

# CDHR

## Monthly Newsletter

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### OPENING LETTER

*Dear "Abundant One",  
Imagine being The Empress seeing you hoarding  
breadcrumbs while sitting at her infinite banquet.  
She watches you ration love as if it were water in the  
desert, not recognizing you're drowning in an ocean  
of it.*

*Do you think that your scarcity mindset is protecting  
you? Or is it suffocating you?*

*Every time you think "there isn't enough," you close  
Daleth's door. Every time you believe "I might run  
out," you transform from infinite source to pond.*

*What would shift if you understood that abundance  
isn't about having more but about letting more flow  
through? Can you be permeable for such a force to  
flow through?*

*In this edition, we explore "abundant nature". Enjoy!*

*Only love,*

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“ The Great Mother loves and accepts us unconditionally.  
She celebrates our existence.  
- Marion Woodman

”

## ARCHETYPE OF THE MONTH

# THE EMPRESS

She is called fertile but she is not merely fertile; she is fertility itself, the womb from which all manifest reality continuously pours forth. The Empress embodies the radical truth that the universe is not scarce but endlessly generative, that creation does not deplete but multiplies through the very act of giving. The High Priestess holds the mystery in stillness, the Empress releases it into form.

In Kabbalistic teachings, she is Daleth (ד), meaning the door through which all life must pass, the gateway on the path between Chokmah's divine spark and Binah's cosmic womb where raw wisdom first crystallizes into something the hands can hold.

Seated in her garden, she demonstrates that abundance is not something you acquire but something you become. Her throne has no walls because true wealth cannot be hoarded, it flows. She is the reason mystics taught that blessing only remains blessing while it circulates. The moment you dam the river, you create a swamp.

Look at how she holds nothing back. Her wheat grows unharvested at her feet because she knows more will come; has always come, will always come. This is not naive optimism but cosmic law: the force that pushes green through concrete, that fills empty spaces, that converts death into soil into life without hesitation or negotiation.

The pomegranates embroidered upon her dress reminds of Persephone, of Binah, of the fruit split open to reveal countless seeds within seeds; the fractal nature of abundance, each blessing containing infinite future blessings.

The twelve stars crowning her head are not mere decoration but cosmic authority; the zodiac itself bowing to her, all twelve houses of heaven acknowledging that she is the force through which their influences manifest on earth. She wears time as an ornament.



CONTINUE READING  
ON THE NEXT PAGE

## ARCHETYPE OF THE MONTH

# THE EMPRESS

Her scepter, crowned with the orb of earth, declares dominion but not the dominion of conquest but of cultivation. She rules matter because she loves matter, because she understands that spirit divorced from flesh is homeless, that the sacred must be incarnated to be known. Venus, her planet, glows on the heart shaped shield at her feet, stamped with the symbol of love made tangible, desire made productive, beauty made actual.



The cypress trees stand as sentinels of Venus, sacred to the goddess of love since ancient days. The forest behind her is not wilderness but wilderness tended; nature in partnership with consciousness, the garden that grows because it is witnessed, because it is wanted.

The ancient teachers understood her as the principle that receptivity itself creates. The open hand receives. The clenched fist starves. She teaches that your capacity to receive abundance is identical to your willingness to let it move through you – to become a door, like her letter, rather than a wall. A channel rather than a container.

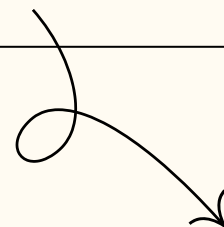
She is the terrifying generosity at the heart of existence, the mother who feeds you not from obligation but from overflow, because withholding would be a violation of her very nature.

When she appears, she does not ask if you are worthy of abundance. She asks this: where have you been living as though the universe was finished giving? But there is much more to discuss about her.



## MORE ABOUT THE EMPRESS

If you want to dive deep to The Empress, explore how you play it out in various aspects of your life, its symbology, power and how you can bring this powerful energy to your life you can check out our mini seminar on The Empress by just clicking the button on the right.



**THE EMPRESS  
COURSE**

“ She knew the power of her own abundance, and so she never begged for love. She simply was love, overflowing.

