



# INSIDE THE SOVEREIGN HIVE



## HELD - HOLD

JOURNEY WITH YOUR SOUL'S MISSION  
**A 13 WEEK COURSE**

OCTOBER - MARCH 2024-2025  
NOURISH AND UNFURL  
YOUR UNIQUE WAY OF HOLDING



## INTRODUCTION

In this pack Garden of Alchemy present a new concept,  
A new attitude to training.

Instead of passively receiving information from someone else,  
on 'the way I did it,' and 'the way to do it,' what if you had space to journey with  
your own truth?

What if you could 'unlearn' obstacles to hold more love? What if you could create  
holistic offers as freely as a child at play?

**This is a chance to stop hiding, fearing, and following others**  
**A journey to love and integrate your shadows**  
**An absolute yes to your life**

It's time for humanity to create from the heart.  
It's time to believe in the medicine we are and set ourselves free to serve.



## CONTENTS PAGE

The Journey	Page 4
The Shape of this Course	Page 5
What's Included/Call Times	Page 6
Restore by being Held	Page 7
Held Programme	Page 8-11
Hold Programme	Page 12-15
Practical Commitments	Page 16
Who's this Course for?	Page 17
About your Guide	Page 18
Disclaimers	Page 19



## THE JOURNEY

You might notice that the structure and titles of 'Held' and 'Hold' mirror each other.

### **The Structure**

There are 2 dual courses that create the Sovereign Hive. Each course 'Held' and 'Hold' offers a set of introduction materials before the group calls start.

### **The Titles**

In each course we journey through a process of life, death, and rebirth. In the first week we assess the container that will hold us through it all.

In weeks 2-3 we journey into the shadow states to journey with our pain stories, fears, and limitations.

Once we have held these parts of ourselves, we rebirth in weeks 4-6, preparing us to hold the realities of the growth cycle. We can then create and heal from a rooted, sustainable place.



## THE SHAPE OF THIS COURSE

This course is an online group journey for a group to build deep bonds and replenish over Winter.

14x 2hour group calls and a group cacao ceremony to set your intentions  
5months self-study with online lessons and resources  
6months held in an online Telegram community

**Opening Cacao Ceremony - 30th October 2024 - 6.30-9pm**



### **Held:**

Week 1 - 30th October, 6.30-9pm

**Opening Cacao Ceremony**

Week 2 - 6th November, 6.30-9pm

**Crafting Containers for Healing**

Week 3 - 13th November, 6.30-9pm

**Wounded to Wisdom**

Week 4 - 20th November, 6.30-9pm

**Life, Death, and Rebirth**

Week 5 - 27th November, 6.30-9pm

**Creating Space for Self**

Week 6 - 4th December, 6.30-9pm

**Honouring the Slow and Flow**

Week 7 - 11th December, 6.30-9pm

**Embodying your Calling**



### **Hold:**

Week 1 - 5th February, 6.30-9pm

**Opening Cacao Ceremony**

Week 2 - 12th February, 6.30-9pm

**Planting the Idea Seed**

Week 3 - 19th February, 6.30-9pm

**Growing Pains**

Week 4 - 26th February, 6.30-9pm

**Remaining Integral to your Values**

Week 5 - 5th March, 6.30-9pm

**Creating Spaces for Holding**

Week 6 - 12th March, 6.30-9pm

**The Creative Process**

Week 7 - 19th March, 6.30-9pm

**Embodying your Calling**



## WHAT'S INCLUDED/CALL TIMES

- 14x 2hour long group calls
- 6months of holding in a group chat
- Resources on our online platform (with 2 preparation periods)
- A downloadable & printed workbook for each section of the course: Held and Hold
- Interactive practices for each week of the course
- Special discounts for our Apothecary shop

### **Call Times:**

UK: 6.30-9pm

CET: 7.30-10pm

EST/EDT: 1.30pm-4pm

CST/CDT: 12.30pm-3am

PST/PDT: 10.30am-1pm

All calls will be recorded and available as replays.



