



The Many Faces of Mary Magdalene

Entering the Nous: Reclaiming the Mary's Wisdom of the Heart

Thema Azize Serwa

Elayne: Well, hello there. I am so very excited to be offering this session. And I have here an amazing guest that I'm going to introduce to you here Thema Aziez Serwa is with me? Now Thema is someone that I just have come to love over the last few months of knowing her. She really is a powerhouse for Feminine Spirituality, for the way of love for the Magdalene. She, gosh, what can I tell you. She launched her first business when she was six years old. And she has become an international brand in many countries where she is blazing the trail of the Divine Feminine power through the application of this deep, deep practice called the Womb Sauna. I am so excited to have you here today, my love, because we are going to be entering into a conversation called entering the nous, reclaiming the Mary's wisdom of the heart. And I'm excited because I think this term nous is one that is not fully understood by most of us and is deeply part of the gospel of Mary Magdalene. And so I can't wait to jump in. But before we even go to that question, and ask you the question that I'm asking everyone, which is this. Where did your relationship with Mary Magdalene begin? And why do you think that she is rising so deeply within our psyche at this time, like we're seeing are everywhere, right? So I'm super curious to hear that from your perspective, Thema. So let's, let's jump on it.

Thema: So again, it's always an honor when you invite me into a space I have to just tell people how much I love and adore you, and your fire and your passion about making sure that women are reconnected to the holy mothers. And so deep bow to you. And thank you to the Shift Network for allowing me to be a part of this conversation.

So my introduction to really, really beginning to study Mary Magdalene came first through reading Anna's gospel, the grandmother of Jesus. And then what followed that was Meggan Watterson's book, *Mary Magdalene Revealed*. And when I got into Meggan Watterson's perspective, it changed me at a cellular level. It was as if every part of me finally remembered the power of my womanhood. And so it

cracked me wide open. And all of that Feminine Divine intelligence began to rush back into my memory. I have been a rioter ever since.

Elayne: I will agree with you. There's a description that I used to Thema a little while ago, they told her that she was a riot of Feminine Empowerment and activation. And you really are. So one of the things that I'm so curious about is well, first and foremost, let's bow to all of those people who have been researching and reclaiming her voice. And many of them are here on this summit together. And I'm super excited about that. Because the weaving of the many of the voices, the different perspectives is exactly what I think that Mary Magdalene would want us to be doing. So how has she shifted and touched your life since you came into her holy presence? How has she transmuted or transformed your life? Because I think for many of us, when we meet her, there's a deep transformation that begins kind of an initiation, if you will.

Thema: Yes, Mary asked the right questions in her gospel. And through her wisdom of knowing what to really pick apart with Christ, it allowed me to answer questions I have today. So for example, when she says, what really matters, my soul, my spirit, in terms of our past, and to deeper knowledge and the ascension that we naturally instinctually all long for. And the answer is to enter the nous, to be able to really get out of the templates that have been designed for your experience with God, and begin to learn how to source your power from within, through the eye of your heart. We wouldn't even be considering that if Mary didn't ask the question. And I love the fact that — well, I don't love the fact but I think it's interesting that we're missing the first couple of pages of her gospel. Because even though those pages are gone, we still are able to access the necessary parts. And for me that feels personal because there are times I feel lost. Because when you're going to not new heights in your spiritual knowledge, when you are going into new initiations of your power, there's a big shedding. I've lost pages of myself. I can relate to Mary's gospel in so many different ways. I've lost pages of myself, there are whole chunks of my past that are completely irrelevant to who I've become today. And being able to use that energy of taking what's missing, and still discovering something that you need is the depth in which me and Mary commune because she asked the right questions, and reveal so much wisdom in what we do have loved and her texts.

Elayne: Wow, I love that. I love it, I think we can all relate to that feeling of losing the pages, missing pages of our lives, or parts of ourselves that have been lost into the past. And one of the things that I think so fascinating that you're speaking to around Mary Magdalene is that she was lost to us. She has been lost to us. And that's part of what I think the deep appeal of her as a woman in history, but also as a collective archetypal frequency, which is, I think she's both/and right, that we are as women and men, I know there's a lot of men who are involved in this to at this point, are in the process of reclaiming who she was, as the historical

woman, the counterpart to Yeshua, the teacher who stood alongside him, the one who was his priestess to his priest was the one who walked away of love with him and who absolutely was an evangelist for the early feminine Christianity that we have lost sight of. And she is also this poster child, if you will, as I would say, for the denigrated feminine because she — what happened to her is what's happened to all of us as women, where we have been taken and maligned and misunderstood, best and at worst, tortured and murdered, for our ways for our practices. So let's not forget that part.

