

THE BLACK ROSE



The Black Rose is a Book of Love and a gift of great value...born from my own struggles and healing journey into Love and remembering, to bring the embodiment of truth, wisdom and power to my own feminine soul.

Humbled, and bowed in deep reverence, I now carry the message and alchemical luminous presence and Wisdom Flame of the Diamond Black Light of the Black Rose. I AM the Black Rose embodied....

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All extracts from archived blog posts about the Black Rose have been written by Linda Raven which can be viewed in full within the Blog archives on her website at www.lightmessenger.co.uk

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HER FIERCE GRACE by Linda Raven

Don't be fooled into thinking you have it all together.

I will come to you in the dead of night or the cold Light of day.

It matters not when. Come I will....and when you least expect it.

I am the Dark One...the feared One....by those who recoil in fear.

I am the destroyer, preserver and Creator of all Life. I am the Alchemist.

Through my fierce Love and Divine Grace you will burn in my sacred Holy fires if you do not speak your authentic truth or walk your authentic path.

I will rip off your head and cripple your body if you become enslaved to your ego, your poisoned thoughts, judgements and your distorted beliefs.

I am the unknown Light of the mysteries, I, the Dark One, whose Flame of Illumination will pierce your Dark Night of ignorance and illusion....

And all your falseness and false self will be destroyed and burned away.

For only I can truly Love and nurture you,

In the only way the Divine Mother knows how...

I will bring death upon you in my transfiguring Flames of Divine Light,

To be re-birthed and transformed in my Holy Fires of Divine Grace...

Surrender, surrender...and embrace me....whole heartedly when I come....

I offer you safety and resurrection as I Reveal you...NOT to redeem you,

For YOU are a Divine Child of the God and Goddess, Creator of All That Is,

And it's time to come home....

To the authentic Love and Truth that is already within you forgotten,

So as sons and daughters of the Mother you Rise...as Her Divine Child.

INTRODUCTION:

The Call to Humanity

Linda Raven at www.lightmessenger.co.uk is an anchoress of the Diamond and Black Light, and founder of the Black Rose Teachings and Black Rose Light Transmissions, brought forth to support humanity's Sacred Heart awakening to heal our Hearts wounding and integrating our shadow.

I am so grateful for this opportunity to introduce you to the Black Rose.

Many of us are being called to remember and reclaim our ancient lineages and bring the sacred wisdom forward from those times in new ways. The Black Rose Teachings and Light Transmissions shared within this book is the sacred wisdom I have remembered, reclaimed, and embodied to bring forth and serve in a new way. This Book of Love is my Love letter to you.

The Black Rose is the liberator of our Heart and Soul –an ancient symbol for emotional alchemy and wholeness. She is more than the archetypal Dark Mother, She IS the Black Light. She speaks and embodies a new consciousness for both men and women in this Age of Aquarius in a completely new and different way, for this transcendent being not only guides us to our inner darkness, but to our inner Light too.

These teachings reflect my own inner work and healing journey and quest for wholeness to transmute darkness into light that I share here to help, assist and guide others after being called by the Dark Mother, who came to teach me about wholeness through Descent and Initiation into death and rebirth, as I was burnt in her holy fires of birth, death and rejuvenation. Yet the Black Rose is so much more.

Through a life changing illness I found something of great value that was my unique gift to bring forth to the world. It was the Black Rose, and it has become not only my life's mission, but an obligation not to keep it to myself but to share the Black Rose Teachings and the Temple of the Black Rose work with others on what I have learned along the way and discovered on my own healing journey to wholeness, and what it means to be a Black Rose embodied who can authentically work with the universal Sacred White and Black Rays – the white and black hole of the Great Mother, a symbol of the Yin and Yan in action.

We all know that our ascension as a Divine Human means it is essential to move beyond Duality. The Black Rose is here for men and women, to heal and transform our inner world and offer an invitation into awakened

feminine consciousness and the multidimensional beings that we are. In these times of chaos and the personal and global challenges that we face, this is the greatest service we can do for ourselves and for the planet.

The Black Rose is a Cosmic Messenger, the great Cosmic Mother who holds and embodies the Diamond Black Light of unconditional Love, who offers an invitation onto a path to empowerment and cosmology, of wisdom, wholeness, freedom - and the return of a feminine power to heal our Core Wounds and integrate our shadow.

This “feminine power” is one of spiritual union, and she has returned now to a world of chaos to hold space for our transformation. It is the tantric union of both the light and the dark, of the masculine and feminine, the opposites that are now embraced in Love.

Healing from emotional trauma, Core Wounds and a wounded soul, integrating Shadow and seeing the lessons from life circumstances, became the foundation for the unique work of the Black Rose Teachings and Light Transmissions that I now share for guiding others to wholeness and the remembering of who they are, and to help and assist those who may be experiencing struggle or chaos of some kind in their lives too.

The Black Rose teachings and Light Transmissions are infused with the beauty of what has been transformed within my own psyche through the alchemy of emotional transformation.

From a debilitating illness I was given an “assignment” by the Dark Mother, that once I was able to reframe the experience of trauma I was able to see the illness as a divine gift. In focusing on the *dark beauty within it*, it enabled my soul to rise, to breathe the sacred fire of the Black Rose and bear her gifts. This deep spiritual work became the sacred work of the Black Rose teachings and Light Transmissions.

Holding a redemptive power, the Black Rose embodies a great Mystery and calls us to wholeness. She asks us to be vulnerable and get into our deep emotions and shadow to find our own truth.

On a universal multidimensional level and truth, the Black Rose also creates a Heart Crown alignment to the initiate who is ready...she calls us to the black hole of the Galactic Centre to align with the Galactic Heart and Galactic womb too.

She calls us to our depths. On a physical and emotional level it is the depths of our pain, Core Wounds and Shadow...to bring into union the

masculine and feminine polarities within our selves. She calls us to our vulnerability, to our grief, and to our creativity and full potential too. Our shadow aspects become our vehicles to empowerment and are the Gateway to embodying soul consciousness into our body.

We all have work to do. The Heart is the Gateway to the higher dimensions and once we have healed our Heart wounds, activated and embodied our truest self, we can open to and bring in the higher crystalline 5D light body for our truest authentic power.

Our most potent place of power is when we can truly be at peace with all our pain and suffering or traumatic experiences that have turned our world upside down that we can no longer recognise ourselves after having everything we knew be torn apart. Can we Love that?

With great Love, through this book I offer pearls of wisdom and share what it looks like to enter into alchemy of self and transmute FEAR into LOVE and come into our creativity that we may become more effective in serving others.

The Teachings and Light Transmissions offer a unique healing experience which carries a timeless wisdom of the Heart, offering an invitation to wholeness and a deeper understanding of ourselves through healing our wounds and enabling us to step into awakened feminine consciousness.

In the spirit of service I am making this book available for free, that it may serve the Highest Good of All in helping those who are on a "wholing" journey too. Within this work are also insights of forthcoming and ongoing teachings and offerings with the Black Rose.

The Black Rose is the integrated and embodied darkness and light, that will not only forever change the way we look at things and give us a depth we never thought possible, a Black Rose embodied has the ability to transmute darkness into Light as they truly understand polarity and the Art of Alchemy to bring balance and completeness for growth to occur.

The sacred geometry of the Black Rose holds many frequencies of Light, Egyptian and Star Wisdom too. She is a bridge between the old and new.

This sacred work has been brought forth now for embodied spirituality and inner transformation, for wholeness and a deeper meaning of life, and awakening to the wisdom of Cosmic and Galactic Consciousness.

The Black Rose teachings are to support others to empower and heal themselves of emotional pain and core wounds, and find their own inner alchemist and teacher within to integrate shadow.

If you are hearing the call of the Black Rose, it is a sign that you as an initiate are ready to surrender and go deep, face your wounds, drop your masks, and do the deeper soul work that is required of us now of integrating our shadow, on a personal and collective too.

The Black Rose has stepped forward to “raise the dead to life”.

The Black Rose will pierce through the veils of our pretence and in-authenticity, and Her important message and stark warning is this:

We need to realise the importance, and necessity, of discovering and *embodying* our spirituality and Divinity to save ourselves and our beautiful planet from self-destruction. In these times of chaos and the personal and global challenges that we face, this is the greatest service we can do for ourselves and for the planet.

Only when we have cleared our past emotional trauma and emotions that resulted from the 3D world of drama can we become whole again. Without this integration and mastery of emotions, we are unable to align with the Diamond Light or Twin Flame frequency.

This sacred experiential journey with the Black Rose that follows does not ask to be read with the mind, she asks to be felt with the Heart, integrated into the body - and lived.

There appears to be a lot of words and “information” in this book, so try not to read it for long periods of time as an intellectual process. You may like to read through this book with your Heart a little at a time without skipping through any of the pages so you can process and integrate the messages in your body.

You might even like to create a sacred place for yourself before you start. Light a candle, say a Prayer, ask for the highest healing possible, what ever feels right for you. If we are truly committed to do deep inner work we need to create a space where we will not be interrupted. To try to read this sacred text or the blog posts whilst you are busy cooking dinner, getting ready to go out or too tired to embody its message, then any deep shifts in awareness you could experience would have been missed.

Take your time, don't try and read for hours on end or skip chapters. The reason being there is an energy signature unfolding within the words and

a Light Transmission embedded within the book. There is a lot more going on and if you find yourself triggered by what you are reading then you have tapped into a deeper unfolding.

As you read through, it prepares the foundation in preparation for an experiential Light Transmission you will find at the end to enter metaphorically the black hole of the Galactic centre. To travel the black road to the Galactic centre, the Heart of the Great Mother, through this portal we gain access to the Great Mother herself.

In time, we will leave the Great Mother through a white hole that gives birth to our dreams and visions. Our challenge is to release our hold and attachment to both the past and future and create our own Pillar of Light.

You will not find any pictures or images within this text, for the higher purpose of this work is to keep you focused on your Heart and body.

The Love Letters offered in the form of archived blog posts offer an invitation to those who want to connect with the source of their Core Wounds and Heart's wounding and transmute that pain into understanding and resolution to heal our inner child.

Created and written for self enquiry and self reflection to inspire and empower, they also offer a guide map for those who have only scratched the surface of their wounds and shadow self, and who are ready to move deeper and discover their core wound so the healing process can begin.

This work is sacred and valuable and deeply healing, and healing Core Wounds is not an intellectual process. Before we start looking at core wounds and shadow work we need to have developed our self awareness first, otherwise it is not possible to do this work on our own and make any meaningful discoveries about ourselves. To do this type of work we must also be in a place to love and take care of ourselves otherwise we can become overwhelmed.

For that reason I have chosen not to include the writings in their entirety in this book, as this work is only suitable for those who are ready to do this depth of soul work. I have therefore only included a short description of what the Love Letter is about and a link to the relevant post for those who are ready to go deep.

