

# The Sophia Elements Meditations



Intro to the Webinar &  
**Sophia Creation Story**

# The Sophia Elements Webinar 2014

Lila Sophia Tresemer & David Tresemer, PhD.

Why a  
webinar?  
Why,  
anything,  
for that  
matter?

We often ask each other, “What is a life for?” It’s a basic spin on the “Why are we here?” question. Reflecting on your own responses to these questions might bring you to the core of The Sophia Elements Meditations.

We make some assumptions, and we’ll do our best to state those up front:

- **We do think** we are here for more than just a fleeting blink of the cosmic eye as something truly grand explores itself through Creation;
- **We do feel** there is a Great Intelligence that underlies it All;
- **We do believe that we are a part of that Intelligence, and it contains us, as well as we contain it.**

Webinars give us an opportunity to explore the web of the Creation—the unified field and matrix that underlies everything, from pre-manifestation to manifestation, and then on to post-manifestation. Within that dance, “matter” comes into play, so to speak. **Matter**, as **mater**, as **mother** ... in play. We come to identify something living in this play of stuff, and we call it **Sophia, or Gaia/Sophia.**

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Who is **Sophia**?



She is **All-Mother** or **Great Mother**.

She is **Creatrix**.

She is **Shakti**.

She is all these in balance to Shiva,  
to All-Father + the Masculine energy  
essential to life.

# The Sophia Elements Webinar 2014

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## EARTH\*AIR\*FIRE\*WATER\*LOVE

These elements are sometimes pure; more often, they are challenged & compromised.

Because of this, we felt guided to work with people through

**focused, collective Elements Meditations.**

*The simple background to offering a webinar:*

We feel strongly called to activate a collective intelligence that can transcend dogma, and engage individuals in their own “direct knowing” or the process of gnosis, the Greek root of our word “knowing.” Caitlin Matthews writes, **“Pure gnosis is found wherever Sophia walks; it is not dependent upon this or that school of thought.”** (*Sophia, Goddess of Wisdom, Bride of God*, 2001 edition, p. 145.)

“Wherever Sophia walks” is a way of seeing matter, and of experiencing our journey through the world, as Gaia, as Gaia Sophia, as Sophia, as Mother energy. We are all exposed to the basic elements that compose Matter/Mother/Sophia, specifically earth, air, fire, water, and the fifth element of Love. These elements are sometimes pure, and more often challenged and compromised. Because of this, we felt guided to work with people through focused, collective Elements Meditations.





# The Sophia Elements Webinar 2014

Lila Sophia Tresemer & David Tresemer, PhD.

## What Is Sacred Activism?

How we translate our  
spiritual sensitivities in  
focused & balanced  
action in consonance  
with Sophia.

We link this work also to the term **Sacred Activism** (also widely used by Andrew Harvey), as it is a way to be involved in the issues of our times, and yet we maintain that engagement in Activism, social or political, is best served by holding firm to the Sacred. We become then an effective and influential part of the Whole, rather than in judgment or reaction. \*

This series will be connected by a thread of common reading, as David and Lila offer some pieces of writing to focus our discussion, and then move to engage and resolve the relevant issues through a group meditative process. All involved in these calls and in the meditations are therefore engaged through their own gnosis, their own divine connection, towards an influence on the web of life, which in its own Intelligence will know how to guide us to being most useful.

We will continue these meditations for a series of six webinars, making with this introduction seven in total.

\*For overview of our program, see last 2 slides of this presentation.

# Introduction: The State of the World As A Wake-up Call

Lila Sophia Tresemer & David Tresemer, PhD.

You hear a ringing in your ears. You're laughing and running with friends through an organic corn-field, almost flying as you glide through the stalks, seeing your friends to right and left. The ringing persists. You look between the stalks, up into the air, and can't figure out where the ringing is coming from. It gets louder and louder. You open your eyes. You're in your bedroom. The corn-field and friends were a dream. You blink, look to the side, see something familiar. The alarm clock doesn't stop its annoying ringing until you roll over and turn it off. You're awake, abruptly, not smoothly, yet awake. You've been pulled out of a delightful dream into this world. You get up and go into your day. A different sort of ringing begins, in your ears, in your whole being. Something is telling you that the familiar world of your days is really another kind of dream. A dream from which you must awake...

