

Join us…

The Modern Mystic Institute Offers Tools and Insights for Shifting Times



Welcome!

Tools and Insights for Shifting Times…

- **About Mystics Salons**
- **Society and new friends**
- **We are here to serve**
- **About me**
- **About these times: extinction curves, adaption and resiliency**
- **We are in the liminal stages of transformation**
- **Let yourself be guided**

Thank you for joining us…

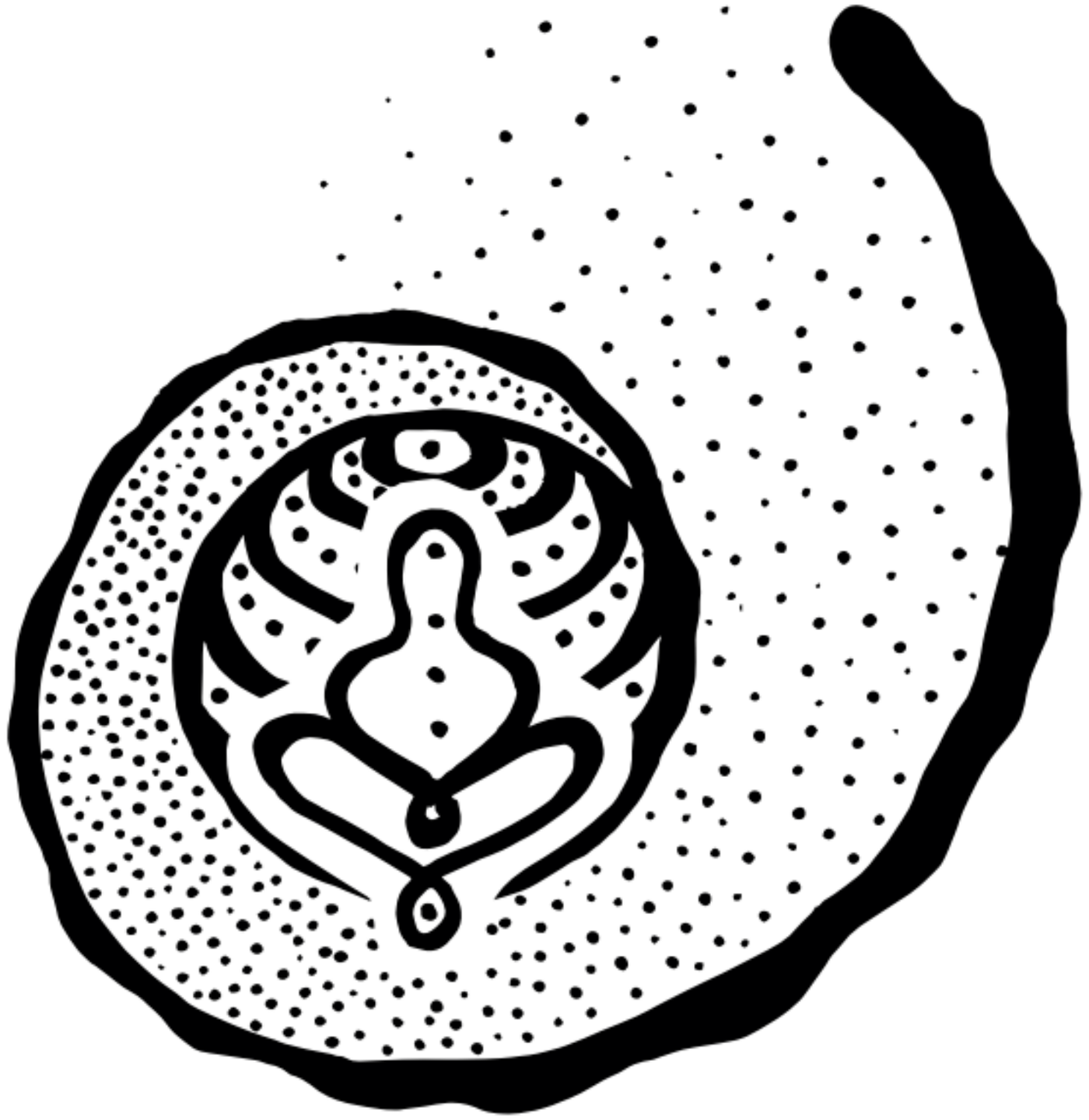
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Mystic Salon Topics

Tools and Insights for Shifting Times…

- **February I** The Mystics Path - Guide and Map
- **March I** Anticipating Shift: The Transformation Lifecycle
- **April I** Divination and the Mystics Almanac
- **May I** Your KEY to Safe Shift: Creating Resonance using ACAR model
- **June I** Overcome Anything: The Gratitude S.E.C.R.E.T
- **July I Lost no more -** Clarity in Chaotic Times (The 8 Directions and how to summon them)
- **August I** Ancient Tool for Manifesting Anything and Everything (The Wheel & Rings primer)
- **September I** Create the Container for your Desires: The Magic Triangle
- **October I** Turn Envy into Manifestation: Alchemy of Envy
- **November I** The Worry / Knowing Framework and how to claim it
- **December I** A Map for New times: The Mystics Manifesto

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Bringing our Hearts and Minds Together

Intentions for this Salon

In this Salon we will:

∞ Discuss the container(s) of the Mystics Path

∞ Recap the “Mystic Manifesto”

