



Sacred Depths Certification

Being in The Mystery Self-Quiz

1. Being in the mystery corresponds to what part of the natural life cycle of things?

2. What are the four parts of nature's cycle and what is the energy of each part?

3. Why is being in the mystery scary?

1) The Winter Cycle 2) Spring = Planting, Summer = Growth, Autumn = Harvesting, Winter = Releasing 3) The mystery is scary because when we slow down, when we let things go, we don't know what's on the other side

4. T/F: The greatest healing and visioning can happen in the mystery if you're willing to sit with the unknown.

5. Which of the following is a tool you can use when supporting clients in the mystery?
- a. Creating awareness,
 - b. Honoring what needs releasing,
 - c. Holding space for grief
 - d. Clarifying values and priorities
 - e. None of the above
 - f. All of the above

6. What are some of the fears a client may have about being in the mystery?

4) True 5) F. All of the above can be used 6) Fear of missing out, fear of change, fear of open space and time, fear of letting others down, fear of death itself