



Class 3

***Body Wisdom Boot-Camp
The Importance of a Clear Vessel:
Part 2-Deep Cleansing- Part 1
with Kathy Forest***





The Importance of Deep Cleansing: Introducing of Womb Cleansing Tools

A bonfire of logs is burning in a field at dusk. The fire is bright orange and yellow, with flames rising from the pile of charred wood. The background is a grassy field, and the sky is dark. The text "Calling in Sacred Space" is overlaid in white on the fire.

Calling in Sacred Space

A bonfire of logs and branches is burning brightly in the center of a grassy field at dusk. Two people are walking around the fire: one on the left and one on the right. The background shows a line of trees under a darkening sky.

Open your Creation Vessel

To Receive

The most valuable and extraordinary gift Creator/Creatrix has given you is your physical body. When treated well it can serve to be a vehicle for your consciousness to do grand and wondrous things upon this planet and was meant to do so.

To squander or demean this gift in any way is such a travesty and yet we do this daily. One of the most significant changes you can make for your spiritual, mental and emotional well-being is to be very conscious of what you take into your body, especially the quality of the food, water and nutrients you consume.

Hopefully by this time, you have found a new rhythm to your eating and have developed a few new healthier habits. During this class I will also be encouraging you to take your healing practices a step further.





One thing your body does very well is remember. It takes in, records, and stores just about everything you expose it to, on all levels, physical, mental, emotional and spiritual. This is useful when it comes to navigating through your everyday world. However, just like your garage or back room closet, if it doesn't get cleaned out regularly, it can "go south" rather quickly. Once again, this is true on all levels.

- **Physically, it is stored as fat.**
- **Mentally, if you witness, listen to, or even ruminate on information, good or less than enlightening, your mind records it.**
- **Emotionally, if you do not drain off the stress and strain of the day, it can literally become "pain" in your joints, and if left unchecked, can lead to arthritis and other auto-immune maladies.**
- **And we all have experienced the "lack-luster" feeling of becoming spiritually stagnant.**



So during this class, we will be focusing on “the gentle release” of all that is in the past that is no longer serving us. Included are techniques designed to take you deep into physical clearing and cleansing.

There will be a huge emphasis on clearing the digestive track and all other related organs. Most of these organs are located near “the middle” of the body near the second and third chakras. Most of them make their home near, on, or around the sex organs. Clearing and cleansing this area, raises our vibratory rate and allows our creative centers the freedom and access to a much broader band of spiritual information.

The following is an example of the type of information that is available to us “via our spiritual womb-space” when we clear it out and make room for new viable information. The following is vision was given to me in 2006 while preparing for another session of these classes. Though it focuses on the womb, as this was a class for women and the information was given by a woman, the spirit of the teaching holds true for men, as well. When your body is clear, you have clearer access to “high spiritual teachings.”



***“The first thing I saw was bright red vibrant flesh. Then it would shift to the wall of a cave with red rock and tiny hieroglyphs would appear all over it (like in Egyptian tombs). As this appeared, Mary Magdalene spoke to me and said, “This is a healthy womb. It is the storehouse of all knowledge—all history—all knowing—for all time as you know it. When a pure seed enters a pure womb it has access to the highest knowledge—the largest amount—so to speak. Within this library there is a vast storehouse of information. Like all libraries, there is usually a particular emphasis—like a science library or a natural history library. This is dictated in each particular womb by the strains of DNA in that individual and the “seed donor” (as she called it). It is also dictated by what particular strains are currently present in the mother at that time (i.e. race, nationality, short term history of the mother currently, and her most current and recent past lifetimes, etc.) These are going to be in the front stacks, so to speak. But also contained in every womb is access to ALL history for ALL time. The purity of the womb determines the availability of this information. If the womb is toxic—if it is holding unspent emotion like fear, shame, guilt, anger, and the attendant stories that go along with these emotions in the physical world, then the womb is like an unorganized library. There are books stacked here and there, blocking access to other information. It is dusty and uninviting and may even become ill and diseased if this is not remedied.*”**



But if a womb is healthy—if its holder has ‘worked through her stuff’ and made peace with herself—if she has drawn to herself a partner who has done the same thing—then her womb is a beautiful enticing place to be. High Souls volley to come to the planet through her body so they can have physiological access to this information through her. Likewise, if she chooses not to utilize her womb to bring another being into existence, she can use her womb to access this information for others. She can use her womb as a “tuning fork” to call in information and High Guidance. She can use her womb to manifest healing. There are a myriad of things she can use her womb to create that will benefit herself, her community and her world.

