

MARY
MAGDALENE
Workbook



MARY MAGDALENE

The Kit includes:

This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own
journalling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you
- you don't have to do it all!

Explore your journey with Mary Magdalene in any way that
feels good to you!

Use this kit as a guide, always go with your gut and what
feels true to you



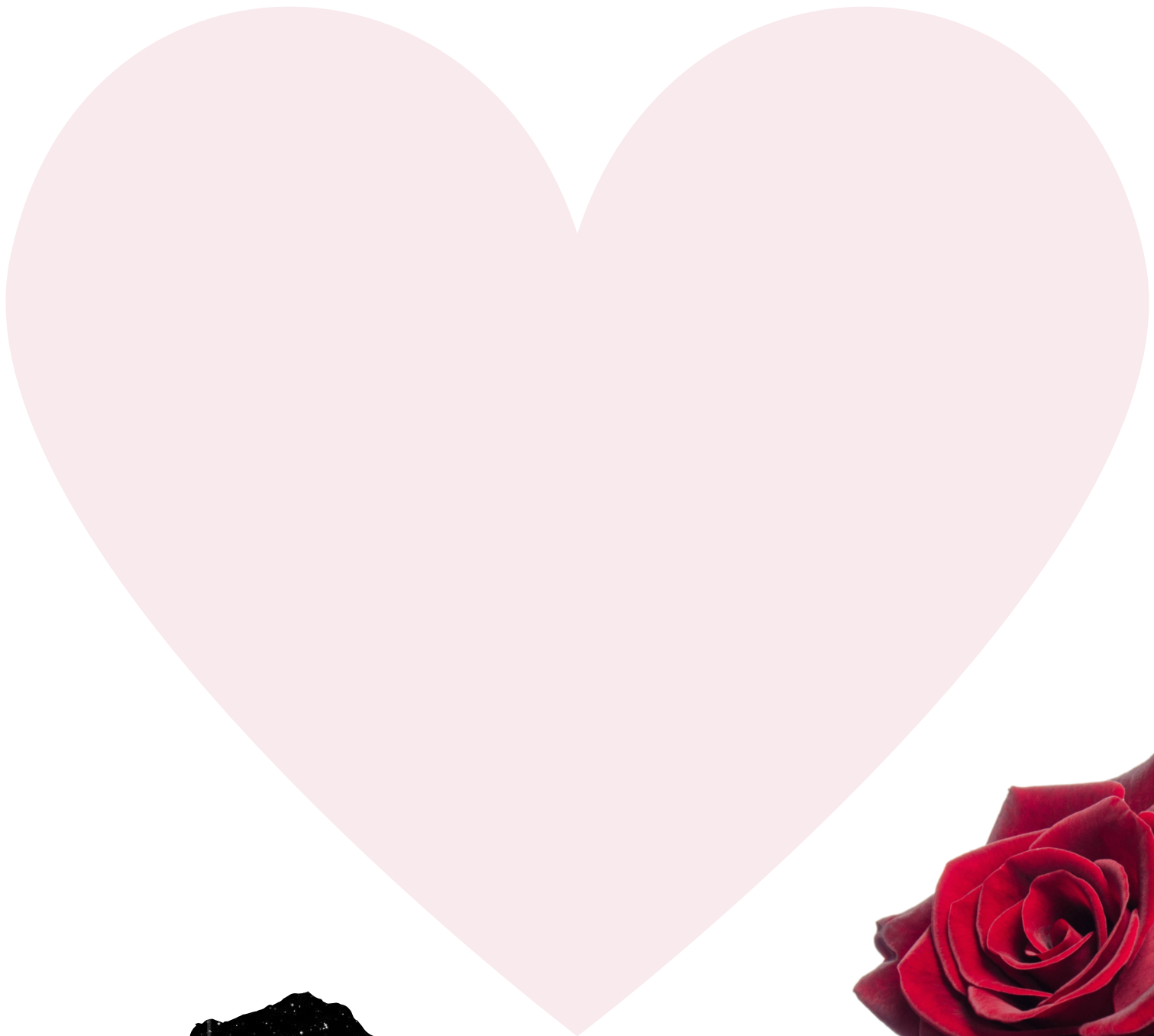
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HEART STORM

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think of Mary Magdalene...