Will it be a harder world into which you awake? That was certainly true when you were jerked out of flying through corn-fields with friends – you came back to the hard realities of the world of work and worry. Will this new place be even worse?

Or will awakening open a new world with new and unexpected possibilities?



# Introduction: The State of the World As A Wake-up Call

Lila Sophia Tresemer & David Tresemer, PhD.

Do you  
feel a  
yearning  
from  
something  
vaster?

The ringing in your ears is coming from the state of the world. Consider the ringing is an alarm bell of the world: storms, droughts, pollution, attacks with poisons, rises in mental illness, rise in unemployment, rise in Alzheimer's, fall of civility.... Yet more important than the news is the as-yet unspecific **yearning that you feel from something vaster** – the Earth itself, the heart of a human being or all human beings, the sparkling stars. This is the alarm that nags you until you turn over to turn it off – and awaken into a world of greater possibilities.

We will introduce you to some of the characters in that new world, beings whom you have every right to know and alongside whom you are destined to work. Foremost among them is Sophia, the galactic principle who becomes the body of the Earth, known as Gaia-Sophia.

In this brief book, we will introduce you to a reality that may begin for you as an idea – a hypothesis – and then become a living presence – Sophia. We will introduce you to those who would like to distract you from recognizing Sophia. And we will introduce you to the motive force and power behind humanity, who expresses through all the individual lives on the planet.

# Introduction: The State of the World As A Wake-up Call

Lila Sophia Tresemer & David Tresemer, PhD.

Freedom of thinking means the ability to have all sorts of ideas about things, and to express them in a wide variety of ways, from whole philosophies of life to crafting ceramic pitchers to dressing up for a party. Freedom means the ability to stand on a soap-box in a public park and speak your views.

Free thinking complements the feelings of equality at the level of the heart – for all human beings are, in heart and soul, equal.

Free thinking complements the working of your physical body in the care of our community household (the root meaning of “economy”) – for all human beings are meant to work together for the common good. Equality of soul and striving together as brother and sister are the platforms for freedom in the realm of thinking – to invent, to make music, to build bridges of meaning that arch over spans of time and space.

However, if your health is compromised or you're depressed, it can be more difficult to realize freedom to its full extent. If you suffer through pollutions of air, earth, and water, your freedom can feel curtailed. Each of us withdraws to an isolated space of survival in competition with others. When we comprehend the mystery that our body is her body, her body is our body, and we meet in the elements, then we resonate from inside to outside, outside to inside. We can create meaningful transformation in the larger through the smaller by working on our own bodies. We can create meaningful transformation on the smaller through our actions in the world around us. Large and small are both part of the meeting with the divine Sophia.

Thus we invite you to join the growing numbers who recognize the true being of Sophia, and how to work with her.



# Introduction: The State of the World As A Wake-up Call

Lila Sophia Tresemer & David Tresemer, PhD.

Learn about practical techniques for working with the major threats to our health & existence – techniques related to the secrets in plain sight: the elements of:

earth, water, air, **and** fire.

And a **fifth** element, that connects the others.

# Intro to the **Sophia Creation Story** **About the Authors**

The work with Sophia has developed through the efforts of many in the Sophia Lineage, one of many initiatives now coming into sacred activism in our world. The two authors who have spearheaded this latest expression of gnostic wisdom are described at the end of the book. Here the two authors commend the many unseen authors, as well as the unsung heroes of this demanding and rewarding work – the members of the Sophia Lineage. ([www.SophiaLineage.com](http://www.SophiaLineage.com))



# The Sophia Elements Meditations

## Intro to the Sophia Creation Story

"Let us remember within us the ancient clay, holding the memory of seasons, The passion of the wind, the fluency of water, the warmth of fire, The quiver-touch of the sun and shadowed sureness of the moon.

That we may awaken to live to the full the dream of the Earth Who chose us to emerge and incarnate its hidden night in mind, spirit and light."

By John O'Donohue

The value of discovering, or remembering, a Creation Myth resides in several perspectives: when we know where we've come from, it becomes more clear where we are, and where we are heading; when we resonate with a mythic template, we find allies that can assist us towards deeper, wiser expressions in our lives; when we align with a Story that is about Creation, the compartments and categories in our lives start to resolve and dissolve into One essence, and we realize we are a part of a Wholeness, rather than something separate and alone.