To do this work, be aware of any emotions that may arise and make note of them. There is a lot more going on and if you find yourself triggered by what you are reading, embedded within the messages are also Codes of

Light that hold a huge amount of Love. Core Wounds hold our deepest pains in life and usually hold the distorted beliefs we were taught as a child that we continue to carry as a faulty self image into adulthood.

If you find yourself in tears or triggered by anger and judgement then put the book down or stop for a moment if you are reading a Love Letter. Let the feelings come forth. The Black Rose is touching you at the deepest level at that moment and a healing is taking place. Tune into the inner planes and watch for any aha moments or realisations in the moment. It means a Code has been unlocked within you and you are letting go of trapped energy that has been held in your Heart and cellular memory and you are just integrating those aspects.

The Black Rose is the integrated Shadow Worker and Light Worker, brought together in union. Firstly though it means clearing away the illusions of Ascension and shining a Light on the areas of life we may have avoided through New Age spirituality. To come to a place of unity and Oneness, we each need to heal ourselves at all levels.

Healing with the Black Rose does not mean wallowing in self pity and victimhood, or identifying with our Hearts wounding and emotions. Neither does it mean just talking about it and doing nothing to change it. Healing means having the courage to look at our pain and see and acknowledge all the parts of ourselves we have suppressed or denied – including our unexpressed grief.

We need to look at those places where we have sacrificed ourselves in order to conform, where we have suppressed our own feelings to make someone else feel better. All this self betrayal and despair happened silently and without our knowledge in our childhood and got pushed into the shadows of our subconscious, only for the shadow to break loose in later life either through illness, an addiction, or a loss of some kind.

To have wounds of the Heart does not make us victims. We cannot manifest our divine purpose and destiny without the integration of our shadow and embodiment of our spiritual intelligence. We are all clearing ancient sacred wounds that we have been unwilling or too scared to feel, including our deep ancestral pain. Some of these deep rooted sacred wounds could not be healed – until now.

This includes healing our unresolved ancient soul trauma that blocks the higher Heart and prevents us from coming home to our true authentic self, to our original monadic source, so we can fulfil our divine potential.

We all at some time experience and go through life's struggles and challenges, and whether we experience grief, illness or a loss of some kind there is not always a solution to it or immediate recovery. These episodes in life are commonly referred to as the Dark Night of the Soul.

The Black Rose has stepped forth now to reveal to us a feminine power that the sacred alchemy of Shadow Work and our emotions are connected. Our job is to find the beauty in all of our challenges and crises, and to understand that all our unhealed suppressed emotions are not only deeply embedded within our own bodies and psyche, they are held in the collective unconscious shadow too.

By doing our own inner work of healing and integrating shadow, we are doing this for the collective unconscious too. The Black Rose is deep soul work and is not for the faint hearted or those who are undecided or unwilling to look at their pain and Heart wounding. The shadow (false self) when healed and integrated becomes the Divine Child.

What follows throughout this Book of Love, I humbly write and speak about the Black Rose not from an intellectual concept, but from my own authentic and awakened experience to offer an invitation and insights into the Black Rose that through Her Love and Grace continue to unfold through me that I may deliver Her message and the work I have been asked to deliver.

The Black Rose is about change and transformation and has an important message to share. The Black Rose is the Teacher - I am just a conduit She is using to deliver Love's healing message.

My heartfelt prayer is that you may find valuable understanding and insights that I so desperately needed in the early days of illness but were not there. I have often wondered that if I had known better and had the depth of wisdom and awareness that I have now, that maybe I would not have had to experience the things I did or become sick to heal them. That is a story for another time, for the gold and the unique gift I had to bring forth was within the illness itself.

The Black Rose offers an invitation into balanced self realisation through healing and transforming the pain and wounds of the Heart. We must all do our inner work, psychological clearing and integration of the mental, emotional, physical and spiritual bodies before we can be fully aligned with Truth and access the higher dimensions of 5D and beyond.

She calls us to a higher consciousness, to the Mystery, to the depth of Her Darkness - and guides us to the higher realms too. She calls us to Death and Rebirth, that we may be transformed and renewed in Her Cosmic Womb.

If you are willing to open your Heart to receive the Black Rose Teachings deep into your Heart and Soul, this work will lead you to the Healer within and change your life – not just for you but also for those who lives you touch too. A healing journey is not just about the physical, it is the mental, emotional and spiritual too. When Hearts are healed, minds awakened and bodies restored, Love knows no bounds.

In truth, the Black Rose cannot be defined for she is the deeper Mystery. She is Alchemy. She is the Mother of Creation. She is the Black Light and Diamond Light embodied. She is the Alchemist for shadow work, manifesting as many colours and frequencies as she emits her luminous diamond black light of Love and Compassion into the Heart's of Humanity.

The Black Rose holds the Diamond frequency of Black Light that guides us into the depths of our true self, and offers a sacred journey into deep soul work where we become our own healer and awakener. Becoming multidimensional is a requirement to work with the soul and is not the same thing as working with our Higher Self or with Source.

Appearing as the face of the Black Madonna, the Cosmic Mother, the Black Rose goes beyond the Eternal Light: for the Black Rose embodies the dark depths of the Cosmos, the dark, Cosmic Womb itself.

New Age spirituality often denigrates the "dark" preferring to speak of and only be in the Light. Unfortunately, many misunderstand the true meaning of dark and black, not realizing that there can be no light without the dark. In the pursuit of truth this misunderstanding needs to be overcome for all things manifest from the dark, from the black.

The Black Rose offers an understanding of our soul's journey and a guide map home that can lead the way for men and women back to their own Hearts wholeness in preparation for authentic world service.

Parts of this book will offer an invitation into the window of my own Heart and Soul and the road map that intimately transformed my own life for my own soul remembering and re-awakening into authentic, conscious awareness and the knowing of my own Light.

I lovingly hold this space for transformation, and as I continue to open my Heart to greater levels of service, this Book of Love is dedicated to and offered in service to the Heart's and souls of all humanity who are seeking deeper meaning in their lives, and connection to the Light of All That Is.

This Black Pearl of Great Price is offered freely from my Heart to yours, for when I started to write it its purpose was to offer support, guidance or even validation to others that were on their own healing and spiritual journey, but it is so much more than that. It carries a far deeper message for those who have the eyes to see yet is also beyond this one book.

My soul mission and true purpose is to complete the work I came here to do and share the deeper mysteries, Wisdom and Essence of the Black Rose and the Holy Order of the Black Rose lineage ...rooted in my own remembrance of the Black Rose Mystery School, where the inner mysteries of the journey of our soul can be revealed for the awakening of our high Heart and Soul and ascension to cosmic, galactic consciousness.

There is a new archetype being birthed. We must all find and see what has been in the shadow and place it on the altar of Truth. This work is not just about us, we are here to heal humanity's trauma too.

It takes courage to do inner work because it means the end of wearing masks, of pretending, spiritual by-passing, denying and avoiding. As Healers, we cannot take someone to a place where we have not been ourselves.

My Heartfelt prayer is that women and men who have been called to bring their own unique gifts to the world will be uplifted and inspired to do the deeper inner work of the soul required of them now to step further into their own leadership roles.

For those open and willing to enter into the realm of the soul and trust, the insights and messages offered here are to support others to empower themselves, to find their own greatest teacher within, so they can heal Core Wounds, integrate shadow, and awaken themselves to truth and their own galactic nature that they may remember who they truly are.

The Black Rose is an inward journey and journey of the soul to self mastery and remembering. It is not a quick fix, nor for the faint hearted, or those who are unwilling to look at their own unconscious shadow aspects or pain.

Neither is the Black Rose for those who want to leave their bodies and escape into the "Love and Light" of the higher realms as a means for spiritual bypassing and disassociating from their feelings and emotions or the reality of their lives.

This inner work requires effort, discipline, courage and commitment. Yet it also requires Love and compassion for self too. In order to be free we must get to the root of our ancient past and present trauma and heal our ancestral lineage.

That means going through and feeling the deep feelings of abandonment and loss, releasing the wounds of Love and the story of separation, abuse of power and persecution from ancient times and present - including the "sisterhood wounds" of jealousy, envy and competition, and releasing our personality attachments too. For in doing so we reclaim our wisdom and soul consciousness, we reclaim a healed Heart too.

Being mindful and aware is no longer enough. There is no good or bad, it is about being present with what is here now, for Love comes in many guises. Meeting everything that arises within us with Love and non-judgement – including illness, disease, losses, relationship issues, struggles and challenges AND BEING ABLE TO LOVE THAT will change everything. Love comes through fierce grace in many forms, for everything serves our healing and awakening. Nothing is wasted.

Journeying with the Black Rose changes us – and we will return forever changed. She is a Key to Ascension, the key to unlocking the inner self, to become the heroine of our own journey to finding peace and wholeness in a world that deeply needs us now.

Do not be fooled into believing this work is dark, depressive or about doom and gloom, just 3D stuff, negative energy, or that the Black Rose is only black, for encoded within her vibration are the Light Codes and Language of Light that hold Sacred Geometry, Star, Galactic and Egyptian Wisdom too.

The Black Rose is an ancient source of power, of Light and Dark, of life and death, of creation and destruction, for her grace transforms into many archetypes over many incarnations and holds many colour Rays. This work can act as a guide as we follow our own healing journey to wellness, wholeness and reaching our fullest potential.

I received the Black Rose teachings and a profound healing modality that had been waiting for me in the Divine chaos of illness to bring forth in a time of great need. That time is now.

Whether man or woman reading this, may we all rise to our fullest potential in whatever way that may be, so that in balancing the feminine and masculine energies within us and bringing them into union, we can all play our part in our own unique way in fulfilling the Divine Plan on Earth as One Rose, One Heart and One Love.

May the undying Love of the Divine Mother in her many guises, many faces and other expressions of the Divine be awakened in us all.

For when we learn to bring the Heart and Mind together in perfect union then we will know Love. We will know peace. For the sake of Humanity's evolution and future survival, let us now, individually and collectively...make it so.

I AM a Rose that bloomed in the very Heart and beauty of darkness, and it is where I was "summoned" by the Dark Mother and found the Essence of the Black Rose to bring forth as a Teaching when I discovered the luminous Light of being present with my body and human experience.

When you have read through this Book of Love and Alchemy, if you would like to share any thoughts and experiences of your sacred journey with the Black Rose through these teachings, then I would be delighted to hear from you.

May the Black Rose bring peace to all those who may find themselves in pain of any kind or are being called to step into their own authentic power. With Her Love in healing my own Core Wounds and wounded Heart to integrate shadow, I am now a vessel of Love in service. In reverence to the Black Rose I bow, for I AM the Black Rose embodied...

In Service to Her Love, Grace and Wisdom,

Linda Raven 

The Black Rose Teachings and Light Transmissions

We are in the Age of Aquarius, the Age of Alchemy and Transformation where the Divine Feminine is rising and where the Great Mothers Love pours out into our own Heart's, so that we may become vessels of Love in service and pour that Love from our own Heart's out to humanity.

