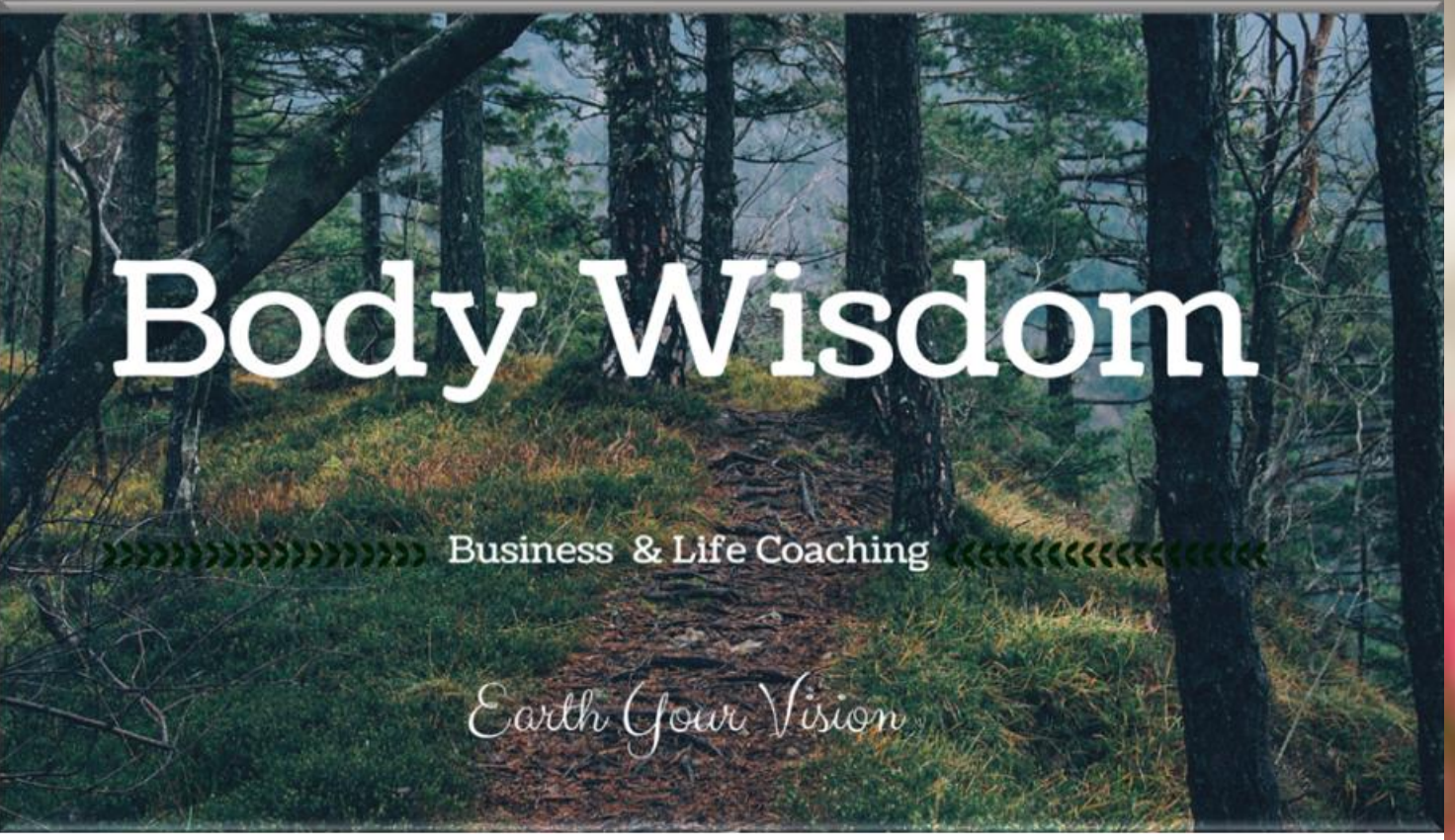


Class 9 Sacred Rhythms – Attuning Your Body to the Earth

Sacred Beauty – Beauty as a Spiritual Practice

with Kathy Forest

Sacred Beauty:

Beauty as a Spiritual Practice

Calling in Sacred Space

Open your Creation Vessel

To Receive

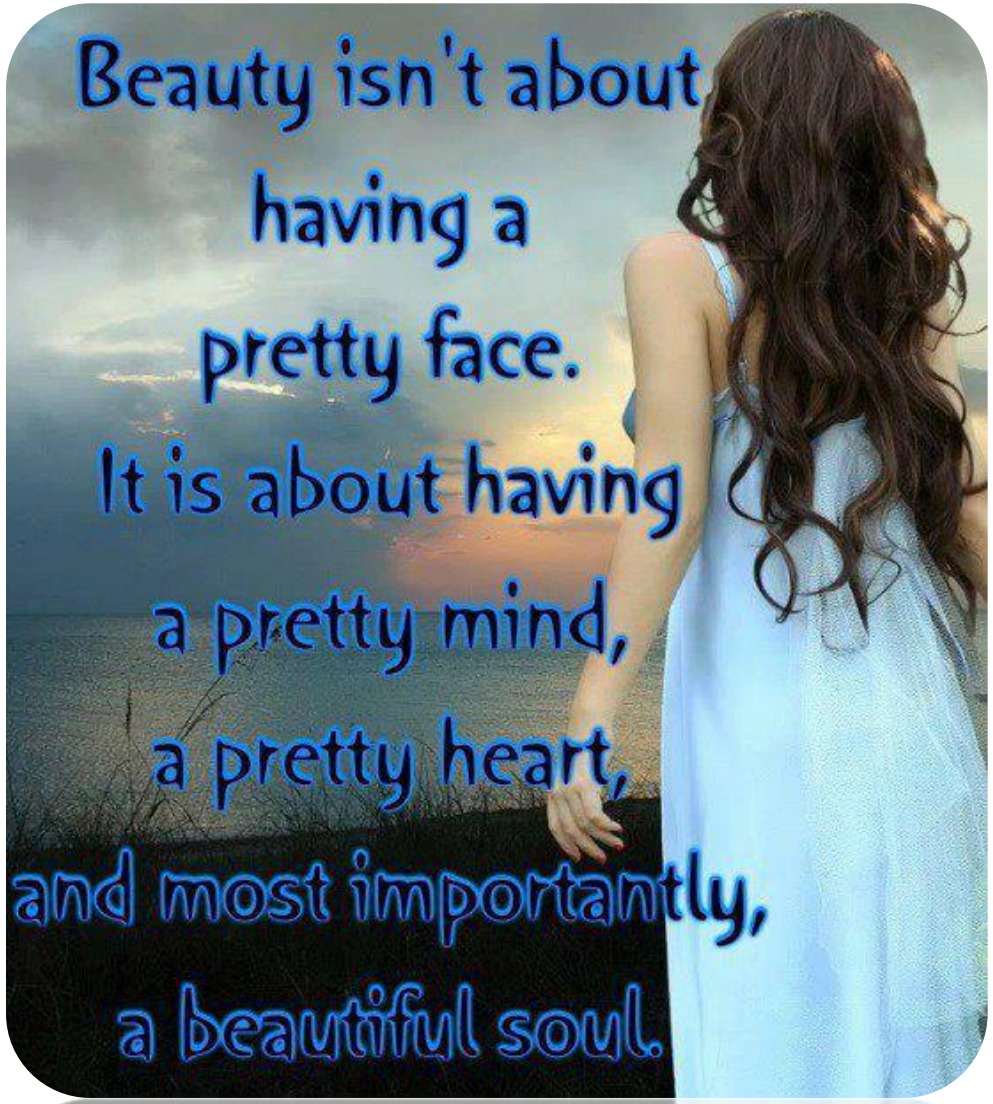
In our last portal we stressed the importance of honoring your physical body as sacred. In this portal we take it a step further. We allow ourselves to honor our body so much, we raise its vibration to a very high level. We actually begin using our body the way it was intended to be used…to bring beauty and Sacredness to this planet.

When you hear the words, “Sacred Beauty” what comes to you mind? What do you think of? Sacred Beauty raises us to a whole different level. Sacred Beauty embraces the divine aesthetic of harmony within and without. It offers us a healthy alternative—the way of natural beauty to enhance our divine loveliness. When I think of this portal, the words, “pristine elegance,” come to mind. This portal opens us up to the real beauty that we are. It can bring harmony to every aspect of our life. Through divine etiquette, an ancient form of grace and beauty is expressed through spiritual beauty on your spiritual path.

