



*Class 5 Body Wisdom Boot-Camp
Spiritualizing Matter
with Kathy Forest*



Spiritualizing Matter through Sacred Movement



Calling in Sacred Space



Open your Creation Vessel
To Receive

So take a moment to go back at in time to when you began this process? Do you remember how you felt then? Compare that to how you feel now.

By now you are probably beginning to see shifts, but also coming face-to-face with some of your under-lying resistance. Clearing this many chakras on the lower level should begin to cause movement. And just in case, you are feeling stuck, now is when we are going to turbo-charge your movement...literally. This chakra doorway is all about movement and growth. The Fifth Chakra is where we begin to put ourselves out into the world. We speak our truth here. It holds our personal will. During Sacred Rhythms we will work with how we speak in a much deeper way. But now, during Boot-camp, we want to begin MOVING. We want to begin utilizing the space and energy we are freeing up to begin to manifest our intentions.





When we take the time to really sync ourselves with the natural cycles of the earth and the elements, we draw that alchemical energy into our bodies for our own use. It is a gift given freely by the elemental forces. All we have to do is consciously ask. Once we do so, we have more “spiritual energy” to utilize in our physical world. Our vibration raises and everything and everyone we come in contact with raises with us. This is how we “spiritualize matter.” This is what this chakra doorway is all about. It is the gateway through which spiritual information begins to trickle down into form.



For the next few days, we will be contemplating how body, mind, and spirit, are interrelated energy systems.

By learning to harmonize our subtle energy systems through physical movement, we hold the key to accessing our spiritual body at will.

And access to that body of energy is no small thing! It is what can make the difference in success or failure in everything you do.

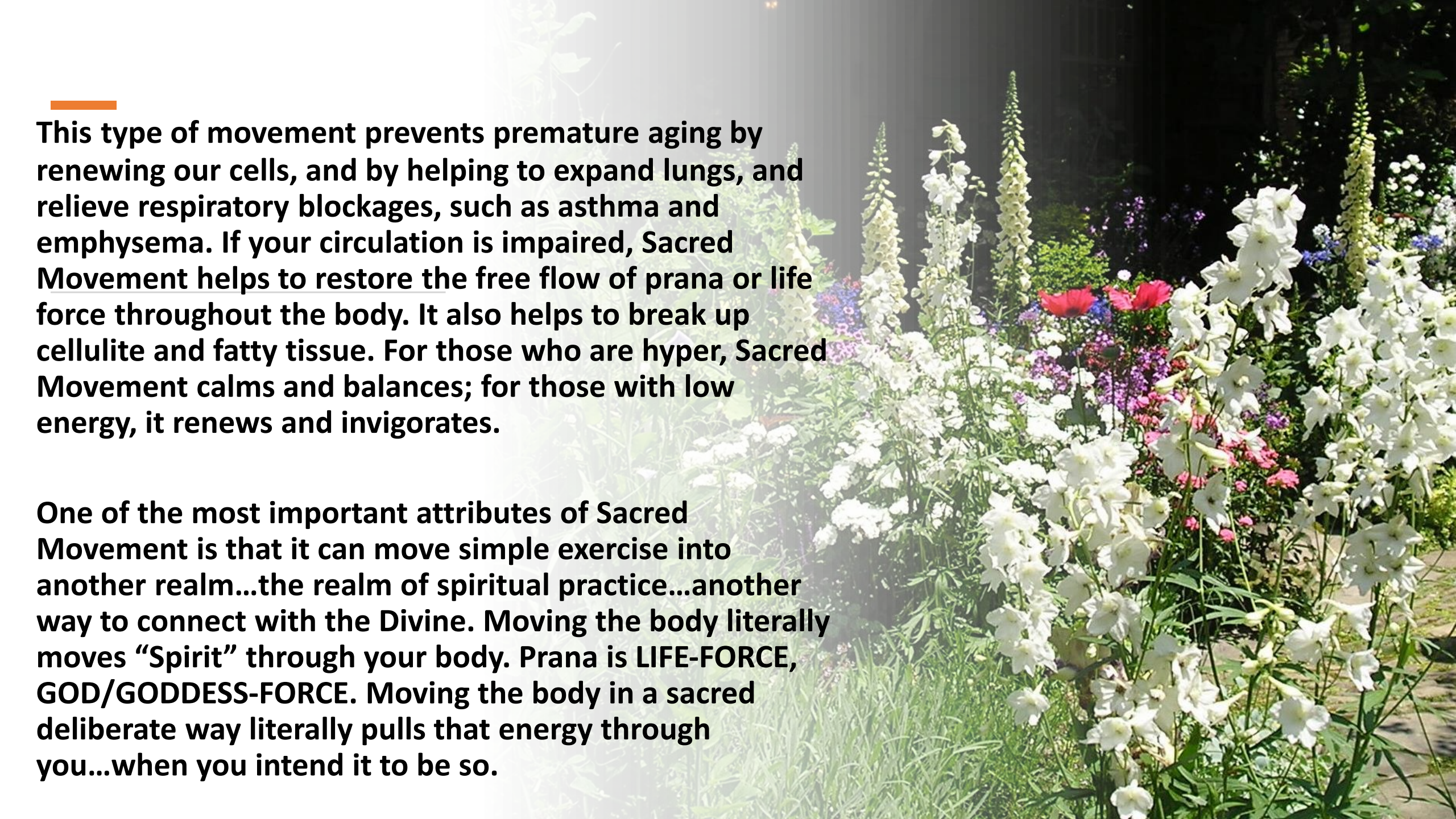
It is big energy. It is what the Apache Scouts used to go without food for days in the wilderness, to bi-locate (be in two places at once), and many other feats that seem super-natural to us in our modern world. Access to that energy is still attainable. What we are learning about today is the beginning of gaining access to that energy.