## RESTORE BY BEING HELD

As we get called into a life of service, it is more important than ever to look at how we hold ourselves in our daily lives. To be held is a dive into the descent of winter, into the Earth of Pachamama. With the energies of darkness, we lean into holding. How is it to be there in that holding? For we cannot hold and serve others until we learn to be held.

**I've seen a lot of practitioners who hold a lot but do not allow themselves equal measure of being held.** My alarm bells go off when there is not this balance of in and out/Yin and Yang. Because I know that I do not want to be held by someone who is not resourced connected and full.

I believe we shouldn't be asking our therapists, holistic practitioners, or anyone in the role of caring and service what is your qualifications. We should be asking **'what is your lifestyle like? How much support do you have?'**

If we were transparent with this, we would see that true success is not how many clients you have and how much money you earn, it is in your capacity to serve, give, create, and love from a whole, integrated place.



Real service is a devotional act. When we serve from our practice of connection, trust, deep listening and love we are the divine in action. The energy available to us exists in not how much we do, but how much we align to our calling. Timing is everything, so often less is more.



Can you surrender to receive?

## **\*Welcome Cacao Ceremony - 30th October**

Introduction

Initial Commitments

Intentional Cacao Ceremony

Making your Lifestyle Commitments

Intention Setting



Intention: You will prepare yourself to be held by finding your unique needs, boundaries, and containers.

- You will assess your needs and commitments
- You will journey into your own ceremonies after we open this container
- You will make your lifestyle commitments for this course

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## **Week 2: Crafting Containers for Healing**

Lesson 1: The Sacred Yes and Honoured No

Lesson 2: Conscious Choices

Practice: What you Put In you Put Out



Intention: This week, you will explore the shape of containers and commitments that suit your intention and unique ways of being.

- You will use tools of inquiry to strengthen your intuitive decision making
- You will re-assess your intentions and commitments for greater sensation
- You will journey with the concept of devotion as a way to recommit everyday



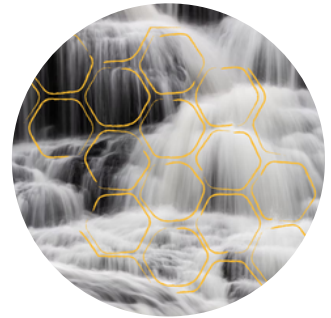


## Week 3: **Wounded to Wisdom**

Lesson 1: The Power of your Story

Lesson 2: The Wounded Healer Archetype

Practice: Writing your Story



Intention: This week, you will take space to recognise and integrate contractions, preparing you to alchemise your wounds for greater power.

- You will review your story and build intimate awareness of your wounds
- You will reframe your relationship to your trauma
- You will write your story, building insight into your narratives and beliefs

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## Week 4: **Life, Death, and Rebirth**

Lesson 1: Understanding Our Needs

Lesson 2: The Transformative Power Of The Trigger

Practice: Meeting Our Needs



Intention: This week, you will move through the life cycle of trauma recovery by leaning into the trigger. You'll create space around the activations to let reactions die and rebirth with greater awareness of your needs.

- You will get familiar with the way needs show up for you and identify them
- You will uncover your personal triggers and meet them with compassion
- You will practice meeting your own needs to deepen your relationship to self



## Week 5: **Creating Space for Self**

Lesson 1: Learning to Receive

Lesson 2: Calling In Our Allies

Practice: Noticing



Intention: This week, you will open greater space for self and allow your personal discoveries to shift from excavating the past, to opening opportunity in the present.