So I just want to honor what you're saying about her reclamation, Thema, because that to me is the whole point of having this conversation is that we're reclaiming who she is within us. And she holds a very powerful story for us around reclaiming our power, the power of love. And that's where I really want to go with you now is because you mentioned this word nous, which I always find is so incredible, because in French, it's pronounced "new," which means "we" so I always think of it as the we space, which maybe we can get more into when we start talking about it. But I want to understand from your point of view, how do you understand this very esoteric term that's in the Gospel of Mary, the nous? So let's talk about that. What is the nous?

Thema: Yes. So I want to jump into that. And I just want to add this little sprinkle of honey on our last point about the missing pages. It's six pages that are missing. But she comes in on the seventh page, and for my numerologist, let's just honor that seven is the number of completion. So I don't want us to miss that part that like there's so many symbols, and so much synchronicity, and what has resurrected in the wisdom around Mary Magdalene.

So the nous is interesting, because if some perspectives, it's a Greek term that's very, very hard to translate. But in summation, it means the "eye of the heart." And it's interesting because I do a whole teaching around the power of the heart, how your brain can be dead, but if your heart is still beating, you're still alive. How the heart is the primary organ that's created before anything else. So when Mary is asking about the soul, the spirit, we have to understand the cultural context of what was happening in their time, like the world was this big jambalaya of information is how I like to describe it. You had the Greeks and their teachings. You had the ancient Kemet, so Egyptian teachings. You have Buddhism, all of these different philosophies spinning around, and both Yeshua and Mary were wise enough to feed off of all of the information. So somebody listening right now needs to understand that part of what has been a limit for you, is your fear of expanding and your knowledge and practicing of your power. So not only were they learning and schooling, they were also going through these rites of passages in all of these different cultural forms. Because God is diverse, how boring would it be if we only had one type of flower, one type of bird? Like we have it all. And I have personally challenged myself to grow in my spiritual capacity to house all of

the power that is available to me through the diversity of spirit. I have taken the hammer and shattered the glass ceiling as a result of learning the practice of entering the nous. So a lot of people don't actually know how to think with their heart. They only know how to think with their brain. And they only know how to think with their emotions. And this is my interpretation of Mary's question. Do we enter into the next phase of our ascension through the soul or the spirit? And for her husband, her beloved to respond with neither, it's all about the heart. You have to open the eye of your heart. Can you look at the world through your heart? Can you look at your world through your heart? Can you look at yourself through your heart? And then that and then it's broken down, Mary begins to explain the seven different many described powers that you have to go through to open the eye of the heart. And it fascinates me that the first one is darkness.

Elayne: Well, so let's just hang out for a moment in this eye of the heart. I'd like to just have us all feel that together. Because as you're speaking, Thema, I'm aware of this distinction that you've made of how do we think through our heart? Because we understand feelings through our heart, but there is also a function of the heart, the high heart that is marrying the mind of God and the heart of God together, where we unite, if you will, this mind-heart connection, where they come together where the heart has, if we want to call it this way, a higher frequency of understanding and the awakening of that heart. How do we truly do that? Well, I think that that is through the engagement of these seven phases that you're talking about, which was the ascension from the darkness up toward the light. We all understand that metaphor. And the alchemists in us understand that Mary, from was a high alchemist, as was Yeshua, and that what they were working on was really alchemy, which is coming from Kemet, from the ancient Egyptians, from the understanding of how we transmute ourselves, how we transcend our humanness to our divinity.

There's something really important in there for me. And I just want to go with this and see where we go with this too, is that, for me, Mary's teaching is so powerful because she asks us to come deeply into our humanity in order to open the eye of the heart. It's not about leaving our humanity, it's actually entering our humanity. And so, I'd love to hear how you've been called to enter your humanity more fully to open the eyes of your heart. And then we can jump into what these seven gateways are that you've mentioned. Because I think, like one of the gateways of the seven gateways of Anon, or the seven chakras, or the seven sisters, it could go on, there's a lot of sevens.