Focused and intentional physical movement can empty the body of physical, emotional, and psychological waste. By being focused and intentional, movement becomes sacred. If you find yourself anxious or stressed out, utilizing the practices outlined today can help you bring peace and composure to your life.

Fluid Sacred Movements allow you to ground yourself and transcend yourself by permitting the body to become the bridge between heaven and earth.

In our western society, we have many times been taught to hold our body in disdain or to see our body as dirty, bad or unholy. As we move our body and release these worn out teachings, we make space for new, more enlightened and fulfilling information to take their place.





This type of movement prevents premature aging by renewing our cells, and by helping to expand lungs, and relieve respiratory blockages, such as asthma and emphysema. If your circulation is impaired, Sacred Movement helps to restore the free flow of prana or life force throughout the body. It also helps to break up cellulite and fatty tissue. For those who are hyper, Sacred Movement calms and balances; for those with low energy, it renews and invigorates.

One of the most important attributes of Sacred Movement is that it can move simple exercise into another realm...the realm of spiritual practice...another way to connect with the Divine. Moving the body literally moves “Spirit” through your body. Prana is LIFE-FORCE, GOD/GODDESS-FORCE. Moving the body in a sacred deliberate way literally pulls that energy through you...when you intend it to be so.

Other Suggestions for this Chakra Room

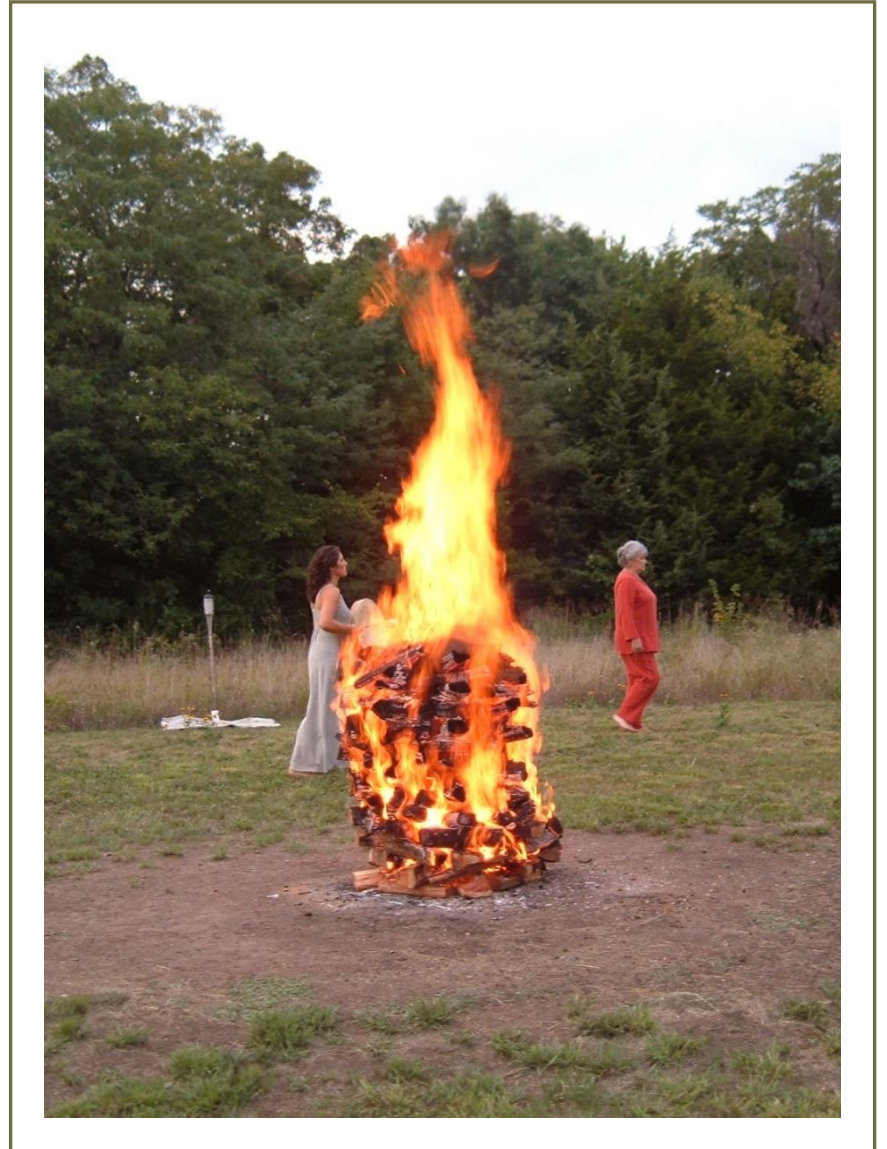
Develop some type of daily movement ritual that heals you. Join a class or purchase or rent a video to get you started

Take a dance class or explore free dance.

Find other ways to incorporate more movement into your life.

Notice how you move. Is it done with grace, as an act of prayer, or do you slam through your days and through your life? What in your life needs to move? Contemplate these questions as ponder the wonder of movement during this sacred time.