This Book of Love and Black Rose Alchemy illuminates and focuses on some of the deeper aspects of self. It is a deep, soul journey into the secret and mysterious parts we prefer to keep hidden from ourselves and others and why the Dark Mother is returning.

Some of the postings are long, yet they are not meant to be read in one go. Take the time to move beyond the words and allow the energy signature of them to flow through you. *Feel into* them with your Heart, as some aspects of them may relate to what is going on in your own life. And if nothing resonates with you at the time, just let it go.

Whilst it can be read through at an intellectual level, the opportunity for deeper self-understanding would be missed. The Black Rose is sacred, holy work, and not some group to "belong to" or to be "initiated into" to stroke or feed the ego. Through these writings this guidebook is intended for you to co-create your own Alchemy within to reveal why you are here.

There are no outer "initiations" for the Black Rose...I am not the "initiator" - the Dark Mother and life itself is our greatest initiator. Our challenges in life in what ever way they come are those "initiations" which are asking of us to engage with them.

The Black Rose Teachings, Light Transmissions, Temple of the Black Rose Circles and anointing Ceremonies, and the monthly messages from the Black Rose posted on the blog page, take us through the mystical inner personal initiations for growth and offer in depth support that allows others to expand within them selves.

For those who feel called by the Black Rose, please get in touch with me via the Contact page at www.lightmessenger.co.uk

My own life "initiation" forced me to do the inner work to integrate shadow and heal my core wounds, which eventually revealed I had hid and carried the memory and Flame of the Black Rose in my Heart for aeons....or in the darkness of my immune system to be precise.

Our darker aspects are the fertile ground to release what is no longer serving, and out of which leadership, artistic genius and inspiration grows.

THE MESSAGE OF THE BLACK ROSE

Our challenges are to lead us to the darkness within, so that we may re-emerge into the Light with our sacred unique gifts for humanity....

This dark beauty is portrayed as black because she radiates the "black Light" that enables us to see beyond the mundane stuff and into the deeper aspects not only of our inner world, but the outer world too. Her black light illuminates. She reveals what cannot be seen in daylight alone.

Both in the Black Light and the light of day we can feel her force of Love and Grace, for in her light she shines and lights the way between the worlds for all of us so we can see as she sees...with eyes and Hearts open, and fully awake.

She asks us to enter the womb of the Great Mother and rest within her embrace. "Go within...go within"...she whispers...go within and enter the black hole at the Galactic Centre".

To truly heal ourselves and our planet we must get to the root of our pain. Generational wounding of guilt, self rejection, self judgement, self hatred, low self esteem, injustice, abandonment and betrayal have been passed on from generation to generation.

Our Core Wounds start in childhood where we come up against not being heard, not being seen, invalidated, or we experience disapproval and punishment of some kind for being our authentic selves. And so our wounds began to deepen and to protect ourselves from being hurt we put up barriers to protect us from others that ends up limiting us to experience true freedom and authenticity in our close relationships.

Wounded souls attract other wounded souls, brought together in relationship and believing the "other" will make us feel complete not realising each carries the unhealed wounds of their own past and end up making the same mistakes as in past relationships.

The Black Rose offers an invitation into the death, dying, rebirth process of transformation of our inner world, and our outer world too. For to be in our Hearts we must do the foundational work of the soul – that work is what the Black Rose is bringing through to develop physical, mental, emotional and spiritual balance on all levels.

The Black Rose offers a deep connection to the core of our selves and the Galactic Centre. This work is for those who truly, truly, want to heal and know the invisible aspects of them selves – their light and their darkness.

The Black Rose goes way beyond what can be shared in the confines of this Book of Alchemy. Full of power and mystery, yet also beyond time and space, the Black Rose, rooted in the Earth yet connected to the Heavenly domain, offers enlightenment to the pilgrim that has been blessed to enter her gates of Mystery and Black Light.

She has re-emerged now as the feminine face of God, a symbol of feminine power, here now to hold space for our transformation. She holds up a mirror for us all, reflecting back to us not only our self imposed limitations, but our existing freedom and liberation too. She is here to force us to go down, down into the depths of our unacknowledged pain and unexpressed grief – for that is where we will find our treasure.

The Black Rose embodies a new consciousness for both men and women in this Age of Aquarius for our own Heart healing, mastery of emotions, integration of shadow and Ascension into the higher realms of Light – **when we have fully integrated our shadow and Heart's wounding** by doing the foundational work of the Heart, and grounding our spirituality. If we do not do this work of emotional alchemy we are unable to stay in the Heart.

The frequency of the Black Rose holds a **collective, multidimensional, vibrational frequency and other expressions of the Divine,** upheld by the Great Mother of Creation. Whilst there are many feminine guides held within the Black Rose, here to heal ancient emotional wounds within our body and awaken our soul, this is not about worshipping a deity or a religious icon. There is a greater truth to be unveiled.

Whilst we might still believe in the old spiritual paradigm that the time of suffering is over, let it go, discard it, go beyond it – in my experience they can also be bypass techniques to avoid our feelings. The new spiritual paradigm is being honest with how much pain we are in so we can integrate it.

Know...that within her "Darkened" blackened exterior...there burns a much greater Light and deeper Truth in her centre. She holds within her form a higher divine darkness and blinding Light that goes beyond the void as we know it, for the Essence of the Black Rose is anchored in the Ascension Flame of Luxor and is connected to the energies and dark Light of Shamballa – the Diamond Light of unconditional Love.

There is so much more to share about the Black Rose than can be revealed in this book, so for now it is important to remain grounded and that we do the foundational work of balancing our three fold Flame of

Love, Power and Wisdom within our own Heart first. And that means turning our attention inwards.

We are all in a period of transition. As we move through this next stage of our evolution individually and collectively, it is the personal and collective shadow and Dark Night of the Soul that we are living through now. It is the purging of our suffering that we have held within for far too long.

That core of darkness exists within each of us and it is our responsibility to Love that within ourselves first. The purpose of a Dark Night or life changes challenges is not to keep us in endless suffering or victimhood. It is a call to wholeness, an invitation to transformation.

As part of the process of expanding consciousness, both women and men are being asked to heal any wounds and personal issues that remain in our lives so that we can stand in our authentic power as the “healers, teachers and way-showers” for a new world, and become the multidimensional vessels of Love and Compassion in a world that deeply needs us now.

We all hold within us the seeds and Light Codes of Cosmic Consciousness that can assist us with stepping into our divine potential, so what actually prevents us from connecting with it and activating our seeds?

Ultimately we have to experience greater states of awareness to know who we really are, yet often there is a backlog of *unprocessed* energy that veils the clarity we need and prevents us from reconnecting to our own deep inner wisdom. When the Light Codes stored within our DNA and cellular memory holds the recorded memories of pain and separation, of childhood wounds or victimhood and feeling powerless, they must be transmuted.

We have been given many multidimensional opportunities, including wake up calls to accept responsibility and reconnect with the Galactic centre, the Womb of the Mother, to cleanse and heal pain and separation from our energy field that has blocked our reality and prevented us from moving forward.

Any event or experience in our lives that holds fear-based or distorted beliefs will be encoded within our DNA and it is imperatively important to heal and transform them. Until we understand the meaning and purpose of an experience, it will continue to repeat in our lives. All these perceived realities from our so-called past hold a power of their own and we can only transform them when we have understood their purpose.

The Black Rose brings the most radical of changes as all that we were is stripped away so we can begin anew and live our truth in a new purified way. The Black Rose as a metaphor is here to shake things up in our lives – as was the ancient work of Isis.

In the invisible underworld and mystery of illness, the Black Rose was the gift waiting for me to offer as a tool for transformation for men and women offering emotional freedom by integrating shadow, wholeness and understanding, the balancing of the masculine and feminine, and the embodiment of the divine feminine on our path of soul remembrance. When the Heart is healed from emotional trauma, we can embrace the Light for transcendental mastery of our own soul.

The Black Rose is **deep soul work** that requires dropping down into our unconscious shadow to align with our soul's evolutionary path. This is not about constantly clearing stuff, or being stuck in emotions and the underworld unable to see the Light. The Black Rose is the alchemy of emotional transformation.

From deep within my own darkest hour of being diagnosed with rheumatoid arthritis in 2010, the hardest part was the realisation that I was vulnerable. Little did I realise or appreciate at the time how illness and fully opening to and embracing it would put me on a path that enabled me to heal Core Wounds, experience the feminine face of God, see my own divinity, gain spiritual wisdom and depth, embody spiritual feminine power, and unveil my own unique gifts to step onto a path of compassionate service and work in Her name.

The higher purpose of illness was to bring me to a place of surrender, acceptance, opening of the Heart and the remembrance of my spiritual inheritance. It became the catalyst that brought the missing pieces of my Essence that had become separated and into wholeness and oneness.

My Heart humbly and silently weeps with gratitude. How can one be grateful for illness one may ask? It was the illness that brought into consciousness the unhealed Core Wounds for healing, and unveiled the depths of beauty and the Divine intelligence that was hidden and suppressed within me. It was where I found the Black Rose...and the Black Rose has enabled me to grow in ways I could have never imagined.

The Black Rose is a Cosmic Alchemist - she is also a "hidden Rose" within our physical bodies for inner mastery and holds the potential to heal the original wounds of abandonment and separation for divine union of the balanced feminine and masculine. It is old, ancient wounding and the

trauma of humanity's abandonment and separation that now needs healing *through* us so that we may rise.

In 2010 having been diagnosed with rheumatoid arthritis by the medical profession, I had to enter into a portal for a different way of living and a different way of life to the one I had previously known. This healing journey enabled me to find the Black Rose – and the hidden gateway between the physical and etheric forces that are held within our bodies.

To work with our shadow requires connecting with our soul and our other bodies of Light. It is time now for the return of these ancient, sacred teachings, and the Black Rose is not what appears to be at face value. Know that within her "Darkened" blackened exterior, there burns also a much greater Light.

The Black Rose provides a pathway into radical honesty to heal our own personal story from the Stars and step into our authentic awakened feminine power, not only for our own healing and spiritual evolution, but for the collective too. New Age spiritual conditioning has told us it is bad to go down into our human experience because it is disconnection from source.

From experience, I no longer hold this to be a truth. Our feelings and emotions matter far more than we perhaps realise or have been led to believe by society and the spiritual community.

Maybe through our upbringing, or society as a whole, many of us have been taught that emotions are something we need to suppress or have control over. On a quantum level, they show us what we are giving out to the universe. In truth, they are our powerful ally in living an authentic, awakened life from a higher perspective.

Another truth is they always provide us with instant feedback as to whether we are in alignment with the highest aspect of our High Self and I AM Presence or coming from a place of resistance to All That Is.

The Black Rose, the inner alchemy of the Heart and sacred work for the embodiment of our soul and monad, offers an invitation to a deeper journey, to go inside to our inner Truth. She holds a collective multidimensional vibration - encoded with the vibrational frequencies of the Cosmic Mother and Black Madonna, and other expressions of the Divine. That queen of Shadow...that queen of the Dark Night...the queen of destruction too.

