



*Class 4: Body Wisdom Boot-Camp  
The Importance of Deep Cleansing- Part 2  
with Kathy Forest*

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*The Importance of Deep Cleansing:  
More Womb Cleansing Tools*

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*Calling in Sacred Space*



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*Open your Creation Vessel  
to Receive*



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We are going to begin class today with a short anatomy lesson. Here we have pictures of the female organs and how they are positioned inside the body. You will notice that the intestines rest right on top of the female sexual organs and the womb. When we are young, vibrant and healthy, this system functions quite well.

However, when we abuse our bodies, eating unhealthy foods, eating late at night and not giving our system time to properly digest our food before bed, our colon can become prolapsed. This means it literally spills and spreads out of the confines of the abdomen and begins to press down upon the womb space.

As you can imagine, this is not a healthy situation. The tools we present today, can help prevent and also heal this situation.



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**Douches**

Cleansing the womb with natural elements during this period of intensive cleansing will assist your womb in releasing toxins and toxic emotions from your body. After your initial cleansing period, limit douches to once every one to four weeks to keep healthy bacteria alive and well in your cleansed womb. If vaginal yeast overgrowth is a concern, consider acidophilus suppositories or a vaginal probiotic to supplement the natural bacteria of the womb.

**Cleansing Douche:**  
To one pint of purified warm water in a douche bag, add one of the following ingredients:

- 1/4 tsp. of goldenseal powder with the juice of ½ lime or lemon
- 2 cups of red raspberry leaf tea
- Juice of one lime or lemon
- 3 tbsp. organic apple cider vinegar

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Enemas

The key to a long and productive life is a healthy colon. One way to keep it healthy is to keep it clean. Enemas have been the solution of choice for centuries. Exposing the internal organs to the cleansing and healing properties of water is always a good thing. Because most of our lifestyles have included late-night eating, or the eating of heavy, indigestible foods, the transverse (middle) colon may drop down below the navel. This is called a prolapsed colon. It can cause you to literally carry anywhere from 10-30 pounds of excess waste. This can press down on the sexual organs and cause glandular dysfunction. Enema therapy can greatly assist in clearing toxins from your body. Try this one to three times a week up to twenty-one days or as many as twelve weeks if there is a chronic problem. It might be wise to consult a colon hydrotherapist before beginning this type of therapy.

I have included instructions on how to do an enema yourself in your handout.



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Liver-Kidney Flush

Utilize this cleansing technique for 7-21 days to flush out toxins in the colon, liver, and kidneys.

Method 1:

Mix the following ingredients in a blender and drink in the morning: 2 tbsp. colon Ease or cold-pressed extra-virgin olive oil AND 2 tbsp. castor oil, 12 drops of liquid Kyolic garlic OR 2 fresh garlic cloves, AND juice of 1 lemon OR lime OR 1-2 tbs. organic apple cider vinegar, AND 1 pinch of cayenne pepper (not if you have high blood pressure), AND 8 oz. purified water. (More fun: Add the above to ice with a peeled lemon and orange in a blender with a dash of lemon stevia! Delicious!)

Method 2: (My simplified version)

Mix the following ingredients in a blender and drink with 2 – 4 Kyolic garlic gel caps in the evening before bed: 2 tbsp. Colon Ease or cold-pressed extra virgin olive oil AND 2 tbsp. Castor oil, and juice of 1 lemon OR lime, AND 1 pinch of cayenne pepper (not if you have high blood pressure), and 4 oz. purified water.



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Internal Cleansing

Use an herbal laxative, laxative tea, 1 tbsp. soaked flaxseed or 3 cascara sagrada tablets, one to three times a week to assist with clearing the colon and the reproductive organs.