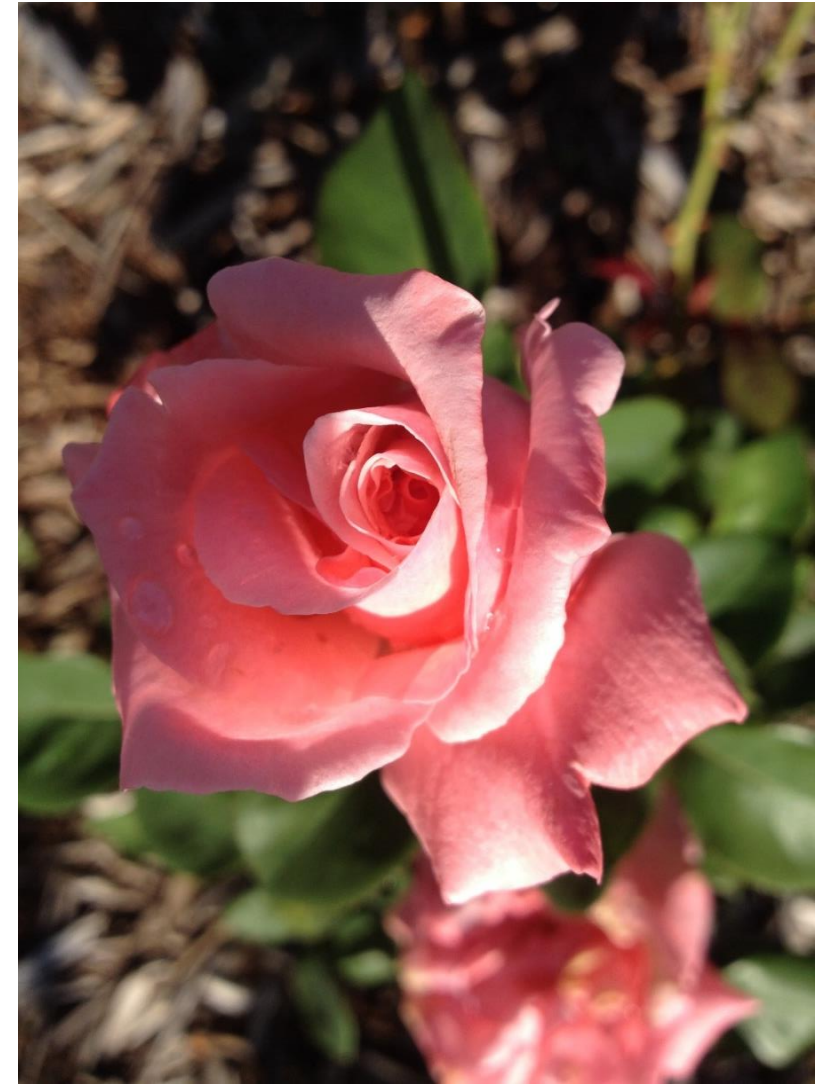
Think about spiritualizing matter. What does that phrase mean to you. How can your body act as a vehicle for this sacred work?



Herbal Tonics and Greens

Since we are wanting to turbo-charge our practice now, we want to continue the good healthy practices we have started and begin to flood our body with more life-force. A good way to do that is through juicing. Adding a green drink or freshly juiced vegetables can speed up the cleansing process and increase our overall health and vitality. This is simple to do. You can throw fresh greens, a few grapes and water in a blender for a very pleasant green drink. You can add a banana for flavor if you like. You can also add extra powdered greens in a variety of flavors or just drink the powdered greens if you are in a hurry. A good brand is Gardens of Life Perfect Food. This also comes in chocolate!

Another good herbal tonic moving through this chakra is Gingko Biloba. Gingko has antioxidant properties, oxygenates the blood, and helps the body rid itself of free radicals. It increases the blood flow to the brain and relaxes and tones the muscles in the arterial walls, helping to prevent heart attacks, stroke, and angina. It is helpful in eye problems resulting from decreased blood supply.





Morning Practice-A place to begin

In keeping with our other teachings, a morning practice is always the best way to begin. I know of no better way to incorporate sacred movement into your routine, than including some kind of Sacred Movement in your morning practice. My first choice is yoga. It is divinely designed to do just what we have been talking about. It puts your consciousness all the way through your body. It opens up the meridians in your body and allows you to pull prana all the way through your body. It was designed to prepare your body to be a clear channel for spiritual information to flow through. Increasing all kinds of movement throughout this moon cycle is highly encouraged, but as a morning practice, yoga is a jewel.

You can design your time any way you choose. Here is what a morning practice that includes Sacred Movement might look like:

Make some tea and light a candle on your altar. Use your flower essences and rub some oil on your feet. Do some journaling on your question or meditating while you drink your tea. Engage in some delicious sacred movement of your choice: A Sacred Dance like we did in class, Yoga, Belly Dance, Free Form Dance, running or walking. You could also take a “Jappa Walk” and chant while you take a long walk, blessing the earth with Sacred Sound. Keep your journal handy. If you do this in solitude and as the sun is coming up, messages trickle down from above like water. You won’t want to miss any of them!