Thema: So, first of all, the timing of this is so perfect, as always, with you. I just love how it syncs up because I've really been deep diving into the power of my humanity. What made me decide to leave the higher realms where my spirit was just relaxed, and chilling and minding her business and decide to come to Earth and practice life here. For me, being human is fully embracing and practicing your power, so I

love that you describe Mary and Yeshua as alchemists. Because I personally have elevated my own language from being a master manifester, which I am. But for me, the next level was a master alchemist and what makes the alchemy different from manifesting for me is who controls the recipe, who controls the formulation for what happens next. So whereas, growing up in Christianity, and then, you know, I'm an ordained interfaith minister, so exploring other religious practices, I'm sitting as I described to you earlier in the zero point. And I can't see any of the other deities that I've worked with. My spiritual practice of doing things externally, to get the outcome is no longer working. The only thing that's working is what I source from within. That has allowed my humanity and my divinity to integrate. And I no longer have any separation.

So it's radical for me. I'm communicating in very simplified terms, but vibrationally this is radical for me. Because my whole life, it was God outside of me. And giving the energy, the praise, every time something good happened in my life, oh, thank God, thank God. Now I catch myself saying, oh, Thema, I thank you, for being able to be in tune enough with yourself to create that outcome in your life. My life is mine fully. And I am fully embracing this reconfiguration that no longer needs me to see the wisdom and the information and the power outside of me, it is me. And so now every day, I wake up deciding what the day will be, I live in the mantra of let there be, and it is so. So my life feels like Genesis 1, it feels like the pillow talk between Mary and Yeshua about like, what are we really doing? Are we doing soul work, spirit work? No, we're doing the nous.

And see, the nous is the house of love for me. When I open the eye of my heart, nothing is impossible. And because the heart is made of love, and that's why it can think and feel. That's why even the heart — let me tell you, physiologically, it's so interesting. Because the organ, the heart intersects with every system in the body. It creates hormones, so it is the unifying force. And it's not just the unifying force between us and other human beings, me opening the eye of my heart has become the unifying force between seeing myself as just human or seeing myself as God, now I'm able to see myself fully as both.

Elayne: Okay. So I just want to name that, that journey to that meeting of the divinity and the humanity of recognizing that source lives within you, that movement from God being outside to God being inside, and to the council that we hold with our higher self or our divine self, that that conversation, that intimate connection, is to me at the heart of Magdalene and Yeshua's teachings. That is the point that, don't go outside, come back inside. And the nous for me, has always been that a place where we connect to the inner beloved, what Rumi called the inner beloved, or any of the great mystical poets knew this, that we were courting the inner beloved. And the inner beloved was the divine within us, and that we were being called to awaken that connection through the heart. So before we get into, I know you have an experiential for us, I just touch in though, on the seven gateways that

Mary talks about in the Gospel. This is the apocryphal gospel of Mary Magdalene. So just give us a little overview. I know there's a there's like a whole massive. So we're just going to touch into it. But I really want to just hear from your lensing, those seven gateways kind of translated for us today because they are in the Gospel, pretty arcane, and you have to do some uncovering as to what is she really talking about? So the I'd love to get your perspective on that.

Thema: Yeah, thanks for asking that, because I love to talk about this and really just expand the conversation. So first, these seven pathways are housed into one great power that is within you. And so it's really more like seven forms, or expressions of this power. And I think that's important to state because sometimes people think you don't access the power until you reach a certain part of it. But really, the context is that there's seven forms of this power. So the first form is darkness. So if you're in dark spaces, if you're in your shadow self, right now, that does not mean you're powerless, because it's just a form of the power. The second form is desire. The third is ignorance, which I love the third one, because I'm strategically ignorant a lot. Because I enjoy the process of learning and gathering new information. And if I ever begin to settle too much in what I know, then I'm not able to temper my ego well. I love the ignorance as a form of power.

The fourth is the zeal for death, which is interesting, because a lot of us have resistance. But my philosophy is that death is a master teacher. And death teaches us what we cannot control. And the fifth is the kingdom of the flesh, learning to accept, enjoy, embrace, this body that is housing all of this power. The sixth is the foolish power and the foolish wisdom of the flesh, which is an interesting conversation in the Gospel of Mary. And then the seventh is the wisdom of the wrathful person, the wisdom of the wrathful person.

