

# SANCTUARY, Your Quest For *Inner Peace and Belonging*

*Essential skills  
to harmonize with  
the movement of  
transformational  
energy*



**ROSE DIAMOND**

**EMPOWERING  
YOUR TRANSFORMATIONAL PROCESS**

Part One: Sanctuary, Your Quest for Inner  
Peace and Belonging

*Rose Diamond*

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*The crises in our world point to a collective movement through death to possible new life; a process of transformation that is happening now. The outcome of our collective crises will be decided by just how skillful and resourceful we can be – individually and together. Our ability to face the death of the old; to learn to live for a while empty; to welcome the unknown; to break through the resistance of habits and unhealthy dependencies, and enter new territory; our willingness to transmute our grief into wisdom and our losses into gifts; and to enter a new more inclusive stage of consciousness – this will make the difference to our individual well-being and to the future of life on Planet Earth.*

## Welcome

Since you've found your way to this page my guess is you are one of a worldwide soulful movement of conscious change-makers.

You're aware that, as a species we're in a major transition in our evolution and even though the world is in big trouble, each one of us has the potential to make a positive difference to our collective future.

Many of us are struggling with the gap between our longing for a new, conscious way to live and our uncertainty about how to bring this vision down to Earth and make it real. Within the rampant chaos and destruction of our world today, renewal begins within each of us through intentional acts of self-transformation. We can become more peaceful and more loving, and from this place of wholeness, re-create the world.

At the heart of the transformational process is the experience of wholeness which includes the soulful qualities of joy, peace, harmony, inspiration and creative flow. By growing our understanding of the process and developing skills to co-operate with it, we can embody soulful values in a sustained way. This is the path of the conscious healer.

**Wholeness doesn't depend on anything outside you. It's not something you have to leave to chance. It is always here within you, and whatever is happening in the world, you can make simple choices every day, many times a day, to connect with wholeness.**

This guidebook is an invitation to slow down, give yourself space to relax and become contemplative, follow your curiosity and allow your consciousness to expand. The meditations, questions for inquiry and other practices you'll find here will support you to transform your daily reality.

Whatever your passion and unique gifts - whether you're working to restore inner balance; you're focused on your own health and well-being or the well-being of the planet; you're developing new ways of being in community or creating livelihood; you're engaged in family relationships with children and grandchildren; you're making art and your own creative projects; or discovering what it means to be an elder – you are welcome here. I'll be telling you more about how you can join us in the *Tribe in Transition Transformational Practice Community*.



**My name is Rose  
Diamond**

and I'm on the journey to a more awakened consciousness alongside you. This guidebook is my way of saying hello and letting you know a little of how I see the world and how I can support you during your transition to the

new unified consciousness, which I call Whole Mind-Whole World.

Through my work at **Tribe in Transition**, and the **Sitting with Death and Choosing Life Programme**, which I initiated during lockdown, I've created opportunities to keep my ear very close to the ground, listening for the changes taking place through our collective consciousness shifts. I've listened for hours, days, weeks, as people have shared their innermost heartaches, doubts and despairs. And I've heard the dream that lives in so many hearts and souls for a kinder way to live together and share our beautiful Earth home.

I've been on my conscious journey to wholeness for over forty years, learning from the inside out. My own awakening to the inner world and a more authentic life began aged 29, when I was surprised by a spontaneous uprising of

poetry. My poems revealed a wisdom I didn't know I had, and connecting with this wisdom quickly became the most vital and meaningful aspect of my life; it set me on my conscious path.

Ever since, I've lived the journey of transformation, sought to understand it and become more skilled at it. I've written about it, brought people together to explore it and gradually mapped the territory.

