

**ENLIVENING THE ARCHETYPE
OF KALEVALA'S MARJATTA IN MY SELF**

**INSTRUCTIONS FOR YOUR PERSONAL TRANSFORMATIONAL PROCESS
OF PURIFICATION AND ENFORCEMENT**

You need 6 pieces of paper, pen and colors (pastels, crayons etc.)

This process is planned to happen preferably on three days. On the first day please do the steps from number 1 to number 4. On the second day please do the step number 5. And on the third day please do the step number 6.

In the evenings, please, before going to sleep, take a moment and let the inner work, you have done during the day, go through your mind once more and go to sleep with it.

In the morning's, please have a few minutes before getting up and going into your daily tasks and in silence listen attentively to what lives in your mind. What the depth of night has brought to you? You may have in your mind a sound, a word or a sentence, perhaps pictures. Pay attention to them.

May Marjatta serve as your Higher Guardian through the journey ahead.

The first day

1. step. The experience and the situation

- a. Find out what experience of Marjatta touches you the most right now?
- b. Find out how this experience of Marjatta, that touches you now the most, lives and expresses itself in your own life right now? In what kind of a situation does it express itself?
- c. Draw the situation in the paper number 1. It may be a situation that has happened, is happening, or you think might happen in the future. This drawing is telling about a factual situation. Who are the people there? What is happening there? Do not forget to put yourself there in the picture.
- d. Have another piece of paper, the paper number 2 and write into it one to three sentences describing the situation.

2. step. The soul life of this situation. Weakening forces or impulses.

In every instance of our life, we carry both the hindering and the beneficial forces in us.

You may have impulses, feelings, convictions or drives in you that weaken you in this situation, something you want or need to say no to, something you want to leave behind.

Perhaps there are inner thoughts like: I cannot do it / I am not good enough / I do not deserve it etc.

Perhaps there are feelings like fear, envy, hate, shame, doubt, uncertainty etc.

Or perhaps you have a habit which you want to get rid of.

The impulse you want to leave, put borders to, may also come from outside. What is it?

a. Have a new piece of paper, the paper number 3, and draw another picture, this time mainly with colors and forms and lines. This is an abstract picture. In it you express all the hindering, bothering, astray leading, weakening forces you find in you or outside of you in this situation, which you want to leave, say no to.

b. Have a new paper, paper number 4. Write on the paper the forces or impulses that weaken you, you want to leave behind.

3. step. The soul life of this situation. Strengthening forces or impulses.

a. And again, please, have another piece of paper, the paper number 5, and draw on the paper number 5 the strengthening impulses outside of you or in you, feelings or convictions, urges, drives etc. This is about the impulses or possibilities which you want to say yes to. Use again colors, forms, and lines to express benevolent forces you have, or you need in this chosen situation. Write down on the paper number 5 all the feelings or attitudes or impulses that strengthen you in this situation. Something you want to open yourself to, something you want to follow. Something you need for your wellbeing or for your life's tasks or for the challenges you face.

b. Have a new paper and write on the paper number 6 the benevolent, strengthening forces and impulses that you want to open to.

4. step. The whole situation depicted on the 6 papers

a. Put the three drawings in front of you. The drawing of the situation you have chosen goes to the middle. The drawing about the weakening forces or the impulses go to the left. And the picture about the strengthening forces goes to the right side.

b. You have also papers in which you have written down a few sentences which tell about the situation and the papers on which you have written about the weakening and strengthening forces or impulses. Put them under the corresponding pictures.

c. Now you have the chosen situation in front of you. On the left you have the forces you want to say no to. There you have the forces and impulses you want to leave. And on the right side you have the forces you want to say yes to, the forces and impulses you want to follow, you want to open to.

d. Concentrate on the whole situation for a while.

The second day

5. step. The first meditative action and walking in the nature.

a. Go for a walk to a peaceful, beautiful nature. Find a suitable place to do your first meditative action. If you have a possibility to go to the shore of an ocean or lake, go there. If that is not possible, go to some place that you find fitting for this process which is described below, perhaps to a top of a hill and imagine you are on the shore of an ocean.

b. When you are standing on the shore of an ocean, factually or in your imagination, please take a stone from the ground in your hand. Let all that you do not need any more or which you want to get rid of, say no to, stream into this stone. Feel it happening. When you are ready throw the stone far to the waves and follow in your mind how it is sinking deep, deep into the bottom of the ocean. If you wish, you may also take one stone for each weakening feeling, conviction or impulse and throw several stones to the ocean going through the same process. Do it as you feel comfortable with.

c. Continue walking in the nature and listen to your body and your soul how it feels now. Notice where in your body you feel the change.

The third day

6. step. The second meditative action and walking in the nature.

Please concentrate now on the strengthening forces or impulses, the benevolent forces in the chosen situation.

a. Go to the nature and find a peaceful and beautiful place where you feel good.

b. In the peaceful place please open your arms towards the sky and let all the benevolent forces and impulses you want to open yourself to stream to you.

And then let your arms descend and contract towards your breast so that in the end your hands are like holding a ball of light between them in front of your heart. This is a very, very precious ball of light. All the strengthening forces fill it.

Then put your hands against your breast imagining that the ball of light is melting, and the strengths stream out of it into your heart. Let the strengths flow into every cell of your body through your heart center. And let your whole body become the strength you need.

c. Continue walking in the nature and feel that your whole body and soul becomes the strengths you have received.

After you have gone through this transformational process please complete it by creating a four- line poem which brings your experience into expression. Share it with the conference community latest by the end of April 2021 by sending an email to:

2022@worldwidebiographyconference.com

Thank you!

May the Sun within you make wonders!

**Devised by Tuula Karkia
tuula.karkia@gmail.com**