what is real or not real? What is reality itself?"*

Rochelle and Angelo began to see how a set of belief systems condition us to perceive reality in a limited way, only to discover later in life there's another, more expansive way to look at it. Could the same be true of religion, culture and even history itself?

They had been conditioned and taught to understand reality only as the tangible one their eyes could see and the audible one their ears could hear. They never imagined they could connect with non-physical beings. Could souls communicate from the past and enter into a current timeline?

Later in the book, Miriam says to Rochelle, “When you cast light on the unconscious shadows—what we used to call demons and what ultimately create your belief systems and thereby your realities—you can release them from your auric field. If you choose not to believe in those shadows, you don’t give them energy and they cannot manifest without energy. It sounds so simple, yet it’s hard to put into practice because of the ego.”

She then goes on to explain what beliefs plagued her over two thousand years ago: “Back then, people felt if others didn’t follow norms, demons possessed them. Today, you have evolved to a point where you no longer give credence to these archaic beliefs as you once did. You have read in your Bible that seven demons were cast out of me, but they were simply ego shadows perceived as demons because they were so potent. In your modern times, you know we all have shadows; by learning to accept them, we can transmute their power. They are merely part of any spiritual path, an idea that is much more accepted today.”

We can’t conquer our shadows, so we must rise above them and flow with them. We must shine light upon our shadows because the more we resist them, or leave them in the dark, the bigger they become.

Shining light upon them ultimately changes our belief systems about things we held as the only truth about history, religion, culture, politics and beyond.

Where have you seen this in your own life? How did those beliefs shape how you see history? Religion? Culture? Reality itself?

Belief Systems: Questions

What is your belief system about love?

What is your belief system about abundance?

What is your belief system about identity? In other words, who are you?

Where do these beliefs come from? Think back to some of the things that may have been said to you or influenced you in childhood? What about your early adult years?

Who or what dictated what you *should* and *shouldn't have* in your life? Did that conditioning include any limits? If so, what were the *rules and dictates* around those limits?

How and in what ways do these belief systems hold you back and no longer serve you?

And now for the question that forces you to go deep within:

How do you feel about change?



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Be as honest as you can and *feel into* the answers *from your heart*, not your mind/head.



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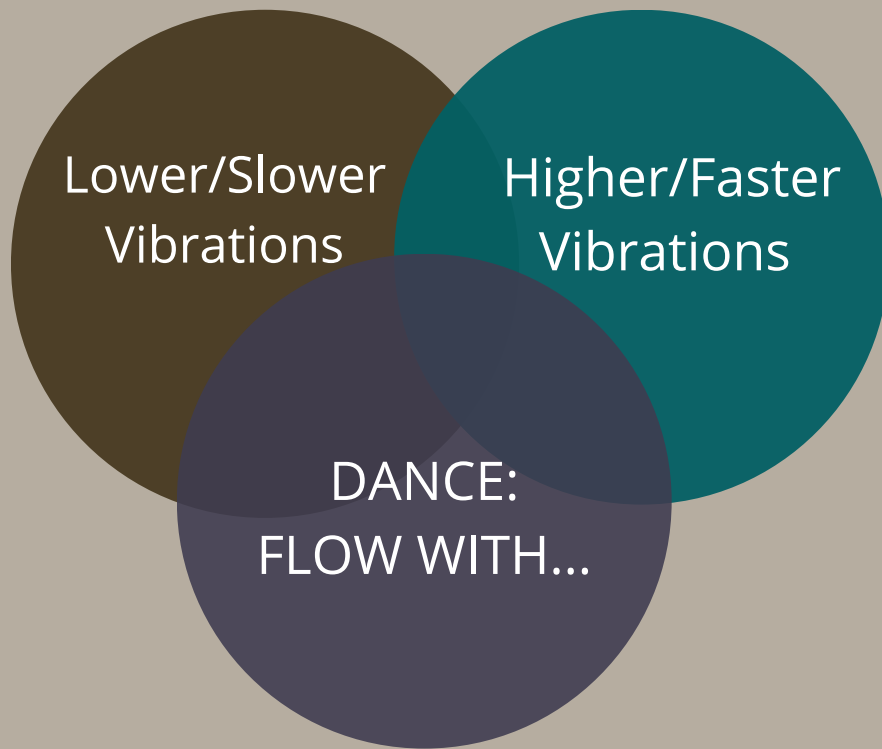