The Black Rose in one of her guises wears the mantle of the Dark Mother the Black Madonna, a Seeress who guards the mystical gates of the Underworld, who within her Diamond Black Light holds the dual aspects of Oneness and sees beyond the veils of the known and unknown, who is totally at one with the deeper mysteries of life, the universe and beyond.

She offers inner soul work to clear our ancient wounds and integrate the aspects of our selves that through learned behaviour we suppressed and pushed into the shadows.

Our shadow has both Light and Dark aspects. It is the Light aspect of our shadow that holds all the power and feminine energy we don't believe we have or have hidden. To access the true Light aspect of our shadow we must go through and embrace our dark so we can rise to a higher level of emotion with the grace of an adult and not the grief of a child.

Her quantum essence is of the primal creation, way beyond Light and Dark, and yet she holds within her centre the balance of the two. She initiates us into the Temples of Sacred, Cosmic Fire....

We are all being called upon to return the Divine Feminine to the world, and to do this we must access our own divine feminine soul from a place of wholeness and not fragmentation.

To do this we need to acknowledge and *feel* our own needs, desires and soul wounding, so that it can be transformed and come forth as our own authentic wisdom that must be embodied first to enable us to share it with others.

The Black Rose calls us to remember who we truly are and awaken us to our creativity and soul's purpose. Amongst other things, she holds the feminine consciousness of other "christed" Beings. For the Black Rose is both the crucifixion and the resurrection....the revealer too.

It is She that instigates our destruction...it is she who is by our side as we walk through the valley of death and sorrows...yet we do not take this journey alone. The Dark Mother, the Black Rose, is always by our side.

THE CALL OF THE BLACK ROSE

Roses in all forms have been a big part of my life since childhood, from the large beauties that grew in my grandfathers garden in the early 1960's, to the Rose petals I picked as a child that grew at the front of my mum and dad's house, and the memories of trying to make perfume from them which ended up as a stinking mess!

The Black Rose in particular came into my life in 1999, and for twelve years following I would frequent the Gothic Events held in my beloved spiritual home of Whitby where Black Roses are often used as accessories for clothing, make up and hair. The Black Rose held a mystery that I always felt drawn too yet did not understand.

Whitby itself is a popular seaside town on the North East Coast of Yorkshire in England, made famous and renowned the world over for its Whitby Jet (Black Light) and by the author Bram Stoker who wrote the gothic novel Dracula there. Yorkshire also has as its symbol the white Rose which dates back to the 14th century with the ruling Plantagenet, the first Duke of York Edmund of Langley.

During the War of the Roses the forces of Yorkshire fought the Lancastrians. York had the white Rose as their emblem, whilst the Lancastrians had the red. The final battle which ended the War of the Roses took place at East Stoke (not Bosworth) in Nottinghamshire – seven miles from where I live.

There is more to follow in a future blog on the healing of this ancient wound and the purpose of taking a Black Rose to Chartres Cathedral...

The colour black has also been in a big part of my life since my late teenage years and whilst black has traditionally been associated with death and mourning, bereavement and loss, it also holds a mystical, deep secret too. Little did I know then that black is the colour of unconditional Love and the Divine Feminine, and the Black Rose symbolizes death of old ways, and a rebirth of the new.

Unable to visit my beloved spiritual home since 2011, again little did I know then what an important part the Black Rose would play in my life having been burnt in the holy fires of crucifixion which raised me from the tomb, and why I would be called to deliver her message.

In 2014 I was called and chosen to a one day gathering of evolved beings facilitated by a friend who had been guided to offer it to six people, and I

was one of those six. We were asked to bring a special defining “thing”, the thing that we would be taking forward as “Awakeners” into 2015.

I took a Black Rose, and following the prompting in my Heart was hesitant to bring it out into the open and kept it hidden, having no idea at the time as to why. That was all part of the unfolding and Divine Plan.

I had been hesitant to bring forth the Black Rose because of a deep unrecognised fear that came to the surface. I had felt I needed to protect it as I sensed it had been stolen from me in the past and had been misused and abused.

This pattern came from deep, unhealed shadow wounds on a personal and collective level of the “witch wound” and the wound of Sisterhood – the wounds that at some point all women will need to heal. Many of us would have lost our lives in the past, betrayed by friends and family where we would have been burned or put to death for our gifts of healing.

Many women still carry that deep distrust today, hiding and keeping themselves small, yet also have a deep longing to feel safe and have connection with one another and the Great Mother in her many forms.

Many try to heal the wound of sisterhood by creating or wanting to belong to sister or friendship circles, and from my own experience of facilitating such gatherings for twelve years, they can end up as light and spiritual fluff on the surface, whilst all the while a great shadow lurks hidden with a mask of sweetness and light through spiritual by-passing as the unhealed wound gets projected into the circle and tries to heal itself through drama, judgement or back stabbing.

The Divine Feminine in her fullness and wholeness, as Mother, sister, and in her Dark and Light aspects, can be found in the feminine archetypes of Isis, the Black Madonna, Mary, Mary Magdalene and many more.

The Dark Mother in her form of the Black Madonna and Isis enabled me to see, and value, the unique precious gift I had to offer the world to deliver Her message, this Pearl of Great Price that was born through transforming my own painful experiences of the past.

Birthing and brought forth from my own unique soul Light from my own struggle, diversity and challenge, I now serve as a vessel of Love, a Shadow Walker and lineage holder of the Black Rose and Black Light.

It is a Love that will not recoil from darkness, but a Love that a Shadow Walker embodies and shines a luminous Light on all that is not Love so it can arise to the surface to be seen, acknowledged, healed and released.

It took me many years to understand and come to terms with why many people at the City of Light gatherings I facilitated, time and time again rejected this Love and the gift I had to offer, until I recognised it was the shadow of their own unrecognised self rejection and their unwillingness to see it in themselves that got projected onto me.

It also helped further heal my own perceived wound of Rejection around sisterhood when I was finally shown that what sets me apart from others (not better than), is that through my own crucifixion I no longer run away, or push things away, or try to fix them or make them better. There is nothing to be healed or fixed because in truth, nothing is broken.

As a Shadow Worker I can now be with and allow Love in whatever way it shows up knowing it holds something of value. I can stand in the darkness and all it endures, I CAN LOVE THAT, holding it, loving it and acknowledging it, until it is ready to be transformed.

What now follows within the pages of this Book of Love is to share some of the Black Rose teachings and insights.

The blog posts are written to deliver Love's healing message in dedication to the awakening of the Heart of humanity, offering loving guidance for self awareness, self Love, self development and healing the Heart of "shadow" and Core Wounds that we may know ourselves as LOVE.

A reminder to allow the energy signature of the words within these pages and teachings to flow over you and be heard with the Heart, taking in what resonates with you, allowing them to integrate within you, and letting go of anything that does not.

There will be much repetition in many places – there is a reason for that. Within these pages much will be revealed – and concealed - depending on the listener and the receiver. Many may fall by the wayside, not prepared to put in the time or effort to find the hidden treasure. That is ok too.

Read a little at a time, integrate it and observe what it may bring up for you.

THE GREAT WORK

The colour Black and “darkness” has been very misunderstood, judged and rejected for eons. Yet we cannot become Light until we have embraced the darkness that lies hidden and unconscious within ourselves.

The Black Rose is the deep shadow work of our soul. By transforming and reclaiming our shadow we take back our power.

Whether we are aware of it or not, we are all releasing an ancient darkness both from our own energy fields and the Light grids of the planet that are held within our own cellular memory, as we are being pushed, pulled and forced to awaken to our true authentic Light. This will be an ongoing process as anything that it is not of Love either within our selves or on the planet is now being pushed to the surface.

We see it manifesting within and without as fear and separation. Facing the darkness and shadow we see in the outside world with a compassionate Heart has to start with facing the darkness and shadow within ourselves first.

The Path of the Black Rose is a path for those who are committed to awaken the deep Heart and heal ancient wounds, to identify and heal the Core Wounds that have held us back and prevented us from stepping forward to share our gifts. This deep work is not for the faint hearted, for those who want to leave their bodies, or for those who are unwilling to look at their pain and projections.

Core wounds cannot be glossed over, and to truly connect with the Divine Feminine we have to look within and heal our inner child from the wounds of Betrayal, Rejection, Abandonment, Injustice, Separation, Abuse and more, including resolving the Mother and Sisterhood wound within ourselves.

The highest purpose of these teachings and offerings is to support humanity’s sacred Heart awakening in stepping out of fear and past programming and into the Love we have always been. The truth is, there is only Love in whatever way it shows up for us and there is always a gift in the Shadow or Dark Night of the Soul – even in illness and disease.

It is the shadow aspects of ourselves that holds our higher intelligence and consciousness, and if we ignore doing our inner work or dismiss exploring the dark and light aspects of shadow, like an erupting volcano our shadow will find a way of being seen and acknowledged.

Our shadow also holds our highest potential power and our soul's purpose of what we came here to achieve in this life time. Knowing that, shadow work becomes *sacred and holy* work.

Our body has its own shadow, and its shadow patterns will always reflect back to us what is missing, neglected or inhibited – including its extremes such as anger, hurt and despair. Our shadows are neither good nor bad, and the perspective of them is beyond time and space as its focus is always for our highest mental, emotional and spiritual growth.

The soul's journey into darkness is not reserved just for mystics. Any one of us can experience this passage when our world is tipped upside down through a crisis, loss or illness of some kind, or even when we become aware of the smallness of our lives.

The Black Rose I speak of has absolutely nothing to do with dark, satanic forces, witchcraft, religious dogma or deities to be worshipped. Her Light and Presence is available to all who have ears to hear and the eyes to see. Do not be fooled by her outer appearance though...it is but the darkness of matter that veils the true Light for a reason.

Our soul's journey of remembrance is one of moving from duality to unity and transcending matter through Spirit. If you are hearing the call of the Black Rose, whether you are conscious of it or not, she is calling you to your sacred darkness and shadow. By darkness I mean our stuck emotions, our distorted beliefs, our self sabotaging behaviour, our wounds to Love and all the parts of ourselves we have rejected or denied.

She invites us to surrender our Heart so that we may open it to heal and feel the wounds of an ancient darkness that have kept us separated from Love, from the Divine, and from each other. It is the deep archetypal wounds of abandonment, betrayal, rejection and all the mistrust that has kept the masculine and feminine separate from each other and from the Divine.

If we find ourselves reacting to darkness in the outside world or what we see in others, we are being triggered because of the unresolved darkness within ourselves. We may hold judgements about darkness and shadow, perceiving it to be "lesser than" the Light. Yet without the darkness the Light can never be truly experienced.

This work has nothing to do with attaching to our painful emotions or reinforcing our darkness, but understanding the lessons from our

challenges and diversity, receiving the wisdom from them, then letting go of what no longer serves our highest path.