Homework – Continue

Begin 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

Add some form of Sacred Movement

Continue to improve your Diet

Green leafy salads to lunch and dinner

Continue Aloe Vera Juice daily

Add another cleansing tool of your choice

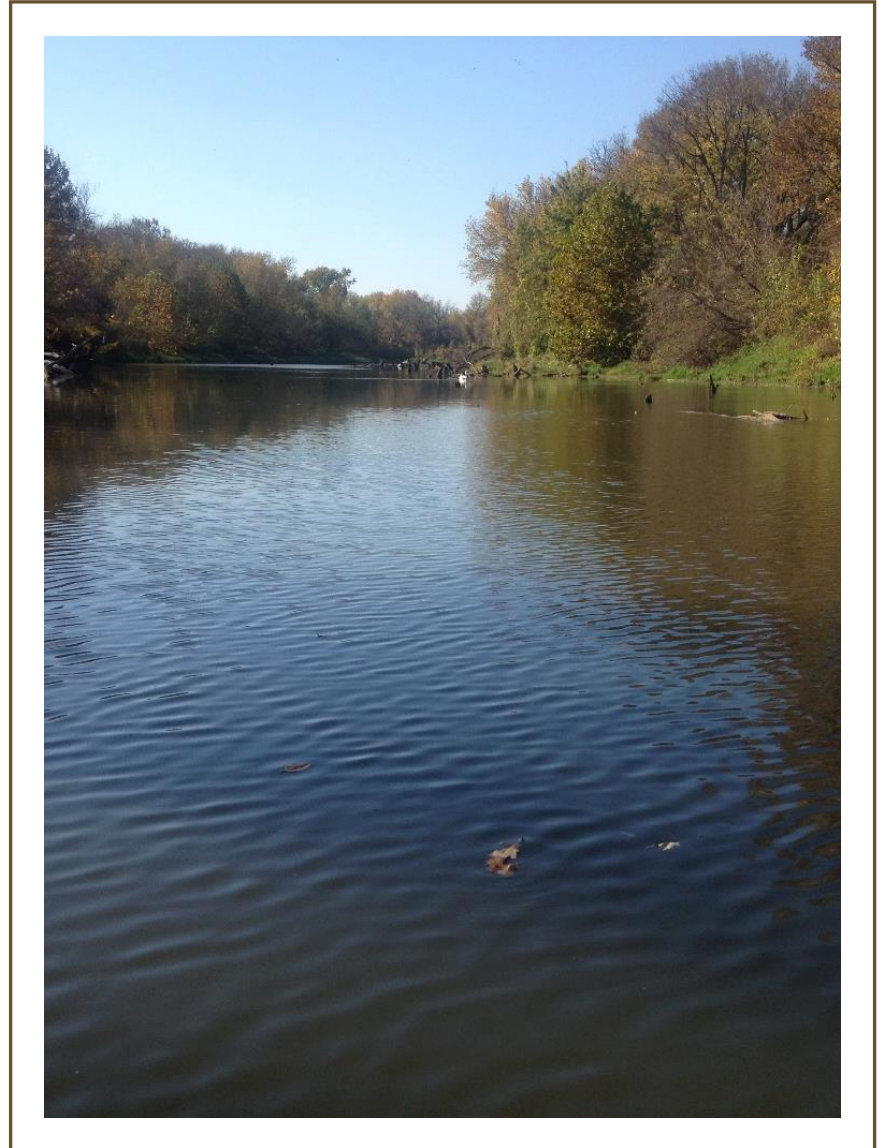
Pace yourself

Portal 0:

Flower Essence: Star of Bethlehem

Essential Oil: Frankincense

Raspberry Leaf Tea





Sacred Journal Questions...

Today we are getting ready to enter the portal of the Fifth Chakra. Ask your womb space the answer to the following question. We will perform a Sacred Movement Ritual to get the answer:

Where are you not standing in your power or speaking your truth?

Recall incidents where you wanted to speak up but didn't.

What did you really want to say and/or do? Why didn't you?



Sacred Movement Dance

***Intention: To Activate Sacred
Movement in your Life***

***Hint: Where to you need to Spiritualize
Matter?***





*Fifth
Chakra:*



Throat



**Guided
Meditation**



Ground and Close

