



*Class 10 Sacred Rhythms—Creating a Home for the Sacred
with Kathy Forest*

1



Sacred Space

2

Calling in Sacred Space



3

Open your Creation Vessel

To Receive



4



In our last portal we began to see the importance of keeping our vibration high. We learned that our bodies were intended to bring Sacredness into this physical planet we inhabit. During this moon cycle, we broaden our perspective to include not only our bodies, but the space we call home. This portal will assist us in clearing out cluttered space, confusion, and loss. The Sacred Space portal will help you bring your home and work space into divine clean order that will create balance and harmony within and throughout your life. Without a doubt, this is a culmination of all we have learned so far and a hub around which all the other portals seem to revolve. You will return to its teachings again and again because they are so necessary for the rest of the portals to stay activated in your life.

5

HOUSEKEEPING AS A HOLY EXPERIENCE

Consider this: "As a Sacred Woman I endeavor to transform my domestic atmosphere into a paradise! My environment radiates my inner tranquility. The very walls of my sacred home engender the divine sanctity and safety of a womb. Whoever enters this temple will receive an energetic attunement that will lift their vibration." Can you say that about your sacred space?

A pure, sacred home can:

- Heal and create oneness within the family
- Dispel illness
- Balance emotions
- Create love between a man and a woman
- Create peaceful, relaxed children
- Be a place of inspiration and motivation
- Act as a battery to charge you to be ready for the outside world



6

The Guardian of the Portal is Neb-Het, commonly known as Nephthys or Hathor in the Khamitic tradition. The Grandmother that governs this moon cycle is Weaves the Web. She joins us on September 28, 2019 at 1:26 pm Central Time. Other archetypal energies that lend themselves well to this Portal are Parvati, and Lakshmi of the Hindu tradition, the Roman Goddess Vesta, and of course, Mother Mary and Mary Magdalene. Connecting with any of these guardians will bring peace, stability and nurturing to yourself, your family and your home. Allow them to help you purify your space within and without, since our physical surroundings reflect our inner world.



The Grandmother this Month: Weaves the Web

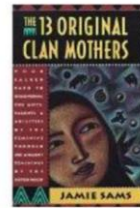
The Mother of Creativity

The Muse/The Artist/The Creatress/ The Manifestor of Dreams,
Who Brings Visions into Reality/The Guardian of Life Force,
Who Teaches Women to Give Birth to Their Dreams

The Keeper of the Survival Instinct and the Mother of the Creative/Destructive

She teaches us:

- How to use our desire to create and bring our dreams into tangible forms;
- How to tap life force; using energy to build, change, or manifest our needs;
- How to manifest our visions and give them life through our actions and artistic talents;
- How to create new from old and how to destroy the limitations to creativity
- How to Work with the Truth.



7

8

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. utilize lavender in your tub. A bath with lavender oil supports aliveness, intuition, imagination, clairvoyance, concentration, peace of mind, wisdom, and devotion. It clears the mind, creating inner space for clarity and a peaceful state of consciousness. It helps eliminate lack of concentration, fear, headaches, eye problems, and being overly detached from the world. Use it 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 purple to raise the vibration of your home to the level of the seventh chakra and above. The stone for this portal is amethyst or clear quartz. Both of these stones raise the vibration of the area they are in to the highest realms. Used on your body, they help to raise the soul to the higher realms, making your inner space more peaceful and meditative.



9

10

Prayer

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

"Beloved Creatrix, assist me in keeping my inner and outer space sacred and clean, whether the space is my body, my home, my office or at play. May all the space in me and around me be free of clutter, confusion, and disarray. May my environment be pure, open, and in divine order, as the sky, ocean, Sun and Planet Earth were in the early days, when the world was clean and whole. May we respect Nature, our environment, and our space, and return it to purity as it was in the beginning. May my space always emanate serenity so that you, Dear Mother, may dwell there. Today, I deem my space a sacred space."

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.



11

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

Hrim Shrim Klim Parameshwara Swaha
Hreem Shreem Kleem Par-a-mesh-war-yay Swah-ha
Om and Salutations to Parvati the Mother of All
Consciousness



12

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 7. 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!

- Vine – Clears auric and physical environment of impurities and unwanted energies.
- Willow – Encourages and defines boundaries and limits between self and others and self and environment.
- Crab Apple - Releases emotional and physical impurities where there is a strong sense of uncleanness, whether real or imagined.
- Agrimony – Encourages balance and regeneration during cleansing and healing process.
- Mustard – Sparks vitality and aliveness, aligns physical and energetic bodies and spaces.



13

Essential Oils:

Once again I want to remind you to utilize lavender oil. It supports aliveness, intuition, imagination, clairvoyance, concentration, peace of mind, wisdom, and devotion. It clears the mind, creating inner space for clarity and a peaceful state of consciousness. It helps eliminate lack of concentration, fear, headaches, eye problems, and being overly detached from the world. Use it on your altar, in your tub, in your bath salts or on a tissue as you go to bed.

