

Body Wisdom

»»»»»»»»»» Business & Life Coaching ««««««««««

Earth Your Vision



*Class 7 Sacred Rhythms – Attuning Your Body to the Earth
Infusing the Sacred Into your Relationships
with Kathy Forest*

A dark, atmospheric photograph of a forest path. The path is covered in fallen leaves and branches, leading into a dense forest of tall, thin trees. The lighting is dim, with a misty or foggy background, creating a sense of mystery and depth. The text "Infusing the Sacred Into Your Relationships" is overlaid in a large, white, serif font, centered in the upper half of the image.

Infusing the Sacred Into Your Relationships



Calling in Sacred Space





Open your
Creation Vessel

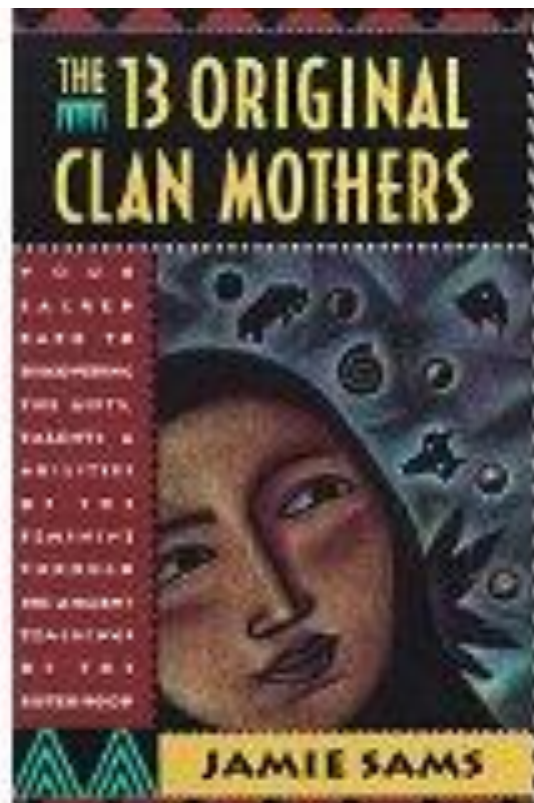
To Receive



This portal is another new beginning for us. We spent the first three months anchoring our body into our core practices. We spent the second three months expanding those practices even further into our lives. Now we are expanding again. Spreading our new energy into our relationship with our outside world, specifically anything we are in relationship with.

During the Portal of Sacred Relationships, expect to begin to eliminate toxic, dysfunctional, and disjointed behaviors and relationships that destroy one's life. During this time begin to think about creating cleansed, honest, and harmonious relationships that energize one's life. Fulfilling, healthy relationships are the result of establishing Sacred Relationships. The Goddesses for this Gateway are the Goddess Maat, the Mother of Sacred Relationships and Balance in the Khamitic tradition, the Grandmother Loves All Things, governing this moon cycle and arriving at 11:33 a.m. on July 20, 2020, and Mother Mary Magdalene whose celebration day is July 22.





The Grandmother this Month: Loves All Things – Mother of Unconditional Love and All Acts of Pleasure

The keeper of Sexual Wisdom and Self Respect

The Sensual Lover/the Mother-Nurturer/The Warmth of the Feminine

The Guardian of the Needs of the Family

She teaches us:

- How to use respect, trust, and intimacy in all relationships;
- How to love all aspects of our lives, lessons, sexuality, and physical beings;
- How to be a loving woman, nurturing mother, sensual lover, and trusted friend;
- How to forgive ourselves and others, developing acceptance and shunning criticalness;
- How to Love the Truth.

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 lavender and ylang-ylang essential oils in your tub. Lavender oil acts as a sedative for the nervous system. It also acts as an anti-inflammatory and heart tonic. It is very effective in treating burns, wounds, and sores. It promotes concentration, peace of mind, wisdom, and devotion. It will help eliminate mood swings, restlessness, fear, headaches, and eye problems. Ylang-ylang treats anger, rage, and nervous depression. Both of these are in the oil for this portal that I provide. Place 4-6 drops of these oils in your bath via Epsom salts. You can also use them to anoint yourself at your altar, or place a few drops on a tissue or handkerchief and place by your pillow to inhale while sleeping; this helps to promote emotional balance due to stress, worry, impatience, and shock.