EMOTIONS *will* DICTATE OUR
OUTER REALITY *if we let them...*

*But we
always
have
a choice!*



Emotional States



LOWER/SLOWER VIBRATIONAL EMOTIONAL STATES

Fearful
Depressed
Discouraged
Despair
Disillusioned
Frustrated
Lonely
Lack of Direction & Purpose
Anxious & Worried
Sad & Unhappy
Suicidal Thoughts
Beaten Down
Unhealthy
I cannot

HIGHER/FASTER VIBRATIONAL EMOTIONAL STATES

Trusting
Optimistic
Encouraged
Cheerful
Hopeful
Peaceful
Sense of Solitude
Purpose & Conviction
At ease with life
Joyful & Jubilant
Ecstatic
Triumphant
Healthy
I will, I do, I am

Where do you spend most of your time? In other words, are the emotions on the left side of page ten dictating your life?

How (and where) are they dimming the emotions on the right?



Circle the emotions you tend to feel most on the previous page.

Emotional States: Questions

Reflect on the emotions you circled. Are they your emotions or ones you've taken on from someone else?

What could you change in your life to be able to embrace a more empowering emotion, such as the ones on the right?



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*Can you learn to dance or flow
with your emotions?*



Self Awareness Exercise

I am most content when . . .

I love it when I am doing . . .



I am most grateful for . . .

I love receiving . . .

I love giving . . .



I have a hard time receiving when . . .

I have a hard time sharing when . . .



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The Multidimensional Soul

Rather than think that a decision is good or bad or right or wrong, what if you looked at any given situation in synchronicities *or* in terms of likely probabilities and possibilities? In other words, a world without ***fixed realities and absolutes.***

When you shift to a quantum way of thinking, it means that you begin to see yourself as a ***multidimensional being*** who has no beginning and no end.

Ironically, Yeshua was said to say something similar to his disciples as recorded in the Gnostic Gospels. In fact, all the great masters suggested this in different ways. The implication to this paradigm shift in your understanding is ***transformative***—*it shifts your consciousness completely.*

You begin to understand that we are simply having a human experience, but that human-ness is not *all* that we are.

You also begin to understand that you are truly connected to everything, not just other human beings, but all life forms and even the cosmos itself.

In that process of re-discovery, you might begin to see yourself as the most miniscule of particles that make up who we are as human beings, existing as the same particles in the *energy-verse* in which we live.

You may also see yourself as having no distance between you and energy elsewhere in the cosmos.

As human beings, we all consist of atoms. We don't need to get into the minutia of biology or quantum physics, but you are starting to get the picture of who you truly are as a being.

You are energy. We are all energy.



Consider the *energy-verse* where all energy and frequencies are connected. Imagine yourself as not being a part of the *energy-verse*, but instead the *energy-verse* itself. In other words, you are space and time.

Even though Miriam and Yeshua didn't understand the advanced science available to us today or use this language over two thousand years ago, their messages alluded to and tapped into this multidimensional aspect of who we are as human beings, just as many other masters, sages and mages have done over millennia.

As energy, what if our souls are also indivisible and indestructible?

What if there's more than the bag of skin and bones we project in human form? What if our physicality is more of a perception of who we are?



In *Magdalene's Journey*, Rochelle and Angelo are trying to understand what Miriam means by the multidimensional soul and with their minds, they analyze it until their heads hurt. They are finally forced to go within and feel into the teachings with their hearts.

When Miriam and Yeshua tell Rochelle and Angelo that they are them and vice versa, consider where our energy overlaps and merges and where everything is part of the whole. We are the universe and the universe is us. We are the drop of water in the ocean but we are also the ocean.



We are God, Godde, Goddess, Source,
Universal Consciousness and they are us.

The Multidimensional Soul: Questions

Are we not all infinite in our nature? How does this idea resonate with you at a deep level? Or if it doesn't, what emotions come up for you as you contemplate it?

