

Anchored In The Heart

Redeeming The Dark Feminine

STUDY GUIDE

The Study Guide is intended as a prompt for your own meditation and reflection on the material presented in *Anchored in the Heart*, or might be used for group discussion in study groups or book clubs. It is meant to broaden and deepen your experience.

INTRODUCTION

1. Mary of Magdala has emerged quite powerfully over the past 25 years -- in theology, psychology, history, alternative studies, myth, legend, and novels. Why do you imagine this is happening?
2. How do music and art contribute to the study of Mary of Magdala?
3. How do you understand the psychological idea of the feminine principle to be similar to and different from the biological female?
4. What do you know and understand about Mary of Magdala and her role in the Christian bible? In the gnostic texts? In legend?

THE BIBLICAL MAGDALENE

1. What evidence is there that Mary of Magdala was a prostitute?
2. Why, after scant mention, does she emerge so powerfully after the crucifixion?
3. How do you understand the resurrection?
4. What would you do if someone you loved and believed in was wanted by the government? Was executed by the government?

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THE GNOSTIC MAGDALENE

1. Does anything surprise you about this section?
2. You love and believe in someone who also loves and believes in you. But both before and after that person's death, your mutual friends turn against you. What do you do?
3. You have deeply held beliefs and inner "knowings," but they are not understood or shared by those around you. In fact, they could be considered "crazy" or "heretical." What do you do?

MAGDALENE IN LEGEND

1. Why do you think the legends of the Magdalene have been so persistent?
2. What is the Grail, and how do you understand it in relation to your own life?

THE BLACK MADONNAS

1. How are the Black Madonnas related to the Magdalene?
2. What is the importance of the Black Madonnas?
3. What is the significance of their blackness?

PREDECESSORS

1. Do you see a connection between Mary of Magdala, the Black Madonnas, and other Great Goddess figures, such as Isis, Cybele, and Sophia? What is it?
2. What is the Magdalene's link with Sophia?
3. How do you understand Sophia?

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CONCLUSIONS

1. Have you ever had the experience of feeling compelled to get related to an energy/idea/personal figure that presented itself to you -- i.e., not you "should," but you "must?"
2. How is this material "alive" for you in your own life?
3. What about it is most appealing to you? Challenges you?
4. In what way(s) do you judge yourself?
5. How do you sell out to values, ideas, thoughts, that are not of your own heart?
6. Discuss or meditate on the emotional journey of Mary Magdalene. Where do you see joy, excitement, fear, anguish, shame, anger, humiliation, shock, ecstasy? Meditate on the emotional journey of your own life.
7. Why is understanding this material crucial to our time in history?
8. Mary of Magdala has been with us for 2000 years. How might you contribute to her ongoing emergence? What most intrigues you about her story and related aspects? What part or parts of this story could you see yourself studying?