As a lifelong educator, whole person therapist, and author, my job has been to learn about how consciousness transforms from my own experience and then to share whatever I'm learning to assist others. I want us all to keep moving through the shadowlands of grief, loss and doubt and to cross the threshold into a new story, so that we can co-create a new life-affirming culture together. It's been a joy to put my mind and heart to work designing learning programmes based on what I'm experiencing and hearing. One of my deepest fulfilments is seeing the gradual, gentle, sustainable changes in people when they commit to transformational practice within a like-hearted group.

I hope the words in these pages will touch you and stir your sense of belonging with a humanity breathing together through these precarious times. The renewal of the world begins within each of us through intentional acts of self-transformation. To create a Whole New World, we must become the Whole New Human. I'm happy to be on this adventure with you.

[Watch my welcome message here.](#)

Listen to my introduction to the first Soul Sanctuary Sunday conversation exploring, Sanctuary, Your Quest for Inner Peace and Belonging (10 minutes).

<https://www.audioacrobat.com/play/WtQwrrp7>

download: <https://rosediamond.audioacrobat.com/download/rosediamond-20250113102410-8293.mp3>

This is the first of four guidebooks in the series, **Empowering Your Process of Transformation**. The others are *Being Whole in a Fragmenting World*, *Essential Skills for Transformation* and *Metamorphosis*. Through them, I sketch a map of the territory of inner transformation which we can develop together through inquiry in a Community Conversation Circle.

At the time of writing, I'm about to launch *The Tribe in Transition Transformational Practice Community* and creating a community hub where the tribe can meet. Watch out for my weekly newsletter where I'll let you know when the community is launching. If you have any questions, please contact me on [rose@tribeintransition.net](mailto:rose@tribeintransition.net)



## Mapping the Territory

When you're setting off on an adventure, you probably study a map first to get a sense of where you're headed and pack clothes to suit the weather of the region. For me, a true adventure always has space for changes of mind, detours, surprises and serendipities – the natural, creative flow of life. Because the transformational process is constantly evolving, this skill of balancing intention and focus with openness and flow, is crucial.

Inner transformation is a movement of energy and evolution that begins when universal consciousness touches, moves, inspires and awakens us. As we respond to this energy by opening our hearts and minds and develop the skills to co-operate skillfully with what is emerging, we become the change we want to see in the world. Within the rampant chaos and destruction of our world today there are opportunities to become more peaceful, more loving and freer to re-create the world, as we change ourselves, from the inside out.

At the heart of the transformational process is the experience of wholeness which includes the soulful qualities of joy, peace, harmony, inspiration and creative flow. As we grow our understanding of the process and develop skills to co-operate with it, we can embody soulful values in a sustained way. This is the path of the conscious healer.

**Wholeness doesn't depend on anything outside you. It's not something you have to leave to chance. It is always here within you, and whatever is happening in the world, you can make simple choices every day, many times a day, to connect with wholeness.**

## Practice



## Set Clear Intentions

Grab a pen and notebook and make a few notes about what's brought you here to Tribe in Transition, and what you're hoping for. For example, you might consider these questions:

- Do you feel stressed and overwhelmed at times? Are swinging moods holding you back from living a fulfilled, purposeful and happy life?
- What aspects of your mind, heart, energy and relationships would you love to uplift and transform?
- And why? How would this help your well-being, relationships and your work?
- If you had all the skills and support you need to move beyond your current limitations, what is your ideal outcome for your future?
- If you do nothing, what will the likely outcome be?
- Set your intentions now. Write them down and then read them aloud so that you can feel the resonance of your words throughout your body. Do they feel true? If yes, then the journey will begin. If no, then what can you commit to?

## The Experience of Wholeness Can Become Your Guiding Star



*We tend to think the mind is in the brain whereas what we're talking about here is a whole body/ whole being intelligence which includes the heart and the gut, the physical senses and an inner, intuitive sense. It's slower, more spacious, more open and therefore capable of receiving different kinds of information than the fast-moving surface mind. The mental mind tends to be flighty, like a current running along on top of the water. Beneath the surface of the flighty mind is the spaciousness and stillness of awareness. When I listen in this deeper way it opens me to much more of the intelligence that is available. This receptive intelligence is intuitive. It connects me to knowing and wisdom.*

*From Whole Mind Whole World – The Power of Wise Choices*

Pause for a few minutes and feel into what the experience of wholeness is for you. Really feel it in your body and in your heart.

