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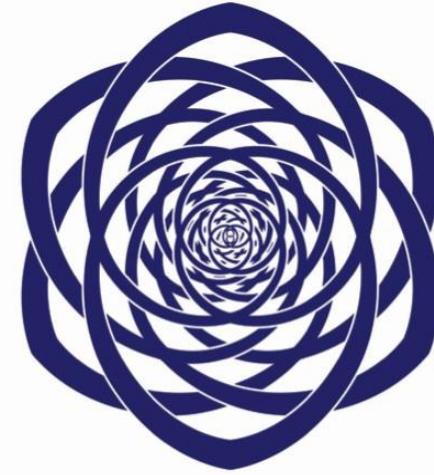
Sacred Rhythms

Class 1

*Attuning your Body to the Rhythms of the Earth
with Kathy Forest*



*Laying the Groundwork for our practice, Setting our Intention,
Structure and Process
The Importance of a Daily Spiritual Practice
Tracking your Cycle*



CRYSTALLINE CONSCIOUSNESS
TECHNIQUE™

Personal Levels 1 and 2
Transformative Self-Healing
January 15-16, 2021

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Calling in Sacred Space



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Open Your Creation Vessel
To Receive





"The information—the tools—necessary to make the radical shift needed on this planet in a very short period of time are housed within the wombs of women of this age. You have the ability to heal your planet and save your world. It is up to you.

Do you desire to keep this beautiful haven a safe place for the next seven generations and beyond? Do you desire a place for your children to grow and learn? "

--Mary Magdalene



My Intention for this program is to train as many women as I can to:

- honor the Divine Feminine in herself, and to teach the next seven generations to do so.
- raise her vibratory rate, knowing that as she does, she raises the vibration of the planet and all of humanity.
- see this as her Sacred Duty and consider it an honor and privilege to serve her fellow beings in this way.

What we know now...

As a woman you are coded for power, and the journey to realizing the fullness and beauty of that power – your Wild Power – lies in the rhythm and change of your menstrual cycle. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Your Wild Power tells a radical new story about feminine power. It reveals:

- Your inner architecture and the path to power that is encoded in your body*
- How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority*
- Three ‘maps’ to guide you through the energies, tasks and challenges presented as you journey through each cycle*
- How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing*
- How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging. ...Your Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine. ~Alexandra Pope...about the book, Wild Power*

What is Your Intention for this Process?





The path back to your power is through your body. Your body holds the key. This is the very important thing that most women forget..