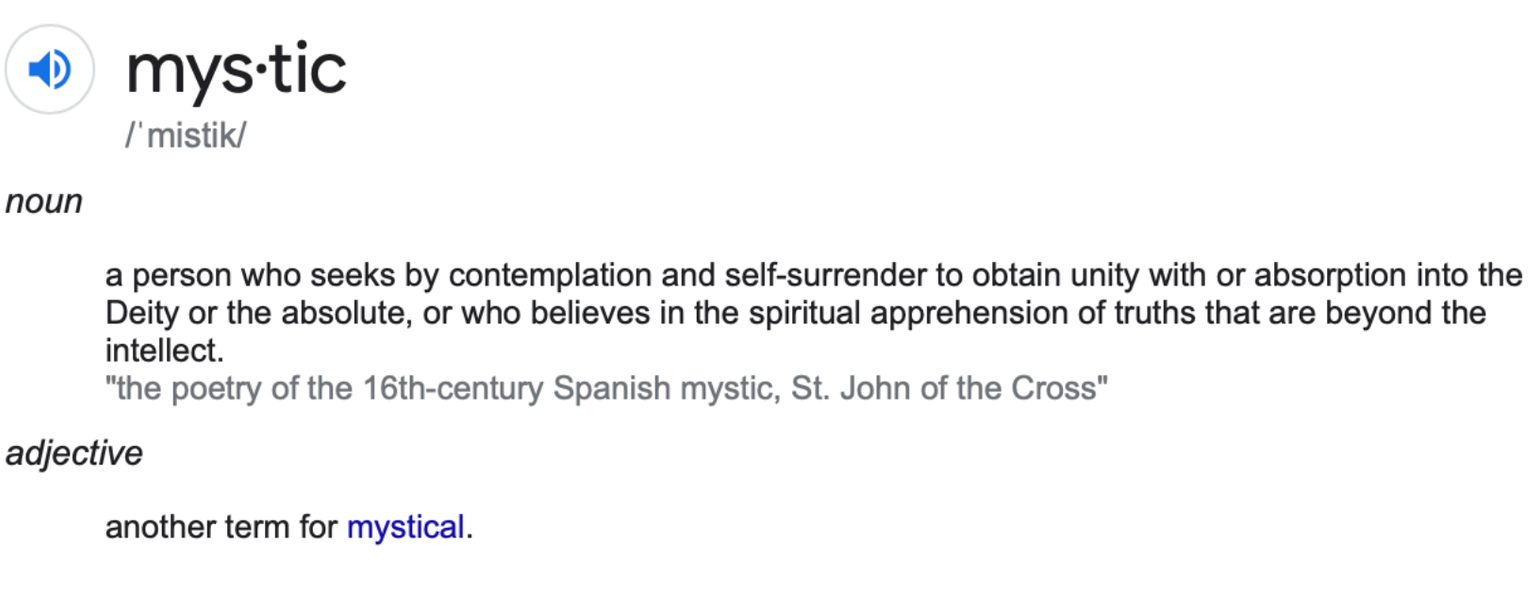
∞ Explore the nautilus of the Mystics Path

∞ Core Elements of the Mystics Path

∞ Tools and Outcomes for journeying on the path

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On being “Mystic”



mys·tic

/ˈmistik/

noun

a person who seeks by contemplation and self-surrender to obtain unity with or absorption into the Deity or the absolute, or who believes in the spiritual apprehension of truths that are beyond the intellect.
"the poetry of the 16th-century Spanish mystic, St. John of the Cross"

adjective

another term for mystical.

∞ a feeler

∞ a seer

∞ a believer

∞ an authentic, resonant, abundant, true being…

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To the outside world…

mystic adjective

Save Word

mys·tic | \ ˈmi-stik \

Definition of *mystic* (Entry 1 of 3)

1 : MYSTICAL sense 1a

2 : of or relating to mysteries or esoteric rites : OCCULT

3 : of or relating to mysticism or mystics

4 **a** : MYSTERIOUS

b : OBSCURE, ENIGMATIC

c : inducing a feeling of awe or wonder

d : having magical properties

mystic noun

Definition of *mystic* (Entry 2 of 3)

1 : a follower of a mystical way of life

2 : an advocate of a theory of mysticism

How do you define "modern mystic?"

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Synonyms of the word “mystic”

Synonyms for *mystic*

Synonyms: Adjective

magic, magical, numinous, occult, weird

∞ funky
∞ bizarre
∞ unreal
∞ “crazy”

∞ magical
∞ trippy
∞ surreal
∞ strange

∞ unbelievable
∞ beyond
∞ magical
∞ “wonky”

“It’s really just to be…connected” - Marie McRee

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In our own words…



What does being a Mystic look like on a daily basis?

Attuning to the present moment regularly and being in awareness. Noticing what's arising and tending to it, visioning what's desired and tending to it, clearing what's no longer resonant and tending to that. Having the life wheel as a tool that's always in motion and refining.

In our own words…



What does being a Mystic look like on a daily basis?

Being a Mystic for me looks like being connected to the wisdom of my heart, feeling what my body is telling me and then being brave enough to take action based on that information. My path to wisdom is frequently through day dreams and mind wanderings. I love tools for guidance and support such as tarot, palmistry and hypnosis.

In our own words…



What does being a Mystic look like on a daily basis?

Dedicating my days to the Goddess.

Prayer.

Celebration of life.

Invoking magic to support my path in the world.

Honoring and tapping into Source as I do my work.

Deep deep gratitude.

Modern Mystics

Deep within us all is a memory, a wellspring of magic and mystery that is beginning to return as an expression in our modern time.

You are awakening to the deeper understanding that you are a part of the great divine.

This unity gives you access to a stronger inner power and a more direct line to the life force. A global remembrance is occurring, and you are on the transition team. This reawakening is bringing you back into your innate rhythms. It is realigning you to the seasons, natural cycles, and energies all around you. It is activating the magic within your internal connections, the bond between all humans, and in our collective relationship with the Source.

—The Mystics Oracle

What is the Mysics Path?

A book…





…and now a course.

Manifesto as a framework for the Mystics Path

LindsayPera
Thrive. Expand Connect.

MYSTICS MANIFESTO

MysticsSociety
Purpose. Passion. Prosperity.

We are all connected.

There are seen and unseen forces at play.

Seek to amplify only light and love.

What we do for the one, we do for the all.

Mentor and be mentored.

There is both teacher and the taught in all things.

Do no harm. Assume positive intent.

Hold peacemaker vows, compassionate hearts, open minds.

We are capable of access to our guides and creating deeper connection to ourselves, to magic, to others, nature, spirit and unseen realms.

All is light and energy. Co-creation is the way.

Each and every one of us sees, hears, feels, believes and acts in our own unique way, and all are valid, worthy of love and blessed.

The magic is in the alchemy, the blending, the contrasts and the compliments.

Seeing. Remembering. Reminding. Claiming.

I am a sacred worthy luminous being, I am love and my love is forgiving.

Onward we go. Together we rise. In service we shine.

In peace we reside.

Find right livelihood.

Enjoy the experience.

Honoring the 8 directions...

North, South, East & West.

Inward, Outward, Below, Above.

With gratitude for it all that is and blessings already on their way.

Amen. Blessed be. A-ho.

And so it is...