If I asked you on any ordinary day “do you feel whole today?” you would probably find me strange. That’s not the way most of us talk about our good feelings of being at one with self and the world. You might say, “I feel happy.. inspired.. brilliant.. excited.. ”

Whatever words we use, I believe wholeness is what most of us are after. It’s one of life’s most wonderful experiences. When I’m feeling whole, I’m complete, at peace and fulfilled. I feel connected with all my inner resources, including my wisdom. I have unending access to inspiration and enjoy the freedom of discovering, and living from, my authentic truth. I am empowered and abundant, there’s a feeling of nothing missing and nowhere to get to.

Here are some of the ways in which participants in my [\*Build Your Soul Sanctuary\*](#) Course have described their experience of wholeness:

“Wholeness for me is peace, contentment, calm and gratitude.”

“I feel fully alive and awake, and nothing is missing; it’s all here in my heart.”

“I practice being very present, even when the inner or the outer worlds are uncomfortable or difficult. I cultivate a feeling of “nowhere else to be”.

“I choose to engage with whatever brings joy and abundance, knowing this is not for me alone but spreads and multiplies the joy.”

**Wholeness is an experience, a choice and a practice. It’s a spacious, more alive and loving state of being that can be cultivated, nurtured and shared.**

Once you have had a taste of wholeness you can't forget it. Wholeness is the ultimate state of abundance – there's never an end to it and it just keeps expanding and getting better and better. Let wholeness become your guiding star.

## **SOME SOULFUL QUALITIES, STATES AND VALUES YOU MAY CHOOSE TO NURTURE**

LOVE PRESENCE AWARENESS JOY PEACE

TRUTH TRUST SPACIOUSNESS DEPTH ACCEPTANCE

CREATIVE FREEDOM EMPOWERMENT WHOLENESS

TRANSFORMATION INSPIRATION ENTHUSIASM

EXPLORATION ADVENTURE DISCOVERY

CONSCIOUS PARTNERSHIP EQUALITY KINDNESS

VULNERABILITY COMMITMENT RESPECT

COMPASSIONATE COMMUNICATION SERVICE

HARMONY WITH NATURE SIMPLICITY STILLNESS

DEEP LISTENING BEING HEARD INCLUSIVITY

POSSIBILITY UNITY

**Practice****A Meditation for Connecting with Wholeness  
(10 minutes)**

<https://www.audioacrobat.com/play/WMWTVxrX>

Download: <https://rosediamond.audioacrobat.com/download/rosediamond-20190227171158-7538.mp3>

In a quiet, comfortable space, listen to the meditation I've made for you. It will lead you into a state of quiet stillness in which you can remember the experience of wholeness. Give yourself as much time as you need.

When you have finished, to anchor the experience of wholeness in your body, jot down a few words to describe what you've just experienced. Or if you prefer, use colours to make a quick image or sketch.

If you couldn't experience wholeness tune into what you are feeling without judgment. Write about that and reflect on what may be preventing you.



## Sanctuary: Your Quest for Inner Peace and Belonging



### Practice



I invite you to rest for a few moments and empty your mind.

Then, when you are still, drop the word **\*\*sanctuary\*\*** into your inner being and watch whatever ripples out from memory and longing.

Take some time to write or draw.



## Sanctuary Guided Meditation (17 minutes)

This guided meditation will help you to explore your inner landscape, and you can use it whenever you want to reconnect with the place inside you that is always whole, at peace and connected.