So these are the seven powers that's kind of elaborated on in Mary's texts. But the reason why I appreciate it is because it puts us in touch with our real human experiences. So we experience these challenges, and then the darkness comes, the ignorance, the wrath, and the low vibrational stuff of with our flesh. But in Mary's text it's described as pathways to the power. Your power is undeniable, it is not something you have to treat as a discovery. It's not like you're on this quest throughout your life to find your power. You are the power. And being able to see how that gets integrated in her teachings really makes it clear by the end of it, you're sitting back like, wait a minute, I'm actually okay. I'm actually my greatest resource and my best asset. And I actually have the power, the dominion, and the authority to configure the next outcome in my life. I reclaim my life as my own. I reclaim my identity as powerful. And I allow myself to express it and practice it in these different forms.

Elayne: Wow. Okay. I kind of want to spend like at least a day just with you, like just talking about what you just said, because this is the key that I just taken away from what

you've just said. And it's and it's so aligned with where I've been sitting with this work of my own study of the Gospel for the last few years. And this is it. What you determined when you said that it's not about getting rid of our ignorance, it's not about getting rid of the darkness. It's not about getting rid of the greed or the lust, or what has been called the seven deadly sins, which has been the way in which, patriarchal Christianity has taken this whole teaching and gone haywire with it, frankly. It's actually about engaging with that as being our humanity. This is out who we are as human beings is we are ignorant. We are greedy. We are in that ego. We, of course, we have all this humanity, and the way of love, the eye of the heart. Can you love that part of you? Can you bring the love to the parts of you that you've been taught you should chain because they're somehow bad and wrong and you can't get into heaven with them?

Mary's actually saying something so radical which is these are our teachers. Your ignorance is your teacher. And I love what you said that you love that one about ignorance's temper because you don't want to sit on your laurels too much. And actually, I was reflecting on having interviewed you before and having sitting with you right now. And I'm like, wow, something's really shifted with Thema. I can really feel a shift in you, because of that place on the journey that's willing to sit in the ignorance and go, Okay, show me what I don't know. Show me what I don't already know. It's that beginner's mind, actually, in the Buddhist philosophy, they would call it beginner's mind. And it's a beautiful place to sit, to say, I don't know. And how many of us spend our time trying to know what we don't know and trying to appear like we know something. We're actually what Mary is saying is no, no, love the fact that you don't know. Let that be a place for you to reside in and allow the knowing to arise from the darkness. And so I just really want to acknowledge that and I can feel that something else probably, so go ahead and jump in.

Thema: I want to share this analogy that I learned yesterday at an event. I was sitting in a room with some wonderful people. And the gentleman that was speaking gave this analogy, he says take a pack of lions and a pack of gazelles. And let's say the gazelles are meeting because they know the next day when they go into on the field, the lions are going to hunt them. So they're trying to come up with their strategy around how do we survive the hunt. And then the lions are gathering and they're saying, hey, we got to eat tomorrow. How are we going to catch these gazelles? So he asked us who is going to win tomorrow? And so some of the people said, well, whoever has the best strategy. And he said, okay. Then somebody else said, the one who can implement this strategy the fastest. He said, okay, but the real answer is, the one who will win on the field tomorrow is the one who knows how to make decisions while the hunt is occurring. That floored me, that floored me, I said, because that's exactly what life is. And we create all this unnecessary pressure around is my strategy about life is my philosophies about. It's not about that there's something beyond soul and spirit. There's the nous, where it's just about this moment, and learning how to be fully present. And learning how to love

yourself right where you are, whether you're on the path of ignorance, or the wrath of your flesh, and your ark spotlight, it doesn't even matter really, you can win wherever you find yourself.

Elayne: I love it. What a great analogy. And that presence that you're talking about, Thema, is ultimately the teaching for me is can I stay present in my heart with what is unfolding, and meet myself there? Can I be with myself, even in those dark moments, even in the exalted moments, even in the moments where I'm deeply challenged, where I'm confused, where I feel lost? Can I allow myself to be with me there, and not have to judge or shame myself for being there, but to love myself for being there. And through that love, everything is transformed in that is her teaching over and over and over again. It is the presence of that love that changes everything. So within that, I'd love it for you to take us on a deeper little dive with you for a moment here. And let us experience this teaching and whatever way you want to guide us. I'd like to hand that over to you so we can have a little more embodied experience with it.

Thema: Yeah, I appreciate that because I love to teach in ways where the information gets cemented in the body. So the thing I want to signal your body with is this statement, it is okay to love myself. It is okay to accept myself and I do love and accept myself. So let's just send a signal to your body by gently rubbing your arms up and down. Just embracing yourself, stimulating your parasympathetic nervous system, letting it know that you are intentional about giving it some undivided attention and nourishment right now.