Your Altar

If you use an altar, enhance it with the color blue, for communication and inner peace, and rose or clear quartz. Or you can use yellow to honor the Grandmother Loves All Things. 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 relationships to you. Remember, this portal encompasses all of our Sacred Relationships in this lifetime with special emphasis given to our family of origin. So any representation of parents, siblings, or family-tree reference are appropriate for this portal altar.



Prayer

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

“Divine Mother, I pray for Sacred Relationships in my life. First, may I create a Sacred Relationship with you Sacred Mother Creatress; then with my parents, children, sisters, brothers, friends, associates, co-workers, teachers, and students, with nature, and with all my other relations. Divine and Sacred Mother, help me to attract and establish harmonious, wholesome, and healthy relationships. Help me to unblock and release old hurt feelings, resentments, and hostility that are trapped within my Body Temple. Help me to have the vision and strength to learn from all my relationships, as they are all my reflection, each and every one. If by chance my relationships do not change, may I remain unfazed and on target. May I be the one to create new links of change and transformation for my Ancestors, my descendants, and myself, for all healing really begins within me. I affirm that each one of my relationships has value and in some way has forced or helped me to grow into a more sacred relationship with myself. As I reflect on the true purpose and sacredness of relationships, I give thanks to the Divine in me and the Divine in all others.”

Feel free to use this prayer or another that speaks to you of the sacredness of humanity and our relationships together. 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 Radha Krishnaya Namaha

(Om Rahd-hah Krish-nah-yah Nahm-ah-hah)

“Om and Salutations to that single being of Love, manifesting as the lovers Radha and Krishna.”

To be chanted to build Soaring conjugal Love on the Earth Plane.

Om Parama Prema Rupaya Namaha

(Om Pah-rah-mah Prei-mah Roo-pah-yah Nahm-ah-hah)

“Om and Salutations to the supreme divine love, coming in a recognizable form.”

To be chanted to bring the highest possible expression of love into your life.

Aham Prema

(Ah-hum Prei-mah)

“I am Divine Love”

To be chanted to become the highest form of love you can be.



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 4. 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 on your skin. Add the same amount to a small glass of purified water to sip. Also be sure to put them in your tub.

Calendula – Communication, receptive, listening to others; heals argumentative tendencies.

Fawn Lilly or Tiger Lilly – To develop intimate and warm contact with others.

Mallow – Ease in developing friendships, warmth, and trust; greater social warmth; ability to sustain soulful relationships with other, especially friendships.

Pink Yarrow – Helps address oversensitivity to others and lack of emotional boundaries.

Violet – Helps address inability to share one's essential self in a group situation, fear of losing one's identity if too close to others.

Forget-Me-Not – Perceiving deeper karmic bonds within relationships; ability to acknowledge spiritual destiny and intent of relationship.

Poison Oak – Helps address difficulty in yielding or showing a soft side, fear of vulnerability, creating barriers; displaying hostility.



Essential Oils:

Once again I want to remind you to utilize lavender and ylang-ylang essential oils in your tub. Lavender oil acts as a sedative for the nervous system. It also acts as an anti-inflammatory and heart tonic. It is very effective in treating burns, wounds, and sores. It promotes concentration, peace of mind, wisdom, and devotion. It will help eliminate mood swings, restlessness, fear, headaches, and eye problems. Ylang-ylang treats anger, rage, and nervous depression.

Herbal Tonics

Drink chamomile tea made from the flowers and leaves. Chamomile tea helps to heal all relationships that a sacred woman births. Drink your herb tea for seven days or preferably during the whole cycle to receive the full benefits of tuning into this Portal.