What does it mean to be a *multidimensional being* having a 3-dimensional experience? And, most of all, how do you put it to use in a practical way that can benefit not only your own life but the lives of others in your family and community? Humanity as a whole?



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Co-Creation Through Visualization

The brain doesn't know the difference between what is real and what isn't real, so visualization not only activates your creativity but it also changes the mirror neurons and rewires your brain. This allows shifts in the unseen field that affects your reality in each and every moment.

An intention creates ***motion***. When you set the intention, it activates the realms and dimensions where your Higher Self or Soul Self can assist in accelerating the process. In the book, Miriam refers to the Higher Self as your Authentic Self.

It is said human intention is more important than any other aspect of manifestation, whether it has to do with manifesting a new house, job *or* healing from cancer.

INTENTION = CO-CREATION, meaning . . .

***"We are not separate from Source
or the All That Is"***

When you're in sync with the totality of who are you, you begin to **co-create** for everyone and everything, meaning you are not only manifesting for yourself but also for others around you.

We are starting to see this happen more and more as the collective consciousness raises its vibration and brings more light to the world. Everyone benefits from the creative process when our Authentic Self works *through us*.

This process allows you to recognize who you truly are. When this starts to happen, you feel the old ways of thinking leave you (or they are simply no longer important) as you start to vibrate **as and with** these higher frequencies. Sometimes its subtle and other times, it turns your world upside down.

SOME USEFUL TECHNIQUES

- **INTENTION & FOCUS** as a practice. Intend a desired outcome from your heart, not your mind. Remember that the Authentic Self or Soul Self works through our hearts. Jot it down. The moment you realize you're intending from your mind, do a reset and start again when you are in a heart space. ***Surrender into it.***
- **VISUALIZE** yourself as a Co-Creator. See yourself as the light being that you truly are.
- **MEDITATE** on this idea of you as a light being. Whatever comes to you visually, write it down on a visualization board or in your journal after you finish the meditation. See yourself as having ***unlimited potential.***
- **CREATE** a visualization board or visualization journal, whichever one calls you most. We'd recommend both. Find images, photos, and designs online or from books and magazines. Also look for mantras, phrases, and quotes that ***speak to your heart.*** Better yet, come up with your own as they will have a deeper resonance. Then, paste them up everywhere (on windows, doors, mirrors, the fridge, etc.). Now, it's time to ***trust the process.***

Catching Yourself

LANGUAGE: Focus on what you want, not what you don't want. As you read your intentions to create and co-create, see how one pushes an intention into motion whereas another might push it into the distance.

- NEED creates more need.
- LACK creates more lack.
- UNCERTAINTY creates more uncertainty.
- UNWORTHINESS creates more unworthiness.

EMOTIONS: If you notice that your energy is down, your physiology is off, there's pain in your body or you're experiencing emotional lethargy, then you're not in the heart field. In other words, you're not in the flow of *abundance and divine co-creation*. Awareness is all about catching yourself in the moment. Jot down your moods and look for triggers along the way. Where do the "stop-gates" show up?

- Is it language? What words are you using to validate a situation, particularly one that might be unhealthy for you?
- Is it your breath? Are you breathing shallow or deep?
 - If it's shallow, then begin doing deep breathing exercises for 10-15 minutes in the morning and then do the same in the evening, breathing in through your nose and out through your nose. (*slowly, with intention and purpose*). This will help you get into a theta brain wave state and slow everything down.

PHYSIOLOGY: How do you walk into a room? Do you walk in feeling as if you own the room or do you walk in feeling small? Here are some techniques to *own the energy* of any space.

- **Every Room is Alive:** Imagine that the room is alive . . . literally. As you walk into it, acknowledge it. Build some rapport. Look up to the ceiling, and then down to the floor. Look at the walls. Look into each of the four corners. As crazy as this may sound, speak to the room's walls, corners, floor and ceiling as if its a partner in your own co-creation and manifestation process.
 - Ask the room to assist you with increasing your confidence and to more powerfully engage with the world.
 - Breathe into each direction of the room and say: "Thanks for working with me and empowering me now. Let's do this."
- **Language-to-Self:** As you speak to the room, remember that you're also speaking to your Authentic Self . . . Your Higher Self. Stand tall and proud as you speak to the room, for remember everything has energy and energy affects energy. It is all connected and we are part of it all.



