



WHAT IS A MYSTERY SCHOOL?

Episode Transcript

Hey, it's Rebecca. Welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning.

Today I am diving deep into a question I actually get asked quite a lot, and that is what is a mystery school? It's such a great question, and my intention with this short episode is to offer some insight into what a mystery school is, to explore a little bit about the ancient, fascinating history of mystery schools, where the concept came from, but also why they may offer a supportive place for you to deepen your spiritual journey. And, yeah, that process of being supported along your spiritual awakening and returning to that ancient wisdom that I believe is within each and every one of us.

I founded the Inner Temple Mystery School back in September 2022. And, yes, so I'm obviously going to be speaking from my own experience of studying mystery schools and also teaching a mystery school. But I just want to acknowledge as well that there are many, many different mystery schools around the world. So, I'm not speaking on behalf of all mystery schools, because there's many that are different and unique in their own way. So, yeah, I'll be sharing about that shared understanding of the encouragement of turning inward and reconnecting to what I see as the ancient wisdom and the great mysteries that mystery schools explore.

As always, I invite you to receive this episode with an open heart and mind. Listen closely to the things that chime true in you or pique interest within you. There's always information there. And yeah, as always, most importantly, always act on your own curiosity if it speaks to your soul. And as always, at the end of this episode, you'll find a guided Soul Inquiry for you to explore more deeply how it all lands in you.

I know how precious your time is, so let's jump right into Sacred Space together now. In the center of your heart imagine a beautiful flower. And with your next breath, invite it to open petal by petal, revealing a light. This is your ancient, wise, intuitive self, your soul, your wise inner self, inviting it to

step forward now. And acknowledging the keepers and custodians of the land where I am and where you are, known and unknown. Beautiful. Let's begin.

So in order to understand what a mystery school is, I think the first thing we need to inquire into is understanding the meaning of the word mystery itself. The definition of the word mystery, in a sense, is something that is unknown or not entirely understood. So, for example, mystery questions are things like what is the soul? Where do we go when we die? How big is the universe? Who am I? What's my purpose in life? Is there a creator, a God or a goddess? Who is the original Mother? What is the intelligent pulse of life? So it's these big mystery questions, these big philosophical, spiritual questions that have really captivated humanity through the ages.

And so if a library is where you go for the known. Then a mystery school is where you go to explore the unknown. It's a place that we go to expand our consciousness, to ask the big questions of life, to learn and grow through really direct experience rather than simply following a linear set, external academic syllabus. A mystery school is not so much about higher academic learning more so it's about a deeper intuitive understanding and about accessing our inner wisdom, which I believe is innate, this inner innate wisdom.

You could also say that it's not so much about learning at all, but more so about unlearning and remembering and reconnecting with the ancient wisdom within. And often the path to do that is to reconnect with that childlike sense of awe and wonder and to really live from that space. You know my teachers always taught me that the greatest teachers are the eternal students. And so that's what we're really talking about when we're saying living from a place of not knowing, of living the question of seeking states of awe and wonder and learning through direct experience.

A mystery school instills and nurtures what I call a mystery mindset. So this essentially means someone who's truly open minded and open hearted. It invites us to live into the big questions and to deepen our own direct experience with the sacred.

The concept of a mystery school is a very ancient one. It's said that the mystery schools of ancient Greece and Egypt and even further beyond into than that, were fundamental in, not only shaping Western mysticism, but also some elements of our modern culture. They were the birthplace of philosophy and the arts, as well as the birthplace of today's science and mathematics. These ancient schools were devoted to exploring the mysteries of life, death and nature, and essentially teaching us that life is an inner journey of spiritual awakening. Ancient mystery schools were quite unique in their approach to education and understanding of the world. They were essentially centers of study, so inner study and mystical training, where students would go and explore the metaphysical aspects of life. So really focusing on inner transformation and alchemy and enlightenment and awakening and remembering. Their teachings would often be veiled in secret, so veiled in symbols and rituals, ceremonies, initiations and activations, which could really only be

understood by those who had gone through certain initiations and transformative experiences. So it is believed that in some cases the mystery teachings were secret. The approach of the ancient mystery schools encouraged students to journey within to really unlock the door of their intuition and their inner wisdom. This was really an exploration of self. So knowing yourself and the universe. Having a direct experience of the cosmos. It really was and is an intertwining of spirituality. So the mystical as well as science and the physical. The core teaching of the ancient mystery schools was summed up in the simple and profound invitation to 'know thyself'. And these two words were actually inscribed above the door in the temple in Delphi in Greece. These ancient mystery schools also served as transformative hubs where inner wisdom was met with outer knowledge. So birthing a myriad of creations and discoveries that have really shaped our understanding of the world today. The insight gained was seen as living wisdom. Not just an accumulation of facts that were, kind of like, wrote learning and trying to remember, but rather more so a deep understanding of inherent patterns and rhythms and laws of nature and life in the cosmos. So really about integrating as above, so below.