Many people have pursued a meaningful Creation Myth that rings more true for them than either Creationism or Darwinism. Some have wanted to integrate Creation with an honoring of the Divine Feminine as well, since it appears obvious that Masculine & Feminine principles would both be engaged in Creation. Both of these impulses are at the core of this work on Sophia and The Elements. We feel the Divine Feminine has always been woven, in many ways, through many cultures going back into the far reaches of time. The warp and the woof of the threads of cultures have had the Divine Feminine as its foundation. That foundation shifted with the patriarchal religions that, beginning over five thousand years ago, rewrote the story of creation. The Divine Feminine was then de-emphasized, though never entirely obliterated. We will see why this might be true later on. Re-asserting the Feminine to her rightful place in the unfolding of Gnosticism or Direct Knowing of the Divine, is core to finding a lineage that has often felt "missing," yet has always been there.

# The Sophia Elements Meditations

## Intro to the Sophia Creation Story



The Sophia Elements Meditations come in response to the inquiry: What are the foundations, discovered and affirmed through ritual and the ceremony, that people are called to remember, co-create and perform by their very nature as aspects of Divinity? Why did the story of Sacred Union or Divine Partnership continually echo through time, yet seem so difficult to manifest in our lives? What is our responsibility to the Feminine as Gaia, Earth-Mother, in the era of Her greatest threat from pollution, mining, and war?

In studying this myth over the last ten years or so, we began to realize that the reason we could not previously identify with a religion or a specific spiritual path is because we were more aligned with Gnosticism—which clearly understands that there can be no external teacher who offers salvation. The Gnostics held out the possibility of direct experience of Divinity. There is a place for mentors, for those who inspire us, and for those we learn from. A place for teachers, yes, but not for those who “save” us, or who “enlighten” us. That is our own, individual Sacred Work across lifetimes.



# The Sophia Elements Meditations

## Intro to the Sophia Creation Story

There are many mysteries and misunderstandings around Gnosticism, and the word itself reflects confusion. There is much to be said about the splits of Gnostic schools of thought and the current existence of Gnostic churches and where they source their material. We feel strongly connected to the Alexandrian mystery school before its dramatic destruction in the third century of the Current Era (CE).

This mystery school was gnostic in that they wove together the teachings of many streams as guides to personal experience of the spiritual. The Alexandria school has been associated with Paganism, and also integrated Egyptian, Hindu, Judaic, Greek and pre-Christian philosophies. Their teachings included geometry, mathematics, history, philosophy, and astronomy. There is little clarity remaining of this mystery school, yet much volume! The school came to a close with the horrific death of the master teacher Hypatia in 350 CE at the hands of a mob of Christian zealots. Hypatia was a scholar in the Alexandrian mystery tradition and one of the most influential female teachers of that era.

This history, and how it spread beyond the first three centuries CE, is a subject deserving years of study. The manuscripts found at Nag Hammadi, Egypt, mark a recent emergence of major texts from that period, and bring insights to Gnostic thought as well. Reading these texts, hidden so long and now rising to the light of day, can give one a crazy ride. We can experience what Rev. Rosamond Miller calls "Wild Gnosis": "Awareness of Wild Gnosis arises in a quiet mind, in a dimension not touched by chronological time. We find it when we are fully in the present." (gnosticsanctuary.org) Direct knowing of the underpinning of All, that includes the calm and the stormy, the pristine and the rowdy.

To all this, we add our profound respect for the streams of indigenous wisdom, wherever it still survives, which keeps alive the direct connection to the living earth.

"Life is an unfoldment, and the further we travel the more truth we can comprehend. To understand the things that are at our door is the best preparation for understanding those that lie beyond."

Hypatia



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## Intro to the Sophia Creation Story

Many people can be overwhelmed by feelings of insignificance when facing the global issues of militarism, economic and environmental collapse, abuse of power, multi-national corporate greed, and depletion of resources. Activists standing up to any of the above will often experience burnout and anger, followed by a sense of powerlessness, then depression. Our sense is that the call to action requires something extraordinary, something that realizes Albert Einstein's observation that problems need to be solved from a place more expanded than the place from which they were created. In relation to the challenges in the world, we humans need to be connected to something greater than all the problems, while still remaining grounded and engaged in their solving.

