

SACRED RHYTHMS

Portal 3 – Sacred Movement: Spiritualizing Matter

By Kathy Forest

So as we prepare for this next moon cycle, we will begin to feel a shift. We are all going to probably notice that the feeling of wanting to just "sit and be" will be leaving us. We are all going to "perk up." The things that we have been having trouble completing, are suddenly going to begin to fall into place. You may feel like "you've got your game back on." This is what this moon cycle is all about: movement and growth. We hopefully have taken time during this last moon cycle to pause and contemplate. Now it is time for us to move forward.

When we take the time to really sync ourselves with the natural cycles of the earth and the elements, we draw that alchemical energy into our bodies for our own use. It is a gift given freely by the elemental forces. All we have to do is consciously ask. Once we do so, we have more "spiritual energy" to utilize in our physical world. Our vibration raises and everything and everyone we come in contact with raises with us. This is how we "spiritualize matter," and is what this moon cycle is all about. Throughout this moon cycle, we will be contemplating how body, mind, and spirit, are interrelated energy systems. By learning to harmonize our subtle energy systems through physical movement, we hold the key to accessing our spiritual body at will. And access to that body of energy is no small thing! It is what can make the difference in success or failure in everything you do. It is big energy. It is what the Apache Scouts used to go without food for days in the wilderness, to bi-locate (be in two places at once), and do many other feats that seem super-natural to us in our modern world. Access to that energy is still attainable. What we are doing during this moon cycle is the beginning of gaining access to that portal.

If you find yourself anxious or stressed out, utilizing the practices of this moon cycle can help you bring peace and composure to your life. Sacred Movement can empty the body of physical, emotional, and psychological waste. Fluid Sacred Movements allow you to ground yourself and transcend yourself by permitting the body to become the bridge between heaven and earth. In our western society, we have many times been taught to hold our body in disdain or to see our body as dirty, bad or unholy. As we move our body and release these worn out teachings, we make space for new, more enlightened and fulfilling information to take their place.

This moon cycle portal prevents premature aging by renewing our cells, and by helping to expand lungs, and relieve respiratory blockages, such as asthma and emphysema. If your circulation is impaired, Sacred Movement helps to restore the free flow of prana or life force throughout the body. It also helps to break up cellulite and fatty tissue. For those who are hyper, Sacred Movement calms and balances; for those with low energy, it renews and invigorates.

One of the most important attributes of this moon cycle is that it can move simple exercise into another realm...the realm of spiritual practice...another way to connect with the Divine. Moving the body literally moves "Spirit" through your body. Prana is LIFE-FORCE, GOD/GODDESS-FORCE. Moving the body in a sacred deliberate way literally pulls that energy through you...when you intend it to be so.

Below are some practices designed to help you align yourself with the energy of this moon cycle and activate this energy within you.

Energy Tools

As I mentioned last month, the flower essences, oils, stones and tea will change each month to correspond with the energy of the moon. (These are always available from me, but you can also make your own.) This moon cycle a good essential oil to use is Bergamot. It is very energizing and invigorating, thus encouraging you to move your body. It is uplifting, refreshing, encouraging and increases mental alertness. Bergamot can help relieve feelings of emotional deprivation and ease anxiety and depression, grief, and sadness. In the physical realm, it strengthens the immune system, aids in the healing of wounds and scars, and has an antiseptic effect. Essentially, Bergamot fills you with energy and inspiration and makes you want to leap up and dance. So beginning your day with this wonderful elixir is a great place to start.

Flower essences that support this moon cycle are:

- Dandelion – for releasing emotional tension in the body
- Star of Bethlehem – Releasing trauma from particular parts of the body, often stored in the past.
- Self-Heal - Arousing recuperative powers of the body; integrating body and mind in the healing process
- Manzanita – Appreciation of the body as a Temple of the Spirit
- Hibiscus – Integration of libido and sexuality with soul warmth

You can use any of these or others that you feel support you in making a spiritual connection with your body. I always have a blend of all of them for this moon cycle and they will be available in your packet, should you choose to get one.

Herbal Tonic

A good herbal tonic for this moon cycle is Gingko Biloba. Gingko has antioxidant properties, oxygenates the blood, and helps the body rid itself of free radicals. It increases the blood flow to the brain and relaxes and tones the muscles in the arterial walls, helping to prevent heart attacks, stroke, and angina. It is helpful in eye problems resulting from decreased blood supply.