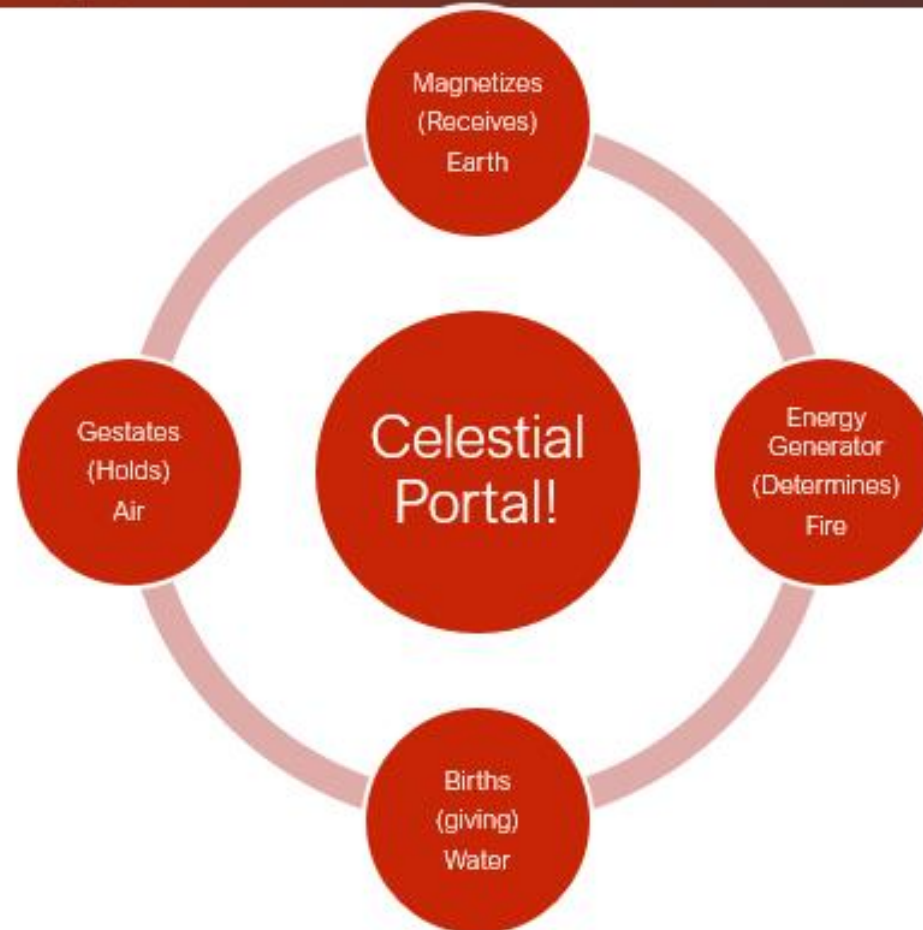


Women are sitting on a powder keg of power and don't even know it. This giant power-tool does what she does. She works tirelessly and constantly behind the scenes under our awareness mostly. And because we may not be consciously aware of what she is doing and how she works, her work may be benefiting us or causing us a lot of pain and distress. But with a bit of knowledge and tweeking, we can harness her energy to serve us in magnificent ways. And I think you all would agree that NOW IS THE TIME...

What the Womb Does



What the Womb Does



This all turns on at puberty! It works whether you still have a physical womb or not. It works whether or not you can bear children.

It doesn't turn off at menopause...it expands, coagulates, and literally takes over our being!



Our bodies are literally keyed into the rhythms of this planet. By knowing this rhythm and aligning with it, you harness the energy of the Universe in your very own body. The methods used to do this, have been with us for centuries, but they have been hidden...forgotten. Many of them are so simple that we may take them for granted. Others we may have never heard of. But they are easy to use and learn...and when you do, magic happens.



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.



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.



Practices we want to start incorporating...

***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 suggesting tools for you to use such as herbal tea, crystals, bath salts, flower essences, essential oils. **THIS IS ONE OF THE MOST IMPORTANT PARTS OF THE PROGRAM!** 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. They are designed to raise your vibration and eliminate resistance to doing that.

***Guided Meditations and Movement Activations** -- Because I will be offering these tools online, 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 to further anchor the teachings within you.

ENERGY TOOLS FOR PORTAL 0

- Bath Salts with Frankincense Oil
- Sacred Womb Flower Essences
- Crystals: Black Tourmaline/Hematite
- Herbal Tea: Raspberry Leaf/Detox
- Essence/Oil Spray