Herbal Tonics

Gotu Kola tea is the tonic for this portal. It is the "memory" herb. When used with cayenne, it stimulates blood circulation in the brain, helping to create a clearer and more efficient inner space, so that clarity will manifest externally. Drink your herb tea or tonic for at least seven days in a row and preferably all month long to receive the full benefit of tuning into this portal. Enjoy it during your morning journal time.

Stones

If you like to work with crystals, clear quartz is the stone for this month. This stone raises the vibration of the area it is in to the highest realms. Used on your body, they help to raise the soul to the higher realms, making your inner space more peaceful and meditative.



14

Suggested Transformative Work for this Portal:

Each room in your temple has a different purpose and creates a different mood.

Consider the Kitchen a Healing Laboratory. This space has creative fire and can provide peace through purification. The bathroom can double as a hydrotherapy room. The Living Room is the spiritual center, the prayer room, and the communal room. This room can create balance and harmony for members of the family as well as for visitors. Consider the bedroom as the Regeneration chamber. This is a space allotted to create rejuvenation, energy, and love. When thought of in this way, your home becomes more than just a place to crash between your journeys out into the world. It becomes a sanctuary. In keeping with this idea, begin to consider changes that you might want to make to shift your home into being more functional and sacred. These changes do not have to be expensive or extravagant. Just by changing your thinking about your space, you will find that you treat it with more respect and the physical changes will happen naturally.



15

- Go through each room with your new outlook on your home and make a list of changes you can make now and things you want to change in the future.
- Consider a **Spiritual House Cleansing**: Sage/smudge your whole house. Then wash your house down with Florida water (purified water plus the juice or essential oil of a grapefruit, orange and lemon, then burn frankincense and myrrh to raise the vibration. You can use a pendulum to detect specific spots of imbalance and do an extra smudge and cleanse in those areas. Clean and wash out drawers and closets. Affirm: "My home is as pure as it can be. It is clear of all negativity," or another uplifting affirmation of your choice, as you cleanse your home, over and over. Place sea salt in the corners of your home for additional cleansing. Purification rituals with salt were practices by our ancient ancestors before performing rituals or ceremonies.
- Honor your home with a new name. Be sure to choose a name carefully, for the name you use wields its own power. Charge your home with a name that has purpose and meaning to you. Be creative. Watch how your attitude toward your home changes after you name it. Use this technique to lift up your home and your life.



16

- Perform a House Purification and give your home a new spirit. Rejuvenate, purify, and cleanse your home of any negative vibrations or demonic spirits. Wash your entire home with 1/2 cup of ammonia, 1 tbsp. sea salt, and a few drops of frankincense and myrrh oil added to a pail of clean water. From door to door, closet to drawer, inside and out, do an absolute wash with the cleaning solution as you pray for peace, love and harmony within your temple, your sanctuary. A pure and restful spirit needs to be housed in a pure home. This should be done once a week until the vibrations in your home feel healed and balanced. Wherever you put your altar, no matter how small it may be, place white carnations on it to aid in drawing negativity out of the environment. After the cleansing ritual, rejuvenate your home with live plants if possible. Try to include aloe or cactus which absorb negativity as they heal the environment. You can also place white carnations in each room of your home for seven days. Then anoint your home and work space with sacred oils. After the cleansing, go to each corner of your home in a clockwise direction and pray to the Goddess for healing and blessing of your sacred space.
- Perform an office purification the same way as above for clarity in your business.



17

- Commit several hours into both home and office cleansing over seven days according to the depth of cleansing needed. In your journal, record daily your state of mind, attitude, and transformation as you set things in order. Witness how what goes around comes around. By claiming a sacred home, this transformation will show up in your outer life, so record your growth as you heal, energize, and clean your space.
- Smudge your home in a clockwise direction daily before you begin your busy day. For the office, just one or two drops of sacred oil on a hot light bulb will scent the entire environment and help reduce stress in your environment.
- Research Fung Shui, the Sacred Art of Placement, as you consider your updates to your home. A Fung Shui Map is included in this packet. To use it, stand at the front door of your home and look down at the map. Overlay it over the floorplan of your home to see what areas of your life are affected by what area of your home. Then move through your home and set things in order. You will be amazed at how accurate this process is and how much you learn about yourself from your environment.



18

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. Writing for the portal will naturally focus on your relationship to your Sacred Space. What does your home and environment reflect about you? Are you happy in your space? What can you do to improve it? Affirm your daily life. Write in your journal at this time thoughts, activities, experiences and interactions that present themselves. Notice what is coming up for you this month. You can also write down your visions, desires, dreams, and affirmations so that you will be able to draw on these resources when help and support are needed most.

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. 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.



19

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

Portal 7:

- Flower Essence: Vine, Willow, Agrimony, Crab Apple, Mustard
- Essential Oil: Lavendar
- Gotu Kola tea
- Clear Quartz



20

**Guided Meditation**

21

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

22

**Sacred Space Dance**

23

**Ground and Close**

24