

*Sacred Rhythms Facilitation*

*Class 3*

*Attuning your Body to the Rhythms of the Earth*

*with Kathy Daugherty*





# *Content*



# Calling in Sacred Space



Copyright Kathy Daugherty 2017

*Open Your Creation Vessel*

*To Receive*

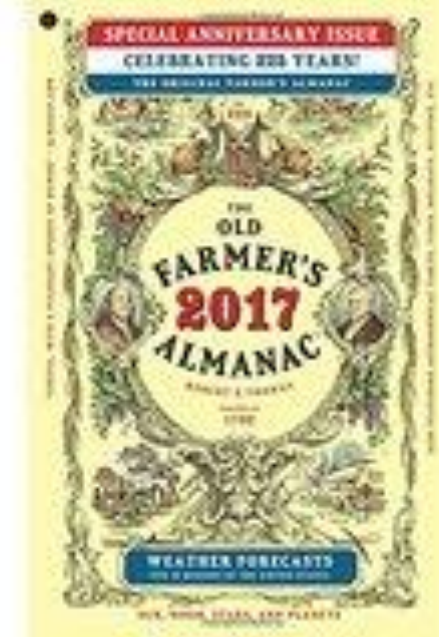




# Sacred Rhythms Facilitation: Content

- 12 month program – to sync with calendar/moon cycles
- Sacred Woman- 10 portals
- 13 Grandmothers
- Blending





**Planning:**  
**Plan for the whole year**  
**A few days before New Moon**  
**Wobble of the Moon**

## Wobble of the Moon

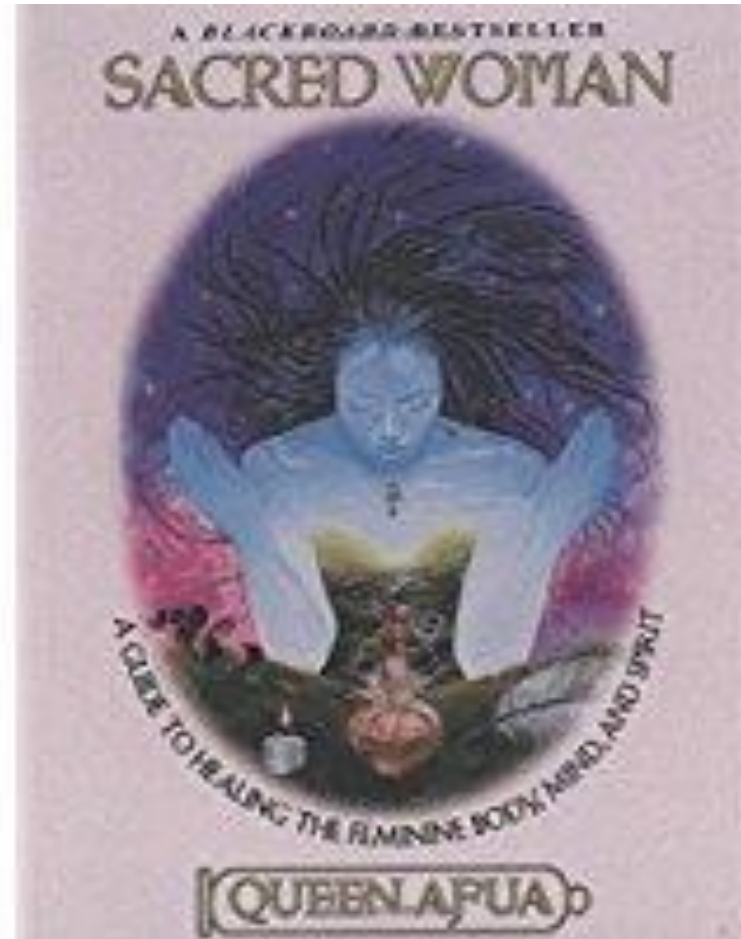
- Determining when to start
- First New Moon after Winter Solstice
- Or first one in January
- Not an exact science
- The Grandmothers work with you



# Outline of Content

## Portal 0

- 3 month intro.
- Start with Basics:  
Spiritual Practice - January  
Diet-February  
Cleansing-March  
Moon Lodging-Wherever  
you can fit it in (Boot camp)





# Portals 1-9

- Re-arranged to fit Moon Cycles
- 1 Sacred Food - April
- 2 Sacred Word - May
- 3 Sacred Movement - June
- 4 Sacred Relationship - July
- 5 Sacred Healing - August
- 6 Sacred Beauty – September
- 7 Sacred Space - October
- 8 Sacred Union - November
- 9 Sacred Initiation - December