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The Origins of the Mystics Path

∞ It’s origins: A circle, a request, an Unseen journey

∞ It’s formation: A mastermind, a memberhip community, a course, a book

∞ It’s many forms: Inteviews, Stories (now removed), a Guide, and ultimately its current form

∞ Many hands, many hearts, so much gratitude…

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It’s a book…
but also a guide…

Intentions woven throughout…

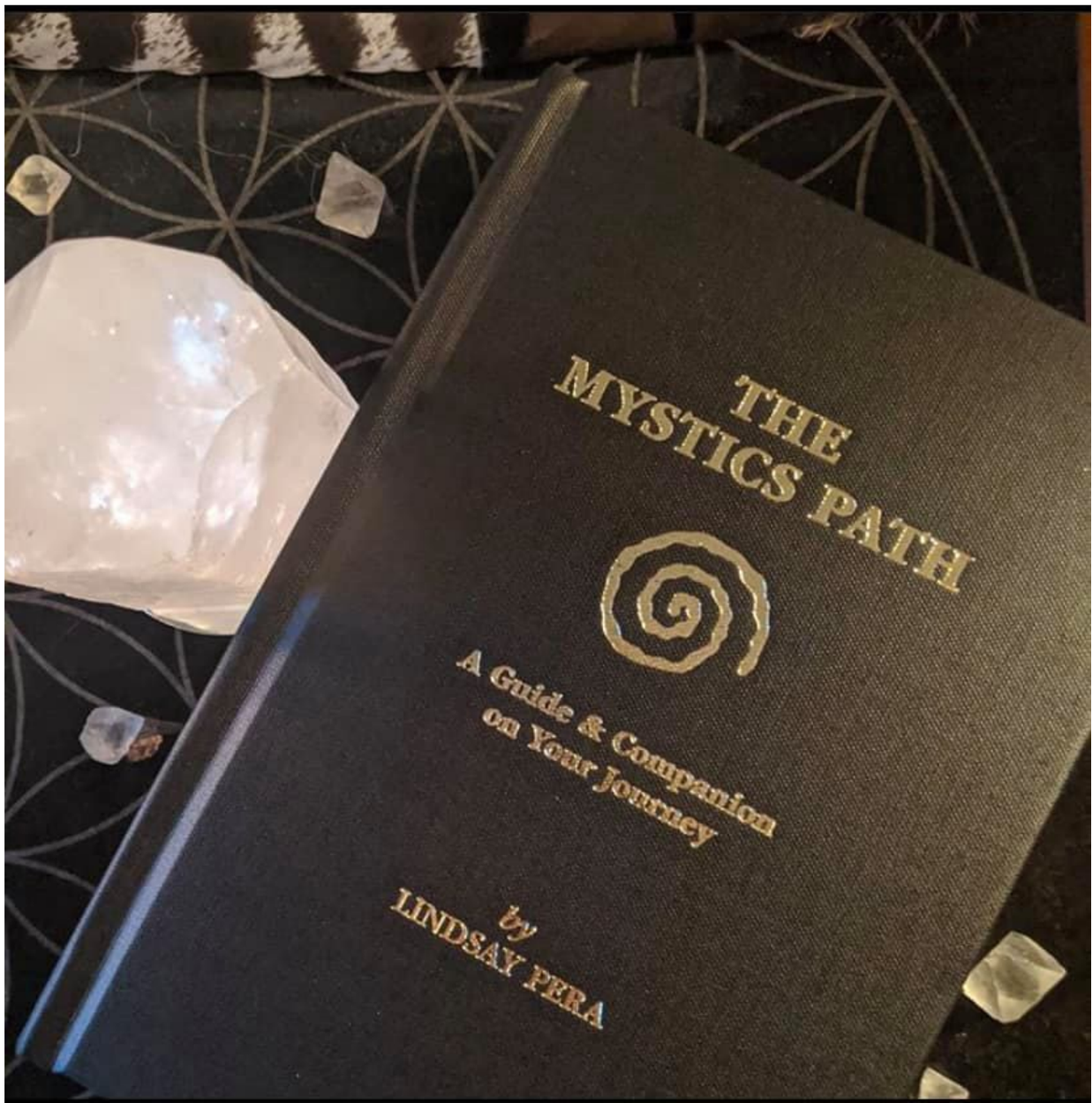
∞ A sacred ally

∞ Beauty way

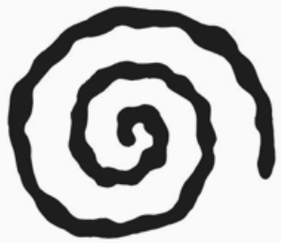
∞ Texture and truth

∞ A journey (and a ribbon
to mark your path)

∞ For your bedside, bag or altar



THE MYSTICS PATH



A Guide & Companion on Your Journey

by
LINDSAY PERA

This book is offered with deepest gratitude to:

Dekanawidah
Jesus Christ
White Buffalo Calf Woman
Mother Teresa
The Mystical Rose
Nelson Mandela
Dalai Lama
Martin Luther King Jr.
Gilbert Walking Bull
Paul Raphael
Tony Ten Fingers
Audre Lorde
Malala Yousafzai
Greta Thunberg

Offering our thanks to guides and peacemakers all over the world, throughout time, and across traditions.

Dedicated to Megan Baker

Drum Channel,
Healer and Peacemaker





The birth of this book involved an entire community of minds. Deepest gratitude to the teachers, guides, experts, co-creators, supporters, and friends who inspired and supported the journey.

The following list represents just a few.

Aaron Baker
For knowing how to paddle out and for being an unfailing ally of the Mystics

Jon Young
Mentor and founder of the 8 Shields Institute & author of *Coyote's Guide*

Richard Barr
Friend, mentor, energetic master and founder of the Energetic Arts Center

Barrington Salmon and OloriOsunremi Cathy Smith
For their presence, witness, leadership, truth and wisdom

Gilbert Walking Bull
For his gift of the smudge, his presence, and the deer story

Kathleen Lockyer, Susan Pendergast, Marie McRee, Donna Helete, Lynn Kamplain, and the aunties, sisters, elders of the SLOHana

Mariana Bandarra for the gift of bringing our first words into form

Sherri Hayter
For her art and bringing this book into form

Paul Raphael
For his gift of peacemaking and his stories

Jessica Eicher
For her friendship. Everything

Wendy McKenna
Intuitive and founder of Lightshare and the Global Alliance for Balance and Healing

Mac Stewart and our Deep Nature



Connection mentors and guides

Josh Lane
For always asking the potent question
and holding space for the answers

Ayman Sawaf
Author of *Sacred Commerce*

Claire Hayes
For gifting me the gift of my own peace

My parents
For roots and wings

Casey, Sage, Cricket, and Ember
For being the source of all love + meaning.

And to family, community, team members,
sisters, friends, and Modern Mystics everywhere.
I thank you, and I welcome you.

Why Journey? Why Path?

“

If you are on a journey to find yourself, to live your purpose and be who you are really meant to be, then where are you now, who are you now, what are you doing, and why?”