- You will reflect on what it means to receive and where you have blocks
- You will rethink your spiritual support system and develop your team of allies
- You will practice noticing for a deeper sense of awareness

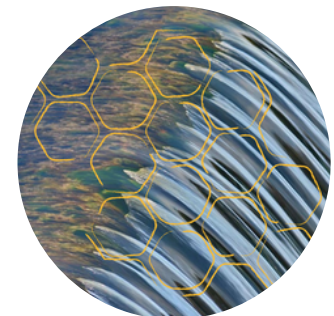
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## Week 6: **Honouring the Slow and Flow**

Lesson 1: The Pheonix From The Ashes

Lesson 2: Flow With What Is

Practice: Creative Intimate Flow



Intention: This week, as you open your sensitivities, we take a look at pattern work to unveil your pace and creative cycles of restoration-activation.

- You will reflect on your beliefs about healing and attachments to outcomes
- You will review your emotional cycles and patterns of stop-start
- You will learn the way intimacy and connection moves in your life



## Week 7: **Embodying your Calling**

Lesson 1: The Power Of The Heart

Lesson 2: Tending To Your Garden Of Alchemy

Practice: Integration



Intention: This week, you will make space to bring your insights into the everyday so they sustain you through your practices.

- You will open your heart to love and expand your capacity
  - You will tend to the different parts of you, to feel your truth
  - You will review the course so far and sink into the integration process
- 



# HOLD PROGRAMME



What will you dare to create?

## Week 1: **Opening Cacao Ceremony**

Holding Our Commitments

Holding Boundaries

Creating a Negotiable Container

Intention: You will prepare yourself to hold by finding your unique needs, boundaries, and containers.

- You will reassess your own needs and commitments
- You will explore your perception of boundaries with other
- You will start holding space for interacting needs and boundaries



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## Week 2: **Planting the Idea Seed**

Lesson 1: What holding space means to me

Lesson 2: Clearing the way for creation

Practice: Cultivating Ideas

Intention: This week, you will clear the ground of your imagination and plant the seed of your unique creation.

- You will find what holding space means to you
- You will identify any limitations or blocks to creation
- You will cultivate and birth your idea to hold space





## Week 3: **Growing Pains**

Lesson 1: Imposter Syndrome

Lesson 2: Money Wounds

Practice: Open you to Receive



Intention: This week, you will take space to recognise and integrate contractions, preparing you to hold your wounds as your power in space holding.

- You will consider your self-beliefs and identify as a powerful space holder
- You will get into your money story and detoxify 'abundance' ideals
- You will learn to re-centre in receptivity in times of contraction

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## Week 4:

### **Remaining Integral to Your Values**

Lesson 1: Feeling the Flow of Creation

Lesson 2: Making Offers in Integrity

Practice: Discover your Values



Intention: This week, you will reflect on your unique flow, and work with your channels of creation to make offers from a place of value.

- You will identify states of flow and no-flow to feel your unique creativity
- You will anchor into integrity, refining offers that are true to you
- You will map your values onto your offers, deepening your integrity.





## Week 5: **Creating Spaces for Holding**

Lesson 1: Setting Up Space Checklist

Lesson 2: Ingredients to Hold

Practice: The Arc of Ceremony



Intention: This week, you will dive deeper into the practical elements of holding space, learning the magical space-time patterns of ceremony

- You will refine your unique way of creating physical spaces to hold others
- You will review our Garden of Alchemy ingredients to hold space
- You will learn the arc of ceremony, journeying through stages of ceremony

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## Week 6: **The Creative Process**

Lesson 1: Creating From A New Blueprint

Lesson 2: Keep It Simple

Practice: Detach and Meditate: A path to Prosperity



Intention: This week, you'll finesse your space holding, not by doing but by being

- You will consider the creative process and make space for organic growth
- You will reflect and refine your offers with the art of simplicity
- You will refine your practices to create spaciousness and self-confidence

## Week 7: **Embodying your Calling**

Lesson 1: The Clairs

Lesson 2: Serving Love

Practice: Reflecting on the Journey

Practice: Aftercare



Intention: this week you will land in love, letting it open you as a channel to receive

- You will journey with your senses and connect to your insight channels
  - You will feel, embody, and share love as an expression of purpose
  - You will reflect on the journey and learn how to offer aftercare for your clients
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## PRACTICAL COMMITMENTS

This course is remote and can be taken anywhere in the the world (with an internet connection). Spoken and written language: British English.