The Altar

If you use an altar, the color to focus on this month is Orange. A good stone to use is Carnelian as it is a great energizer and assists the body in metabolizing energy. Some of the energies that govern this cycle are Storyteller, the Grandmother of this moon cycle. She carries the medicine of “Speaking the Truth” and teaches how to transform the stories of our lives. In the Khamitic tradition, Bes is the Protector of Sacred Movement. In the Hindu tradition, Parvati is known to have won Shiva’s heart by being able to perform all the yoga poses perfectly. A chant to her is found below. Mostly here it is just important to choose someone that inspires you to increase movement and growth in your life.

If you open your day with a prayer, I like the one below by Queen Afua in her book, Sacred Woman:

“Sacred and Divine _____,” (insert the Avatar of your choice), Spiritual Mother of the Gateway of Sacred Movement, awaken the ancient dancer in me to allow sacred movement to set my spirit free. May sacred movement leap me into pure exhilaration, and stretch me to the star Sirius in my

inner galaxy. May my dance flush out my arteries, pump oxygen to my heart and my brain and bring my soul to life, my mind to rest, my heart to balance and by being to light.”

Chanting

If you have picked up the practice of chanting, you may want to include either of the following chants to increase your spiritual power and help you translate it to the physical realm.

Hrim Shrim Klim Param Eshwari Swaha

(Hreem Shreem Kleem Pah-rahm Esh-wah-ree Swahah)

Om and Salutations to Parvati the Sum Total of Energy of the Potential and Actualized Cosmos

By way of background, Parvati is the wife of Lord Shiva in the Hindu tradition. Lord Shiva is the destroyer of ignorance and holds space for all parts of humanity to return to the Light. Parvati won his heart through spiritual yoga practices. One of their sons was Ganesh, the Elephant-headed one, known as the remover of obstacles. A chant for Ganesh is below. The Parvati chant is good to support any physical creation. The one to Ganesh is great from removing resistance to exercise!

Om Gum Ganapatayei Namaha

(Om gum Guh-nuh-puh-tuh-yei Nahm-ah-ha)

Om and Salutations to Ganesha (Parvati's Son), the Remover of obstacles for which Gum is the seed.

Morning Practice

In keeping with our other teachings, a morning practice is always the best way to begin. I know of no better way to incorporate sacred movement into your routine, than including some kind of Sacred Movement in your morning practice. My first choice is yoga. It is divinely designed to do just what we have been talking about. It puts your consciousness all the way through your body. It opens up the meridians in your body and allows you to pull prana all the way through your body. It was designed to prepare your body to be a clear channel for spiritual information to flow through. Increasing all kinds of movement throughout this moon cycle is highly encouraged, but as a morning practice, yoga is a jewel.

You can design your time any way you choose. Here is what a morning practice during the Sacred Movement Moon Cycle might look like:

Make some tea and light a candle on your altar. Use your flower essences and rub some oil on your feet. Do your opening prayer and maybe a little chanting while you drink your tea. Engage in some delicious sacred movement of your choice: Yoga, Belly Dance, Free Form Dance, running or walking. You could also take a “Jappa Walk” and chant while you take a long walk, blessing the earth with Sacred Sound. Keep your journal handy. If you do this in solitude and as the sun is coming up, messages trickle down from above like water. You won't want to miss any of them!

Journal Questions

If you focus your work in your journal, your writing this month will naturally focus on movement and your relationship to it. How do you move through your life? Is it smooth sailing or is it stalling out? Do you move like a tortoise, slow and steady, a hare, in short quick spurts, or like a spider, very cautious

and calculating? Do you need to be inspired to move? What about your pace? Are you moving too fast? How are your brakes?

Suggested transformative Work for this Portal

- Develop some type of daily movement ritual that heals you. Join a class or purchase or rent a video to get you started
- Take a dance class or explore free dance.
- Find other ways to incorporate more movement into your life.
- Notice how you move during the month. Is it done with grace, as an act of prayer, or do you slam through your days and through your life? What in your life needs to move? Contemplate these questions as ponder the wonder of movement during this sacred time.
- Think about spiritualizing matter. What does that phrase mean to you? How can your body act as a vehicle for this sacred work?