<https://www.audioacrobat.com/play/WSJY88Y7>

download: <https://rosediamond.audioacrobat.com/download/rosediamond-20250114031847-6710.mp3>

## Experiencing Sanctuary in Everyday Life

When I think of sanctuary my first thought is simplicity. The falling away of demands, distraction, fractiousness; the letting go of social persona and the need to be something for somebody; surrendering all the striving, the effort and the doing.

Sanctuary is a doorway into a space where I feel at home, welcome, able to unfold my authentic being, to relax, expand consciousness and be renewed.

I have found sanctuary in different ways throughout my life. Here are some of them.

## Experiencing Sanctuary in the Belonging of Friendship



Many memories are coming to me now. I've been seeking sanctuary since I was seven years old when I discovered a healthy instinct to find a friend with a loving family who always welcomed and included me. I was forever running down the road to join them, not so much running away from my unpredictable and controlling family as running towards freedom, nurturance, friendship and acceptance.

That sense of friendship as blessing and sanctuary has stayed with me all my life. Many years later, at the end of a long plane ride, with several stopovers, when I finally arrived at my destination late on a frosty night, the sight of my best friend's smiling face sent warm waves of relief throughout my being, and I was home again.

As I deepen my connection with my inner being, my prevailing attitude to life becomes more friendly and friendship can be found in many forms – with my dog, with the birds that come to feed on the lawn every day, with the flowers on my table, the plants in my garden, the trees and mountains. Or in the friendship of meeting a like-hearted “stranger” in one of my groups and discovering how much we have in common.



- I've said that as a child I started running towards freedom, nurturance, friendship and acceptance.  
What are you longing to run towards now?
- What blessings have friendships brought you?  
Enjoy connecting with gratitude for friends in the present and in the past.

## Experiencing Sanctuary in Solitude

Are you a lover of solitude, like me? For most of my life I've been fully engaged with friends, community, and work in the world and, at the same time, since my late twenties, I've also been a big lover of solitude and sought it whenever I could.

I've found sanctuary in a succession of rustic cottages in ever more stunning landscapes. Roughbottom, Blebo, Cnoc Rannoch, Durnamuck, Chapelton, Holyrod, Paradise Way, The Garden of Eden, Cronehaven, Songbird, Bodwrog – these are just a few of the many homes that appeared just when I needed them and opened their doors to shelter me. Many of them were humble abodes, but always with magnificent views and I loved being cosy by the fire and, at the same time, close to the sky, the earth, the wind and the rain. As my body relaxed and my mind opened, I found refuge in solitude, communing with Soul and receiving the inspiration that is always here waiting when I'm quiet enough to listen.

Solitude is a different country from loneliness. When I'm lonely I'm missing someone and experiencing lack and separation. When I'm in solitude I am fully connected and in relationship with All-That-Is. It's a state of fullness and fulfilment.

### Stepping Out of Time



How precious it is to have spaces to inhabit outside the concerns and challenges of the world; sanctuaries outside time, where the day is an unfolding, marked only by the passage of the sun across the sky.

I step into a world of silence and simplicity. Prayer flags flutter in the breeze from the deck roof, little rags of hope. The sky is a constant source of illumination, always transforming – the progression of the sun from east to west, the ever-changing colours, the bright shine of Venus, the soft glow of the nearly full moon, the canopy of gentle stars – this is the only entertainment I need. Here, in this little cabin, built with such love, I am at one with the dance of cosmos. There is nothing missing and what is here is more than enough – an abundant feast, an adventure unfolding moment by moment.

When we step out of time who do we become? Surely, we become a space that consciousness can inhabit. An unconditioned, essential space outside culture, where the soul can unfurl its wings and bask in the kindness of sunlight.

We call this “doing nothing”. When approached wholeheartedly, from a place of presence, it’s an immersion in bliss. Here, we can discover the secret of the honey that lies deep within the flower of the soul, waiting for being to come and drink and carry away the pollen so that the goodness is spread and can grow and multiply.

So good it is to sit drenched in sunlight, listening to the breeze.



