



*Class 2      Body Wisdom Boot-Camp*  
*The Importance of A Clear Vessel- Part 1*  
*with Kathy Forest*



*The Importance of a Clear Vessel,*  
*The Link between the Physical Body and the Energy Body,*  
*The Importance of Live Food*

*Calling in Sacred Space*



*Open your Creation Vessel*

*To Receive*



The focus of this course is a non-violent approach to women's health, specifically, womb-health. The teachings are the very basic "grass-roots" teachings of the Ancient Mystery Schools. They contain the nuts and bolts of how to utilize the gifts of the planet on which we live to keep our bodies healthy and happy.



Our ancestors knew that our physical body was a prime example of the "impeccable design of life...They knew that by design, we are a fine achievement; a unique organic computer." (Path of Empowerment. Barbara Marciniak. p. 11) They kept their physical bodies very fit because they knew that this helped them to achieve access to and maintain the energy field around them. It was through the care and maintenance of these two bodies, the physical body and the energy body, that they were able to perform functions that are simply not possible utilizing third dimensional (physical) energy alone. When functioning properly, the human energy body and the physical body work in tandem to support each other and create a system of consciousness that supports unlimited creation. In this kind of system, phenomenon such as intuitive guidance, plant, animal, and all forms of nature communication, increased psychic awareness, and even astral travel and bi-location were not out of the ordinary. In fact, these were not considered "spiritual gifts" but common place, our birthright

It is imperative for us to understand that this was not the intended plan for our species and it does not have to continue. The ancient mystery schools provided a wealth of information and techniques for understanding and healing this physical/energetic system. These "highly specialized spiritual technologies" were passed down to us through our grandmothers' kitchens, as all of them are simple to do, and easily accessible for anyone...the way Grandmother Earth intended. By re-acquainting ourselves with this information, we re-plant the seed of health in the "womb of our planet" for the next seven generations.



In our most recent history, much of this type of "creating" happens under our conscious awareness. With our increased focus on our physical bodies (seen vs. not seen), with our move, as a society, away from planetary consciousness, spiritual purity and high moral ethics, and with the increased speed toward advanced technology and materialism, the physical/energy body system has begun to falter.



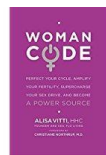
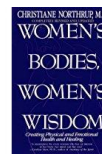
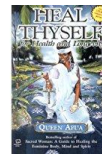
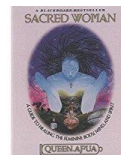
Understanding the Physical/Energetic Link In order for us to fully understand the importance of caring for our body and how impacts all areas of our life, it is important for us to understand the link between the physical and the energetic world. Embedded within your cells is your life history. Every thought, feeling and act is recorded. There is no way for us to manage all of this information via our minds, so most of us choose to allow our bodies to do the managing for us. This works pretty well when we are making more balanced choices, than non-balanced ones. There are many automatic feeding and cleansing systems in place to allow your body to balance quite a few of the indignities that we shower upon it.

One of the systems that support this management process is the electromagnetic field that surrounds the physical body. This field is the link between the Universal Energy Field that supports all life on this planet, and our body. It literally is a computer that translates Etheric Energy from the field around us and feeds our physical body this energy via the "Chakra System." The chakras are simply "portals" in our energy field that allow energetic information in and out of your energy field. Even though you may have no knowledge of this system, it has been dutifully working for you all of your life, scanning your body for what it needs and then drawing that in from the Universal Field, and translating it into a form your body can take in. Even though you have no conscious thought of it, your physical body knows this system intimately and communicates with it perpetually. It is the system that imprints our "prayers and intentions" in the Universal Field. Imagine what changes might happen in your life, if you began to simply pay attention to this system and give it what it needs to function. (See the Chakra handout for ways to feed and support this system.)



#### Care of the Womb

Much of the difficulties we experience in our women's bodies can be avoided by proper care and understanding of how the female body functions. We all know that our bodies are uniquely different than our masculine counterparts. We also know that up until a very short time ago in our own current history, we may not have been taught to honor those differences and utilize them, but to hide them and overcome them. Most of us have tried, sometimes successfully and sometimes very unsuccessfully, to become more like our brothers than ourselves. This has resulted in very harsh and sometimes even violent treatment of the female body in western medicine. Because women have not been taught proper methods for caring for their bodies, the diseases we have acquired have sometimes required desperate methods to keep them at bay. However, as we begin to heal, as we become conscious of our womb's own wisdom and utilize natural therapies that honor our whole being, the need for these more radical approaches to healing will be unnecessary.



The body of this work comes from the above authors. I highly recommend you inform yourself about your body using these resources or others you may come across...

Sacred Woman By Queen Afua

Heal Thyself by Queen Afua

Women's Bodies, Women's Wisdom by Christina Northrup

Woman Code by Alisa Vitti



Using our bodies the way they were intended... Our bodies were intended to be a Temple of Light to house our beautiful Spirits. Because we may not have been given this information earlier in our lives, we may have a little "clean up" to do to get them in tip-top running condition. Some of the tools we will be using are:

- Juice therapy
- Live foods
- Nature's herbs
- Water Therapy
- Movement and Breath
- Essential oils and crystal therapy
- Clay infusions and applications
- Frankincense Cleanses
- Castor oil packs



Live Food

This program is based on a commitment to change the things we put into our body. There is a direct correlation between what we consume and the condition of our bodies, our relationships and our lives. Most people are committing suicide everyday with their knife and fork.