- **Extend your Intention & Language Beyond the Room:** Imagine that you're connected to the rooms beyond the room you just walked into. Imagine that you're connected to the entire building. Then imagine that you're connected to the streets and town center beyond the building and ultimately to the planet itself.
- **Sacred Container – Yours:** Remind yourself that you own your energy and yours alone. You will not take on anyone else's energy or story. You will not take on anyone else's dogma. You will not take on anyone else's truth. Say to your Higher Self: "I create a sacred container that is mine alone. My Authentic Self is in charge now. My Higher Self will lead my life."
- **Becoming Grounded:** The first bullet on this page involves extending your energy outward as far as you can imagine (into the cosmos itself if you wish). Getting grounded is all about connecting to the earth. Imagine that you're connected to the roots below the building. Imagine that you're connected to all buildings—all earth creation. Imagine that you're connected to all trees, mountains and oceans—all earth creation. Speak to Gaia for she is *alive*. Speak out loud: "We're in this together and we're unstoppable when we combine our energies."



- **Take Time to Breathe:** Each morning and evening, take deep breaths in through your nose and then slowly out through your nose. Do this a dozen times and on your last out-breath, end it with a smile. Then say: "I own this. I got this. I know this. I am this. I am becoming that which I am becoming. I AM WHO I AM. I AM THAT I AM."
- **Community, Friends & Family:** Observe who you spend your time with. What's their language like? How healthy are their decisions? We adopt the language, attitudes and energy of the people we spend most of our time with whether we like it or not.

We mood match. We language match. We culture match. We body match - if they're slouching, we may unconsciously mirror them to be in sync with them. The same applies to language and attitudes in a given situation. This is an awareness exercise that will change your life. As you consciously observe, and make new connections, it will become clear what is healthy and what isn't. Remember, everything is energy and we can decide in every moment what serves our highest good and *what doesn't*.



You Time Every Day

Schedule time every day for breath work. You can start out slowly if this practice is new to you: five minutes in the morning and five minutes in the evening. Then over time, you can extend it to 15 minutes, then a half an hour and eventually an hour at a time that works best in your daily routine. Build it into your day.

Breath work is powerful. The quality of your life is the quality of your breath. Silent time allows your small self to rest and take a back seat so your Authentic Self can receive clear messages that will best serve your soul's journey. Think of it as creative intuitive downloads when the lizard brain is on vacation. Give that pestering lizard brain a job to do so you can relax into your Authentic Self. After breath work or meditation, it can also be helpful to spend a little time journaling. Capture how you feel and the *aha moments* you experienced.



Light a Candle: Gratitude is a Portal

We find it helpful to create an environment that is both creatively inspiring and relaxing. Light a candle. If you're not sensitive to smoke, then also light some incense. Pick up some scents that inspire, relax and nourish you. We oscillate between lavender, frankincense, sandalwood and cinnamon depending on the season. Find some scents that work for you.

After your breath work or meditation time, take a few minutes to reflect before you engage with others or walk into a busy environment. If journaling as a practice doesn't speak to you, then try a shorter exercise instead.

Write down three things you're grateful for and keep a record of the date. They don't need to be big things, although that's okay too. Even small miracles such as your garden that is giving you plenty of tomatoes this season is a wonderful thing to be grateful for, or a child's laugh that brought you back to center the previous day.



Gratitude journals are far from a new practice. Spiritual masters across traditions speak of gratitude as a pathway to serenity . . . a pathway to ease and grace.

Gratitude is a also pathway to love . . . to connection . . . to inner peace. To enlightenment.

You can also think of gratitude as a:

- portal to the Divine.
- portal to your Authentic Self.
- portal to Source.
- portal to Self-Love.
- portal to Love for All.
- portal to the All That Is.
- portal to the *I Am Consciousness* that Miriam of Magdala, Yeshua and Elohim speak about in *Magdalene's Journey*.



Visual Inspirations

On the following pages, you'll find some visual ideas that may inspire you and get those creative juices flowing.

The most important part of this exercise is awareness. In other words, being aware of whether you are feeling into the visuals with your heart or your head.