- Feel into the experience of solitude and find words to describe it.

- How often do you allow yourself this experience by creating a space where there are no distractions, only beauty and a space where you can be present and quiet?
- If you're missing the bliss of solitude, can you create an opportunity for some today? Or this week?

## Walking into Oneness



I've found another source of sanctuary in walking. Back in my twenties, every weekend my partner and I took trains and busses out of the city to arrive at the beginning of a new, carefully mapped circular walk. We'd fill our lungs with big breaths of refreshing air, fragrant with the scents of earth and sea, farmyard or parkland. Cool air alive with the energy of the mountains, sea or river; air blown in on the breeze, mixed with mist, exhaled by trees. Walking was one of my greatest pleasures. Here is a description of a long walk I took twenty years later up the west coast of the South Island of New Zealand:

*I had driven this road three months before and seen very little, heard very little, been touched by very little. It was another lesson in how much I missed by hurtling around the world in a bubble of steel. Now I saw, heard, smelled, tasted and*

*touched the world, as it became my lover. The scent of water was everywhere: cascading rivers, the moist and fecund bush, the pounding of surf on long sandy beaches below. Rounding a corner, huge, jagged rocks emerged out of the mist and wild waves leapt in the bright light. As we moved from warm sunlight to cool shade the air was pungent with rotting wood and seaweed, whispering leaves dappled down light, the mellifluous calling of tuis and bellbirds echoed, purple mountains lost their heads in the clouds.*

*Striding out, supported by the rhythmic movement of my body as I put one foot in front of another, I relaxed into the rhythm. Grounded in the physicality of bush and road, I breathed in the power of this land, the exotic scents of earth and sea and trees, the caress of sun and wind, the bite of frost. Alive with light, and as joyful as the leaping surf, I listened for the message of the rocks – **everything matters and nothing matters at all**; the wisdom of the trees – **the only place to be is here**; the constancy of the tides – **here now is eternity**, allowing these elemental beings to teach me my place in the universe.*

*Then my mind expanded into the limitless space of the sky and headed off into forever beyond sea and mountains. There was so much space in which to listen to the singing of the land, to communicate with the quiet spirits of the river and bush and hear the message of the ancestors on the wind. Like the magician I stood, with one hand pointing to the heavens to bring in my vision, the other pointing to the earth to ground it.*

*Crowds of stars flowed like a great river of light through the black nights. Time merged into the timeless, crossing over into eternity as we searched in the starry sky for the way home. We were the Starwalkers, who two thousand years before created the trails, carried the sacred stone, brought heaven and earth together.*

*They say we come from the stars. The stars are there even when we cannot see them. We are being guided. Rest on this thought.*

Aah! Remembering stirs an overflowing gratitude in my heart, a warm vibration welling up and brimming over. Memories, recollected in tranquillity and given

form through the devotion of writing, live on, and come alive again now twenty years later.



- What physical activities give you a sense of belonging in your body and sanctuary in nature?
- When did you last experience this? Can you create an opportunity to connect in this way today?
- Such an experience brings with it a bigger perspective which restores meaning to life. I describe it as “*the message of the rocks – everything matters and nothing matters at all; the wisdom of the trees – the only place to be is here; the constancy of the tides – here now is eternity, allowing these elemental beings to teach me my place in the universe.*”

When you feel most alive and awake what is that perspective for you? What reminds you of your place in the universe? Find the words to describe it now.

There is so much more I would love to share with you. I know you have your memories too, your own experiences of sanctuary, of being at-one with All-That-Is, and I’d love to hear you speak of them. So much hope and love of life can be kindled when we remember together in this way.

Let me just share one more source of Soul Sanctuary that has been important to me.



## Spiritual Community – Nowhere Else to Be



In my early 40's I experienced a painful mid-life crisis, a time when the meaning of my life drained away leaving me empty and disillusioned. After some time of suffering, the empty space within me was filled by something I had not looked for or expected. Out of the blue, a friend called and asked me if I would be open to experience a meditation she had discovered and I said, "Yes, why not?" When I was ready the teacher found me.