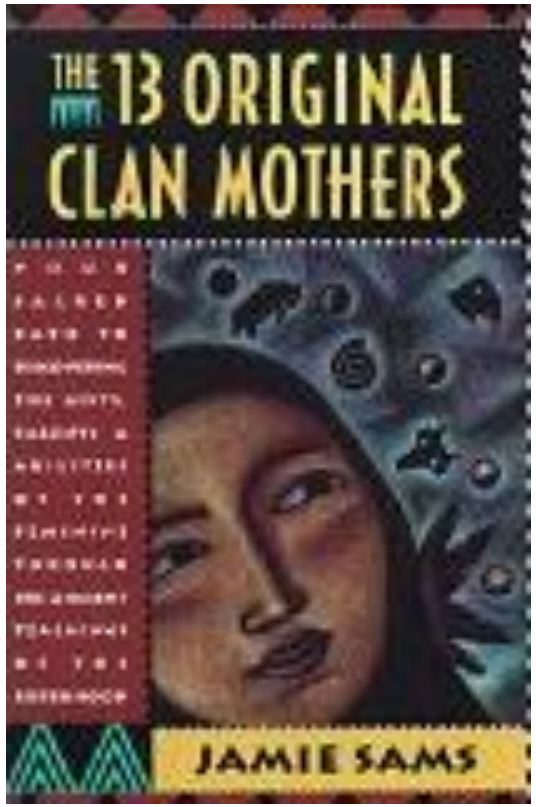
Sacred Beauty is what makes living on this planet worthwhile. It is the essence, the elixir, that enlivens us, and it is purely vibrational in nature. It is the Divine Spark within us that has found a way to shine out from us. It is high level spiritual work that is essential to life on this planet. And here's why. In order to shift the trajectory of this planet, we MUST shift the trajectory of humanity. In order to shift the trajectory of humanity, that shift must begin at a vibrational level. That means enough of us have to raise our vibration to a high level and hold it, so that the rest of humanity can begin to resonate at that high level with us. That is no small task. And the truth is, those of us with female bodies are the best equipped for the task. Our bodies are designed for this kind of high level alchemy.

Unfortunately, too many of us have fallen prey to a lower form of beauty, one that gives the appearance of a higher vibrational level but is purely superficial in nature. Our goal is to raise ourselves to a level that allows others around us to shift and learn to Source themselves at a higher level, rather than feeding off of our vibratory rate until we are depleted. That is the ego's trick and is coming from an unhealed place. Many times it feels good to be the 'source' for others. But this ultimately is a dead end and is not rally Sacred Beauty in its fullness. When we get that big rush from "helping" and continue to help too much, we are using our beauty in a manipulative way. Sacred Beauty has the ability to stand on its own and not be swayed from its center. From this position, we allow the vibration around us to raise accordingly because we expect and know it to be so.

Sacred Beauty rules the heart center. Without Sacred Beauty, there is only artificial beauty: (many times, toxic) applications for skin, hair, breasts, lips, and eyes, all of which can cause toxic shock. Developing your Sacred Beauty helps to create devotion to a divine, beautiful life. The awakening of the Portal of Sacred Beauty opens the eye of divine aesthetic harmony and rids us of a mundane vision of the world. It allows us to transform our world and everything in it for the good and the beauty of humanity. This portal attunes us to the unlimited possibilities of divine beauty as a healing balm. According to Queen Afua, Sacred Beauty will help you eliminate blockages in the Body Temple: boils, skin eruptions, deformities, eczema, baldness, psoriasis, circulation problems, emotional instability, repressed love, heart problems and problems in love affairs. The awakening of the Sacred Beauty within will assist us in the elimination of artificial and toxic chemicals so often used on our skin and hair.



If you perform the exercises in the portal for seven days in a row you can awaken your inner gateways of Divinity (your chakras). I encourage you to do them throughout the moon cycle if you can. The Goddess that rules this portal in the Khamitic tradition is Het-Hru, commonly known to us as Hathor, the Goddess of Beauty. The grandmother for this moon cycle is Setting Sun Woman. She arrived September 10, 2026, at 10:27 p.m. Central Time. You can choose to do your spiritual practices with these or any other archetypal energies of your choice that represent Sacred Beauty to you. Mother Mary and Mary Magdalene are always good choices, as well as Lakshmi or Radha.



The Grandmother this Month: Setting Sun Woman–

The Guardian of the Next Seven Generations

The Keeper of Tomorrow's Dreams and Goals

August 23, 2024 – 1:07 am

The Mother of the Proper Use of Will/ Will to Live/Will to Survive/Will power

The Keeper of Mother Earth's Resources and the Guardian of Preservation

She teaches us:

- **How to preserve and use our resources without wasting anything;**
- **How to prepare for tomorrow by planning today**
- **Making and Meeting goals;**
- **How to show concern, dependability, and compassion through the ways we live;**
- **How to properly use our wills, using our intents to provide for future generations;**
- **How to Live 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 rose or cinnamon (Use this one sparingly as it can burn the skin!) essential oils in your tub. They both promote love, forgiveness, compassion, and peace. Cinnamon oil helps to eliminate circulation problems, emotional instability, repressed love, and heart problems. Use them 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 green for the heart chakra. The stone for this portal is rose quartz. This stone raises the body's vibration to the higher energies and opens the body to the expansion of beauty within by directing those energies through the heart. Utilize your rose and cinnamon oil on your altar for your annointings. A small rose in a bud vase also lends itself well for this portal. Other uses for your stone: Vibrational healing can be done by wearing and adorning your body with stones as a necklace waist beads, or belt. You can place stones in your pockets or other hiding places in your clothing. You can place them under your pillow when you sleep, or at the four corners of your bed. You may also put your stone in your bath water, as well as soak it in your drinking water, to fill your system with stone healing. Finally, you may let the stone sit in your clay to enhance the rejuvenation and cleansing energies of your clay applications.

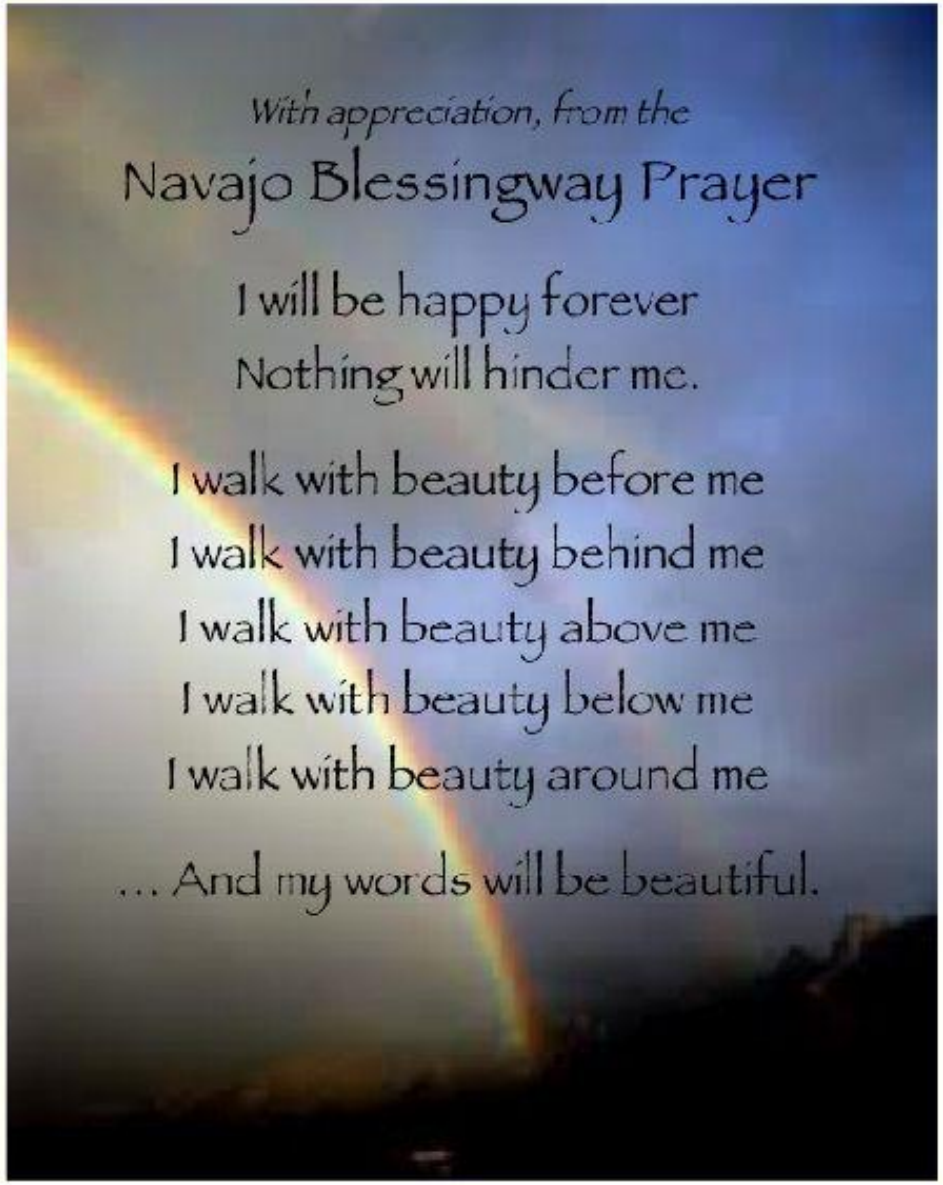
Use your flower essences and oils for this gateway, as well. Add a picture or representation of a guardian, Goddess, or Spiritual Mentor that symbolizes Sacred Beauty to you.

