

*Sacred Rhythms Facilitation*

*Class 4*

*Attuning your Body to the Rhythms of the Earth*

*with Kathy Daugherty*





# *Body-Wisdom Boot-Camp*



# Calling in Sacred Space



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*Open Your Creation Vessel*

*To Receive*

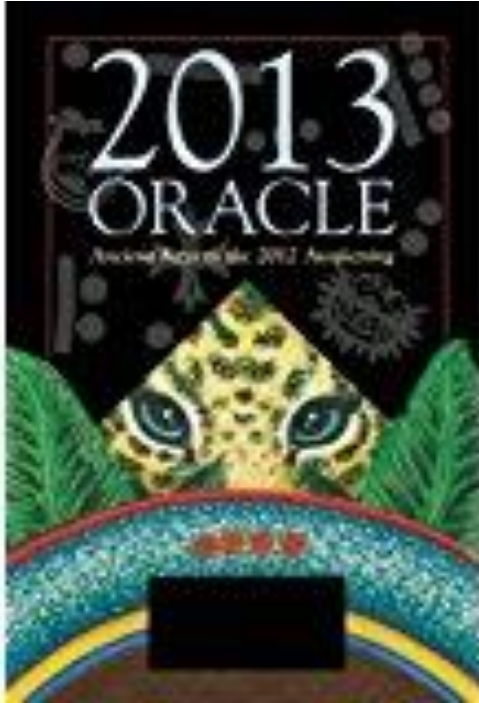




# Boot-Camp

How it came to be...





## The Womb Cave

# Planning

- Seven Classes
- 21-day intensive
- Seven weeks
- Works well in January-bonus for newbies
- It can stand on it's own, also.
- Later in the year as a refresher-  
Spring Cleanse – if you have a lot of late starters.



# Leading Guided Meditations

- Body relaxation component
- Journey through the woods to the cave – help them FEEL it. Remove brush from the door. Touch the symbol.
- Journey down to the altar room-describe it in detail.
- Sit on the red pillow.
- Reflection of the moon on the water.
- Have the Grandmother or the Goddess rise up out of the water.
- Let them get in the water and speak with her.
- Have her take them to the appropriate Chakra room.
- Have Grandmother lead them out and say goodbye, knowing they can always return.
- Have them leave the way they came. Replace the brush, go back to the grassy hill through the woods.
- Clap hands to bring them “back into the physical.”
- PRACTICE!





# Chakra Rooms

- 1 – Family of Origin
- 2 - Relationships to Power
- 3 - Self-Esteem
- 4 - What they Love
- 5 - Personal Will
- 6 - Information Processing
- 7 - Connection to Celestial Realm



# Allow it to flow

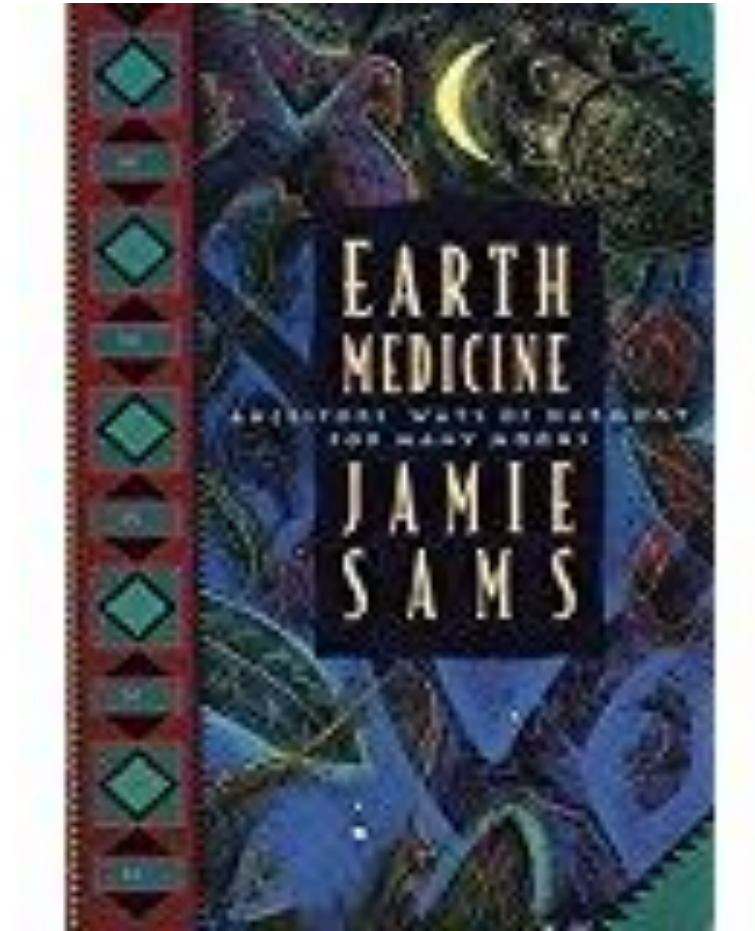
- Don't write it and read it if you can help it
- Begin reading and syncing with the Grandmother at least a week before
- She will begin to work with you and you will find that you are a conduit for her information.
- What we have here is an outline. Always be open for her to give you new information to incorporate.





# GET THIS BOOK!

Begin to work with this book. It is a great way to enhance your meditation and get to know the Grandmothers! There is so much more in here than in the main book! It will change your circle!



# Other Considerations

- If you will charge
- What you will charge
- How and when you will collect money
- How you will contact them
- How you will gather emails
- Will you have them RSVP
- How do they contact you







# Insights



# Ponderings for next class:

- Your Format
- Calling in your tribe
- In person or online
- Questions







# **Integration Dance**

## **Ground & Close**