*In one of those moments when destiny moved to support me, I was given tools to help clean out the old addictive patterns from my system. I was introduced to a meditation practice called Sahaj Marg, a form of Raja Yoga, which focuses on cleaning the scars of illusion from the heart. These impressions of deeply engrained past experiences, keep us tied to conditioned mental and emotional patterns and the unsatisfying behaviours that prevent us from living innocently in the present. It's almost impossible to remove these grooves without some form of spiritual practice.*

*I was amazed when, after only a few sittings I felt light-hearted and deeply at peace; there was nowhere to go. As I surrendered to the power of the meditation, I felt calm, relaxed and happy, more alive to beauty and closer to nature. Filled with gratitude, I had a physical sensation of fullness in my solar plexus, as if I were*

*being fed. As I became centred and connected, patience came to me. Suddenly my life stretched before me with plenty of time to do whatever needed to be done, in my own rhythm and without pushing myself.*



- Have you had times when you felt life couldn't get worse and then something life-changing arrived, as if by chance? If so, what happened?
- I'm not advocating any one practice. In my lifetime I've used many different tools and I'm sure you have too. What are your favourites? Do you have a simple practice you can use every day, that you can rely on to bring you into a peaceful space?
- Have you experienced the sanctuary of being in community? If so, what did it give you?

## **Transformation: The Pattern of Retreat and Return**

Whatever form of sanctuary you choose – whether it's the spiritual and creative fulfilment that can be found in solitude; the comfort and belonging of soul friendships; the sense of being fully alive and at one with life that comes from moving the body and being in elemental nature; or the discipline and bliss of spiritual practice, there is a transformative pattern.

## **The Call to Renewal**

**We sense an inner call to withdraw from the challenges of daily life for renewal. This withdrawal may begin as a rejection of life and then, in time, becomes a turning towards what we truly long for. When we make the choice to follow this call, we find that what we long for is not far away but right here inside us, waiting to be remembered. In the solitude of soul sanctuary, as we drop into the depths of inner being we remember who we are and why we're here. We connect with our wisdom and guidance, receive insights and life-changing revelations, and we're filled up from within with love and gratitude. And then...**

### **The Challenge of the Return**

We return to everyday life. That beautiful state of expanded, loving consciousness may stay for a while, and then it begins to fade. We will never forget it and we know it's right here within us but the return to everyday life brings distractions and problems which can pull us out of centre. This may bring on a crisis because now we are even more aware than before that we are not living from our full potential, and this may lead to feelings of inadequacy, guilt and powerlessness. Change is calling...

### **Build Your Container for Inner Transformation**

To follow the call of Soul and move through your doubts and fears and into your next adventure of conscious healing and transformation, you need to create a container for your transformation – a sanctuary where you'll feel held, inspired and encouraged.

The best metaphor for transformation is the ancient practice of alchemy in which the base metal of dull lead is turned into shining gold. In psycho-spiritual terms this is an analogy for uplifting limited, stagnant, conditioned or divided consciousness into a more expansive, flowing, free and unitive state. As you

shine unconditional love into the unloved places in your psyche you can integrate all your experiences into a new wholeness. This practice takes time, patience and skill.

For transformation to occur, whether in yourself alone, between two people, or in learning communities of many souls, we need to create environments which are contained yet spacious and flexible. A transformational container, or alchemical vessel, inspires confidence, risk taking and growth and allows space for authentic self-expression, individuality and difference. A feeling of being held and supported exists alongside freedom and self-responsibility. This frees us from judgments about “right” and “wrong”, “success” and “failure”, “you” and “me”, enabling a spirit of exploration and experimentation.

## Five Forms of Support as You Build Your Alchemical Vessel

In *The Tribe in Transition Transformational Learning Community*, I’ve woven together five threads of support to create a strong alchemical container.