*"We are all
welcome in the
heart of the
Magdalene."
-Vix*



INTENTIONS

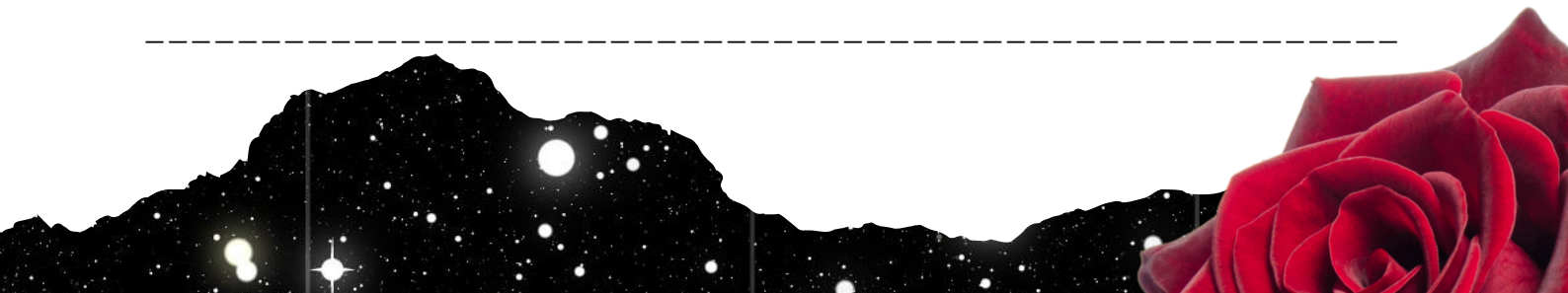
What intentions do you have for your work with Mary Magdalene?

How will you show up for yourself this month/during this work?

What could stop you from fully showing up?

How can you give yourself the best chance to show up for this work?

How would you like this work to support you and help you develop spiritually?





CHECK-IN

What are your current views and thoughts on Mary Magdalene? Who do you think she is?

Up to now, what has been your personal experience with Mary Magdalene?

What would you like to gain from connecting deeper with Mary Magdalene?

Do you have any resistance or hesitation about working with Mary Magdalene?

MARY MAGDALENE TOOL KIT

Here are some tools that may help you to work with and connect to the energy of Mary Magdalene. Use this list only as a guide, always trust your intuition and remember you can always use what you already have.

Other Deities:

Jesus, Mother Mary, the Female saints, the Archeiai (the female archangels), the Divine Feminine/the Goddess

Oils:

Spikenard/Nard (said to be the oil Mary Magdalene used to anoint Jesus' feet)

Frankincense

Rose

Myrrh

Cedarwood

Crystals:

Heliotrope/Bloodstone

Ruby

Garnet

Tourmaline

Carnelian

Crystal Skulls

Other tools:

The Gospel of Mary

Red roses

Head scarves

Ritual baths

Beach walks

A chalice



THE MAGDALENE MYTH

There are many myths and stories that have been told about Mary Magdalene over the years. It is up to each of us to decide what is true in our hearts and which stories we resonate with.

Mary Magdalene will be whoever she needs to be for you

Here are some of the best known myths and stories about Mary Magdalene:

She was a prostitute

She was possessed by demons

She was a Priestess of Isis

She was a practitioner of sacred sexuality and sex magic

She was actually many different people - made up of three different Marys mentioned in the bible

She was a disciple

She was an apostle

She was the first person to see Jesus risen from the dead

She was hated by the other apostles who were jealous of her relationship with Jesus

She was Jesus' twin flame

She married Jesus and had his child - Sarah

After Jesus was crucified she moved to France and began her work teaching Jesus' teachings

Take some time to do your own research - Google, read, explore more about who she may have been and decide for yourself which of the stories feel true and relevant to you in your own life.



THE MAGDALENE PATH

The Magdalene Path is not a pathway you can find outside of yourself. You can't find the answers in books or in other people's thoughts and ideas about who Mary Magdalene was or who she can be for you now.

While the Christian path is very focused on buildings, places, rules and specific rituals and hierarchy, the Magdalene path has none of these.

In fact, most people spend years searching for the Magdalene path, only to eventually realise it can't be found by looking, it can only be found by feeling.

It is not a path you can find by looking down at your feet. In order to find the path you have to close your eyes, feel for it and trust yourself enough to take a leap of faith, a step into the unknown, into the mystery.