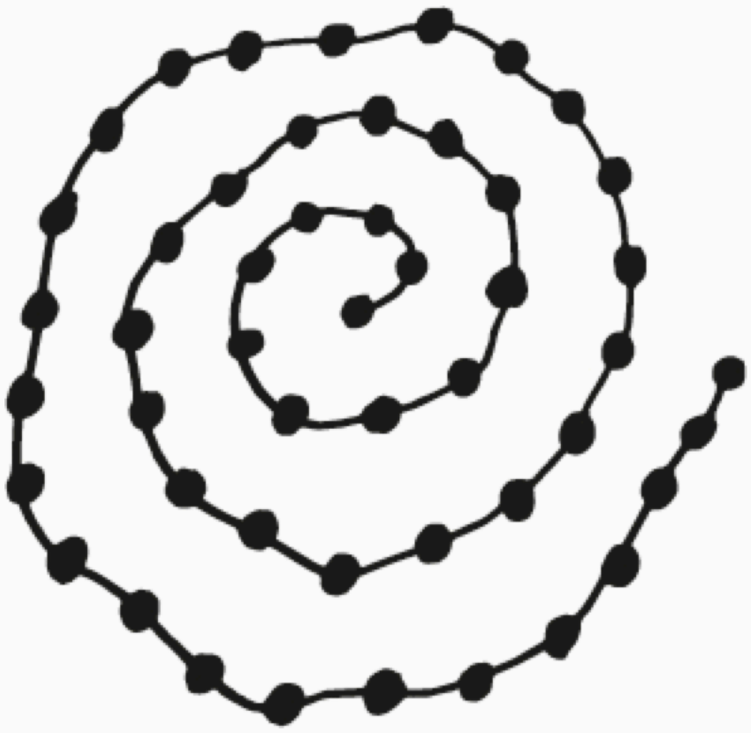
Excerpt From: Lindsay Pera. “The Mystics Path: A Guide & Companion on your Journey.” Apple Books.

On How to Use This Book

The tools in this book are meant for you to take what serves you and try it out. Make it your own. You do not walk this path alone, but your version of it will be unique to you and will not look exactly like anyone else's experience. You are blessed on your journey to alignment with your purpose and path on the planet. Enjoy in gratitude every step of the way.



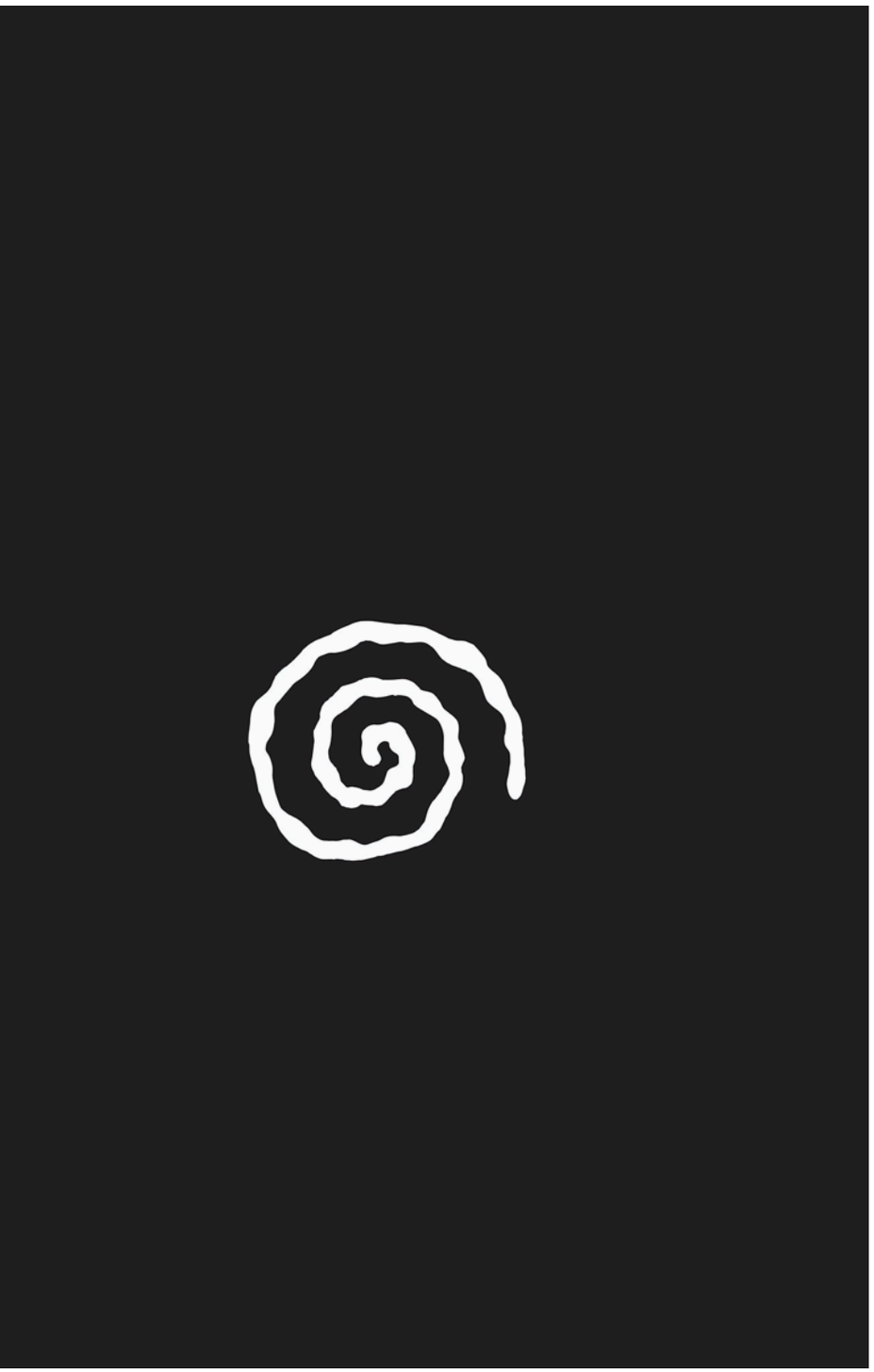
The power of the cesura…



The Nautilus

A labyrinth has one single path but infinite ways of journeying. Unlike a maze, which is designed to offer the experience of being lost, the labyrinth is a tool to find yourself.

Each Turn of the Wheel Holds a Step on the Path



Illuminating the path of the modern mystic...

There are eight different phases to this beautiful path.