We have designed this course to run alongside regular life and other work commitments. For each of the 14 weeks you will need time for:

- 2.5hrs Zoom Call
- 1hr personal ceremony
- 15-30 minutes for your daily practices
- Reading time

The more time you can give, the deeper your experience will be.

### **Practical Needs:**

- Essential: somewhere to meditate/set up a personal altar
- Essential: a journal and access to Zoom
- Optional: incense, ceremonial cacao, and essential oils (Garden of Alchemy Medicine boxes available)

### **The financial commitment:**

Price: £2,000

<https://gardenofalchemy.com/event/sovereign-hive-the-art-of-holding-2024/>

Secure your place with a full payment or a payment plan of 6x £350 (time span: 6-9months).

Please email us to book directly if you wish to use our payment plan option.

[info@gardenofalchemy.com](mailto:info@gardenofalchemy.com)

## WHO IS THIS COURSE FOR?

This is a guided journey for space-holders who want to release fear and create with ease. This is a course to intimately know and love your own story before constructing new offers from a place of eminent self-worth.

While we do explore tools and practices in this course, you will not be given a 'how to hold space guide' that you can drag and drop into your practice.

We recommend this course to practitioners who are already working in a holistic wellness business, or brave beginners who are ready to create something unique.

The scope of our work meets many different modalities, welcoming: coaches, bodyworkers, herbalists, nutritionists, yoga teachers, ceremonialists, celebrants, carers, mothers, doctors, etc. Space holders appear in many forms. However you intend to apply this course in your life, you will hunger for the following:

- A relationship with self as a navigation system; creating offers from integrity
- A profound and professional relationship with ceremony as an artform
- A path of service with boundaries that serve you; I fill my cup first
- A desire to connect other human beings to their unique sovereign power to walk into a new story of humanity



## ABOUT YOUR GUIDE

Annabelle has been working creatively her whole life as a chef, photographer, and workshop facilitator before she was called to serve Earth Medicines and create the Garden of Alchemy.

Here, the intention is in the name. The 'Garden of Alchemy' takes organic, living pieces and plays with form to create something of a higher resonance. Though Annabelle has many certificates and consistently invests in training, you will find it hard to define any of her offerings by one, two, or three modalities. They are an artistic fusion of many disciplines, crafted by the love channelled in that moment.

Each sitting is unique, and knowledge is weaved by the higher power of intuition.

This level of creativity is bold: “I never know how it’s going to go,” – *Annabelle*, but the only way to create magic is to lead from the heart and employ the head as a faithful servant.

This approach calls for a discipline of a different kind: commitment to self. This is embedded into Annabelle's daily practices, and expresses through clear boundaries when holding space.

After teaching ‘The Artist’s Way’, training in Tantra, and doing The Work of Byron Katie for many years, Annabelle knows that our innate power as creators grows from the inside-out. The titles we give ourselves may offer comfort but they ultimately spell limitation. For we are ‘the medicine’ the world needs, and our art is our truth.

**What will you dare to create?**





## DISCLAIMERS

Places on this course are limited and will only be secured once the first agreed payment is made.

Full terms and conditions will be confirmed with you at the point of payment. This course is non-refundable unless Garden of Alchemy should choose to cancel.

All information and graphics in this pack (and shared in the Sovereign Hive) is protected intellectual property belonging to the Garden of Alchemy. The contents are not to be extracted or adapted. Copyright 2023.

Details shared in this pack about course content are liable to changes as we are committed to delivering the highest quality experience.

So much love.  
Annabelle

<https://gardenofalchemy.com/event/sovereign-hive-the-art-of-holding-2024/>