A great way to discover which one you are using is to watch yourself in the mirror or video record yourself as you browse through the images.

Are you looking up toward your head, as a mental process? Are you trying to figure out what the image means from your mind or are you feeling into the image from your heart? We want you to feel into the image with your heart, not your head.

Images carry frequencies just as sound does. One or more of them may resonate with you.

In the Notes section following the visuals, write down what resonated most and why.

In other words, what did you *feel* when you saw the visual? What else came up for you?

VISUAL INSPIRATIONS



























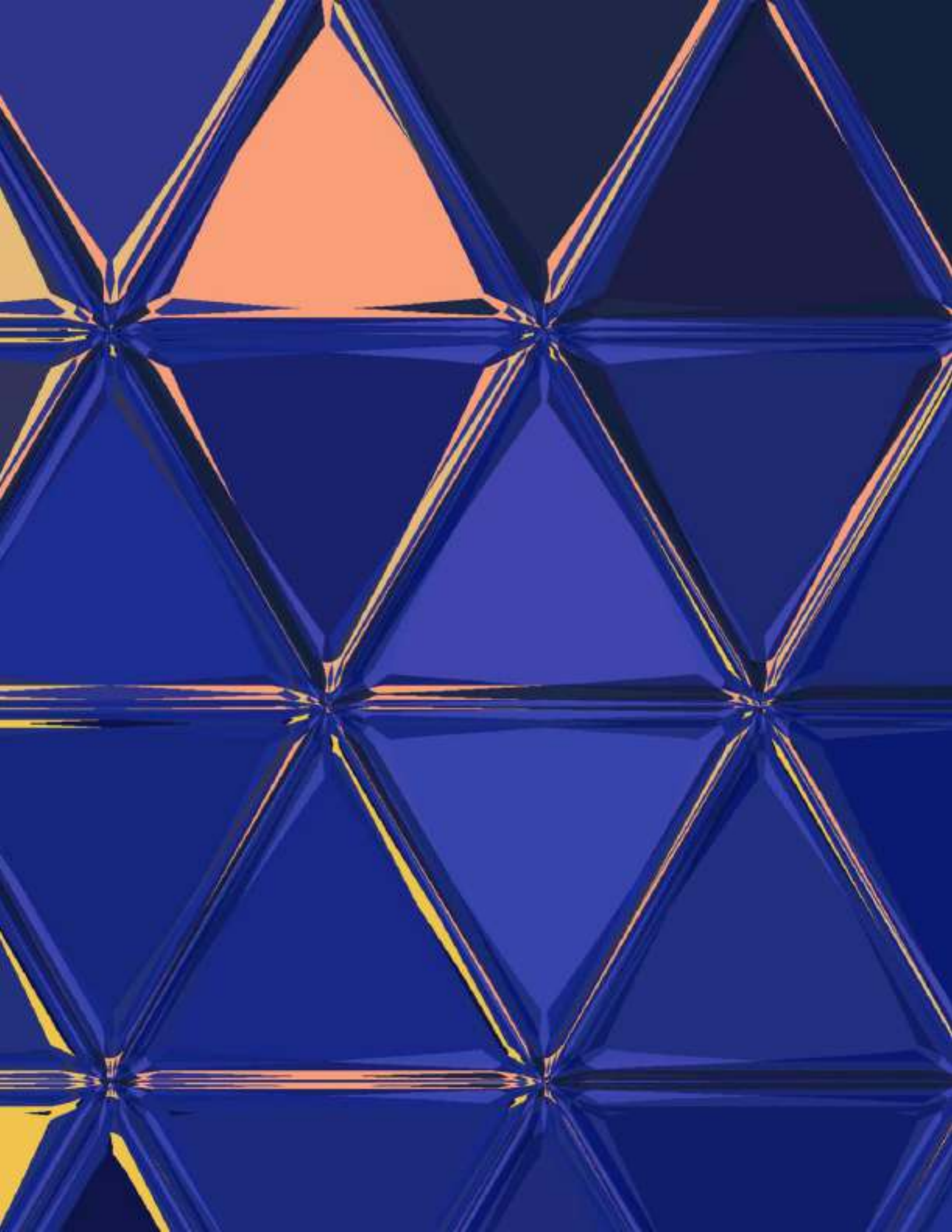
























































Visual Inspirations: Questions

Select your top three images, the ones your heart was most drawn to. What image were you drawn to first?