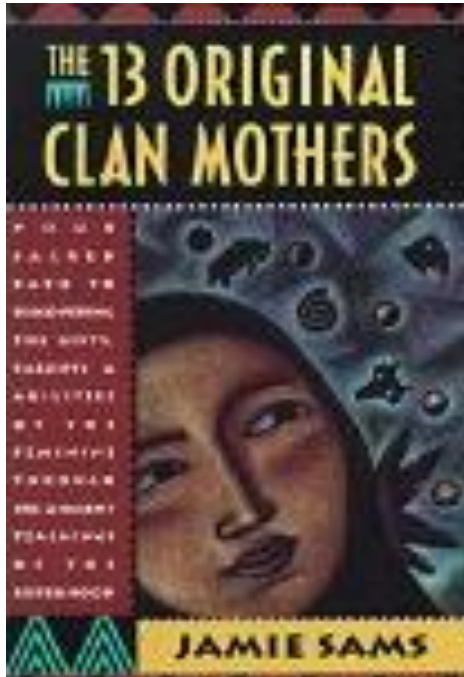
Re-connecting to the Sacred Cycles

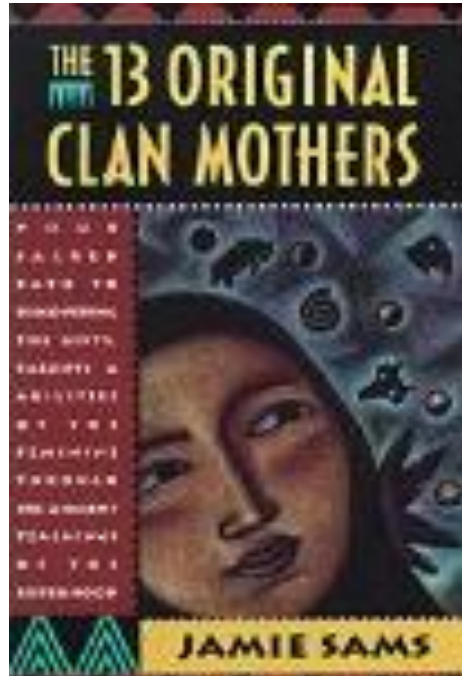
Keeping the Sacred Timings is our job as women!

The reason we can't seem to do this. One of the main purposes of this course is to put your body back in sync with the natural and sacred rhythms of this planet. Because we are endeavoring to reconnect with the cycles of the planet, a good time to spend extra time connecting is during the new and full moon windows.

The beginning cycle for this year begins on the new moon, January 12, 2021 at 11:02 pm Central Time. This is the turning point when we begin fresh for the year. The energy of the new and full moons shows up at least a day before and lingers for a day after the event, so it is always good to pick one of these days to do a little extra altar time and connect with this energy.

One tradition that lends itself well to this is the Seneca tradition written about in Jami Samms' book, The 13 Original Clan Mothers. This tradition holds that each of these cycles are governed by or "vibrate with" a special grandmother that holds an aspect of Mother Earth's personality and helps us understand healthy living practices upon the earth.





The Grandmother this Month: Talks With Relations

The Mother of Nature

The Keeper of Rhythm, Weather, and the Seasons

The Guardian of the Languages of the Trees, Stones, and Creatures

The Maker of Relatives/Keeper of Earth's Needs/Mother of the Planetary Family

She teaches us:

- How to understand the unspoken languages of Nature;
- Kinship with all life forms and how to enter the Sacred Spaces of others respect;
- How to honor cycles, rhythms, and changes of the seasons and weather;
- How to meld with the life force and rhythms in all dimensions, learning the truths of each;
- How to LEARN THE TRUTH.