Prayer

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

"Beloved Creatrix, I offer my Body Temple as a sacred altar, clothed in an array of rainbow colors, reflecting the beauty and the boundless creativity of your light, so that my Body Temple may honor my beautiful spirit. May divine beauty be anchored in my harmonious thoughts, and may my peaceful attitudes and consciousness be reflected in the sacredness of my dress. May I be a walking embodiment of the Beauty of the Goddess, so that others may be uplifted by the Sacred Beauty I emanate in all my ways."

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.


With appreciation, from the
Navajo Blessingway Prayer
I will be happy forever
Nothing will hinder me.
I walk with beauty before me
I walk with beauty behind me
I walk with beauty above me
I walk with beauty below me
I walk with beauty around me
... And my words will be beautiful.

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 Padma Sundharyei Namaha

(Om Pad-mah Soon-dhar-yea Nahm-ah-hah)

"Om and Salutations to She who personifies beauty"

A chant to the Goddess Lakshmi

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 5. 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!

- Wild Rose – Contacting true inner healing capacities, courage to ignite self-responsibility in the healing process, especially to encourage the belief that one can be healed.
- Crab Apple – to alleviate obsessions with bodily impurities and imperfections.
- Hibiscus – to support integration of libido with sexuality and soul warmth.
- Pine– to release guilt and shame from the past.
- Elm – to restore strength and optimism and relieve overwhelm

Essential Oils:
Once again I want to remind you to utilize rose or cinnamon (Use this one sparingly as it can burn the skin!) essential oils in your tub. They both promote love, forgiveness, compassion, and peace. Cinnamon oil helps to eliminate circulation problems, emotional instability, repressed love, and heart problems. Use them on your altar, in your tub, in your bath salts or on a tissue as you go to bed.

Herbal Tonics
Aloe vera juice or tea is the tonic for this gateway. It creates a lovely disposition in women. Taken internally, it is a powerful blood purifier and colon cleanser. Applied under the arms, it acts as a deodorant, for internal cleansing, it can be a powerful douche—all of which aid us in our beautification. Aloe vera gel is excellent for treating burns, scars, blemishes, sores, and wounds. It helps to remove dead skin and stimulates normal growth of cells. It also acts as a moisturizer for the skin, and is a wonderful natural shampoo for the hair.

Stones
If you like to work with crystals, rose quartz is the stone for this portal. This stone raises the body's vibration to the higher energies and opens the body to the expansion of beauty within.

Suggested Transformative Work for this Portal:

- Indulge yourself in beauty this month.
- Get a facial, a pedicure, and a manicure.
- Do whatever makes you feel beautiful.
- Increase your number of Sacred Baths.
- Place a single rose on your cabinet or sink everyday.
- Cleanse your body temple.
- Get your hair done.
- Have your hands and feet waxed.
- Think beautiful thoughts.
- Take a hot soak.
- Walk in Nature
- Nurture and pamper yourself.
- Create a sacred outfit for yourself.
- Make yourself some waist beads.
- Release the chemicals from your life and use only natural beauty tools.
- 75 days of soft

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 Sacred Beauty. How do you feel about yourself? Do you see yourself as beautiful? What does beauty really mean to you? Where does it come from? What can you do for yourself to enhance your beautificness? 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.

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. As you move through your life, you will find that spending time "connecting" with yourself and your Source will become more and more necessary on a regular basis. 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.

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 6:
Flower Essence: Wild Rose, Elm, Pine, Crab Apple,
Essential Oil: Cinnamon and Rose
Aloe Vera Juice
Rose Quartz

Guided Meditation

Set an Intention for this moon cycle…

Sacred Beauty Dance

The Beauty of a Sacred Woman

"As a Sacred Woman, I embody beauty, dignity, majesty, and grace. We honor you, Hathor, for you embody absolute beauty, sensuousness and grace. The nature of creation is that it is always progressing toward beauty. The nature of the body is to beautify itself; the nature of the mind is to have beautiful thoughts; the longing of the heart is for beautiful feelings. The Sacred Woman is the most radiant and beautiful woman. She is the female manifestation of Creator, and the Most High within her brings unmeasurable beauty. Everyone who looks upon this Sacred Woman is captivated by her divine beauty. It is admired and enjoyed just like the natural beauty of rose petals and due drops. Wherever a Sacred Woman journeys, she leaves the essence of beauty behind her." – Queen Afua, Sacred Woman

Ground and Close