

# ***SACRED RHYTHMS***

## ***Portal 0 – Part 1***

### ***Introduction***

***By Kathy Daugherty***

This class is designed to present information on physical health and well-being through a variety of methods, both modern and ancient. This class is designed to be offered exclusively to women and focuses predominantly on womb health. Though many of the teachings lend themselves to members of both sexes, our focus in this class is on the sacred vessel of the woman's body and the reconnection of woman with the Divine within Her. Because much of this information is designed to re-establish your connection with the Divine, please feel free to share it with anyone whom you think will benefit from it, regardless of gender.

This body of knowledge is based on the premise that in order for our physical body to remain healthy, our spiritual life must be healthy. Much of this information revolves around the health of the female womb space. It has sometimes been called a woman's second brain, because it controls so many of her hormonal cycles which in turn influence her brain chemistry and ultimately every other aspect of her life. This information is not only important to women, but to all of us who dwell on the planetary womb of the Earth. As long as this part of a woman's body is disrespected by society, planetary health will suffer. But when this part of a woman's body is honored and treated with respect by all of humanity, our planet will again begin to flourish. When we all, men and women, begin to remember the birthing place as the center of our universe and our existence, both in a literal and metaphorical sense, we will come to know that when our physical body temples and minds are healthy, we can effect change in our outside world.

I have also found that many of these teachings can be beneficial for men, as well. All of us have a tendency not to process emotional energy and charged events in our lives, because we don't know how. Participating in the practices outlined in this course can create space to allow both sexes to begin to heal the rift between the masculine and feminine, and ultimately allow humanity to grow and remember who they really are and what we really are doing here.

Our culture has given us a legacy that, in ancient times, was unheard of. Traditionally, a woman's menstrual period was a very sacred time, for this is when a woman is most spiritually in tune and most sensitive to her surroundings. She is more open and able to receive messages from Spiritual guidance that will aid her in living a more harmonious existence. Indigenous peoples incorporated systems into their cultures that made use of this time in a powerful way for their tribes. They created a "moon" lodge or "bleeding" lodge where women could learn from other women how to care for their bodies. They could share with other women about their feelings and concerns, and utilize this time to receive messages from higher forms of guidance. They would also do this on behalf of the tribe. As they learned how to care for their bodies in an appropriate way, their wombs, and consequently the earth, remained healthy.

However, as these traditions were lost, life on this planet became a bit more dicey. As these systems have become non-existent, our lives and our relationships have become more and more dysfunctional. Women are no longer connected to their sacred center. They are usually “working” during their bleeding time and experiencing all forms of discomfort during this time that our western world has come to know as symptoms of PMS. Anyone who has had this experience or been on the receiving end of someone having this experience, knows how miserable it can be for everyone. Because women are in such pain, men no longer respect them or their womb space during this time. It is a time we all tolerate, but really don’t enjoy...at all!

But none of this chaos is necessary. PMS and it’s symptoms can become non-existent by re-establishing a few simple practices. And these practices not only benefit women who do them, but men can also benefit from many of the practices that in the past were reserved for women’s circles. None of them are unusual or strange. They are simple, practical practices to keep your energy body fed, your chakras open, and your physical body healthy. These practices help you WAKE UP your Spirit Self and enliven the passion you were born with.

I will be introducing you to practices that allow you to access your intuition, anchor your consciousness deeply within your physical body and thereby, enhance your physical experience. These practices will follow the wheel of the year as most of this information is “keyed in” to the cycles and seasons of the Earth itself. Some of these practices will include but not limited to:

**A Daily Spiritual Practice** – a quiet time, at least 15 minutes, but preferably an hour, to connect with yourself and your intuitive guidance;

**A Healthy diet** – live food...period. I am personally a vegan because it is the best way of eating to support my spiritual pursuits. You may find this is too strenuous for you. We will discuss it in depth and let you make any changes you desire at your own pace;

**The Use of Energetic Tools** – I will be providing tools for you such as herbal tea, crystals, bath salts, flower essences, essential oils. These will be available on-line or at my office in downtown Lawrence for you to purchase, or you may make your own. All of the ingredients are readily available. I have found that having all the tools already made and available for you, makes it easier for you to do on a regular basis.

All of these tools will help you begin to lift the toxic emotional debris that tends to cling to us and keep us heavy rather than light.

**Guided Meditations and Movement Activations** -- Because I will be offering these tools on-line, I want to make sure the teachings go deeply in to your psyche. I have found that moving the body is a great way to “ground” teachings into our core. I will be offering time during and throughout this class for you to “move your body” during class. These are called activations, and trust me, they will activate and enliven the teachings you will be receiving. I will also offer guided meditations both at the free in-person class and on-line.

## **Energetic Events**

I want to mention a word here about what some would consider “strange” things that might happen as a result of taking this course, and doing these practices (or even attending this class today.) Your body records every event that happens in your life. It is not ignorant. It is your WISDOM! So when you chose to pay a bit of attention to it, (and for women, especially when you pay attention to your womb space) you may have experiences that let you know that you are on the right track. These can show up as simple synchronicities or intuitive hits. For women it can be anything from starting your menses to skipping a cycle altogether and anything in between. You may also start to “hear” your inner voice or the voice of your womb or another part of your body. This is normal and will usually pass after the first month or so. But it might be wise and fun to record the event and even dialog about it in your journal. If it causes you concern, please feel free to contact me.

## **Personal Beliefs and Conflicts**

It is not the purpose of this class to change or alter your spiritual beliefs in any way, or to offend any spiritual sensitivities you may have. It is my intent to broaden your perspective and help you to find a spiritual anchor in a world that is bereft of the healing touch of “the Mother.” You will hear me speak a lot about spiritual topics and I will utilize terms like God, Great Spirit, Goddess, Creator/Creatrix, etc. I will do my very best to help these teachings fit into a framework you can embrace, no matter what tradition you are used to.

My personal philosophy is that all traditions are potentially sacred and come from the same place. I feel they all have golden nugget, a spiritual technology, embedded within them, that, when employed appropriately, can effect powerful change in our lives. I have made it my job to search out as many of those “nuggets” as I can find and make them available to you in a way that is palatable. Please do not feel confined by any practice presented here or any other idea presented here. If there are other traditions that speak to you more readily, then be sure to incorporate those practices and rituals into your work and please feel free to share them with us.

## **Flow**

The class will be divided into 12 monthly modules. The portals will run 0=9 with Portal 0 lasting the first 3 months. The practices are very earth-based. They utilize the natural elements of earth to heal the body. You will find very little differentiation between spiritually, physical health, and daily duties. What has been compartmentalized in our current western society, seems to merge together in this course. So you will find teaching about a daily spiritual practice and prayers along with recipes, health remedies, and dietary guidelines.

In ancient times most of this knowledge was practiced from birth. The specialized teachings began at the age of 9-12 year old. So if you experience any resistance to any of the practices, realize that this is normal for someone that has not been exposed to them from the beginning. So just try them out for a while. Commit to do them for 7 days in a row, just to see if they support your growth. If they cause too much conflict within you, let them go. There will be others that will sing to you.