Chapter One: Foundation

Chapter Two: Experience

Chapter Three: Energetics

Chapter Four: Personal alchemy

Chapter Five: Manifestation

Chapter Six: Integration

Chapter Seven: Mastery

Chapter Eight: Nautilus

What should I expect on the journey?

Illuminating the path of the modern mystic...

There are eight different phases to this beautiful path.

The ethers: The ethers is where life happens and pulls you towards the first step in your transformational journey. This is the pause; the place from which the decision is made or the soul signs up for its journey to get on the path of right livelihood.

Foundation: The foundation is the anchor to your journey. Here, you will do your life wheel and the rings. This work helps you understand where you are now and where you are headed.

Experience: How do you want to experience your journey? You learn about the beauty way and core routines. What are your desires? How would you like it to unfold?

Energetics: You will learn about energetic practices in the path of the mystics because that's how you influence the experience. Understanding the energy is important. You will develop an understanding that all things are energy. You begin to learn basic practices for influencing energy. These practices include bringing energy up or dialing energy down, grounding, amplifying, and running energy. All of these become tools in the tool kit or medicine bag of the modern mystic.

Personal alchemy: This is where you start making magic. Personal alchemy practices are things like tapping into your own intuition and divination, and connecting with your guides. This is the first step in creating magic in your journey.

Manifestation: You might start from the lens of how the common vernacular thinks of manifestation, which is calling in something you desire. You will be opening the discussion about how to not just expend and put an intention out to the universe, but to activate the flow. You are doing, being the purpose, the opening, receiving, calling in, and creating the attraction process. The seed gets planted at this point. Manifestation is actually what you do at all times. It is part of your co-creation with the universe.

Business alchemy: Alchemy beyond your own skin or your own front door. It's where you claim your purpose and begin to take to integrate that full medicine wheel, and find how you are meant to shine in the world. You realize what your gifts are and how they are intended to be shared and brought out into your business and your community. This is where you actualize walking the path of right livelihood and sacred commerce.

Out breath & Integration: This is the closing and integration, allowing and reflection of your journey and claim your mystic mastery in the world.

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PART ONE: THE FOUNDATION 1

Gratitude before all else.

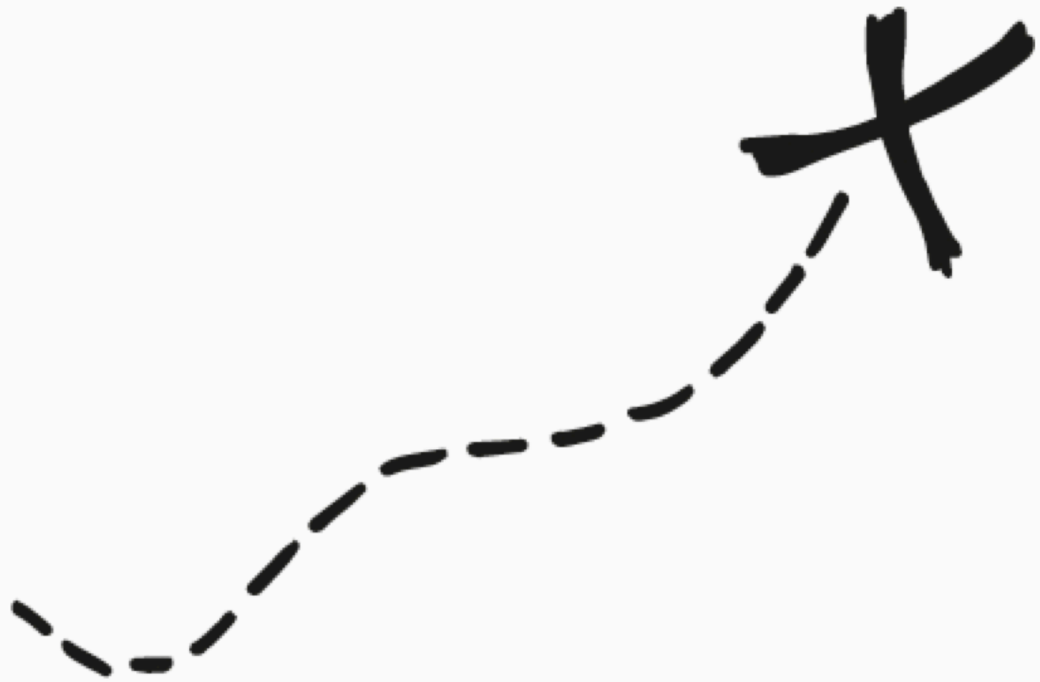
I am a sacred, worthy, luminous being.

I am love, and my love is forgiving.

Each chapter designed to inform, activate and guide

"Tracking is a simple exercise. It works because it brings moment-to-moment awareness to the actions you take in the area of your life you want to improve."

—Darren Hardy



This is where the magic starts to happen.

Aligned Actions & Alchemy

∞ Gratitude before all else. How will you deepen your gratitude practice so that you are not just thinking about what you are grateful for but are truly feeling it?

∞ Imagine you are a tracker. What are you tracking? And how will you learn from what you find?

∞ If you don't know your "wheel" and your "rings" do you really know yourself? Pick up a pen and a piece of paper, draw one wheel, your way. Just sit with it.

Energetic art designed to amplify and attract





PART TWO: THE EXPERIENCE 2

Magic is in the alchemy,
the blending, the contrasts,
and the complements.



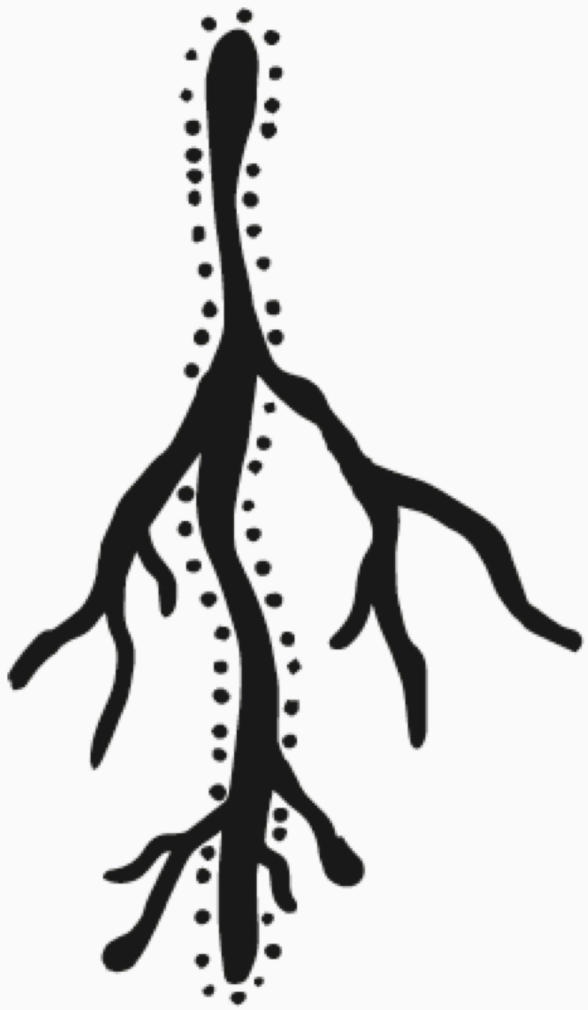
PART TWO: ENERGETICS 3

Each and every one of us sees, hears, feels, believes, and acts in our own unique way. All are valid, worthy of love, and blessed.

