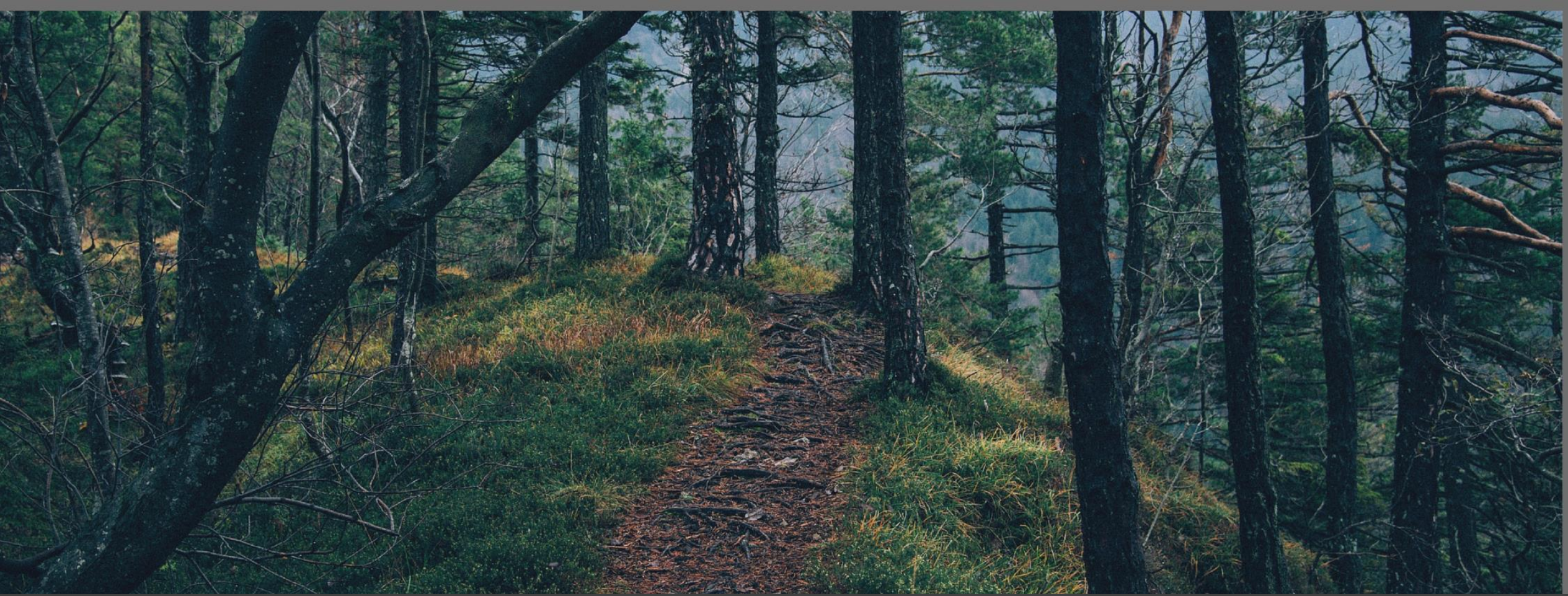




***Class 8 Sacred Rhythms – Attuning Your Body to the Earth
Sacred Healing – The Importance of Holding the Body Sacred
with Kathy Forest***



Sacred Healing: The Importance of Holding the Body as Sacred



Calling in
Sacred Space



Open your
Creation Vessel

To Receive

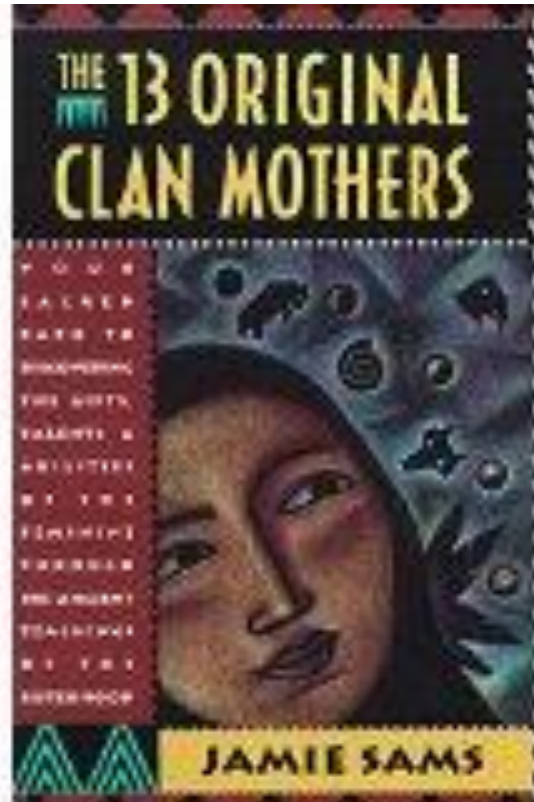




Your physical body is your most valuable spiritual tool, and perfect health is your divine birthright. Your body was designed to be a healthy, viable vessel to house your sweet soul during your time here on this planet. It is designed to work with and for you to make your stay here as enjoyable and meaningful as possible. When treated appropriately, it is designed to last at least 130 years and do incredible things!