If we jump forward to modern times, the essence and spirit of the ancient mystery schools can still be seen. This really was my deepest intention when I answered the call to create the Inner Temple Mystery School training. I first heard the call many, many years before, but it took quite a while for the structure to actually come. I knew, having experienced mystery school teachings and researched a lot about mystery schools and also having heard the inner call, I knew I wanted to make it as immersive and experiential, and a deep mystical journey into various different aspects of our day to day life. So, really bringing the mystical with the physical and merging the two through direct experience. I wanted it to be a place for curious, adventurous souls to cultivate a direct experience of the sacred. For it to be a place where we can remember and reconnect with the ancient wisdom that I believe has in many cases been lost through the ages. I wanted the mystery school to activate these innate intuitive gifts that I believe we all have so that we can learn to see the sacred that is already here, above us, below us, surround us, and, of course, within us.

The mystic learns through direct experience. The mystic sees life as their teacher. And in my opinion, there is no greater teacher than nature itself. And indeed, I believe that nature is the greatest mystery school there is. And the wisest book you could ever read is the book of nature itself. And this is why I decided to have nature underpin the journey we go through in the Inner Temple Mystery School training. It was such an incredible moment when finally, after several years of visioning the training, the structure actually dropped in. And so, and then it turned, it became clear that it was a nine month journey. And we have three foundational modules and then six, what we call mystery modules, which are essentially working with six different nature guides. And it's been so amazing to see the intimate connection, which is always so unique with each of the students with each of these nature guides. I've seen again and again from my own personal experience that, like, once you make a connection to particularly to a nature guide, you have that connection for life. It's so humbling to just see that connection be formed with the students. And

I've just learned so much through, like, one of the modules that we work on is working with water as a sacred element. And I've just learned so much from the way different students have worked with nature. Like, for example, some of my students are based very, very far north, like in the North Pole, and so it gets very, very cold there. And so they work with water in its frozen form, which I had never done before. And so, yeah, it's been amazing for us all to... And I think this is what happens when you're in a mystery school training. Everyone acknowledges that they're on their unique journey and they're being led from within and they're reaching back to ancient wisdom that exists. And I believe that is stored in the plants, the trees, the stones, the flowers, etc... In the water as well. And they're creating this direct relationship with the sacred that is all around them. And so that means that everyone's journey is completely unique. And the most amazing thing is to see the echoes in everyone's work, everyone's personal journey, personal wisdom findings, yeah, echo through. It's been absolutely amazing.

So at the heart of a mystery school is the journey of self-discovery. But, yeah, what makes it all the more beautiful, insightful and nourishing is that you're also often when you're in a mystery school, you're doing it in community with like minded or hearted or souled people. So yeah, so it's, like, you're taking your own personal journey. So, you're being an adventurous pilgrim of the soul or soul adventurer I like to refer us as. And your journey is going to be highly unique. And what your, the ancient wisdom that you're connecting to, maybe a different flavor or different things may come through for you, but you're doing it in a community. And so there is like, this held container for that connection to be made.

I know firsthand how hard it can be to even, like, come out of the spiritual closet and find people who share the same interests and longings as us is not always easy. And finding the courage to be seen and heard and to trust our intuitive gifts is a journey. It's certainly been a journey for me. And especially when it comes to the spiritual path, mysticism and, yeah, personal transformation. Because it's not quite mainstream yet, is definitely way more mainstream than it was. But it's, yeah, it's so refreshing and nourishing to be among people who not only understand your path but are on the same journey themselves. I find that it's probably what is the most rewarding part of being in the Temple Mystery School training. Just witnessing and receiving the wisdom and insights that interwoven throughout the community where I truly believe we're never meant to walk this path alone. And finding a safe space where you feel accepted and understood and encouraged to grow. This alone can be absolutely life changing. And I know it's been such a big part of my journey, especially, yeah, the years leading up to properly stepping into the work I do now. And I think that our spiritual journey never ends and the awakening process never ends. And I do find that, like, once every, I think about once every 4 to 7 years, like, there is a new chapter that I step into, which is like, yeah, it's a new phase of transformation and growth. And, yeah, studying alongside people who are dedicated to their own unique path can be such a liberating thing. I resonate with being a mystic sometimes, I wish that I wasn't a mystic because the mystic learns through direct experience and ultimately knows that they walk this path alone and they go in to connect in with

our intuition and the wisdom within versus following just a set linear syllabus where, you know, someone tells us exactly what to do and what the next thing is and the way things are. But the mystic is interested in going deep. The mystic is interested in asking the big questions of life. And so, yeah, if you're a mystic, it's hard to pretend that you're not a mystic, regardless of whether you resonate with the word mystic or not. So for anyone who longs to return to the ancient wisdom of the mystics through the ages, to immerse themselves in symbolism, rituals, mythology and folklore, I really encourage you to explore if a mystery school might be what you're looking for. To deepen your connection to the wisdom within and to, yeah, just be in a community of like minded people who are courageously asking the big questions and really leaning in to having a direct experience with the sacred, which is really woven through all of life.

Soul Inquiry is a practice where we enter into a direct dialog with our inner self. I like to write my answers as I find I receive them more deeply that way. But feel free to do whatever works for you. Today's Soul Inquiry prompt is what is your soul calling you to learn more about? What is your soul calling you to learn more about? Now it's time to commit to a grounded action. What is one baby step you can take in that direction today? And let's share a deep breath together as we close this space we've stepped into.

I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. If you love this podcast, leaving a review or a five-star rating really helps. So thank you in advance for that. You can find all the show notes from today's episode over at rebeccacampbell.me/podcast. Thanks for returning.