Yet the Black Rose offers so much more than that. She reaches into other sacred energies, realms and other universes, for the ultimate purpose of our soul is service to others and to restore the Plan on Earth.

Our job is to become authentic conduits for Love and Compassion from a place of wholeness. Until we shift from the world of emotions and Heart wounding and see things as they really are, we will just remain in a place of projecting our unhealed stuff out onto others and see it played out on the planet as wars, violence and manipulation.

So if you have the courage to surrender to the Black Rose, she will draw from the very depths of your broken Heart or wounded soul your deepest pain, the pain you are not even aware of because it has been buried and unacknowledged for so long. I know....for I have been in that place too.

She will take your unacknowledged pain, your tears and unexpressed grief, and she will alchemise and transform it in the luminous radiant Diamond Black Light of her own Heart.

We must never underestimate her darkness though, for she goes way beyond what we might interpret as shadow and the void. This dark beauty seeks the union of our feminine and masculine, and of our Light and dark, for she knows there cannot be one without the other, and when fully integrated and fully embodied, the awakened feminine becomes a powerful force.

This Book of Love provides insights into integrating shadow, and tells the story of my own death and dying process, rebirth and soul's remembrance, and how like Icarus in Greek mythology I got too close to the Sun and fell from grace because as a "Light Worker" I had not *embodied* the unconscious, unacknowledged, suppressed trauma and the rejected parts of me.

All my unconscious Shadow stuff eventually manifested as illness in my body because I had not honoured my body or integrated and embodied my shadow and Monad.

By journeying into and through the light and dark aspects of our feminine nature, we have the opportunity now to become whole and truly aware of our multidimensional self and our true purpose as a feminine soul embodied.

To ride the waves of change with grace and ease, we have to end the sorrow by looking at our mental and emotional baggage of our personalities and the places where we have been broken to let it go and Rise, although in truth, nothing needs healing or fixing because nothing is broken - our human egos chose to see it another way.

Yet the essence of the Black Rose goes so much deeper than that. Her essence is palpable, giving those who are open and ready to do the deeper inner work to listen to her and *feel* her Black Light and having a direct experience for seeing beyond the veils to what is, and a remembrance so long forgotten – our spiritual destiny of manifesting new bodies.

Healing into wholeness and moving beyond the personality, we become aware of and embrace the truth of our God self within us. It is then with conscious awareness we expand the reality of our interior world of personality to build the conscious authentic threads of our Antakarana - the tube of Light that connects us with our Monad and God.

Working with the Black Rose is at first an inward journey. Yet the Black Rose goes way beyond what we may think we know about the Void, and the archetypes of the Dark Mother, the Black Madonna, Isis or Mary Magdalene of the past Mystery Schools, and way beyond what can be shared in the confines of this book. Black is *sacred* and Holy. We have to enter the Black Rose in order to know the deep dark mystery.

Whilst she is both the crucifier and the liberator of the human soul, she holds within her petals our past, present and future. The Black Rose is most definitely not what she appears to be on the surface, for her resonance has many layers and many dimensions. She is the “keeper of secrets” waiting to be revealed too.

She provides an alignment from the Earth Star to the Stellar Gateway, to the source of universal knowledge, and within her sacred geometry her Heart opens the way to the dark light of Shamballa energy in the Heavenly domain, and where the Will of God is known.

A word of warning though....

Before we get ahead of ourselves and just focus on the higher realms of Light “up there”, we must do the necessary inner work “down here” on our shadow stuff first so we can anchor and ground the higher dimensions (which are within) on Earth.

Before we go cosmic and Galactic though, let's get ourselves grounded and do the important work that is required of us now – for healing the subconscious is the great work of our soul.

SHADOW WORKER – LIGHT WORKER

The Black Rose begins as an inward journey, preparing the foundational work of the Heart to heal Core Wounds, balance emotions and integrate our shadow that we may know wholeness, and awaken the divine feminine within. It is not a quick fix, nor for the faint hearted, or those who are unwilling to look at their own unconscious shadow aspects or pain. It requires effort, discipline, and commitment.

Our Higher Self will always provide opportunities in the form of challenges so we can learn to know ourselves at a deeper level and for the purpose of bringing us into wholeness. In doing so, we become a pure vessel for Light and Love.

Shadow work involves exploring those hidden parts of ourselves that affect our lives in not the nicest of ways. All our old hidden unhealed wounds, the rejected, repressed parts of ourselves, and our unacknowledged, unexpressed pain – the anger, rage, shame, guilt and grief to name a few gets pushed into the shadow.

In order to be free we must get to the root of our past and present trauma and pull the roots out. That means going through and feeling the deep feelings of abandonment, loss and separation, and releasing our personality attachments.

In these times of chaos and the personal and global challenges that we face, healing and integrating our shadow is the greatest service we can do for ourselves and for the planet. Our inner work is no longer about our own journey of healing and transformation, for what we do for ourselves we are doing for the planet and humanity too.

She is here now as the awakened empowered feminine embodied who has healed the wounds of the Heart, integrated the shadow, and balanced the three-fold Flame of Power, Wisdom and Love.

As the Dark Ancient, Cosmic Mother, a transformative symbol of the Black Madonna and Isis, the Black Rose has stepped forth to show us that our greatest Teacher is our Shadow. We cannot know light if we do not know darkness.

The Black Rose and her Sacred Geometry come now as a symbol of the integration of opposites. She brings her Grace and luminous power of Divine Love within her Diamond Black Light to the Gateways within. As

the Dark Mother archetype, she also represents our inner shadow-self that has been properly integrated.

She reveals a way to transform and integrate the shadow aspects of ourselves and opens a path of healing and reconciliation, gracefully offering her vibrational Heart medicine and healing balm in service to humanity to heal the mind, body and soul, enabling us to find our own healing and wisdom within.

The Black Rose teachings and Light Transmissions offer an invitation to those who are committed to dive deep into the dark healing waters of Love, who want to know the secrets of their Hearts, heal their past, integrate shadow, change their relationship to emotions, and balance the feminine and masculine energy.

This is powerful, healing work which on a multidimensional level is beyond time and space and opens us up to the higher realms. The Black Rose speaks to us of a timeless truth that is beyond time and space, yet she also lovingly reminds us of the importance of embracing all of our experiences whether we perceive them as good or bad. We must embody our divinity instead of escaping the world of reality to dwell in the "enlightened" realms.

I had to learn to lovingly accept and embrace on every level of my being that illness, my shadow and the parts of myself I had rejected and suppressed are all part of my humanness – and my humanness is part of Oneness. To deny that truth is to reject a part of who I am.

My story is not just one of redemption as we may know it, but a story of revealing. There was no road map, teacher or an instruction manual that brought me to this place now, for it was in the depths of illness and the losses it brought that led me to my deepest fear - annihilation. How would I survive? And in total surrender, allowing this death and dying process of the old, I became aware of a new consciousness for humanity being birthed through me.

As a Black Rose embodied.....

I AM the integrated Shadow Worker and Light Worker who found the Light in the dark. I reclaimed my light and Love from the depths of deep emotional healing and shadow work. By clearing my Heart of its backlogged pain, I can now serve and experience Light in a more embodied, grounded way.

MY JOURNEY WITH THE MASTERS

I am offering an invitation to dive in and dive deep in this Book of Love, to face your wounds with the grace of an adult and not the grief of a child. The Black Rose is a path of self enquiry and Truth for personal and collective awakening. For once embodied, it becomes the brightest Star in the sky that no cloud, no sun and no planet can diminish.

For too long we have been led to believe by a patriarchal system and “evolved” spiritual circles that we much reach for the “Love and Light”, we must ascend beyond the struggles and chaos of life.

What follows is in no way judgement of any healing or multidimensional healing modalities. Everything is just an experience. I am sharing from my own personal experience through my own personal lens. So be aware if the following triggers you in some way. When we react to something we don’t like it a sign the shadow is rising within us to be explored.

Many of us have probably paid a lot of money for Ascension modalities and healing tools that will do this or do that. Whilst nothing is wasted and there are lessons to learn, there are also practices that can take us away from what Awakening is really about.

Ascension without reclaiming and embodying both our dark and light sides is the illusion and fantasy our egos have created to avoid our soul’s evolutionary journey. It is time to awaken from that dream if we have bought into it, get off the merry-go-round...and get real.

I had bought into that illusion and was riding the white horses on the carousel of Ascension, disembodied from reality . Over the years I became a Practitioner and Master Teacher in three multi dimensional healing modalities.

As an Angelic Reiki Master Teacher, Angelic Reiki draws on the Usui and Shamballa lineages. It is a multidimensional healing and consciousness expansion system with the highest Love aspect that awakens the Divine within and places a “student” in their own spiritual power and knowledge of themselves as an Ascended Master.

I was among those who received what was called the Wave of Love that is emanating from Galaxy Heart itself. It was a powerful experience that laid the ground for the incoming Galactic Energy of Ascension.

I had been “attuned” by the Angels themselves to the pure angelic vibration of the Reiki symbols as originally given in the time of Lemuria,

and into the Angelic Kingdom of Light which encompasses the Galactic Energy of Ascension.

I received attunements from the Angelic Kingdom of Light encompassing 12 symbols and an activation of the symbols through all 12 dimensions by the Lord Melchizedek.

I received attunement to the Angelic Kingdom of Light at the 11th dimension through the Archangel Metatron and The Sarim. This involves an attunement given by 30 Archangels, the Chief Celestial Angel Princes.

I received the 13 symbols which are a gateway to multidimensional healing, activated to Angelic Level through the 7 levels of form and Divine form by Archangel Metatron.

I had been taught a healing through eye contact as used in Atlantis.

I also received attunements that integrated me into all 13 dimensional vibrations of Shamballa's pure diamond light and love to truly sever connections to attachment. The attunement into New Shamballa not only connected me to my I AM Presence it also connected me with the Shamballa City of Light and the collective consciousness of the Ascended Masters.

I became a Certified Practitioner and Warrior of the Light in New Shamballa – the wisdom of the spiritual warrior held in Tibet since the fall of Atlantis. Both Angelic Reiki and New Shamballa enabled me to work as a professional healer and Teacher. As a successful energy healer I thought I had dealt with my stuff and had it all together - yet none of it prevented or protected me from becoming ill.

"I"... "I"... "I"....I really thought I was awake and "enlightened". Too much ego, "titles and labels", and at times too much fantasy too - I got burnt. Yet there is also a higher purpose to illness...my shadow was not only being played out through my body, it was mirroring the breakdown and poisoning of Mother Earth's immune system too. That subject is for another time.....

What I was not aware of at the time was that I had not done the necessary work of ***integration of my shadow stuff*** because it was all ***unconscious***. That's what our shadow stuff is – unconscious. I could only respond to the Divine vibration that was **in accordance with my own development and awareness at the time.**

Whilst I thought I had awoken to my real nature and these higher multidimensional teachings provided me with a permanent connection to the Angelic Kingdom of Light which powerfully attuned me to work with Metatron and beings of Light in the higher dimensions beyond time and space, (whose purpose is to anchor Divinity on Earth), I was not aware that in transcending my body and mind and seeking the "Love and Light" in the higher realms all the time I was in fact spiritually by-passing – a term introduced in 1984 by John Welwood.