This is why these teachings are so important for your world at this time. This planet is a womb of the Universal Mind. It is only one womb. There are many others. This planet has been the physiological birthplace of many an incarnation of the Universal Mind. Very high Beings have been birthed by her. However, she too, is showing signs of womb disease. But this disease can be turned around. She can be healed and continue to be a viable “womb” or chalice to hold intelligence. The information—the tools—necessary to make this radical shift 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? It is your duty as a woman to “pull this information” to the planet now.

All the assistance you need is here. The Goddess has heard your prayers. Even now her energy has descended and the vibrations are adjusting to make way for her appearance. Look for Her—feel Her—Her Presence will be unmistakable!”

More Cleansing Tools:

The following practices are designed to gently release and discharge old toxic energies that are still housed in your body. They work for both women and men, to clear the second and third chakra areas, and allow the body to heal naturally. As you begin to change the way you eat, you will notice that the body will naturally want to release what it has been holding, and what you have been ignoring and covering with unhealthy food.

All of the techniques outlined are intended to help us clear our “stuff,” and raise our vibration, all the way down to the cellular level. When we do this, we “gain access” to the portal of information housed right within our own body. Many call this intuition, and it is. But the secret most don’t know is that intuition is not random. It is our birthright. It has become seemingly random and fleeting because of the constant abuse we have showered upon our bodies. When we begin to honor our vessel, our intuition and guidance flows like water. We become solid and stable in our world, and able to anchor spiritual information into the physical with much more grace.



Flower Essences: Flowers are some of the most high-vibrational beings on the planet. They are fully self-realized. Flower essences are very effective vibrational remedies that heal when a few drops of the potentized essence of aromatic flowers are placed on or under the tongue or in a small glass of water that is sipped at regular intervals. Flower essences are primarily recommended to restore balance to mental and emotional states and can offer wonderful support as we work on removing the obstacles that stand in the way of our healing.

The following essences are recommended for the Portal during the month of January or any time you want to go deeply into womb or emotional cleansing:

Alpine Lily: Promotes the ability to contact true femininity through ground in the female organs; integration of the feminine with the female sexual and biological self.

Star of Bethlehem: Spiritual receptivity, opening the feminine aspect of the self to higher worlds

Black Eyed Susan: Clearer insight into hidden or buried emotions

Angelica: To feel protected and guided, to feel spiritual guardianship during times of stress

Rose: To lift your vibration to the spiritual realms



Essential Oils: Another way to take the vibration of these high spiritual “flower beings” is through the use of high quality essential oils. I like to say that these substances are the perfect bridge from the spiritual to the physical. While flower essences work primarily on our spiritual and emotional bodies, thereby allowing physical symptoms to release, essential oils bridge the gap from the emotional to the physical. They are the “blood” of the plant and never go rancid (if they are high quality). If used aromatically, they bypass the digestive system and go straight to the brain through the olfactory system. They are one of the very few substances that can cross the blood-brain barrier and work very well to heal emotional imbalances as well as physical ailments. They are Mom’s first medicine.

We will work with Frankincense during Portal 0 to raise our overall vibratory rate, since it and Rose are two of the highest vibratory oils. I suggest you find a high quality oil in an organic carrier for you to use to anoint your feet, womb space, third eye or other parts of the body. Frankincense opens your crown chakra, eliminates confusion and depression, and attunes you to higher levels of understanding. Putting a few drops in your Epsom salts for bathing is a great way to take it in, as well.