Moving through the Portal of Sacred Healing allows you to begin to embrace self-healing in a deeper way. You begin to realize that it is your honor and privilege to allow the healing powers of the Universe move through you to benefit yourself and others. Once you begin practices in this gateway, you begin to realize your own special healing gifts. You will also begin to see how easy it is to allow your body to heal by treating it well. The Sacred Healing Guardian of this Portal in the Khamitic tradition is Sekhmet, the Lion-headed fire Goddess. Traditionally She is known to call us into the fires of transformation by activating and unleashing our innate healing powers. Other energies from other traditions that might be beneficial during this time are Mother Mary or Mary Magdalene, both holding healing energies of the Christian Tradition, Mother Kali, Parvati, Radharanni, or Lakshmi in the form of Dhanvantri in the Hindu tradition. (A chant is listed below.) The Grandmother who governs this Moon Cycle and Gateway is “She Who Heals” and this moon cycle begins August 8, 2021 at 7:50 am Central Time. Through the use of hands-on-healing, elemental forces, and the intuitive arts, the Sacred Portal teaches us how to purify, elevate, and transform in body, mind and spirit.





The Grandmother this Month: She Who Heals – Intuitive Healer, Midwife, Herbalist

The Keeper of the Healing Arts

**The Singer of the Death Song and Keeper of the Life and Death Mysteries;
The Guardian of the Medicine Roots and Healing Herbs and the Servant of
Humankind; The Mother of Intuition, All Rites of Passage, Cycles of Birth,
Death and Rebirth**

She teaches us:

- **How to serve others with a happy heart, using our healing abilities;**
- **How to understand and honor the life cycles of birth, death, and rebirth;**
- **How to believe in the miracles of life through our connections to our Spiritual Essences;**
- **How to understand the Plant Kingdom and the healing uses of all parts of plants;**
- **How to Serve the Truth.**

During this moon cycle, adhering to healing practices and observing the practices suggested in this portal can assist in eliminating blockages such as those leading to anemia, inflammation, fatigue, circulatory problems, overall physical debilitation, fevers, high blood pressure, premature aging, and cancer. Spiritual exercises suggested here are designed to work well if done for at least 7 days in a row. This is one day for each chakra. You can literally intend and imagine pulling the information in this portal up through each chakra. If you can stay with them through the whole moon cycle, you will gain even more benefit.



Here are some wonderful practices to assist you as you move through this growth phase on the planet at this time.

A Spiritual Bath

Between the hours of 4:00 and 6:00 a.m. in preparation for your morning practice, utilize frankincense and myrrh essential oils in your tub. These oils help connect you with your own Divine Wisdom and Inspiration. They will eliminate confusion and depression, balance emotions, help you open up to others, and have a calming and soothing effect. Use them on your altar, in your tub, in your bath salts or on a tissue as you go to bed.



Your Altar

If you use an altar, enhance it with the color red, for fire, vitality, health and power (avoid or limit its use if you are hypersensitive). As you perform your meditation, wear vitalizing shades of red or violet and place a corresponding cloth on your altar.

Use your flower essences and oils for this gateway, as well. Add a picture or representation of a guardian, Goddess, or Spiritual Mentor that symbolizes Sacred Healing to you.



Prayer

As always, I honor this portal with a prayer adapted from Queen Afua in Sacred Woman:

“Divine Mother, assist me in seeing myself in alignment with Creator Spirit through your healing energies, the true Source of all Spiritual healing. Assist me as I create a beautiful mind capable of opening to Spirit in every way. Strengthen me, renew me, baptize me in Spirit, that I may know that I Am free of the false belief systems within this earthly existence. Assist me in seeing myself as spiritually, mentally, emotionally and physically whole. As I heal my spirit more and more every day, may I see myself as an instrument, a tool, to inspire sacred healing in every soul I meet that is seeking spiritual union with the Divine.”

Feel free to use this prayer or another that speaks to you of the sacredness of your body and health. Or feel free to allow words to flow from your heart freely.



Chant

If chanting appeals to you, here are some that can enhance your experience during this portal. Chanting attunes your energetic body to the spiritual realm. (Refer to the section on Sacred Words for more information about chanting and how to do it.)

I Am a Sacred Woman

Om Shri Dhanvantre Namaha

(Om Shree Dhahn-vahn-trea Nahm-ah-hah)

“Om and Salutations to the Celestial
Healer.”

To be chanted for assistance with any kind of healing.



Energy Tools

I want to remind you 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.)

Flower Essences

The following flower essence will deepen your experience of Portal 5. Put them on your altar and in your bathroom. Use any or all of them (available in the blend I provide) often at least 4 drops four times per day directly under or on the tongue or one your skin. Add the same amount to a small glass of purified water to sip. Also be sure to put them in your tub. And don't forget the spray I provide that has both the flower essences and the essential oils for this portal. It is a lifesaver!