### 1. The Encouragement of Authenticity, Autonomy and Creative Action

There are many common threads in our soul journey stories and, at the same time, each one of us is a unique individual. I have shared in this guidebook some of my stories, and the healing and spiritual practices that have helped me throughout my life, yours will be different. There is no One Path Fits All.

**An essential skill is to find your own path, and your own truth, by trusting and following your inner wisdom and guidance.**

Your inner soul sanctuary is a space you can go to whenever you choose, to deepen and strengthen your relationship with your wisdom and well-being. By creating a space where you can sit with your inner conflicts, doubts, fears, confusion and suffering, and bring awareness into them, you will find your way to resolution.

Your inner soul sanctuary is also a place where you can communicate with spirit, receive inspiration and incubate creative ideas. From this space of healing and contemplation, a natural flow of creative energy will arise and lead to your next steps.

You can also find and co-create this same sense of belonging, connection, communication and inspiration with others within an intentional community space.

## 2. Stimulus Materials for Exploration and Inquiry

Over the years, I've authored a variety of resources including written materials, teaching videos, guidebooks and thoughtfully structured courses, designed to ignite inquiry and draw out the deeper truths of our experience and the common themes of our humanity. This guidebook is one of them. I offer these to get you thinking about your own experiences and as an encouragement to adopt simple practices.

**An inquiry is an adventure to be lived and followed. It will lead you along your own unique path of discovery, help you to connect with your wisdom and with a shared humanity, and inspire you to pursue your passionate interests.**

## 3. Simple Practices for Developing Transformational Skills

Simple daily consciousness practices support you to co-operate with the transformational process and to fully participate in life.

**Little and often is the key to developing skills which will support you for the rest of your life.**

As you develop a consistent daily practice you will emerge from your shadows, make life-affirming choices, move in your chosen direction, offer your gifts, and flourish.

## 4. An Intentional Community

**I've been participating in, and facilitating groups for a very long time and I can say without a doubt that gatherings of conscious people in intentional groups is the most reliable route to transformation.**

I've held a vision for a Transformational Practice Community since the turn of the millennium. I've participated in many different learning communities and experimented with my own approaches to transformational learning in groups. After years of preparatory work getting ready for this, the time is now. Imagine a trusted group of like-hearted individuals who share a desire for growth in consciousness, authenticity, and meaningful contribution. Imagine the freedom of being deeply listened to and supported in expressing your true self. As you listen to others you will discover collective themes and realise you are not alone and separate but part of a collective evolution of consciousness. The expanded energy of the group will empower you to uncover your next steps and motivate you to take meaningful actions in your chosen direction.

**Together, we will create islands of coherence amidst a sea of chaos.**

*The Tribe in Transition Transformational Practice Community* is designed to welcome you at the level that suits you best. Participating in one or more introductory community conversations, will give you the chance to see if this is a good fit for you and at which level you want to join.

## 5. Group Inquiry and Deep Discovery

Through the practice of Deep Discovery Conversations, a group holds the intention to cultivate an expanded field of consciousness. The energy of expanded consciousness is very attractive and makes the group more powerful than the sum of its parts. It encourages depth and frees intuition and creative thinking.

In a group process, the base metal to be transformed is a group of individuals coming together with all their differences, resistances and

limited beliefs. The deep discovery process provides an opportunity to coalesce into a more highly functioning, cohesive and coherent whole. As each individual gains confidence in expressing their individuality while exploring common themes, everyone in the community benefits.

As the skills and practice of deep discovery deepen and become more satisfying shifts in individual and collective consciousness occur, and a group culture is created, which eventually becomes embodied and transferable. In other words, not only is this a valuable and fulfilling experience in itself but also, a few people embodying the skills and values of Deep Discovery can become catalysts to uplift the culture at large.

