

WISDOM OF THE WATERFALLS

A PREPARATION GUIDE FOR YOUR JOURNEY TO

THE HIDDEN FALLS

BEFORE YOU BEGIN

You have heard the call. What follows is not content to be consumed but a transmission to be received. There is a difference — and your body already knows it. This guide will walk you through how to prepare yourself and your space so that you can arrive at the waterfall temple transmissions as openly and receptively as possible.

Read it through once before you begin. Then return to it as you need to.

ENTER SACRED TIME

Before you press play on anything, give yourself the gift of arriving. This might look like a walk in nature, a meditation, some gentle movement, or simply sitting quietly with a cup of tea until the noise of the day begins to settle. Whatever is your practice for coming home to yourself — do that first. There is no right way. There is only what brings you into a contemplative, receptive space. Trust what you know about yourself here.

SET YOUR INTENTION

When you feel settled, take your journal and write down your intention for this experience. Not a demand. Not an agenda but a quiet, honest knowing of what has called you here. If you're feeling stumped, you might ask yourself:

- What is pulling me toward this?
- What is the longing/yearning underneath the logical answer?
- What would I love to unfold from this experience?

- Write without editing. As Glen Hansard said “*Forget about being correct. The muse hates correct.*”

PREPARE YOUR SPACE

Find a place where you want to encounter the transmission. You might bring something meaningful — a candle, a crystal, flowers, a photograph or tidy a cozy space in your home. Or you might take yourself somewhere in nature, if that is available to you.

Most of all you need to feel safe. If at all possible, give yourself a distraction free zone and tell the people around you that you’re not to be disturbed. This is time for you and Spirit. Protect it as such.

You’ll need:

- Headphones, if possible, to let the sound of the falls come fully into you
- Your journal and something to write with if you wish
- Whatever makes you feel held, safe and at ease

ENTER WITH REVERENCE

When your space is prepared and your intention is written, return to the audio journey and begin with recording one.

Move through the recordings in order. Do not rush between them. Let each one complete before you move to the next. You will hear the sound of rain in the background of several of the recordings.

AFTER THE TRANSMISSION — A FEW JOURNAL PROMPTS

These prompts are not tasks. They are invitations for you come to if and when you are ready, or not at all.

BEFORE YOU ENTER

- What called you here? Not the logical answer — the deeper one. What is the longing underneath?
- What are you ready to release, even if you don't yet know what will replace it?
- What would it mean to trust that your body and soul already know what to do with what you're about to receive?

AFTER YOU RETURN

- What did you notice — in your body, in your heart, in the quality of your inner silence?
- What arose that surprised you?
- What do you not yet understand but somehow feel to be true?

WHEN YOU ARE READY, RETURN TO THE TEMPLE PAGE AND FOLLOW THE PATH HOME.

IN THE DAYS THAT FOLLOW

- What is revealing itself slowly? What insights are arriving in the mornings, in dreams, in quiet moments?
- What is your body asking for as it integrates?
- What wants to be honored from this experience?

A FINAL NOTE

Your being has just communed with something ancient and alive. Please don't rush to understand it. The mind is often the last to catch up.

This will continue to deepen over the coming days, weeks, months. Let it move through you in its own timing. Your body knows what to do. Your soul absolutely knows what to do. Trust them both.

With love and gratitude,

Jana