- Anaïs Nin

”

## SONG OF THE MONTH

OVERTURE  
by Eric Serra

The ocean produces more life in a single day than human minds can catalog in a century.

Beneath the surface, abundance compounds itself in patterns too complex for scarcity-thinking to comprehend. Phytoplankton bloom, feeding zooplankton, feeding small fish, feeding larger fish, feeding seabirds, their droppings fertilizing waters where phytoplankton bloom again.



There is no scarcity in this music's melody. It gives itself completely in every measure, and yet there is always more, always another swell, another depth opening beneath the depth you thought was the bottom.

You hear it and something in your chest remembers a depth it has never visited but somehow knows. The ocean does not withhold itself from the diver.

This music does not build toward climax, it breathes. Expansion. Contraction. It breathes in great oceanic cycles, each phrase flowing into the next like waves that have never heard of beginning or ending. The eternal rhythm of giving and receiving that The Empress conducts in every living thing.

You were taught that resources are limited. But have you noticed that winter itself is pregnant with spring?

“ You are not a drop in the ocean.  
You are the entire ocean in a drop.

- Rumi

”



## MYTH OF THE MONTH

# OSHUN

(YORUBA MYTH RE-TOLD )

In the beginning, when the earth was only dry clay and quiet air, Olodumare, the Supreme Source, sent a group of Orishas to prepare the world for life. Their tasks were clear: shape the rivers, wake the soil, bring growth, and make the land ready for humanity.

Among them was Oshun, the youngest and the only woman, she who carried sweetness, the life-force that makes creation willing to grow. But the others dismissed her. **“They ignored the one who carried sweetness.”** They believed power alone could shape a world.

They carved riverbeds, but no water flowed. They planted seeds, but nothing sprouted. The land refused to soften. Failing, they returned to Olodumare. He listened and asked only this question:  
**“And where is the woman among you?”**

Only then did they understand what they had denied. When they approached Oshun, she simply opened the calabash of her ase (life force, creator force)—the gentle, irresistible force of fertility and flow. Her sweetness poured back into the earth. The rivers began to move. Green rose from the dust. The world, at last, responded.

From that moment on Orishas knew that the power can build a world, but only Oshun can make it blossom.

### PONDER ON THIS

- Is this story talking about males and females? What do they represent?
- How have you been treating Oshun?



If you are ready to discover the one who can blossom life we invite you to “Chaos & Harmony” course.

**CHAOS & HARMONY**

We’d like to hear your perceptions! You can send them us via e-mail:  
[cdhr@thegrandedaringadventure.org](mailto:cdhr@thegrandedaringadventure.org)

“ A river that forgets its source will dry up.  
- Yoruba Proverb

”

## THE MOVIE OF THE MONTH

# THE BLUE BUTTERFLY

Pete, a boy dying of cancer wants to see a blue Morpho butterfly before he dies. Alan, the entomologist, resists the journey. He says the Blue Morpho is nearly impossible to catch. It flies erratically, unpredictably. It cannot be trapped through force or strategy.

But was the boy interested in catching it or experiencing it?

Deep in the rainforest, Pete tells Damon that the Morpho's blue is not pigment – it is structure. The wings contain no blue color. They are architecture that makes light become blue. The butterfly does not possess its beauty. It transforms what passes through it.

Here's a couple of dialogues from the movie:

*Pete: "If you make a wish on a Blue Morpho and it lands on you, your wish comes true."*

*Alan: "That's just a legend, Pete."*

*Pete: "Maybe legends are just things we forgot were real."*

*Alan: "I've been looking for butterflies my whole life. But I never really saw them until you showed me how to look."*

*Pete: "You were looking for specimens. I was looking for magic."*



If you are ready to explore the world of magic we invite you to "Only Magic Is Real" course.

**ONLY MAGIC IS REAL**

“ As long as you have certain desires about how it ought to be you can't see how it is.