**An intentional group of conscious healing practitioners can be the alchemical vessel, in which the dull lead of old limiting thoughts and behaviours, and the unhealed wounds and traumas which live in us, can be transformed into the gold of expanded consciousness and the emergence of a new story for humanity and life on Earth.**

## Summary

In this short guidebook I've identified several ways in which you can connect with the experience of inner peace, belonging and sanctuary. These are:

- **Friendship** with like-hearted companions
- **Solitude** - being present in the flow of your experience
- **Stepping outside time and the constraints of everyday life** into a space where your soul can unfurl its wings
- **Connecting** with your body, **moving** your energy, **being** in nature
- **Remembering a bigger perspective** which restores meaning
- **Releasing and healing** old limiting patterns by committing to tools and practices that work for you
- **Participating in conscious community** with people on a similar path who will encourage you and hold you accountable.

## **The Skills of Transformation**

Here are some of the skills I have referred to in this guide:

Building an understanding of the nature and process of transformation

Setting clear intentions

Balancing intention with creative flow

Developing whole mind/whole body intelligence

Meditation and guided meditations

Inquiry and Deep Discovery

Nurturing stillness, silence and simplicity

Deep Listening

Being receptive to, and following, synchronicities

Building your transformational container, alchemical vessel or sanctuary

Committing to a daily practice over time

Knowing when you need support and how to find and receive it

Co-creating mutual support in an intentional like-hearted group.

These skills, and the many others that are required along the way, are beautiful and inspiring. As you grow these skills, over time, you will become stronger, more resilient, open and flexible. There are many vehicles for developing these skills. As I've mentioned my favourites are meditation, writing and meeting for deep discovery conversations with friends or in groups. You will have your own favourite vehicles. The most important thing is to find what works for you and commit to a daily practice.

## **Find Your Living Questions**





Inquiry is at the heart of the transformational practice that we share together in the Tribe in Transition Community. When you identify a question that enlivens you and is important to you, this question will lead and guide you. It becomes a living inquiry and a conversation with your inner wisdom, with your group, with the intelligence of the universe.

I love inquiry because it's very open. At the same time, intention is focused, so you set your intention for peace and belonging, and then you hold an open space for the answers to come in. The answers can come in from many different directions – you may pick up a book and read a paragraph or two, watch a podcast, have a conversation, or receive an idea, an intuition or a dream. Pay attention to all the little signs and signals that come in because they are guiding you, even when you don't fully understand them.

When I was in the early stages of my conscious healing path, I was going through a period of unhappiness and confusion, and an older colleague gave me this quotation by the poet, Rainer Maria Rilke. The words touched me even though at the time I didn't understand what he meant. Over the years, I've lived into them and come to understand them and now inquiry has real meaning for me and is one of my greatest sources of adventure.

*“Be patient with all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not seek the answers, which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day, into the answer.”*

*Rainer Maria Rilke, Letters to a Young Poet, Penguin Classics*

## Practice



### Develop Your Transformational Practice

On page 8 of this guidebook, I asked you to set a clear intention for your experience of inner peace and belonging.

Now, I invite you to identify your questions for inquiry. For example, mine are: How can I live in inner peace and belonging more of the time? How can I make inner peace my forever home?

Then, I encourage you to use one of the meditations in this guidebook to support you to visit your inner soul sanctuary every day.

Set your intention

Identify your questions for inquiry

Visit your inner soul sanctuary every day

This is a great beginning to your transformational practice and will build your transformational muscles.

## Next Steps

I hope you've enjoyed this stroll along a path to inner peace, belonging and sanctuary, and it has given you an appetite for more.

When you registered for this guidebook, you also signed up for my **weekly newsletter**. This includes new content and all the latest information about *The Tribe in Transition Transformational Practice Community*. We will be opening our doors in April 2025, and I'm very excited at the prospect of welcoming you there to join us in conversation.

I wish you peace and belonging and I'd love to connect with you again soon.

*Rose Diamond*

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