Herbal Tonics: Herbal teas or “infusions” are one of the best ways to support your physical body. The best way to make an infusion is to gather your herbs out of your own yard. Bring some water to boiling and then turn it off. Place the herbs in the water to steep for 15 minutes, then strain and drink throughout the day. If you don’t have time for all of that, tea bags work fine. But making your own is a very sweet morning practice you may want to try in the spring. Any herb you find growing naturally in your yard is there for you. Mom knows exactly what you need and always provides it.

Raspberry Leaf Tea is a great womb tonic. Since we are working to clear our womb space during this time it and any form of detox tea you enjoy will work for you. You will receive recipes for herbal teas and other tonics to drink before, during and after your morning work. They are another healthy habit that will keep your body and womb space vital and energized.



Aloe Vera Juice – The Aloe plant is very soothing to everything it touches. Drinking one ounce of it one to three times a day is a very potent and gentle way to physically cleanse and rejuvenate all parts of your digestive track. It revitalizes all the systems of the body, especially the skin, blood, and digestive system. Be sure to begin slowly. Start with one ounce in the morning and add more gradually. For some this is all the cleansing they will need.

Wheatgrass* Wheat grass is a naturally high source of vitamins and energy. It contains all the vitamins and minerals the human body needs except vitamin C. It has strong rejuvenation qualities to strengthen nerves, cells, tissues, and bones as it cleanses the blood. Increase your intake of this nutritional supplement either in fresh, powder or tablet form. Fresh, organic wheatgrass is always preferred, but this may be a bit harsh to begin with. Begin with the tablet form if the fresh method is too difficult.

A tasty solution: A NAKED Green Drink (or an organic version) and 4 wheat grass tablets daily.

Note: Fresh wheatgrass is a very potent detoxifier. If your system is congested with toxic foods, drinking large doses of wheat grass may cause nausea and/or dizziness. The cleaner your system, the more wheatgrass you will be able to consume comfortably.

ABOUT GLUTEN: Wheat grass can affect those with Gluten Intolerance. If this is you, substitute Spirulina or Kelp powder.

Salt Bath

Use 2-4 lbs. of Epsom salts or 1 lb. Dead Sea salt (and some essential oil) in a tub of very warm water. Drink at least ½ to 1 quart of purified water or herbal tea while in your bath for internal and external flushing. (Do not use any salts if you have high blood pressure or edema.)

Note: If this is your first time doing this type of cleanse, lower the amount of salt and work your way up. Your body may try to detox too quickly and this can be uncomfortable. After doing this type of cleanse, be prepared to lay down and rest for a bit. It is good to do this at night before bed time as it is very relaxing.



Steam Bath and/or Sauna

Take a sauna, steam bath, do some hot yoga, or a sweat lodge, making sure you sweat at least one to three times a week to release toxins from your pores.

Sun Bath

The skin is the largest elimination organ in the body, so try to bathe in the Sun's rays one to three times a week to release toxins from your pores. For twenty to thirty minutes, expose your abdomen to the Sun by resting in a beach chair facing the Sun. For increased healing, massage castor oil into your abdomen.





Natural Cleansing

Once again I want to remind you that we are encouraging your body to naturally start to cleanse. I am only giving you a few more cleansing tools today so you can approach this gently. During this time, continue to drink plenty of water and detox tea. This will speed the process and make it much easier for your body to adjust.



Womb Health Assessment

Spend some time with this if you have not done it yet.

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

Add Aloe Vera Juice daily

Add 1 other cleansing tool of your choice.

Pace yourself

Portal 0:

Flower Essence: Star of Bethlehem

Essential Oil: Frankincense

Raspberry Leaf Tea





*Third
Chakra:*



*Solar
Plexus*



Sacred Journal Questions...

Today we are getting ready to enter the portal of the Third Chakra. From now on, include your womb space in your discussion. Ask her the answer to the following question:

Do you have any difficulty standing in your own power and wisdom (verses someone else's)? Do you have trouble asserting yourself? Do you ever feel uncertain or unsure of yourself? When? Recall a few occasions.



Guided Meditation



Integration Dance



Gratitude, Ground and Close