Take a deep breath in through your nose, release it out your mouth. You can rub your legs, go down if you're comfortable doing that. Right just stimulate some blood flow. Some relaxation, you can rub your belly, your womb space. You can give the movement some sound if you need to, if you get to certain parts of your body, you go. Just follow your instincts, whatever feels good, you can rub the breast, the chest, the shoulders and just become present that you're alive in your body.

Now we're going to program your body to support the eye of your heart and opening. And we're going to use one of my favorite techniques, which is tapping. And so we're going to start at the crown chakra point, just going to tap. Use your breath. So just tune into that we're going to come in between the eyebrows. We're going to come right beneath your bottom lip. We're going to come over the heart. I'm going to take both hands, we're going to tap up and down your thighs. Then you can come right below your belly button. Tap there. Come back up to the crown chakra point, we're going to say, I know who I am. I know who I am. Come between the eyebrows, I know what to do next and I trust myself. I accept and I allow. Now go right below that bottom lip. I use my words as my wand. And I speak into existence what I desire. And come over the heart. Love is the only thing that is

room. And I am love. I am a powerful demonstration of what love does in the world. Come to tapping those thighs and over your womb space right below your belly button. I create the outcomes I want. I no longer fear my power. I trust myself. I will take what I know today and use it. I will apply the knowledge and I will design my life. And I am sovereign in my life and I accept the responsibility with no more resistance.

And then come back up and wrap your arms around yourself. Just hold that energy on what you just said in your body. And I want you to do a breath. It's almost like you're slurping a milkshake you're going to go and you're going to hold it to the count of eight. You're going to exhale by dropping your lower jaw through your mouth so it looks like this. Some of you may naturally feel compelled to give that exhale a sound and that's okay, let's do it again. And if some of you are naturally making the sound ha, that is very powerful because ha is the sound of opening the heart. So let's do it one more time and just seal it up with a smile as you relax and come back to this moment. Anytime you need to see your life, see yourself through the eye of your heart, just tap right here. And then just breathe and then decree something powerful about yourself and what you're experiencing in that moment, and just like that, the eye of your heart pops open. And you're unstoppable.

Elayne: And you are unstoppable. Thank you, sweetheart for the accessibility. One of the things that I think we can sometimes feel that as we're approaching something that is written 2000 years ago, or more is how does this apply now. And one of the things that I think is so powerful about what you've been sharing with us today, is just how applicable it is in actually the eye of the heart exists within every single one of us. And it's a choice to open it, it's a choice to come to it. So is there anything in closing that you'd like to just underscore for those who are listening? What's one thing you'd really love to leave people with as a final thought, or a final invitation for us in this conversation?

Thema: I just want to encourage you to allow your beliefs and your spiritual practice to evolve. Sometimes we get so excited about the discovery of new knowledge that we think the new knowledge is all we need. But what made Mary and Yeshua so radical for their time is that they were pushing the knowledge forward. So even what you gained here today, maybe a month from now, years from now, you will be the one writing down the text that we will read, that those coming behind us will need to continue to evolve our experience here on Earth. So be willing to yes, hold on to the knowledge you gain and value it. But also be just as willing to let it go when it's time and evolve. And you can do that with greater ease when you keep the eye of your heart open.

Elayne: I love that. I love it. It's such humility. And I love that word humility, because I've done a lot of work around what does it really mean to stand in humility, which is

one of the core teachings that Magdalene also offers us, right, which is, this is our humanness. It's from the same root as human, which is wholeness, which is Earth being close to the Earth, staying close to our root of who we are as humans. And I just really find that invitation for us to continue to allow ourselves to evolve, and to change our minds and to literally take on new thought forms is a practice of humility, to say, oh, something's different now. And that is a powerful teaching, because we get stuck in what we think we know. Then we become dogmatic, and that is not the teaching of the heart. There's no dogma for the heart, the heart is the heart. So I want to bow to you, Thema, thank you so much for being here with us today. We just have been so blessed by your presence. If you want to find out more about Thema, you can on her speaker page and you will find the information to connect with him more directly. Bowing to you, sister, thank you for your voice. Thank you for your energy.

Thema: Thank you so much for having me here. As always love to all of you listening and tuning in. And I can't wait to see what you do with your life as a result of this conversation. So it's been an honor being in this space.

Elayne: So blessed be, everyone. Have a beautiful rest of your day wherever you are. Enjoy the teachings and let yourself steep in the magic of what's been shared here. Bye for now.

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