Reflect on what drew you to the image. Was it ancient in nature? Curiosity? A thread of remembrance? Something you don't understand but would like to explore? An inner knowing?

What image were you drawn to second and why?

Diving into the Unknown with Grace

Now what?

As you research or read about the image's symbols, write down the meanings or other visuals that are connected to the image. We also recommend going deeper through movies, films, books and articles that represent the image.

The image may also be connected to a part of the world you have either traveled to or always wished you had. Perhaps it's time to take that trip. Meet that person. Dive into that course. Read that book. Explore that conversation.

Answers (or clarity) come in a variety of forms: *aha moments* throughout your day, a vivid dream that you remember, an encounter with a person you didn't expect, a gift that arrives in the mail, a phone call with a family member or someone from your past. It is a self-discovery process and deep embodiment experiences can help bring us into our heart space.

These are the moments to pay attention to when they arise. They are synchronicities. Alchemy in motion if you like. They can be mental, emotional or physical journeys and experiences.

It's up to you to explore. Try to move beyond your comfort zone. Look to your heart for the answers. Embrace what *resonates* from your heart space and *feel into it*. Ask your Authentic Self for help as you go through the process. It's your journey. Enjoy it.

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Suggested Reading

- *An End to Upside Down Thinking* by Mark Gober
- *Cosmogogenesis* by Dr. Brian Thomas Swimme
- *Eye of the Heart: A Spiritual Journey into the Imaginal Realm* by Cynthia Bourgeault
- *Living in a Mindful Universe* by Dr. Eben Alexander
- *Ordinary Mysticism & Wild Mercy* by Mirabai Starr
- *Return to the God Hypothesis* by Stephen E. Meyer
- *The Cosmic Hologram & The Story of Gaia* by Dr. Jude Currivan
- *The God Equation: The Quest for a Theory of Everything* by Michio Kaku
- *The Elegant Universe* by Brian Greene
- *The Physics of Consciousness* by Ivan Antic
- *The Physics of God* by Joseph Selbie
- *What is Real?* by Adam Becker
- *Whole Brain Living* by Dr. Jill Bolte Taylor

WE ARE ALL PART OF THE COSMIC SOUP

We sometimes use the phrase Cosmic Soup synonymously with God, Godde, Goddess *and* Universal Consciousness.

This is a simplistic way of looking at it of course; however, when we begin to not just realize but live from a place of oneness—*understanding that in some way shape and form*—that we are all connected, life as we have always known it, is forever changed.



Although we may not truly know what exists in the cosmos beyond what our human senses can feel, see, taste, hear and know, a remarkable thing happens when we simply trust in the cosmic force at play.

Sometimes referred to as the *Law of Nature*, things begin to flow in our lives and they do so with ease and grace.

When we think about aligning ourselves with these natural laws, we also begin to understand that love can be found in emptiness and the Void. Love can be found *everywhere*, not just in a perception of what we think love should look like.

Buddhists refer to this emptiness as shunyata. Ask yourself: how do you see emptiness? Do you see love and perfection in this shunyata? Or, do you simply see atoms or particles in space and darkness? Miriam and Yeshua also speak of this in *Magdalene's Journey* as all great masters have and do.

Now, close your eyes and trust in the *All That Is*. Trust that there is a divine perfection to all of it and you are part of that divinity as is everything else in it. Even the stars. And, even the Void. Are you ready to go deeper?

MEET RENEE & ANTHONY



Renee Blodgett and Anthony Compagnone are the founders of Blue Soul Earth® and together as a couple, they act as vessels for transformative experiences, ancient knowledge, wisdom and healing through events, books, workshops, retreats, and courses. They teach about Universal Consciousness, Heart-Centered Living and our Human Existence. *Magdalene's Journey* is their first book together. You can go deeper at www.magdalenesjourney.com.

Find out more about their world:

www.bluesoulearth.com & www.bluesoulmedia.com
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Thank You!

JOIN
OUR
COMMUNITY!

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