As with all things on this spiritual journey, there is no right or wrong way to follow this path, this is the path of your heart, and how could the path of your heart ever be "wrong"?

There is no hierarchy here. There is no one person who knows Mary Magdalene "better" than someone else or has more experience. You can have been working with her for years or moments, there is no difference. This path is not about what you "know". To move into competition and comparison is to move off the path. To move back into love, into being both teacher and student, into service and devotion and to accept the mystery, to accept you will never know all the answers - this is the Magdalene Path.



RELEASING EGO

Where do you find yourself in competition with others?

Where do you find yourself in spiritual competition with others?

How does being in competition with others feel to you?

What could you do to move out of the energy of competition and deeper into your own experience and journey?






DISCIPLESHIP

What does discipleship mean to you?

Who or what do you feel you are a disciple to in your life?

Who or what would you like to be a disciple to?

Do you have any blocks or negative feelings about being a disciple? Is there a word or phrase that could feel better to you?



DEVOTION

What does devotion mean to you?

Who or what do you feel you are devoted to in your life?

Who or what would you like to be devoted to?

Do you have any blocks or negative feelings about devotion? Do you have any resistance to this word or energy of its meaning?

How could you bring more devotion into your life?





BALANCE

Where is your divine feminine energy in balance?

Where is your divine feminine energy out of balance?

Where is your divine masculine energy in balance?

Where is your divine masculine energy out of balance?

How can you bring yourself back to balance?

THE STUDENT

What are you a student of in your life currently?

What kind of student are you? Are you a willing student?
How do you feel about your teachers?

Who or what would you like to be a student of?

Where is there learning and wisdom waiting for you to find it?



THE TEACHER

What are you a teacher of in your life currently?

What kind of teacher are you? Are you a patient teacher?
How do you feel about your students?

Who or what would you like to be a teacher of?

What wisdom are you keeping or holding that is ready to be
taught and shared with others?



THE HIERARCHY

Where do you put yourself on a pedestal?

Where do you put yourself down and lower than others?

Who do you put on a pedestal?

How could you move out of hierarchy mind-set and into seeing everyone (including yourself!) as having equal value, love and teachings to share?



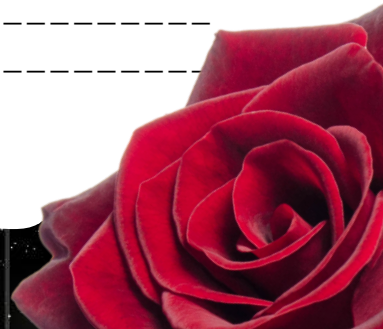
THE PROSTITUTION WOUND

Where do you feel you "sell" yourself - through your body, time, energy, work etc.?

What are your judgements of how other people sell their bodies, time, energy, work, etc.?

How much do you think your body, time, energy and work is worth?

What needs to change so that you can experience a better balance of energy exchange for what you offer the world?



SACRED SEXUALITY

What does your relationship to your own sexuality look like right now?

Are there any blocks, fears, resistance or judgements for you in this area of your life?

What are you ready to release, heal and create in this area of your life?

How could you bring more sacredness to your sexuality?



BEING A MAGDALENE

What does it mean to "be a Magdalene?"

If you feel that you are a Magdalene, you are one. You don't even need to read any further. If you feel this is true in your heart, then it is.

If you feel a deep connection to Mary Magdalene, even if you don't understand it consciously, you are a Magdalene.

Being a Magdalene is about inviting Mary Magdalene into your life and becoming a disciple to your own heart.

Being or becoming a Magdalene is much like stepping into your power as a lightworker.

The Magdalenes are focused on bringing more love and light to the world, on being of service and making a positive difference to the world and in their own lives.

A Magdalene is connected to their heart and tries to live their life in alignment with love.

A Magdalene follows the path of their own heart above all.

A Magdalene lives in alignment with love, compassion, in service to the divine and to themselves.

A Magdalene honours, embraces and fully embodies the divine feminine while loving, honouring and respecting the divine masculine.



MINISTRY

What message does your heart want to share?

Who do you need to share this message with?

How can you share this message with those who could receive blessings from receiving it?

How can you hold sacred space for others and for yourself?