Spiritual bypassing is a "tendency to use spiritual ideas and practices to sidestep or avoid facing unresolved emotional issues, psychological wounds, and unfinished developmental needs".

It is also a way of not taking responsibility for our lives. Whilst Angels and Ascended Masters are archetypal energies and vibrations as we know them, here to assist if we ask, the message of the Black Rose is that change will not happen until we stop avoiding and turning away from our pain and use spirituality to make us feel better.

Authentic spirituality is not about hanging out on some exalted plane of higher consciousness in other realms and other dimensions. It is a great fire of liberation that consumes us in the flames and **rips us apart**.

There are many of us in the spiritual community that love the Light, whilst at the same time distancing ourselves from the heat and shying away from identifying and investigating our core wounds, separating and rejecting what is painful and unhealed.

Whilst I was caught up in the illusion and fantasy of being a "Light Worker...a Healer...a Teacher"...what I was not aware of at the time was that being a "Light Worker" was about bringing change in the form of self Love and perfection within myself ***first***.

This I believe is why so many Light Workers are becoming sick because we have got it the wrong way round. We have been too focused "out there" to bring Love and perfection to others *before* ourselves because of our unhealed patterns of people pleasing and care giving, of unloved daughters that have not healed their Mother wounds or have not healed the scars of their parents (no blame here.)

To be the Light Workers of the World means bringing about the dramatic change required *within* our selves *first* so we can be the authentic Light Workers of the World out there as Love in Action through Compassion.

The truth is, Truth hurts. It was really painful for me to look at my own hypocrisy about Light Working, but the gift is when we integrate our own shadow, we easily see it in others.

Those who are not ready to immerse themselves in the shadow realms usually end up running away back to their superficial places and superficial friends where they find comfort of some kind.

I got it the wrong way round. I had to go down before up. Light Work isn't just about sharing the Love – it's about shining the Light into the places most people don't want to go. Yet it is in those shadows that real growth and understanding occurs.

It is time now for the return of the ancient, sacred teachings of the Black Rose. So let the foundational work begin.....

THE DARK MOTHER

The face of the Dark Feminine, the Dark Mother who is also known by one of her names as the Black Madonna, is a powerful, deeply transforming energy. She is more than a blackened figure we see out there in statues or paintings, she is a powerful energy that lives within all of us, including men. She has Dark Sisters too.

Birthing of a new way begins with the breaking down of the old. For as much as the Divine Mother gives to us in her Light form, in her dark form she can also destroy and take away from us with her fierce grace.

Whilst the Black Rose Essence carries the activated Light Codes to the Shadow aspects within our selves to liberate the feminine principle in men and women for the embodiment of the feminine "christed" Light within, and her teachings provide assistance and support through the now accelerated Ascension process, it does not mean that we surrender and hand over our power to something or someone outside of us.

The Black Rose has returned now and is calling us so that we may experience hers and our own transforming power and creativity. Our inner journey is no longer about our own personal journey of healing and transformation anymore, we are being given an opportunity to access the Black Madonna's energy for others, for evolution, and for the healing of our world too.

Symbolically the Black Rose represents the Dark Mother who can guide us to our darkness and deepest Shadow Self that holds so many possibilities and potentials as yet un-manifest. She is the Gateway to emotional mastery and our fullest potential, and is for those who are ready to dive deep into their darkness to face their fears, heal their emotions and Core Wounds, integrate their shadow and discover their own unique treasure.

By reaching into the depths and darkness of my own nature through illness, I was shown a wisdom and creative force that I would not have been able to access without it. Unbeknownst at the time, the Dark Mother brought with her my own mystical death – chaos and destruction being her preferred face.

Yet the Black Rose goes way beyond what we may think we know about the archetypes of the Black Madonna, Isis, or Nephthys and way beyond what can be shared in the confines of this book. Black is Holy. We have to enter the Black Rose within in order to be reborn, to understand the Great Mystery.

By journeying *into and through* the light and dark aspects of our feminine nature, we have the opportunity to become whole and truly aware of our multidimensional self.

This has nothing to do with understanding knowledge at an intellectual level or getting into heavy processing. It is to do with bringing the Light into our Darkness and the wisdom of becoming.

What appears to be darkness, death and destruction happening on our planet, and within our personal lives too, is just an opportunity for change and growth. To be the vessels of Love in a world that deeply us now, we must all do the necessary inner work to heal our Heart's pain and integrate our shadow to live and be in these present times with Love.

Symbol of the void, the core of creation, and representing the deeper mysteries of life and the wounded Divine Feminine, she is more than just Black. Within her Sacred Geometry and luminous presence she holds all colours and the keys to creation.

The Black Rose offers an invitation into the death, dying, rebirth process of transformation. To ride the waves of change with grace and ease, we have to end the sorrow by looking at our baggage and the places where we have been broken to let it go and Rise, although in truth, nothing needs healing or fixing because nothing is broken - our egos chose to see it another way.

Yet she goes so much deeper than that. Her essence is palpable, giving those who are open and ready to listen to her and *feel* her Black Light a direct experience for seeing beyond the veils to what is, and a remembrance long forgotten.

To connect with our inner co-creator we have to be in alignment with the Mother and feminine principle to access our Heart and heal our Heart's wounding to become whole. The balanced masculine and feminine consciousness within is the sacred union: the Christos – Sophia.

Through the Mother principle we access the Universal Consciousness. It is that balanced connection with her that we develop our Diamond Heart.

There is so much more to be revealed and unfolded about the graceful mysteries and wisdom of the Black Rose that goes beyond this present Book of Love. To follow the continuing journey with the Black Rose, you can subscribe to the newsletter via the contact page by putting Black Rose in the subject box on the website at: www.lightmessenger.co.uk

To accept and focus on our Light only whilst dismissing or avoiding our “dark hidden stuff” is to reject and deny a part of ourselves. Shadow work does not mean we are not working from the Heart or in the higher realms of Light. In bringing our “shadow stuff” into the Light we reclaim our power.

Many of us as women – and men too, have denied, and even disowned our negative feelings and they get projected out onto others in dysfunctional behaviour. Our negative emotions are our shadow and part of our power too. To deny or suppress them is to separate us from our wholeness.

Going through my own process of shadow work and grieving has enabled me to tap into the collective suffering even more. It is a humbling heart opening process, yet it has enabled me to speak out more and be of service in the best way I can, ever conscious of not neglecting myself.

BLACK ROSE ALCHEMY

The Black Rose and Sacred Geometry come now as a symbol of the integration of opposites. She brings her Grace and luminous power of Divine Love within her Diamond Black Light to the Gateways within. As the Dark Mother archetype she is also a symbol of our inner shadow-self that has been properly integrated.

Whilst connected on Earth through the Earth Star, the Black Rose, lost in the mists of time, is a Divine energy that also resides in the Temples of Shamballa in the etheric realms.

"Go within...go within"...she whispers...go within and enter the black hole".

She is the Gateway into higher realms of consciousness, for inside that veiled Light of hers is a core of darkness that is so bright it is blinding.

The Black Rose is an expression of the Trinity that enables us to feel the presence of Mother/Father God. The Black Rose transcends all religions, and this dark beauty guided me to ask a Rose brother to carry a Black Rose to the underground crypt of the Black Madonna at Chartres Cathedral in July 2017...a deeper mystery that will be shared another time.

The Black Rose holds the vibrational energy medicine of the feminine principle, the Black and the White, her Diamond Black Light not only holds the White Light of the Alpha and Omega as the fullest expression of Divine Love, but also the Black Light of the void of creation and potential.

There can be no Light without Darkness. This is the hidden power and wisdom of the Divine Feminine, of ascending and descending, and the message that the Black Rose as the embodied Black Madonna, of Isis and her twin sister Nephthys, carries and reflects back to us.

The Black Rose on the Earth Plane is symbolized by the Black Madonna, and anyone who is familiar with the Black Madonna of Einstein will know of the legend of the power and magic of the Ravens too.

The ancient Order of the Black Rose is an ancient sacred lineage of men and women who knew how to work with the magic and mystery of the White and Black Light for healing, wisdom and prophecy, who could weave together in union the light and the dark, the love and the fear, as well as the pain and pleasure, knowing that each end of the spectrum is dependent on one another to achieve wholeness. For also held within the

Black Rose are other Rays and expressions of the Divine, the Platinum, Silver and Gold too.

Yet it is not that simple to speak in terms of black and white, light and dark, for they each flow together and compliment one another as they each work their magic. To put limitation on the Black Rose is a great disservice. More will be shared another time about the ancient Order of the Black Rose. In the meantime....

To judge, disapprove of and turn away from the dark, is to judge, disapprove of and turn away from the sacred feminine....

The true power of the Black Rose is about surrender and entering into the dark – whether we take the journey willingly or are put there by a crisis of some kind. It is in the void, that great womb of creation and through that deep place of total surrender that we see the Light. And from the darkness of the void we bring through the White Flame of creation.

This is the power and secret the Black Rose and the Black Madonna holds, as did maybe Isis and Nephthys. For the Black Rose, the Black Madonna, stands as protector at the zero point of two worlds...here now to protect us we enter the dark places within ourselves.

The Black Rose and her Sacred Geometry carries the activated Light Codes to the Shadow aspects within our selves to liberate the feminine principle in men and women for the embodiment of the feminine “christed” Light within, whilst her teachings provide assistance, support and grounding for the now accelerated Ascension process.

The Black Rose calls to us to heal our psyches, integrate our shadow aspects and alchemise our emotions by bringing the Light of awareness into all those parts of us that we have either denied, forgotten and repressed, so we can integrate and balance the Divine Masculine and Divine Feminine within ourselves to find wholeness, although in truth we are already whole.

The power of the Black Rose lies in the ability to surrender and enter the void, the blackness of Divine mystery. To integrate the energies of the Black Rose is to go deep into the Heart and integrate the shadow aspects within ourselves to become the embodied feminine within the union of opposites. To Love her is to experience her Diamond Black Light made visible in the darkness.

The Black Rose is a powerful symbol of transformation that embodies the energies of both chaos and creativity. She holds our deepest of sorrows and Heart wounding, she holds our death and rebirth. That is what the Black Rose calls us to - to *embrace* the chaos that can eventually lead us to wisdom and transformation personally and globally.

The Black Rose teachings and Light Transmissions empower us to grow through the integration of our Shadow and the Universal Light, which enables us to bring in multidimensional frequencies of a Celestial, Cosmic and Galactic nature so that we may embody more Light within ourselves and gain the ability to self heal and balance our masculine and feminine energies within.

The Essence of the Black Rose holds a **collective, multidimensional, archetypal vibration** of the Divine Feminine, upheld by the Great Mother of Creation, whose Teachings, Light Transmissions, Cosmic and Galactic energies have been brought forth for healing and transformation, emotional cleansing, and to support others in learning how to heal themselves.