- Ram Dass

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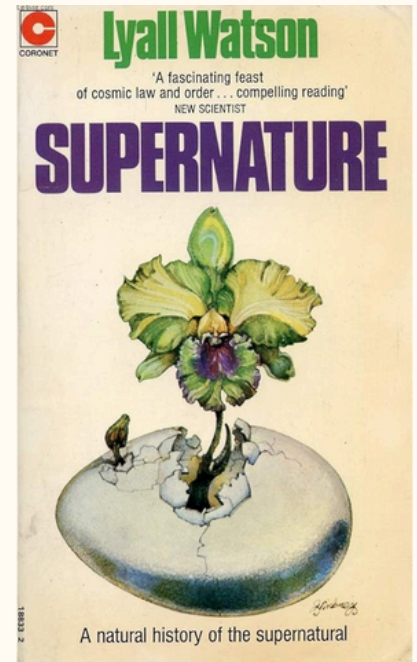
## BOOK OF THE MONTH

# SUPERNATURE

by Lyall Watson

Watson was a biologist who dared to suggest that nature does not end at the boundary of your skin, proposing a "biology of the unconscious" where life is not a series of isolated islands but a single, breathing grid.

Watson presents scientific evidence that life is a shared field. When a plant is threatened, other plants react. When the tide turns, the oyster opens.



Watson speaks of a "life tide", a cosmic rhythm that connects the enzymes in your blood to the movement of the moon and the silent screams of a plant. He argues that what we call the supernatural is merely nature that is too vast for our limited logic to classify.

One of the most important things when you're looking at The Empress is to understand that you are not living in a closed system. One of the things the scarcity mindset that you cling to is based on this false premise that you are a closed system.



If you want to learn about open and closed systems and much more we invite you to "A Spiritual Path To Nowhere" course.

**A SPIRITUAL PATH TO NOWHERE**

“

You often say, 'I would give, but only to the deserving.' The trees in your orchard say not so, nor the flocks in your pasture. They give that they may live, for to withhold is to perish.

- Kahlil Gibran

”

## HEALING ABUNDANCE

If you read about abundance and feel something tighten in your stomach rather than soften, let us tell you this:

The clenched fist does not protect what it holds. It suffocates it. You have been gripping something money, love, time, the approval of people so tightly that your fingers have forgotten how to open.



You may call this "holding on. but the Empress calls it obstruction. A door that refuses to swing is no longer a door. It is a wall. And you have been wondering why nothing flows.

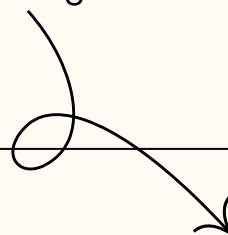
Abundance is not a reward for those who suffer correctly. It is the natural state of an open system. Rivers do not earn the right to reach the ocean. They simply stop pretending they are ponds.

You have been pretending you are a pond. Still. Contained. Safe from evaporation, safe from floods, safe from the terrifying vulnerability of moving. But ponds become stagnant.

Are you aware of your beliefs, attitudes, programs, paradigms around money, around scarcity and where they come from?



If you're ready to discover your beliefs, attitudes, programs, paradigms around money, around scarcity and where they come from we invite you to check out "The Curse on Money" seminar by clicking the button on the right.



**THE CURSE ON MONEY**

“

The creation of a thousand forests is in one acorn.  
- Ralph Waldo Emerson

”





## CLOSING LETTER

*Dear "Abundant One",*

*She has been here the whole time. She simply stands in front of you, endlessly generating, endlessly overflowing.*

*You learned from a very early age that there was not enough, that you must compete for the portion, that love was a finite resource distributed according to whatever.*

*You were not made for scarcity.*

*You were not built to survive on the scraps of what you allow yourself to receive.*

*You are the door.*

*And doors are made to open.*

*Only love,*

*If you want to share your perceptions or you have questions you can send us an email, see the address below:*

[cdhr@thegrandedaringadventure.org](mailto:cdhr@thegrandedaringadventure.org)



# UPCOMING EVENTS



## INTO THE MYSTERY...

*Uncertainty is the only maturity*

**Date:** 20-21 December (Saturday-Sunday)

**Place:** Istanbul

**To enrol/ For details contact us:**  
[cdhr@thegrandedaringadventure.org](mailto:cdhr@thegrandedaringadventure.org)



## MEET & CHAT

*Let's meet, chat and have fun!  
Everyone is invited!*

**Date:** 20 December (Saturday)

**Place:** Istanbul

**If you want to join please contact us:**  
[cdhr@thegrandedaringadventure.org](mailto:cdhr@thegrandedaringadventure.org)

# WHAT'S NEW ON THE STORE?

**P.S.** Please check the online store for language options, you'll see 2 options; English Only & English with Turkish translation.