All is light and energy.

Seek to amplify light and love.

An energetic workshop in your hands…



Grounding

Grounding might be the most important energetic practice you learn in this book. It is especially valuable in times of busy schedules, stress, and over-



PART FOUR: PERSONAL ALCHEMY 4

We are capable of accessing our guides, and of creating deeper connection to ourselves, to magic, to others, to nature, to Spirit, and to unseen realms.

What we do for the one, we do for the all.

Co-creation is the way.

Do no harm.

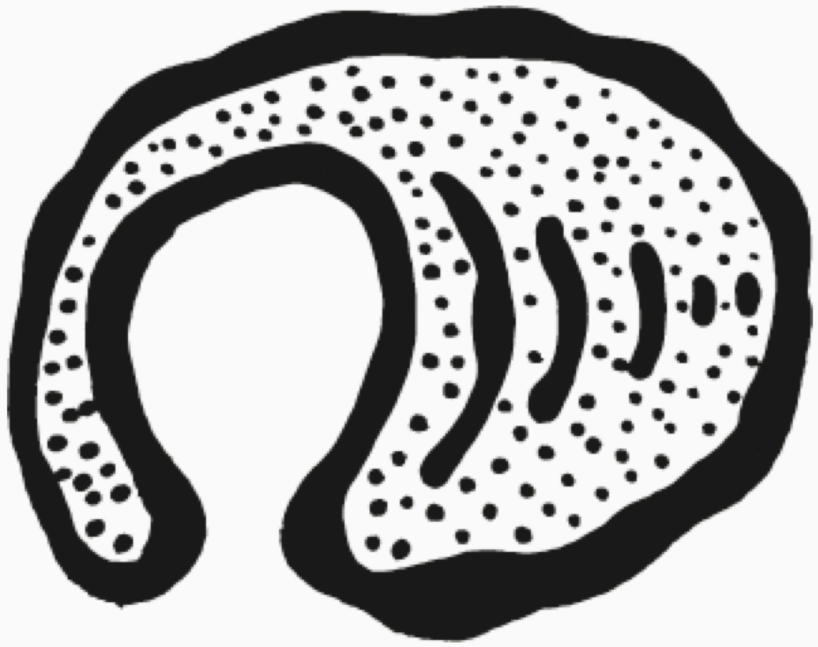
Introduction to the Intuitive Arts…



Asking and Sensing

So often when we are faced with doubt, we forget to look within. Sometimes, it is almost a knee-jerk reaction to turn outside of ourselves for answers.

As you bring more awareness to the experience of intuitive cues in your own body, you'll become increasingly familiar with your own internal language and the communication you have with your higher self will improve.



The Divine Art of Divination



PART FIVE: MANIFESTATION 5

Seek to amplify light and love.

Co-creation is the way.

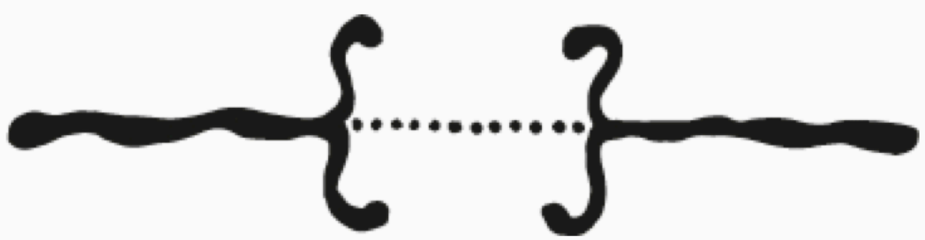
Seeing. Remembering.
Reminding. Claiming.

Elements of the Mystics Frameworks

(Example: The Pause)

When You Manifest Crisis, You Manifest a Pause

The lint brush approach can often lead us into catalysts such as disease, depression, heartbreak, and financial chaos. Eventually, the level of dis- comfort becomes unbearable and the crisis forces a pause. It's one thing to notice your life isn't the way you wanted it to evolve and still be learning from the lint, but if you've manifested a crisis for yourself, this means you are ready to start a shift.





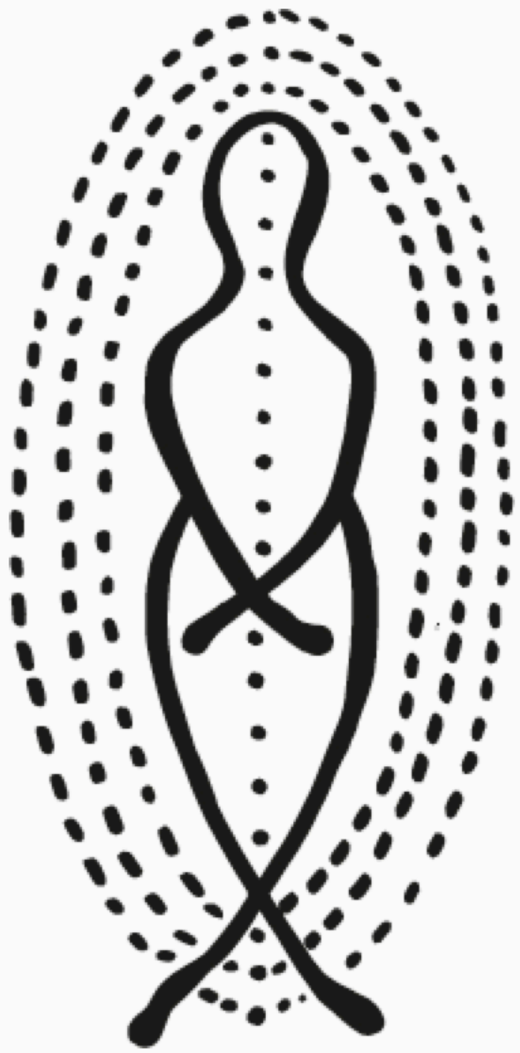
PART SIX: INTEGRATION 6

I am a sacred worthy luminous being.