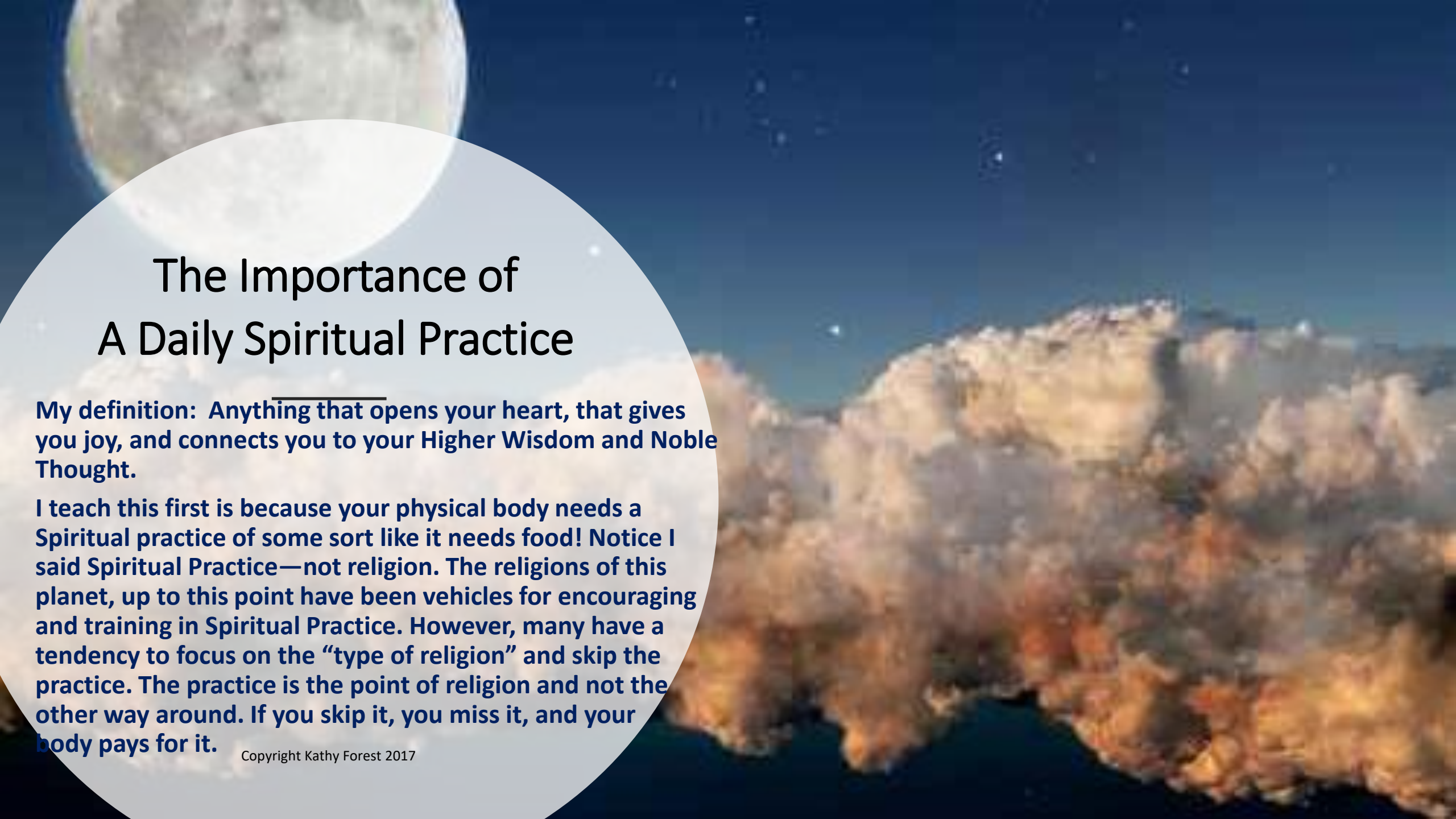


New Moon this Tuesday conjunct Pluto at 23 Capricorn, asking us personally and collectively to inhale the smoke of transformation. As with any medicine ceremony, we are now being asked to release into full surrender, faithful that our higher vibrational self will be reborn, renewed, resurrected as the dawning Sun.

At this New Moon, you can ask what in you is being dismembered that will be ready to ripen in 2021.6 months from now when the Moon is Full in Capricorn, what will you have constructed, edifices of endurance of your sacred work here? What ambitions can be backed with the discipline, tenacity, and resilience of the sea goat?

Capricorn is also the sign of governance and **we have seen the effect just as Mars moved into Taurus on January 6th to conjoin Uranus exactly on Inauguration day January 20th, while the fire gets amplified by the square to Jupiter and directed towards the government itself, Saturn.** Unfortunately, on Inauguration Day, we find Mars within just 3 degrees opposite Joe Biden's own Mars, another combination suggesting violence, defense, or conflict.

On a personal level, Mars in Taurus asks us to consolidate our resources and clarify our *personal values*—not selling those out to partners, colleagues, or anyone—we are asked to return to the basics of our embodied life and amplify our appreciation of them—making nourishing meals, nurturing our home space, feeling the joy of embodiment with daily yoga, dance, massage, and soaking in delicious music. As well, we are invited to commit stubbornly AND strategically to those inspiring, long-term goals that will truly satisfy our souls and feed our communities (Mars square Juptier/Saturn in Aquarius)



The Importance of A Daily Spiritual Practice

My definition: Anything that opens your heart, that gives you joy, and connects you to your Higher Wisdom and Noble Thought.

I teach this first is because your physical body needs a Spiritual practice of some sort like it needs food! Notice I said Spiritual Practice—not religion. The religions of this planet, up to this point have been vehicles for encouraging and training in Spiritual Practice. However, many have a tendency to focus on the “type of religion” and skip the practice. The practice is the point of religion and not the other way around. If you skip it, you miss it, and your body pays for it.