Begin your day with fruit, as much as you care to eat, any way you care to eat it. Fresh or prepared juices and green drinks are also a great way to start your day. It is advised to steer clear of bananas in the beginning, as they can cause constipation.

At lunch have a large raw salad, along with a bowl of vegetable soup, OR a grain and vegetables such as rice, taboulli, couscous, or bulgur wheat that you have soaked in water. This is a good time to take any vitamins, and food or herbal supplements as they digest better if you take them with food. You will have the same for dinner. I strongly urge you to eat ORGANIC whenever you can. It is close to imperative, if you really want your body to begin to respond.

Salads can be topped with vinegar and oil or an organic low-fat dressing. Find one you like so you will stick with it. The goal here is to consume more live food than dead food. It is not necessarily to loose weight, although you probably will. Your magnificent organic computer simply cannot survive on the dead garbage we have been giving it and calling it food. When the body does not recognize something you take in, it wraps it in fat and stores it somewhere until it can figure out what to do with it. Think about all of the stored stuff you are housing, physically and emotionally. Contemplating that could take awhile. So we are going give our bodies a break, by giving it good, healthy, live food that it knows what to do with.

The simple guide to remember for this eating plan is:

- Nothing but fruit, juice and water until noon (If you need protein to get you started in the day, then choose a good food replacement green drink such as Vega or Gardens of Life, or some raw almonds.)
- Eat vegetables and EITHER a complex carbohydrate (grains, bread, rice, taboulli, etc.) OR a form of vegetable protein OR limited amounts of fish (as you wean yourself off of dead meat).
- Consume 8-12 12oz. glasses of water daily.

Remember, you are trying to limit and eventually totally eliminate your consumption of animal products and dairy products. (Your own intuition and spiritual practice will guide you on exactly how much of these items you eliminate from your diet.) However, you want to do this in such a way that you will enjoy the shift, while you are waiting on the results your body will give you in response to your new healthy practices. So start slowly. We will gradually build on this plan and add juice therapy and other therapies to enhance this process. But for the time begin, keep it simple. DO EAT: Lentils, sprouts, soy beans, tofu, peas, nuts, vegetable-based meat substitutes (as you transition) and vegetables and fruits.

DO NOT EAT: Clams, oysters, lobster, shrimp, pork, lamb, beef, chicken, dairy, and MSG. Other things to eliminate: High fructose corn syrup, partially-hydrogenated oils, and all highly processed and "fast" food. If you must transition from eating flesh, eat baked or steamed fish only two or three times per week. Eat carbohydrates no more than three or four times per week—less is more.

#### Supplements

It would also be wise to begin some sort of supplement program. I have included a recording of Crystal Lira, a Nutritional Health Coach, who will speak on the importance of supplementing our diet on the classroom page. The following is suggested to begin the program:

- A good multi-vitamin supplement
- Spirulina or blue-green algae in tablet or liquid form
- Vitamin B (especially B-12 if you are meatless)
- Vitamin C
- Vitamin E
- Vitamin D
- Flaxseed oil (1-2 tsp. unrefined expeller or cold-pressed CoQ10)
- Lecithin
- Calcium (1000 mg)
- Magnesium
- A good digestive enzyme
- A good probiotic



Natural Cleansing

As you begin to adjust to your new eating pattern, your body will naturally start to cleanse. Start slowly and gently to allow the process to begin. During this time, drink plenty of water and detox tea, especially during the first week. This will speed the process and make it much easier for your body to adjust.



### Womb Health Assessment

Included with this class is a Womb Health Assessment. It will be important for you to spend some time filling it out. You will want to look closely at any difficulties you are currently experiencing and then do the assessment again in a month to see if you can detect change. At the beginning of a process like this sometimes the changes may feel uncomfortable at first as your body begins to throw off years of toxins and unhealthy living. But once this takes place, the outcomes are amazing.

### Homework – Continue

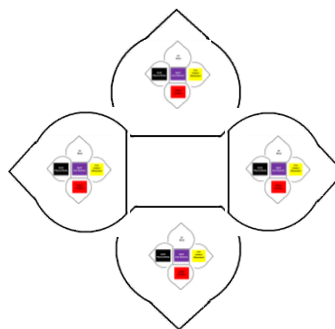
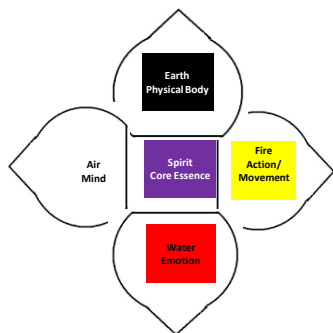
- Begin Daily Epsom Salt Baths
- Drink 8 glasses of water a day
- Begin your day with warm lemon water
- Gathering your Energetic tools
- Daily Spiritual Practice
- Dirt Time

### Begin to Shift your Diet

Add Green leafy salads to lunch and dinner  
See how much live organic food you can eat  
Pace yourself

### Portal 0:

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 Second Chakra, the home of the Womb. Ask her the answer to the following question:

What is stopping you from changing that one thing that would change everything? What is blocking you? What is in your way?



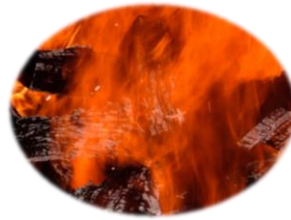
*Second  
Chakra:*



*Sacral*



*Guided Meditation*



*Integration Dance*



*Gratitude, Ground and Close*