## The Empress

Explore The Empress archetype, symbology, how it plays out in various aspects of your life.

[SEE DETAILS](#)



## Power of Breath - I

Discover the different aspects of the power of breath.

[SEE DETAILS](#)



## Power of Breath - II

Discover the different aspects of the power of breath.

[SEE DETAILS](#)



## Power of Breath - I & II

Discover the full Power of Breath Series.

[SEE DETAILS](#)

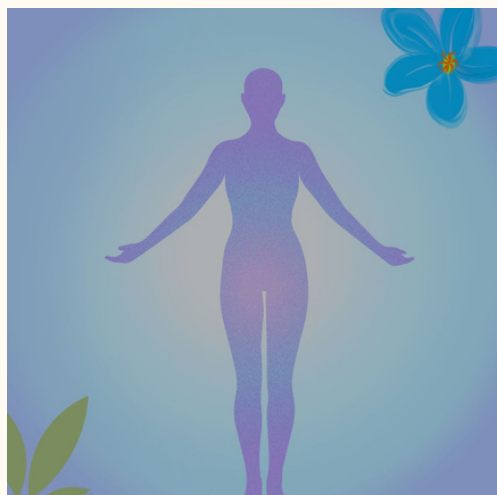
[SEE ALL COURSES](#)

# THE GRANDE DARING ADVENTURE

If you have enjoyed this newsletter, we share much more great stuff on our website.

Below you can see the categories you will see on the website!

**Don't forget to check it out!**



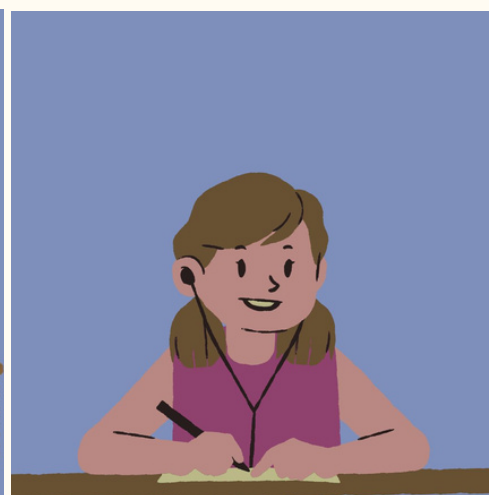
## Healing

Your body constantly tells you what's happening in your life and what's a good point to look at. Can you hear it?



## Stories of Wisdom

Stories tell much more than the story itself for the ones who have the eyes to see and ears to hear.



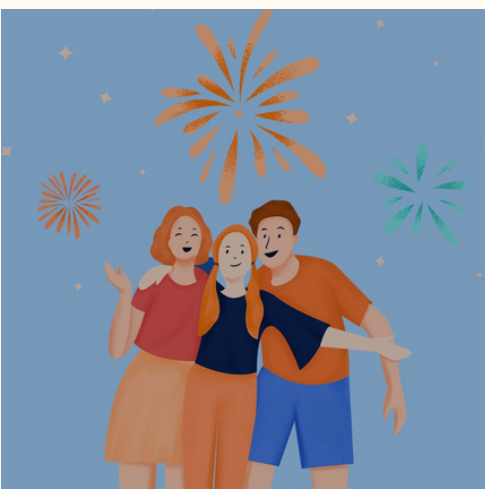
## Free Audios

Here are some free audios from our great seminars! We hope to see you on the next one!



## Monthly Newsletters

From what to read to what to watch to whatever inspires us!



## Community Sharings

Our community shares amazingly wonderful things. You can find them here!



## Blog

Who can guess what's coming next?

[VISIT NOW](#)