This is a unique Heart based alchemical healing process. The Black Rose teachings and Light Transmissions form the basis for self healing and self mastery, enabling others to connect with their own Light and Truth, experience alchemy for themselves, and create their own channel through the sacred geometry of the Black Rose for evolving the Light Body and their own consciousness.

All healing comes from within for there can be no other way. If you are drawn to these times of Grace, the Black Rose teachings and Light Transmissions will enable you to evolve from lower consciousness into the higher realms of Light, to transform life's challenges into the beauty, wisdom and truth of our highest potential.

The Black Rose is a powerful multidimensional frequency that enables you to begin your own self healing inner journey through the Black Rose lineage and the Diamond Black Light frequency to connect with your Higher Self and reawaken your own gifts. Each healing is unique as it is Divinely orchestrated by the Black Madonna and other expressions of the Divine.

The Key to Ascension is self healing. If the Black Rose is calling you, you are being called into deeper exploration of self to look inwards and clear out old stuff, deepen into the blackness of Divine mystery, and the divine feminine principle. The Black Rose brings us to wholeness, a powerful ally

in illness and disease too. She is the embodied feminine, of unity and Oneness.

The Great Mother dates back to the time of wholeness, even before Isis, at the beginning of the ages before the separation of the male female principle. Queen of Heaven on Earth, the Black Rose holds the template of the 5th dimensional grid – the alpha and Omega, and alignment with the Earth Star and Stella Gateway. The Black Rose Teachings offer an invitation to awaken in an embodied and integrated way, and participate in creating a new world.

THE COST OF AVOIDING

I first met the Dark Mother in 2010. Unbeknownst to me at the time, She came to me unexpected and uninvited, after being diagnosed at the age of 56 with a devastating and debilitating disease - Rheumatoid Arthritis.

Plunged into darkness and the depths of despair through my own Dark Night of the Soul, little did I know the devastating impact this disease would have on my life as all that I had known and had been, was burned and stripped away. There is a much higher purpose to illness and disease, this is a teaching from the Black Rose to be shared another time.

My life completely changed as I lost my health, mobility, business, relationship. Although the life I had known and loved disappeared, being put into a place of total surrender enabled me to understand the process the human body uses to internalise its external experiences.

As an energy healer for many years helping and assisting other with their emotional baggage, I knew I had to get in touch and *feel* my own emotions sensing they were connected in some way to the rheumatoid. I had buried my emotions for so long they were screaming to be released – through the inflammation in my body.

Burnt and destroyed in the Dark Mothers Holy Sacred Fires of Truth that burned off all that was false within me, in the deep surrendering that followed I was opened to the great cost on my body from not dealing with and burying all the suppressed, unacknowledged emotions, limiting beliefs, distorted patterns and unexpressed grief I had carried all my life.

Illness taught me to listen to the wisdom within me as I was guided to look beyond my assumptions and distorted beliefs as a “Teacher and Healer” and to look for and see the deeper cause of disease and how it begins, and saw the deeper message beneath the challenges we all experience.

Trying to look for the causes behind my illness, I found myself struggling with traumas I had buried from childhood and adolescence. Over time, I began to see how my body had its own intelligence, and that emotions unexpressed get embodied in the body. I saw how our cellular memories are connected to our negative belief systems and how it all creates discomfort and disease.

My body was in pain because of the emotional pain I carried within it. My hands were crippled because of the crippling, thoughts I had in my head. The inner critic and Judge made manifest.

My blood was poisoned because of the poisonous, toxic thoughts of judgement and criticism I carried in my head for myself and which was projected out onto others. I had developed a thyroid issue at the age of forty three because I had suppressed speaking my truth all my life. My suppressed anger and resentment at not getting my needs met.

And my painful feet were connected to my throat. My feet were in pain because like many, I have never stood in my truth and because I could not stand in my truth I was not able to speak it either. There is always a gift waiting for us in the Shadows of depth and despair. Our job is to become conscious.

Illness enabled my Heart to be cracked wide open to know the Love I AM. I wrote about my healing journey in the blog which provides a detailed guide map to healing Core Wounds and is available to those who want to make a start on integrate shadow and can be found at this link:

<https://www.lightmessenger.co.uk/the-importance-of-healing-our-core-wounds/>

Eventually, I was also opened to the gifts and messages that had remained hidden and were waiting for me to claim them. It enabled me to understand the purpose of the Dark Night of the Soul on a personal and collective level, and that I was anchoring and embodying the frequency of the Dark Mother to be a "Shadow Walker and Shadow Worker" in service for humanity's sacred Heart awakening of the Divine Feminine.

The Black Rose became the Book of Love that I had reclaimed and remembered from eons ago that had been lost in the mists of time. Through the embodiment of the courageous Warrior and taking the Heroine's Journey and descent into the Underworld, the Codes of the Diamond Black Light of the Black Rose already embedded within my Heart were activated.

It then became the Elixir, the living transmission that contained the Power of Love that I could bring forth and share with the world at this time through my own physical form, to help and empower others to transform as I had been transformed.

To move out of fear into Love and be a vessel of Love to support humanity in its sacred Heart awakening, I had to do that deep inner work

for my self first by clearing past programming and limiting beliefs that kept me rooted in fear, so that I could embody more Love and Light that is the fire of my own true Divine calling.

I have dropped the labels of "healer and teacher", my life purpose now is one of service as a "Waysharer". The highest purpose of the Black Rose teachings is to support and assist others in shining the Light on their own Shadow and duality, assisting and empowering them to heal their emotional pain and transform their own Core Wounds and wounded Hearts, that they may step into their highest calling too.

For the Black Rose is the healing journey to the awakened self. It is the inner work of transmuting the darkness of our soul into light, love, truth, beauty, wisdom and compassion.

So if you are open and willing to receive and embrace the Black Rose teachings, let the journey begin.....

"The Holy Mystery of our Shadow"

Originally written and posted by Linda Raven on the 26th October 2017, the full article can be viewed here:

<https://www.lightmessenger.co.uk/holy-mystery-shadow/> which states:

"We are all going through and are part of the death and dying process, and finding support of some kind if we are struggling is crucial. With so much playing out within and on the world stage, Love's message from the Black Rose this month is this:

What could we become if we integrated our Shadow?

In sharing about shadow work here, my intention is to share it in a healthy positive way to offer an overview of what our shadow self is, I will show you your shadow, the havoc it can create in our lives when not recognised, and the message it is trying to teach us.

Integrating our shadow is about transforming our emotional suffering into liberation and freedom. It is deep soul work that enables us to bring our true selves out from the unconscious shadow of "darkness" and the unknown, into the Light.

Our life's journey of seeking the Light and longing to know the Divine will eventually lead us to our shadow and inner darkness. What we perceive as "darkness" are just the aspects of ourselves we have denied and not learned to Love. What is coming up is our "stuff" we have not dealt with.

Our greatest Teacher IS our Shadow

"Where the Black Rose Blooms"

This post was originally written and posted by Linda Raven on the 21st June 2017 and the full article can be viewed here:

<https://www.lightmessenger.co.uk/black-rose-blooms/> which states:

"The pain of the world is a call for Love, a call for courage. Will you turn or shy away from a breaking Heart, or grief and loss in its myriad forms? Will you? Will you? Or will you find the courage, patience and compassion to bear witness and listen? Deeply listen...."

This is a story about Love and for those who truly want to Love deeper. There is a much deeper message here and so relevant for our time now, and why the Black Rose teachings have come forth. Grief and loss can become a Heart opener and change maker for all of us when unspoken grief speaks....

There is a root somewhere within all of us waiting patiently to be witnessed. So Love's message from the Black Rose is this:

Grief must have a voice – it needs to be heard

Now is the time for unspoken grief to be witnessed and heard so we can reclaim our voices and speak our truth. We all have an opportunity to break our silence and step up now by releasing this old energy of unspoken grief that has been projected out into the world as fear for thousands of years and has blocked the personal and collective from moving forward.

I have spoken often on the personal and collective shadow and Dark Night of the Soul that holds the uncompleted grief work and avoidance of pain and unprocessed grief of the Divine Feminine that we all carry that has not been heard for aeons....

And it's time we brought grief and loss out from the shadows, put it in it's rightful place and give it a voice. For grief is a natural response to a deep loss. We need to start telling the truth and stop saying we are fine when we are not.

There are many faces of grief and unresolved emotional trauma from the past or within everyday events limits our ability to reach our full potential, life purpose and our personal evolution.

Unspoken grief can leave us feeling silenced and invisible. The purpose of this message is to highlight the awareness of underlying unspoken and unprocessed grief that shapes all of our lives in its many forms”.

"In Reverence of the Black Rose"

This post was originally written and posted by Linda Raven on the 7th February 2017 and the full article can be viewed here:

<https://www.lightmessenger.co.uk/reverence-black-rose/> and states:

"What is most important must be spoken – and shared – even at the risk of it being misunderstood.

Through our ancient Galactic lineages, may we continue as Wisdom Keepers of the Flame, so that we may step forth now as those illuminated flames in our true sovereign essence, and as our true authentic Rose colour.

We will each be presented with challenges until we choose to do our inner soul work to liberate ourselves and see them in a different Light. This is our initiation.

Those who choose to seek the deeper mysteries will find them, for all esoteric secrets, knowledge, wisdom, inner knowing and the voice of the soul will be revealed to those who surrender.

Wisdom is often hard earned, usually coming through our own trials and tribulations of falling down and finding the humility to get back up again. This is the greatest initiation that many of us will have to face at some time or other – and many are facing now.

The Invitation

Through my own ancient lineage and connection with the Sisterhood of the Rose, included within this sacred text is the ancient wisdom and my journey of remembrance with the Black Rose and her Temple.

"Black Madonna Rising"

This post was originally written and posted by Linda Raven on the 28th January 2017 and the full article can be viewed here:

<https://www.lightmessenger.co.uk/black-madonna-rising/> which states:

"She is a Dark Mother archetype of the Divine Feminine and a symbol of our inner shadow-self. She invites us to enter into our feelings at the deepest depths, to name them, and be in the darkness to learn what our suffering has to teach us and call the pieces of our suffering home. I got to experience her Sacred Compassionate Heart first hand when my life fell apart.

I got to know Her intimately.

She taught me how to make alchemical beauty from the ashes. Through self Love, Her Black Diamond Light became the healing balm for my unresolved grief and fears, bringing Light to the places within me where I had become separated from Love – still an ongoing process.

As She stepped forward and held me in Her beautiful illuminating diamond Black Light, what was taken away from me back then through a Dark Night of the Soul was taken out of an act of Love. For it was to bring the Dark Mother within me, back into the Light.

And so in gratitude, I trust. For in the depths of her darkness, and through Her deep unconditional Love and Divine protection, I was alchemised in Her fire of Illumination. I had rebirth. I had a shift in consciousness. It was the grace of the Dark Mother that held the space within me for remembrance...