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External Clay Packs

A good way of beginning to move clogged emotion is the use of clay packs. Both the heart area and the womb space can benefit from this practice. Typically, women should begin using these on their second chakras since this is a place we like to store old, unspent emotional energy. However, anyone can benefit from using them any place else you feel emotion may be blocked, inhibited or stagnant. Used while you are sleeping, the clay will pull poisons from your organs and skin and allow the skin to absorb minerals. It is healing food for the skin, but also goes underneath the skin and begins to nurture and heal. Blend red, French green or bentonite dry clay with enough water to make a spreadable mixture. You may add some of your flower essences and anointing oil. Fold over several layers of gauze and spread the top layer with an inch of the clay mixture. Place over your womb with the clay against your skin and tape in place. Take a nap for an hour or use overnight. (For an extra cleansing boost, add 1 tbsp. fresh grated ginger juice.) Be sure to test a bit on a small patch of skin. Also, test the length of time you leave on your skin. Start small and work your way up.) Rinse in the shower. It might be good to keep a journal nearby. You never know what might come up that you may need to process about.



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External Castor Oil Pack

Dip clean flannel cloth or white washcloth in hot water. Wring out the cloth, then saturate it with cold-pressed castor oil (preferably organic) and place over pelvic area. Cover top of cloth with plastic wrap, and then apply a heating pad or hot water bottle for one hour. Remove castor oil pack and apply thick clay pack overnight. Again it is good to keep a pen and notebook nearby as this is a very good opportunity to journal as your body releases physical and emotional toxins.



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Womb Purification Ritual

Place a small round disk of charcoal used from smudging in a fire-proof pot. Light the charcoal disk, and sprinkle a few pieces of frankincense and myrrh resin onto it. Place the pot on the floor on a stand or metal trivet so you don't burn the floor. Stand or kneel over the pot and cleanse your womb as with the smoke from the resin. This smokes away all the negative vibrations. You may also want to add a pinch of cinnamon to sweeten your womb-space.



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Breath-work

Another way to move out toxins in the body is by adding more oxygen through the use of focused breathing. We will do this many times during our guided meditations. You may want to add the flowing technique to your daily routine as a way of purging toxins out of your second chakra area with fire breaths. This type of breathing is also known to assist in the burning of calories and fat as it cause the body to "burn" hotter.

Prepare for fire breathing by slowly inhaling four times and slowly exhaling four times. Then, when you are totally at ease, begin your fire breaths. Begin by doing 50 to 100. Gradually increase, trying to add 100 each month.

With your mouth closed, inhale deeply like a pump through your nostrils as you expand the breath down into the abdomen, then back up to expand the chest. Then, exhale fully as your abdomen contracts and the lungs release your breath completely.

Practice the fire Breath a few times slowly, and do it fifty times as rapidly as you can fully inhale and exhale.

Note: If you should become light-headed or slightly breathless, which is called hyperventilating, simply breath into a small paper bag—not plastic—held over your nose and mouth for a few minutes, to restore your carbon dioxide balance.

Rest

One of the most vital ingredients for the restoration and balance of the divine, sacred healthy individual is rest. Set aside moments on a daily basis to rest and relieve yourself of pressures and responsibilities you handle each day.



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Natural Cleansing

So during this phase of our healing, we are increasing the intensity of our cleansing. So, again, during this time, continue to drink plenty of water and detox tea. This will speed the process and make it much easier for your body to adjust.

Womb Health Assessment

Spend some time with this if you have not done it yet.

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Homework – Continue

- Begin Daily Epsom Salt Baths
- Drink 8 glasses of water a day
- Begin your day with warm lemon water
- Continue Using your Energetic tools
- Daily Spiritual Practice
- Dirt Time

Continue to improve your Diet  
Green leafy salads to lunch and dinner  
Continue Aloe Vera Juice daily  
Add another cleansing tool of your choice  
Pace yourself

Portal D:  
Flower Essence: Star of Bethlehem  
Essential Oil: Frankincense  
Raspberry Leaf Tea

Sacred Journal Questions...

Today we are getting ready to enter the portal of the Forth Chakra. Ask your womb space the answer to the following question:

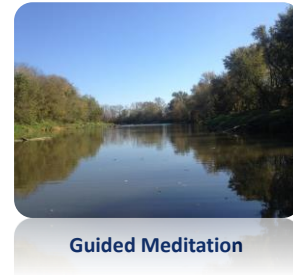
Do you have any difficulty feeling unconditional love? Do you feel like you are able to love unconditionally? Recall incidents in relationships where out of fear of vulnerability you pushed others away.

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**Ground and Close**

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