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This...



verses this...



The Human Energy Field



Scientists have now coined the word, “bio-photons” to refer to the tiny particles of actual physical light that make up this electro-magnetic field. This field “Sources” the physical body and keeps it functional. It literally feeds and supports the physical body and actually keeps it functioning in a healthy way. It holds the physical parts together and keeps them bathed in nourishment.

But this field needs attention and support in order to function properly, as well. So how do we feed and Source our Energy Body—the beautiful field of living light that surrounds our physical body and holds it in form? What does it need to be healthy? This is the part of you that houses your soul. So another way to ask that question is, “How do you feed your soul?”



NECESARRY INGREDIENTS

- **FAITH:** Trust in “The-Spirit-that-moves-in-All-Things;”
- **PRAYER and/or MEDIATATION:** A way to communicate with that energy that feels good to you; and
- **TIME:** set aside to make that connection for yourself.

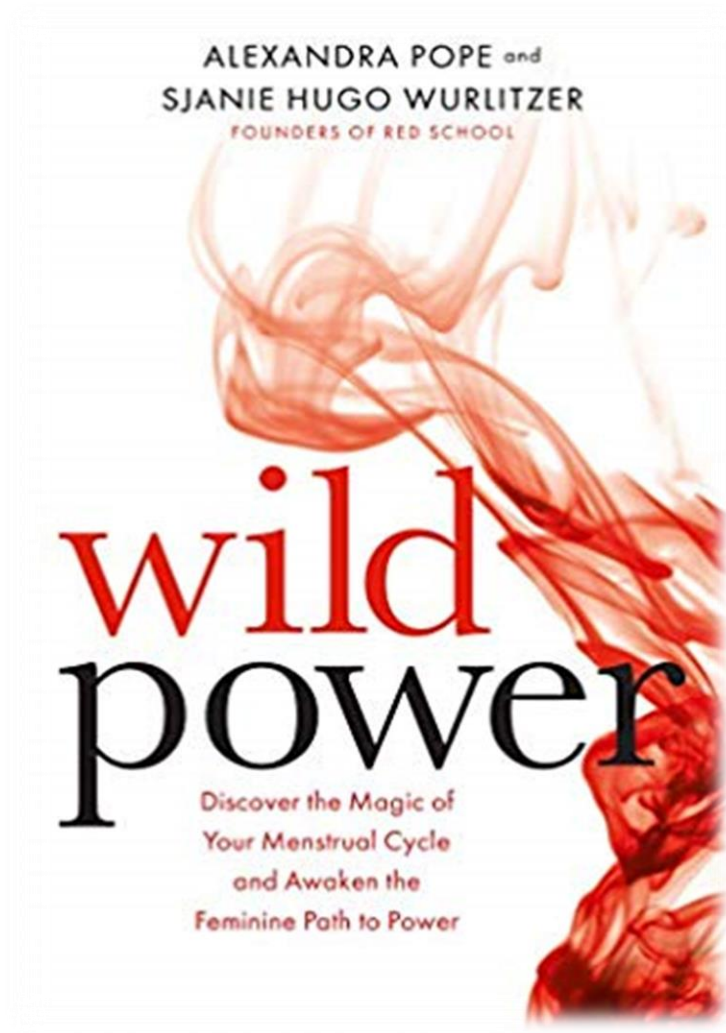
PURPOSE

- To raise the vibration of the physical body to keep it healthy;
- To Source your energy body to allow you to maintain your presence here on this physical plane as long as you desire.



Things you might want to include in your quiet time:

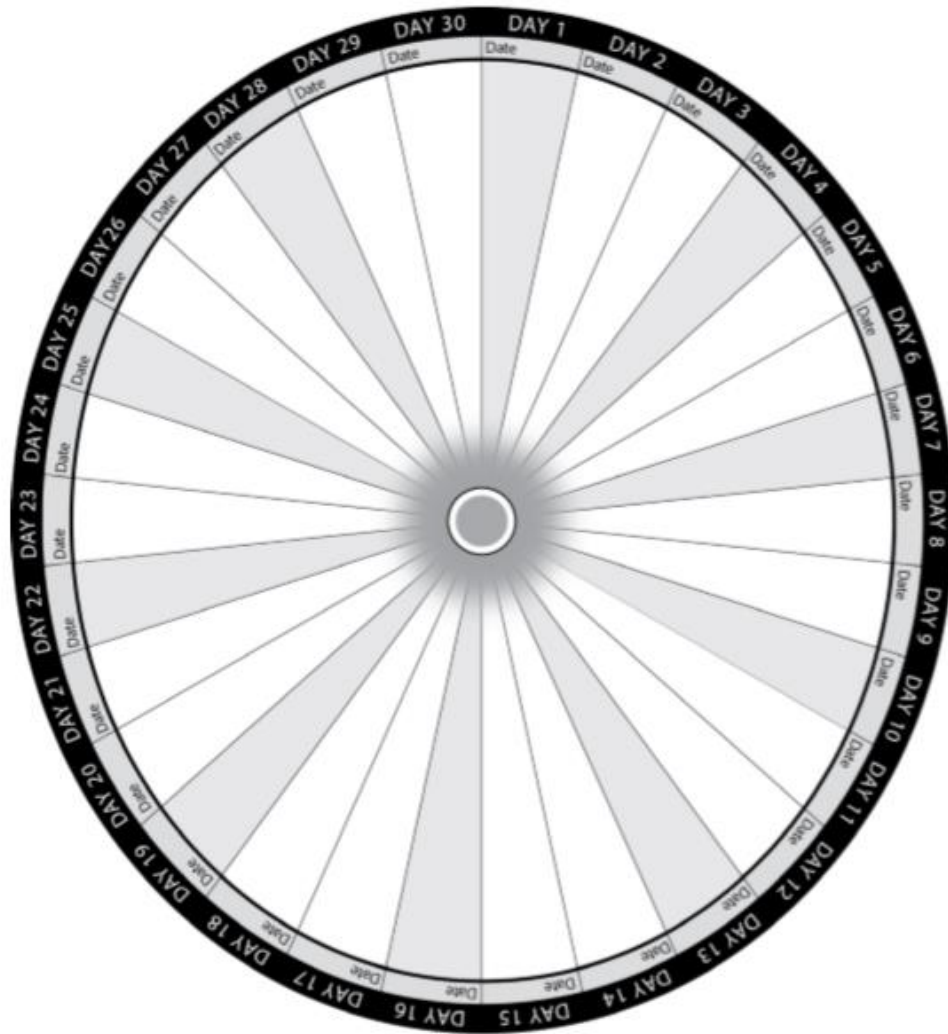
- Prayer
- Silence
- Music
- Create an Altar
- Meditation
- Candles
- Dirt time
- Chanting
- Affirmations
- Painting
- Reading Sacred Material
- Divination Tools
- Dancing
- Yoga
- Sacred Bath
- Energetic cleansing tools (essences and oils)
- Walking or running
- Journaling



Homework:

- Get this book!
- Begin Tracking your menstrual cycle.
- Day 1 is the first day of bleeding.
- If you are no longer bleeding, start at
- New Moon this Friday, January 24.
- Track things like emotional state, energy level, and what happens during the day. When get your book you will learn more!

On the first day of your period start recording your thoughts and feelings on Day 1 of the Menstrual Chart. Watch the patterns of your cycles unfold as you continue to record over a number of months. Begin a new chart at the start of each period. Copy this blank sheet as needed.



This is the tracking sheet from Red School. It is in your classroom and will be emailed to you. This is a good start. It may also be time to get a womb journal for the new year if you haven't already done so!



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.

Homework – The Basics...

- **Begin Daily Epsom Salt Baths**
- **Drink 8 glasses of water a day**
- **Begin your day with warm lemon water**
- **Gather your Energetic tools**

Portal 0:

Flower Essence: Star of Bethlehem

Essential Oil: Frankincense

Raspberry Leaf Tea

- **Begin a Daily Spiritual Practice**
- **Begin to look at your diet-incorporate more live whole foods and eliminate processed foods.**
- **Dirt time!!!**





Guided Meditation



Set an Intention for this moon cycle...



Integration Dance

Ground & Close