Suggested Transformative Work for this Portal:

Review each of your significant relationships in your own way and allow each one to become your teacher. Empty your heart of all resentment and become receptive to the lessons that each relationship brings to you. Surrender to the love that each and every lesson offers so that you will not hold on to pain. Undigested pain or grief or anger held in your body grows into illness.

Relationships have the potential to provide both joy and sorrow. Unfortunately, there can be many sources of relationship pain. Perhaps the most tragic is the hurt and disappointment caused by intimate relationships with family members or friends, someone known and trusted. Emotional or energetic harm or violation from a person you thought you could trust to love and respect you can create deep resentment, anger, or rage that requires committed healing work.

Too often we retreat from dysfunctional relationships or deny the true depths of the problems in an effort to soothe our wounds. But when we take responsibility and begin to try to understand the lessons of our relationships we can heal them on a spiritual, emotional and physical level.



Other Suggestions:

- List all of your relationships. Express the current state of these relationships and what you need to do to bring about Divine Order in each one. Keep praying and purifying these relationships to understand the lesson that each relationship has brought into your life.
- Practice forgiveness of self and others as you do your daily altar work, so that you spiritually cleanse your heart and all your conditions.
- Process old hurts from unhealed relationships, by placing photos of those who need forgiveness on your altar and chanting, “Love holds no grievances. What is past is past.”
- Perform seven-day prayer work for Sacred Relationships. Place a photo of your mother and father on your altar in a beautiful frame. Write a love letter to your parents, expressing all the gratitude that you have for the relationship that birthed you. Even if right now you don’t feel these emotions expressed by the words, writing this letter will begin to heal your heart, for once you come to grips with the foundational relationship in our life—that of your parents—then all other relationships will prosper and give you peace.
- Consciously release old relationship patterns through purification rites, journal work, prayer work, and affirmations. Don’t be erratic and jump into new relationships without ridding yourself of old toxic habits that drew in your previous toxic unions.



- Write a thank-you letter to all those in your life with whom you are or have been in Sacred Relationship. Thank each individual for the special richness they bring to your life and place these letters on your altar. Infuse them with more love and gratitude each day, and when you complete this Portal, put these love offerings in the mail. If the person has died or has vanished out of your life, then burn the letter with a little sage to begin to release the vibratory pain of your past. (Use this one with caution...burning may be the best bet in most cases, depending on the situation.)
- Send love, light and forgiveness to those you're sending letters to, or who are on your relationship list during your morning meditation and prayers.
- Self-worth/love must be in place within you in order to establish any Divine Relationship. It is not about your relationship with him or her, it is about your relationship with yourself. Once you tend to this relationship, then all others will reflect your personal wellness and wholeness. As you do your journal work, ask yourself what it would take to establish a healthy relationship with yourself.
- Be complete. Getting complete means being in communication, taking responsibility, cleaning the past up, so there is nothing between you and anyone else except love. Obviously this is ongoing; you don't get complete and then be done with it. Start taking on being complete at the end of each day. Look back over your day and see if you left anyone with anything that would create separation between you and them. Ask, "How can I restore love to this person or situation? What do I need to say or what request can I make?"

If getting clear or complete with a person "in person: would cause more difficulty, have a conversation with their "Higher Self" to make peace.*



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 your relationships. Are there relationships in your life that need healing? Do you need to develop new relationships in your life? What are the areas that you need to focus on in order to heal the relationships in your life? How about your family of origin? Are you “clear” with all of them?

Affirmation

A great affirmation for this portal (also borrowed from Queen Afua):

“My womb is my sacred nest in which I hold all my relationships. No one will enter into the womb of my mind, the womb of my heart, or the womb of my womb unless they are at their best; pure and clean. Join me, all my relations in my peace of mind, in my state of divine bliss. My womb speaks peace to all my relations and so my relationships speak peace to my womb. I bless all my relationships.”



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**
- **Inventory Your Relationships**

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

Portal 4:

Flower Essence: Violet

Essential Oil: Lavender and/or Ylang Ylang

Chamomile Tea



Guided Meditation



*Set an
Intention for
this moon
cycle...*



Sacred
Relationship
Dance





Ground and Close