And in the Heart of presence, I remembered and know Her within me now... And in Her name I stand as a vessel of Divine Love in service knowing that I am a vessel for her eyes, her hands, her voice, her compassion and fierce Love and always have been.

I have remembered....

“Wisdom from an ancient Rose”

This post was originally written and posted by Linda Raven on the 12th June 2017 and the full article can be viewed here:

<https://www.lightmessenger.co.uk/wisdom-ancient-rose/>

We are all being asked to master our emotions and to observe and be aware of our own reactions to conflict when triggered by events. Through the waves of anger, rage, frustration, sadness, sorrow and tragedy, and deeply wounded and grief stricken Hearts, we are all being given opportunities to connect to a new level of Love consciousness with ourselves and each other that is now starting to emerge.

So Love's healing message from the Black Rose this month is this:

Heal the Children....heal the Children!

I received the message above during the night two nights after the Manchester bombings, and the realization of its Divine timing. These children in that message are the inner child that resides within all of us which gets triggered and activated in times of uncertainty when we feel vulnerable, frightened, sad or angry.

For the "Lightworkers, Star seeds, Roses and Angelic beings" whose purpose is to lift the vibration of the planet, the cry that many may feel from deep within their Hearts comes from the biggest Light bearer of all our core wounds, anxieties and fears....

our wounded inner child

It is grief work that heals our wounds, not intellectual processing. No-one can do that for us, although some can show us the way. Most people carry grief energy within them whether they will admit to it or not.

Healing our inner child means bringing into awareness all the beliefs and attitudes held in our subconscious mind that cause our dysfunctional reactions as we keep reacting to the programming of our childhood.

The Black Rose has stepped forward in this time of need bringing forth the gift of Grace and divine assistance for transformation of our shadow and inner child, and to help us release the emotional bleeding that we carry around in our bodies, in our chakras, and in our cellular memories – and what we project onto others in the outside world. If we don't see our own shadow then we are in denial.

MOVING FORWARD TOGETHER

I never set out to be a "Shadow Worker". When I became ill I had to close my practice. I never taught Ascension Classes or held anymore workshops. I also never saw my clients (or most of my friends for that matter) again.

The Black Rose has stepped forward now to liberate the feminine principle within men and women in this Age of Aquarius.

Our Temple of the Black Rose offers a supportive vessel for men and women committed to go deep and work through, identify their Core Wounds, and integrate shadow. In acknowledging "shadow", feelings and emotions, we transmute our Heart's wounding and bring balance and healing to our pain.

Those living in the UK can receive the teachings and Light Transmissions for self initiation and activate the Codes of Light within through the Temple of the Black Rose group gatherings, anointing Ceremonies, Rose Circles and blog posts.

For anyone living outside the UK or unable to attend the monthly gatherings, Core Wound healing sessions are available by Skype and the ongoing teachings through the blog posts. Please contact me if you would like to be added to the mailing list to receive updates.

There is also an opportunity to open to and receive the Light Transmissions remotely by liking my Light Messenger Community page <https://www.facebook.com/Light-Messenger-431354123618846/> or contact me via the Contact page on my website if you would like to receive the notifications.

I am also working on providing the teachings and Light Transmissions via a Skype group call and as MP3 downloads.

Please contact me via the Contact page if this calls to you at www.lightmessenger.co.uk

In the meantime.....

THE BLACK ROSE ESSENCE

The mystery of the Black Rose is that all is not as it seems. The essence I speak of is not something to swallow. Spirituality is about taking action, self analysis, and understanding why we respond a certain way, why we react the way we do, and the Teachings are for those open and willing to receive her grace, do the inner work and walk the talk.

If you are guided or called to connect with me or the essence of the Black Rose and her Sacred Codes on your journey to profound healing, wisdom, Cosmic and Galactic Love, here is a glimpse that she offers in service to humanity.

The essence of the Black Rose has been encoded with the teachings of the Cosmic Mother, as well as other expressions of the Divine.

The message in the Diamond Black Light of the Black Rose is simple, she is here as a shining Light to guide us through the maze of truth on our journey home...to the Love we are.

The Black Rose teachings offer a deeper understanding and journey into the "shadows" to identify what requires revealing and bringing it into consciousness for healing. She helps us to work through inner blocks and *understand* the reactions to certain situations or events in our lives. Core Wounds and emotional pain ARE our Shadow....*including* our unconscious desires.

The message of the Rose is we must work more from the Heart, for the Heart is the Gateway of transmutation. She has come through now because we are in a time of ascended consciousness, and those who are able to accept and understand the potent vibration of the Black Rose will know they have to do the inner work that is required because we cannot bring back our gift to humanity without going into the "darkness" to retrieve it.

Rarely can we do we shadow work on our own and will need to consider reaching out and asking for assistance, either from those who have the skills in shadow work or have processed and integrated their own shadow. For those who have the courage and *commitment* to descend into the holy darkness of the Black Rose teachings, she is awaiting to reveal truth, beauty and wisdom to those who feel called...

THE BLACK ROSE LIGHT TRANSMISSION

The cover photo has been created for the alchemy of emotions and as a portal for ancient, mystical wisdom, but is not a substitute for doing the deeper inner shadow work or for spiritual bypassing.

Mystery lies in the centre of the Black Rose. She represents the black hole at the Galactic Centre from which to pulse her essence, wisdom and vibrational energy, and radiate her grace, blessings and guidance into those who gaze upon her to assist in raising our own consciousness and frequency.

To receive this Light Transmission, take some time out where you will not be disturbed, you may like to light a candle and create some sacred space around you.

When you feel ready, just focus on the Black Rose on the cover of this book. This Light Transmission is guided by the Cosmic Mother.

Call in any Guides you wish to be present.

Begin to breathe as if you were preparing for meditation, allowing your breathing to become rhythmic and relaxed. Notice any feelings of discomfort and breathe into those areas.

As you gaze into the photo, focus on the black hole in the centre and take your gaze slightly out of focus without closing your eyes.

Connect with the highest aspect of your High Self, your I AM Presence, and ask for the highest healing possible.

When you are ready, ask your I AM Presence to show you what is the most important thing that you need to heal in this time and space.

Pay attention to what you *feel* in your body. The answer may come as a sound, an image, a sensation, or a past memory. Be receptive to what is and Love that, without placing any judgement on it or wanting to get rid of it.

Breathe this Love and acceptance through your body until you feel at peace with it.

Now bring your awareness to your Heart and *feel* it connected to the Heart of the Cosmic Mother at the Galaxy centre. Feel this alignment with your Heart and the Galactic Heart. With each heartbeat this powerful

wave of Love from the Galactic Heart flows into your physical Heart, creating One heartbeat.

Continue with your in and out breath for as long as you like, receiving what you need to receive and what needs healing in this moment.

If tears come, allow them to flow, without attaching to the emotion.

When you feel the healing is complete and you have received what you needed to receive in this moment, pulse your Love and gratitude to the Beings of Light that stepped forward and thank them.

Bring your attention back, using some physical gesture like shaking your hands or stamping your feet.

You may like to take a note or journal your experience, what ever feels right for you. And if you would like to share your experience with the Black Rose Light Transmission, I would be delighted to hear from you.

AN INVITATION

It has been my intention to bring forth the healing Essence of the Black Rose to those who are truly willing to open their Hearts to Truth, Beauty and Wisdom, as the Black Rose gracefully offers her vibrational Heart medicine and healing balm in service to humanity to heal the mind, body and soul, enabling you to find your own healing and wisdom within.

Birthered in September 2016, it is time now for the return of these ancient, sacred teachings. Our deepest Shadow Self holds so many possibilities and potentials as yet un-manifest. The Black Rose is the Gateway to emotional mastery and our fullest potential.

If you would like to participate in coming together to receive the Light Transmissions from the Cosmic Mother, sacred space has been created each month since the 13th January 2017 through the Temple of the Black Rose gatherings to contribute to humanity's Sacred Heart awakening and the anchoring of the Divine feminine.

Within the Black Rose Light Transmissions and through the Cosmic Mother, Sacred Geometry, Star and Light Code frequencies are coming through to assist in the rebalancing of the masculine and feminine.

As stated previously, the Black Rose holds a collective, multidimensional, vibrational frequency and other expressions of the Divine, including the "christed" Masters of the Sisterhood of the Rose, upheld and guided by the highest expression of Source - the Great Mother of Creation.

It is time to reclaim and anchor the Divine Feminine into every Heart that all may be returned into its pure state – LOVE.

If you feel called to participate in receiving the Black Rose Light Transmissions, they are often publicised via my facebook page on the day of the Temple gatherings in the UK.

For those living outside the UK, if you would like to be kept informed of the dates and notified in advance, please contact me via the Contact Page at: www.lightmessenger.co.uk with a request to be added to the mailing list for the Black Rose Light Transmissions.

To receive the blog updates, please contact me with a request to be added to the mailing list.

Core Wound healings are available through Skype on request.

SISTERS OF THE BLACK ROSE

A Black Rose is a Mystic, who follows the black road or path of the Black Madonna's, who heard the call from the Divine and came as a "Shadow Walker" from an ancient Order and lineage. There is no "Priestess training" or "Initiations" to be a "Black Rose", they are labels of the ego. Life itself becomes our greatest initiator through our most painful, excruciating experiences. It is the Dark Mother herself who initiates us.

A Sister of the Black Rose has been summoned and called by the Dark Mother to be re-birthing through Her sacred holy fire to walk the true path of Love and transformation. To walk the path as a Black Rose is to die to the life we knew as through great loss everything is taken away from us and we learn the true meaning and purpose of the thorns.

We are the Keepers of the Flame of Diamond Black Light who held and embodied the Black Light of the Cosmic Mother, to heal the pain of the personal and collective shadow and the Dark Night of the Soul when the world fell into darkness and amnesia and the separation from Love that followed when humanity could no longer hold the higher octaves of Light.

We are the ones who have gone deep into the Well of Grief to face our deepest fears and pain, so we could bring back the secrets of Love, Truth and Wisdom. We, the Black Rose sisters were ostracised, rejected, betrayed, abused, silenced and dismissed by those who were blinded by our Light and who misunderstood our colour Ray and recoiled in fear.

We as the Black Rose sisters understand the true meaning and value of loneliness and why many of us have to walk this path on our own. The path of the Black Rose is not for the faint hearted, for we have taken the journey to the underworld, experienced its truth and unconditional Love - and lived to tell the tale.

A Black Rose who has completed the journey to the underworld has become the "wise woman"...fully empowered as a woman with new perceptions, who has seen through the illusions and deceptions of her own ego, and can see clearly the shadow of others and the games played.

A Black Rose embodied can now wield with authority the powers of the Dark Mother with Love, compassion and truth. She has now become sovereign queen of herself....fully awakened...and self realised.

Seeded in the Galactic Centre, may the Black Rose take root in our Hearts and reveal the truth to all who gaze upon Her.