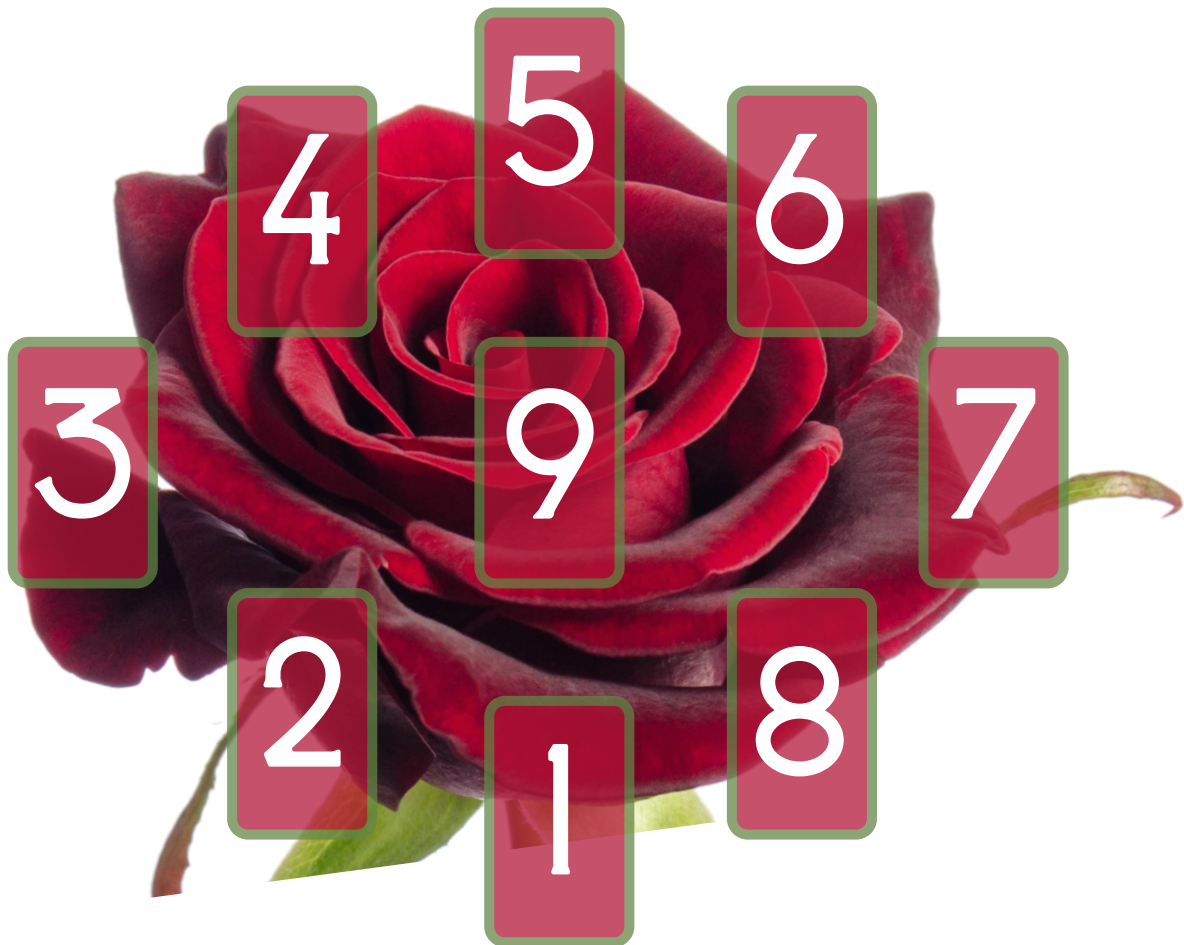


"If I could start again, I would know that the only cathedral I've ever needed to find, to enter, to return to again and again, is this humble red hermitage, this mystical space that holds all the answers. I would begin again inside my heart."

-Meggan Watterson



MARY MAGDALENE TAROT SPREAD



1. What blessings can Mary Magdalene bring into your life?
2. How can you be more devoted to your own heart?
3. How can you balance the feminine and masculine energies within you?
4. How can you see your own self-worth more clearly?
5. A message direct from the heart of Mary Magdalene
6. Where are you being asked to to be the student?
7. Where are you being called to be the teacher?
8. How can you bring more sacredness to your sexuality?
9. What is your ministry? What is your message to share?

WHAT'S NEXT?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle you are welcome to come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!
www.newagehipster.co/the-circle
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions -
vix@newagehipster.co



ABOUT VIX

Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through authoring books, The Circle, the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a best selling YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.