- Wild Rose – Contacting true inner healing capacities, courage to ignite self-responsibility in the healing process, especially to encourage the belief that one can be healed.
- Walnut – To allow and understand intense and deep feelings of suffering.
- Gentain – Ability to think holistically to integrate different therapeutic approaches
- Agrimony – Helps to suppress hypersensitivity to the healing process, adverse reaction to the therapeutic process because feelings seem magnified.
- Gorse – For any form of denial during the healing process.



Essential Oils:

Once again I want to remind you to utilize frankincense and myrrh essential oils in your tub. These oils help connect you with your own Divine Wisdom and Inspiration. They will eliminate confusion and depression, balance emotions, help you open up to others, and have a calming and soothing effect. Use them on your altar, in your tub, in your bath salts or on a tissue as you go to bed.

Herbal Tonics

Drink ginger root tea. Ginger helps to quicken the healing spirit in a woman so she is equipped to purge and heal others. You may use a tea bag or to obtain the full energy of the plant, peel and slice a small amount of ginger root and boil. Pour over a ginger tea bag or simply drink. Drink your herb tea for seven days or preferably during the whole cycle to receive the full benefits of tuning into this Portal.

Stones

If you like to work with crystals, bloodstone is a really good healing stone for this portal. It helps to cleanse and purify the blood and grounds the body to the Earth.



Suggested Transformative Work for this Portal:

Healing Tools

This is a good month to revisit all your divination tools: pendulums, both crystal and wooden, pendulum charts, oracles such as card decks or runes are good to use during the healing process to give you direction and insight into hidden meanings of illness or un-ease in the body, mind and spirit.

- Focus your attention on all aspects of your health. Refer back to your womb wellness tracking chart and do a personal assessment of your current health. Determine what areas need your attention.
- Consult a licensed holistic medical professional, such as a naturopathic physician or holistic medical doctor or Chinese medicine practitioner, for a thorough examination to establish a baseline for your physical health.
- Take on healing as a way of life. Apply natural cures and natural living and fasting techniques offered in this program and others.
- Place a bowl of garlic or an aloe plant on your altar. Both are ancient sources of healing.
- Grow medicinal plants in your backyard or on your windowsill.
- Learn how to use natural remedies like flower essences and tinctures.



Other Suggestions:

- Receive a colonic every fourteen to twenty-eight days; take enemas one to three times a week; get a massage treatment once a week to benefit your lymphatic and circulatory systems. Relax and energize through the power of sacred touch.
- Sweat daily, or as often as possible to flush out years of accumulated toxins.
- Continue to maintain your wellness program without fail. Meditate and live in a state of absolute wellness daily as you allow the Healer within to come through.
- Keep your Sacred Journal Writing alive. Ask to be shown what most needs to be healed in your life.
- Talk to the Goddess throughout your journey, open your heart and speak your soul. Become of one mind with the divine, of one voice, of one action. This is the time to allow total crystalline clarity to move through your spirit mind, into your heart through your hands, and into your journal, so you may reflect on what your soul speaks.
- Renew your commitment to your Sacred Woman Transitional Dietary Practices.
- Get a pendulum and learn how to read energy levels in yourself, foods, herbs, and so on, so that you can track your level of wellness.



- Encourage others to join the road to wellness with you.
- Receive or give a card reading.
- Let go of a “less than healing” food(i.e. sugar, milk, cheese, red meat) for one full season.
- Learn and practice Laying on of Hands or Reiki healing with those in need of healing energy.
- Pray for the end of racism and “genderism and its toxic effects on all people of this planet and the planet, herself.



Journal Writing

It is always good to keep a journal handy during your morning meditations. You never know when you might get a great “download” of information. If you don’t have it with you, you could miss it. This moon cycle you will naturally focus on healing and self-care. What in your life needs to be healed? Is there anything that needs to be purged from your life? What do you need to give yourself so you can really shine your light?

Sacred Reminder

These practices are designed to give you a template for tracking your spiritual health and adjusting it as needed. They are meant to be used as a guide to get you started. As you move through your life, you will find that spending time “connecting” with yourself and your Source will become more and more necessary on a regular basis. For the best outcome, gradually work up to “tagging base” daily. You will feel more in touch and in charge of your life. To gain the most from the practices, try to use them for at least seven days in a row. Doing this work at the New or Full Moon is also very beneficial.



Homework – Continue

- **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**
 - **Add a Green Drink daily**
 - **Assess Your Health**
 - **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**
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- **Portal 5:**
 - **Flower Essence: Wild Rose, Walnut, Gentain, Agrimony, Gorse**
- Essential Oil: Frankincense & Myrrh**
- Ginger Tea, Blood Stone**





Guided Meditation

Set and Intention for this Moon Cycle





Sacred
Healing Dance



Ground and Close
