



The Seven Hermetic Keys

A self-reflection workbook for breaking distortion and returning to inner authority

This is not a rulebook. It is a mirror. A threshold. A lantern for the ones who are ready
to stop outsourcing truth.

Free workbook | The Temple Within series

Welcome to the First Door

This workbook is a beginning, not a performance. The Seven Hermetic Principles are often treated like ancient philosophy, but here, we are using them as living keys: tools for seeing through distortion, naming patterns, and returning to the voice inside you that still knows.

You do not need to understand every mystical system to begin. You only need honesty, curiosity, and a willingness to notice where you have been trained to abandon yourself.

Move slowly. Answer what feels alive. Skip what feels forced. The point is not to become more spiritual. The point is to become more true.

How to use this workbook

Read one principle at a time. Sit with the reflection questions. Let your answers be imperfect and real. The clearest medicine often arrives without dramatic lighting.

Suggested rhythm: one key per day for seven days, then return to the integration page at the end.

Before You Begin: The Distortion Check

Distortion is anything that trains you to distrust your inner knowing, outsource your worth, fear your own perception, or confuse obedience with goodness.

Use these opening questions to locate where the work begins.

- *Where do I feel most disconnected from my own truth right now?*
- *Whose approval am I still treating like permission?*
- *What belief feels heavy, inherited, or no longer honest?*
- *Where is my body saying no while my mouth keeps saying yes?*
- *What part of me is ready to come back online?*

Notes:

Key 1: Mentalism

The universe is mental.

Your mind is not the whole of reality, but it is the doorway through which you interpret reality. Mentalism asks: what story am I living inside, and who taught me to call it truth?

Distortion pattern:

Believing every thought is truth because it feels familiar.

Return key:

Question the thought. Reclaim the author inside your own mind.

Self-reflection questions

- *What belief has been running my life quietly in the background?*

- *Where did I inherit this belief from?*

- *What would I choose to think if I trusted my own inner authority?*

Simple practice

For one day, catch the phrase 'I have to...' and rewrite it as 'I am choosing...' or 'I am allowed to choose differently.'

Key 2: Correspondence

As within, so without. As above, so below.

Correspondence is pattern recognition. The outer world often reveals an inner architecture: fears, contracts, loyalties, wounds, and unspoken vows. This principle is not self-blame. It is self-honesty.

Distortion pattern:

Blaming the outer world while refusing to see the inner pattern asking for attention.

Return key:

Read the pattern without shame. The mirror is information, not punishment.

Self-reflection questions

- *What pattern keeps repeating in my relationships, work, body, or spiritual life?*

- *What inner belief does this outer pattern keep reflecting back to me?*

- *Where am I being invited to respond differently instead of repeating the old rhythm?*

Simple practice

Choose one repeating situation. Write: 'The outer pattern is... The inner invitation may be...' Let the answer be simple.

Key 3: Vibration

Nothing rests. Everything moves.

Everything carries a tone: a room, a word, a memory, a relationship, a decision. Vibration teaches discernment. Not everything loud is powerful. Not everything quiet is weak.

Distortion pattern:

Confusing chaos, urgency, or chemistry with alignment.

Return key:

Trust the body signal before the mind turns it into a debate club.

Self-reflection questions

- *What situations lower my field before I even explain why?*

- *Where do I confuse intensity with truth?*

- *What restores my natural frequency without forcing me to perform?*

Simple practice

Before answering one request today, pause and ask: 'Does my body expand, contract, or go numb?'

Key 4: Polarity

Everything has poles.

Polarity reveals the hidden relationship between opposites. Fear and courage, grief and love, shadow and gift. The work is not to amputate one side. The work is to stop being ruled by the extreme.

Distortion pattern:

Splitting life into all good or all bad, then losing the wisdom in the middle.

Return key:

Find the bridge. The gift is often hidden inside the thing you rejected.

Self-reflection questions

- *What emotion have I labeled as bad that may be carrying information?*

- *Where am I swinging between two extremes?*

- *What would the middle path look like if I stopped punishing myself?*

Simple practice

Pick one charged emotion. Write its opposite. Then ask: 'What is the bridge between these two?'

Key 5: Rhythm

Everything flows in and out.

Rhythm teaches that life moves in cycles. Expansion, contraction, grief, renewal, silence, voice. Distortion convinces you every low point is failure. Wisdom teaches you to read the tide.

Distortion pattern:

Treating natural contraction as failure instead of listening to the cycle.

Return key:

Honor the season. You are not meant to bloom every hour of your life.

Self-reflection questions

- *What cycle am I currently in: release, rest, repair, creation, initiation, or integration?*

- *Where am I forcing expansion when my body is asking for restoration?*

- *What rhythm would actually support me this week?*

Simple practice

Name your current season in one phrase. Example: 'The season of rebuilding trust with myself.'

Key 6: Cause and Effect

Every cause has its effect. Every effect has its cause.

This principle restores responsibility without shame. Your choices matter. Your agreements matter. Your silence, your yes, your no, your attention - all of it plants seeds.

Distortion pattern:

Wanting a different result while feeding the same agreement.

Return key:

Choose one cleaner cause. Small truth plants a different future.

Self-reflection questions

- *What effect in my life am I ready to trace back with honesty?*

- *What small cause could I change today that would alter my future pattern?*

- *Where have I mistaken passivity for peace?*

Simple practice

Choose one tiny cause to shift today: one boundary, one habit, one sentence, one refusal, one honest yes.

Key 7: Gender

Everything contains masculine and feminine principles.

Gender, in Hermetic language, is not about stereotypes. It is about creative polarity: the receptive and the active, the listening and the directing, the seed and the womb, the vision and the form.

Distortion pattern:

Over-receiving without action, or over-acting without receptivity.

Return key:

Let intuition and structure work together. Receive the seed. Build the altar.

Self-reflection questions

- *Where am I receiving too much without acting?*

- *Where am I forcing action without listening?*

- *What wants to be conceived in me, and what structure does it need to be born?*

Simple practice

Write one intuitive truth you have been receiving. Then write one grounded action that would honor it.

Seven-Day Integration Rhythm

Use this page to walk the keys through your actual life. Keep it simple. One principle. One honest noticing. One grounded action.

Day	Key	What I noticed	One action
1	Mentalism		
2	Correspondence		
3	Vibration		
4	Polarity		
5	Rhythm		
6	Cause and Effect		
7	Gender		

Closing reflection:

- *Which principle revealed the most for me?*

- *Where did I see my distortion most clearly?*

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- *What is one truth I am no longer willing to abandon?*
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The Return Statement

Read this aloud when you finish the workbook. Let it be plain. Let it be enough.

I do not need to be rescued from my own knowing.

I return my mind to truth.

I return my body to safety.

I return my voice to honesty.

I return my choices to sovereignty.

I release the distortion that taught me to look everywhere but within.

The temple was never outside me.

The key was remembrance.

Next step

If this workbook opened a door and you want to go deeper, begin with the Inner Authority Audit or book a Soul Blueprint Reading through The Anchored Heart.

The Anchored Heart | Nothing to add. Everything to reveal.