# Preparation

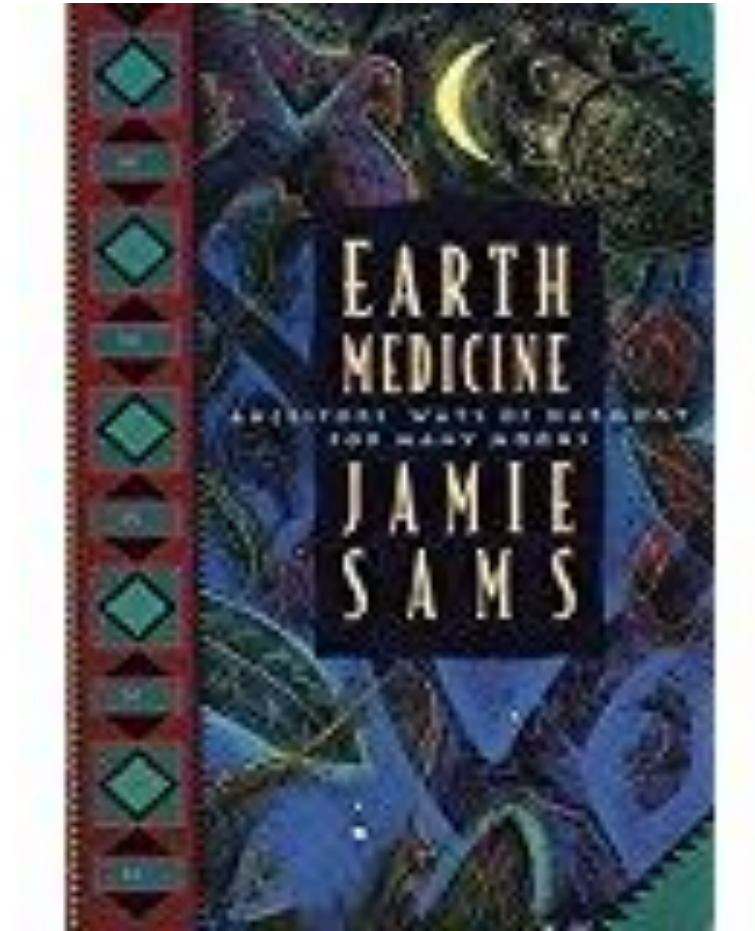
- Lay down your calendar
- Begin reading and syncing with the Grandmother at least a week before
- She will begin to work with you and you will find that you are a conduit for her information.
- What we have here is an outline. Always be open for her to give you new information to incorporate.
- Thus you can be with the current Grandmother, while you are preparing to welcome the new one.





# GET THIS BOOK!

Begin to work with this book. It is a great way to enhance your meditation and get to know the Grandmothers! There is so much more in here than in the main book! It will change your circle!



# Other Considerations

- If you will charge
- What you will charge
- How and when you will collect money
- How you will contact them
- How you will gather emails
- Will you have them RSVP
- How do they contact you







# Insights

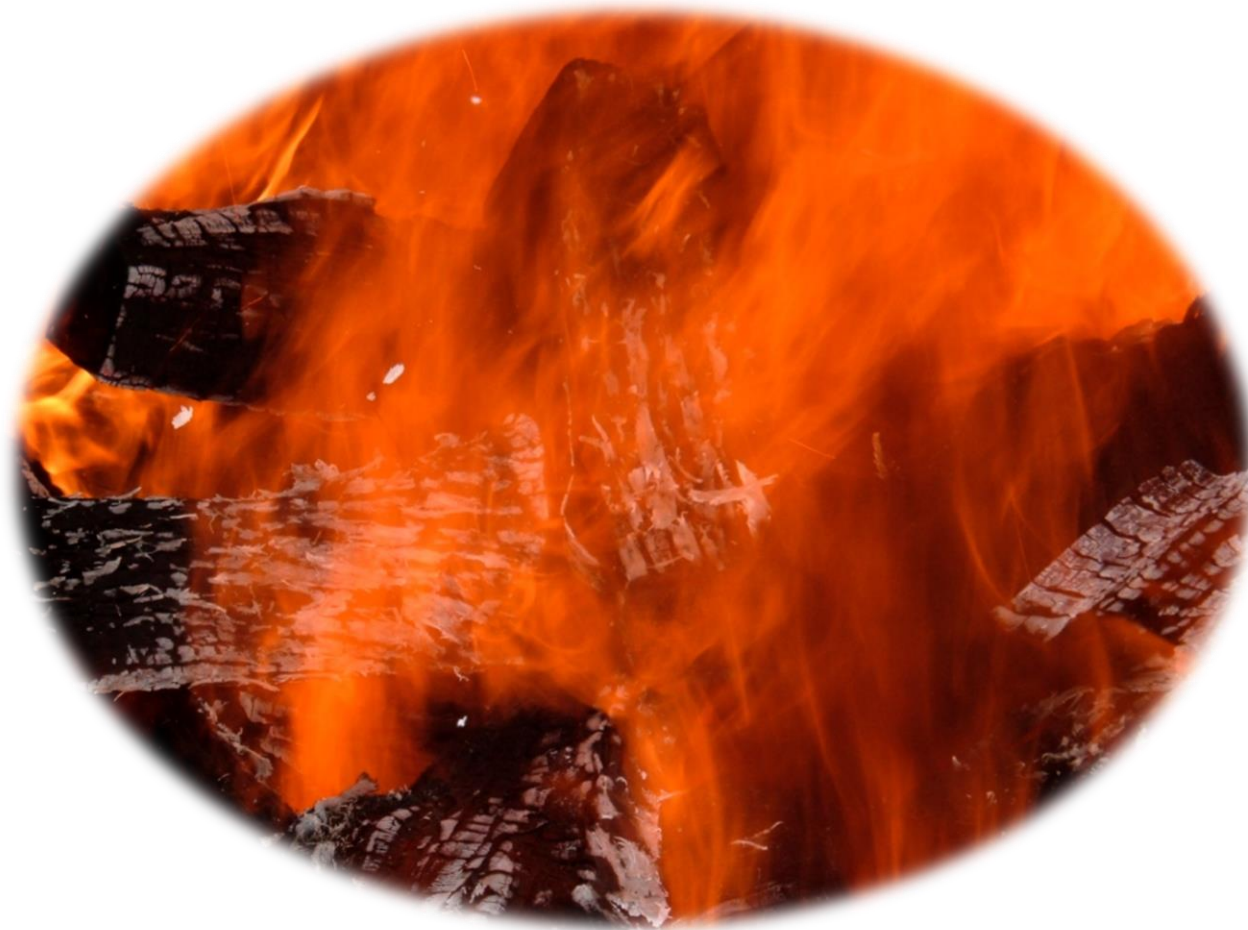


# Ponderings for next class:

- Your Format
- Calling in your tribe
- In person or online
- Questions







# **Integration Dance**

## **Ground & Close**