I am love and my love is forgiving.

Onward we go. Together we rise.
In service we shine. In peace we reside.

Tools, medicine, and actionable guidance…



Physical Integration:

- Have I changed my physical core routines to integrate this shift?
- Is my body sending me messages I may be ignoring?

The Mystics Path Integration Checklist

- ☑ Have you tried drawing your life wheel?
- ☑ Have you mapped your rings?
- ☑ Where is your sit spot and do you go there regularly?
- ☑ How have you integrated the beauty way?
- ☑ What is your gratitude practice?
- ☑ Which of the energetic practices are working for you?
- ☑ What kind of divination practice have you started?



PART SEVEN: MASTERY 7

Mentor and be mentored.

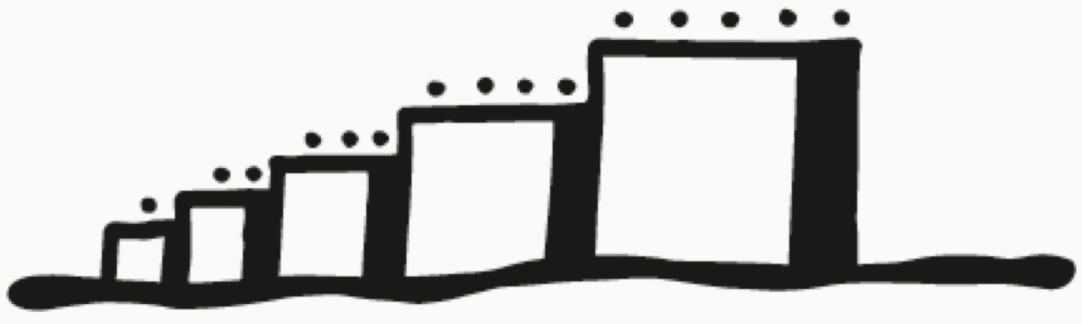
There is both the teacher and
the taught in all things.

Hold peacemaker vows,
compassionate hearts,
open minds.

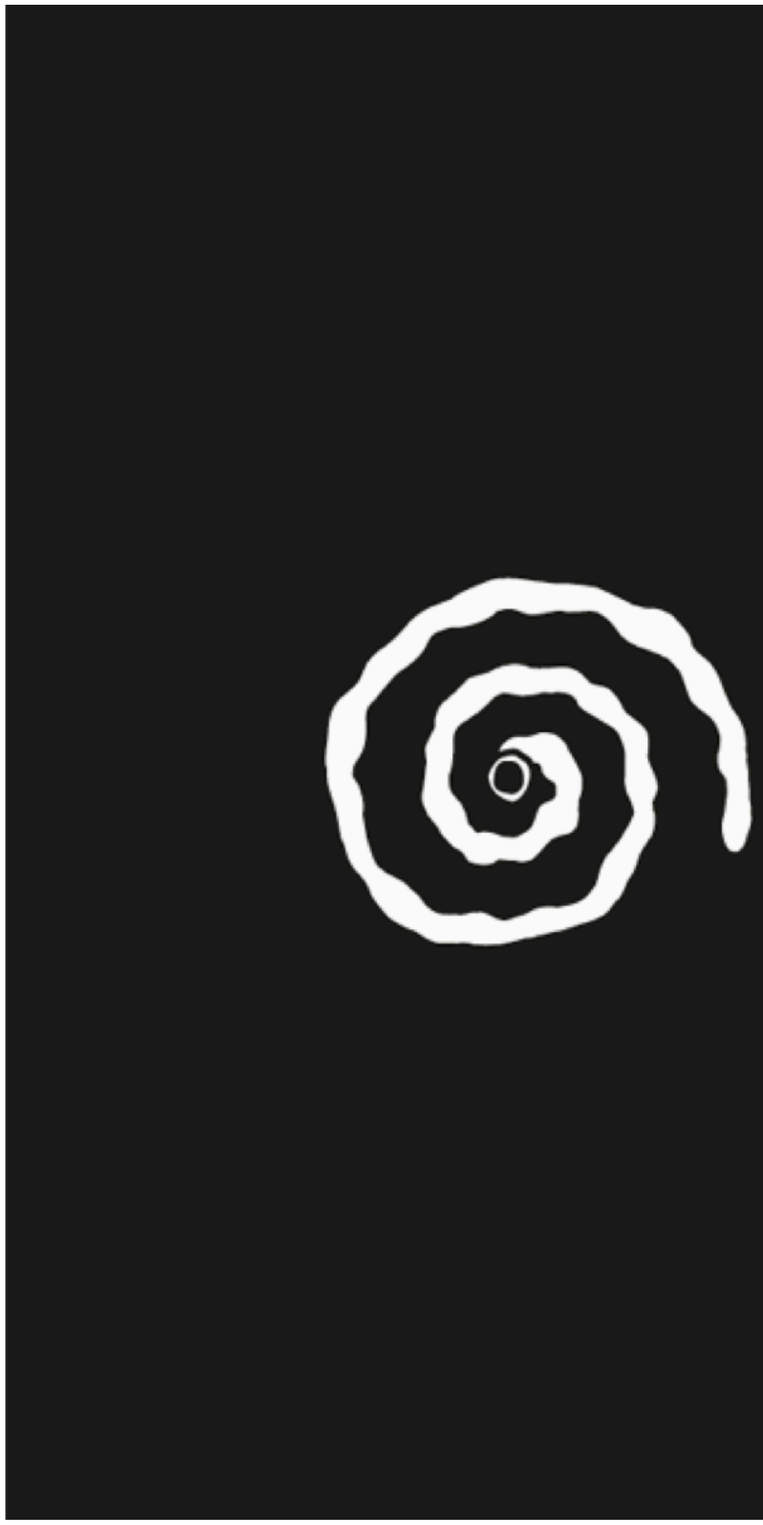
Mastery is more than a finish line…

Claiming Mastery of your journey on the Mystics Path includes:

- ◉ Starting Small
- ◉ Prioritizing Yourself
- ◉ Mentorship
- ◉ Divine Timing
- ◉ Peacemaking



Start Small. Start with What Feels Good.



PART EIGHT: THE NAUTILUS 8

We are capable of accessing
our guides, and of creating
deeper connection to ourselves,
to magic, to others, to nature,
to Spirit, and to unseen realms.