It's a paradox, but one that seems to be hinted at by the Sophia work. We are aspects of her being, as the same elements compose us both. We can transcend the pressures of emergencies coming from every direction, while also staying firmly present and completely free in the process. The Sophia Elements Meditations are rooted in the wisdom of the Sophia Creation Story, which gives us a context and a perspective to act and engage in the next chapters of the unfolding Sophia Story. This is a level of work far more vast than the level at which the problems were created!

Perhaps you have a sense of what's going wrong on the planet. Perhaps you buy a book that tells you the hundred best things to do ... and, though you begin in earnest, you don't get very far down the list. That's because there is a better approach, one where the genius in you is permitted to arise spontaneously. We will guide you into a technique that will give ample opportunity for your innate brilliance to arise.

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## Intro to the Sophia Creation Story

In summary, we would say that by finding one's Self in relation to this Creation Story, one can have a deeper, more soulful understanding of the forces at work in the world. We better know our place and the allies with which we can best work in order to be a vessel of support for Gaia/Sophia Herself, as She undergoes transformation. Given the vast nature of the Universe, the many galaxies, and the incomprehensible nature of the Creation and of creation itself ... we either can feel diminished and meaningless, or we can see that our existence is part of the miracle and mystery of the One. We are not floating on a random planet, lost in the huge vastness of Space; we are actually an essential aspect of the Creation and the Creator, and a part of Sophia's exploration from the Galactic Center into Matter. This shift of attitude is an often missing essential part of everyone's life. Indeed, it restores the foundation for the weaving of the threads of one's life.



# The Sophia Elements Meditations

## Intro to the Sophia Creation Story

The next installment in this series is the synopsis of the Creation Story, and it will give you the overview of the **Gnostic story of Sophia** and her place in our collective unfolding.

It is important to say, regarding the Creation Story, that it is a Myth, the product of **sacred imagination**, or the imaginal (a word we're using to define an aspect of sacred imagination through the capable mind—not to be confused with the picture-making of simple imagination)." It is seen by some to also be in alignment with modern astrophysics. The characters in this myth are very much forces of nature, and potentially can help to explain astronomical and cosmological phenomena. We can identify some of the characters such as earth, water, air, fire, but then we find aspects of what had always been familiar that are amazing and new. As a myth, we can also learn by identifying with all aspects of the story and the creatures in it, as one does in dream analysis. We become each of the parts of the whole, and the whole lives within us. It all can sound so wooshy and vague, and yet we have to learn the discipline to roam in these realms with increasing discernment as to what is real and what is our part to play.



# **\*Inquiry for all those in the upcoming Webinar:**

**This first reading is a free introduction to a free webinar, representing chapters 1 and 2 in The Sophia Elements book. This content is the basis for the introductory webinar scheduled for MAY 11, 2014 7pm MST. This will be recorded and available for download upon registering.**

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**If you are drawn to this work as a web-based community, you may choose to follow up with the remaining sessions. The remainder of the book will be downloadable as we progress. It will serve as the focus for material we can speak about and meditate and 'activate' on together. There is a \$99 fee for the full course of book, practices and webinars. We trust you will know if you are called to pursue it with us. For now, join us in the first steps...**

# **\*Inquiry for all those in the upcoming Webinar:**

**“What is a life for?” What is my life for?” What’s important?” “What Matters?”—** take that inquiry to its most essential nature—what IS Matter? What IS this Mystery of Life on Her Body, as She spins through a Cosmic Dance—in apparent separation from the Source of the Light of Origin at the center of the galaxy? She has felt isolated, abandoned, and in exile from Source, from her Christic counterpart. NOW is Her time to re-establish the communion with Her Source as Galactic Center alignment occurs.

When we truly become Her body, feel our essence as Her Essence (especially as Masculine/Feminine embodied relationships) we bridge that separation/duality and Her Whole Body resonates as Holy Matter; Wholly Matter. She is All that Matters...

so to speak.

**Loving you from the miracle of deep Knowing that Everything Matters....**