Assume positive intent.

Enjoy the journey.

Glossary | Application | Invitation

Weaving: When we speak of "weaving" we are speaking of the way in which we share our stories, our experiences, and our insights with one another. Weaving is a form of connection that draws us closer, creating resiliency and support, and bringing forth both meaning and magic.

Wrapping the Bundle

The tools in this book are meant for you to take, try out, and sense what best serves. Perhaps you've read it from cover to cover. Maybe you've visited as if it were an oracle, allowing different pieces to speak to you just when the time was right. Trust that you have been guided every step of the way. Enjoy that trust. Feel its lightness. Releasing the pressure of the outcome often brings about the most divine outcome possible. Lean into the experience of divine timing in your journey.



Mentoring and Community



Insights from the path….

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Glossary of the Mystics Path

Some common terms and phrases used in un-common mystical ways….

Some of the common language in this life and business alchemy space includes the following terms:

Core routines: The elements of your daily practice that you seek to observe regularly.

Third door: The third door is an option that presents itself as an alternative. The universe presenting an unseen option that is more aligned with how you want to feel.

Chop Wood, Carry Water: The Buddha was asked, “What is it like after enlightenment?” Buddha said, “Before enlightenment you chop wood and carry water and after enlightenment you chop wood and carry water. “ It means to do our work, the expansive and the mundane, to create alignment with our purpose.

Self-care: Going the extra mile to honor your uniqueness and care for yourself as a sacred being.

80/20: So many ways to look at 80/20. But in this case, typically an energetic and vibrational quality to the inquiry, understanding that while we are whole and one, there are always different ways of looking at the components.

Co-creation: The alchemy of blending your creative life force with the creative life force of someone else, and with the universe.

Resonance: The synchronous vibration felt when you are in alignment with another element. This could be a person, a project, or an environment.

Alchemy: The magic of combining what could be basic elements into something that is greater than the sum of the parts.

Business alchemy: Merging the world of magic, flow and manifestation with the more traditional business practices. Business alchemy happens when you begin to see your business not as an external thing or a static thing, but actually as an energetic entity of its own.

Personal alchemy: How we experience magic and transformation in our individual journey walking in the world.

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Glossary of the Mystics Path

Unspokens: The hidden agendas, ideas and thoughts of an individual or group. Perhaps the thing everyone is thinking but doesn't have the courage to say.

Assume positive intent : Assuming positive intent helps you realize when you are in a synchronous relationship versus one where it isn't serving or you may need to move on. It's a helpful word in terms of making sure what needs to get spoken gets brought forth.

Peacemaking: Guiding principles for how you walk in the world, recognizing the power of upright minds and open hearts. Being in right relationship with yourself and others and valuing all of creation.

Life wheel: The wheel is an illustrative representation of how we are in relationship by being human in this earth experience. The medicine wheel is a helpful guide to look at different components of the self in relation to all.

Rings; A way to look at prioritization and to anchor intention in the transformational journey.

The Pause: A natural process the universe puts into play to help bring us into alignment, into awakening or into shedding of what doesn't serve us.

Manifestation: Crafting or cultivating what you bring into form. How you invite the unfolding of your life.

Pitfalls: The things that distract us from our sacred journey. They are recurring human foibles or patterns.

Prism: Creating different instances of an element in form. Creating multiple instances of a thing to help bring it into form. The more prisms we can create of something we desire to call into our life, the easier we make it for the universe to conspire on our behalf and bring that into form.

Mystic: Those who remember past arts and bring them into modern context. Bringing unseen energies into reality.

Energetics: Energy is what flows through all things, the life force, the quality, the literal energy flowing. Energetics means how do you learn and understand about the qualities of those different energies and begin to modulate them.

New paradigm: New paradigm is a definition for the grouping of non-traditional ways applied in a modern context.

Magic: The miracle of life, and the miracle of the planet; a sunset, a connection between friends, or laughter. The feeling of awe and delight.

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Where is the journey taking me?

Outcomes of the Mystic Path…

1. Awakening: Whole Self, Finding it, Doing it, Being it, Claiming it
Through community, guidance, the wheel, nature and more

2. Alignment: On track, on path, guided, supported, expansive, truth
Through Wheel, ACAR, Reflection, Sisterhood, Peacemaking

3. Access & Receiving: Attracting, Receiving, Claiming, Integrating
Through Manifestation, Grids, Ceremony, Ritual, Manifestation Map

4. Activation: Bringing to life, energizing, "ennervating" (Lindsay's made up word) :-)
Ritual, Ceremony, Energy work, Alchemy, Cocreation, Reflection, Witness, Sisterhood, Community

5. Implementation & Application: Doing + Being, Stepping Forward, Creating, Claiming, Being Seen, Being Sought
Through: Chop Wood Carry Water, Being Journeyed, Witnessing, Casting nets (a big one!)

6. Amplifyfication:
Co-creation Lifecycle, Connection to Divine, Sisterhood, Resonance, Ceremony & Ritual - Magic

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Sacred Inquiry for your Journey

- **What are the key spokes of my wheel?**
- **How aligned am I to how I want to feel? Be?**
- **How well {compensated} do I feel for my output in life? In business?**
- **What creates meaning…for me?**
- **How do I define "success"**
- **How can I create more room for magic (ease and grace)**



Sacred Inquiry is one of our most activating core routines.

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Tips for your journey…

- **There is no “right or wrong” way**
- **Explore in your journal, your planning processes, your creative time**
- **Experiment with different core routines**
  - **the Wheel**
  - **sit spot**
  - **tracking**
  - **sacred space**
  - **manifestation & divination**

Your path will include a deep remembering of what, and who, you really are.

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Wrapping the Bundle

Just consider...(at least for a pause)

~ Integrate and claim (over manifest and call in)
~ Create and Express (over seek and learn)
~ Own your true power
~ Shine your brightest light
~ Truly claim your Mastery
~ Rest in the arms of the Divine - be journeyed - be Love.

The best is yet to come...

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To live is to journey. To love is to journey. You are here now in these Times of Change for a reason. Here is the medicine. Here is the toolbox. Here is the map and the compass. Into the not knowing we go....be journeyed...you need not journey alone.

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In Conclusion & Gratitude

- **Calendar our monthly Salons and Business Alchemy Breakouts**
- **Share and invite**
- **#together:**
- **Sherrie@MysticsSociety.com - Emergency Sessions with Lindsay or MMI Mentor**
- **Join and Engage in the Mystics Society**
- **Daily prayers: bring it, share it, let's do it…**



Thank you for joining us.

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