

# Body Wisdom

Business & Life Coaching

*Earth Your Vision*

*Class 5*

*Sacred Rhythms*

*Speaking the Sacred: Molding Your World with Your Words*

*with Kathy Forest*



A photograph of a forest path. The path is made of dirt and fallen leaves, winding through tall, thin trees. The ground is covered in green grass and some yellowish-brown patches. The trees are mostly evergreens, with some bare branches visible. The lighting is soft, suggesting a misty or overcast day.

*Speaking the Sacred: Molding Your  
World with Your Words*

*In honor of Beltane and New Moon in Taurus...*

*Financial Sovereignty*

*Own Your Money Power*

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**Coming May 18 at 11:00 am Central time!**

**8 weeks of magnificent money magic!**

**There is still time to get in on this!**



Calling in  
Sacred Space



**Open your  
Creation Vessel**

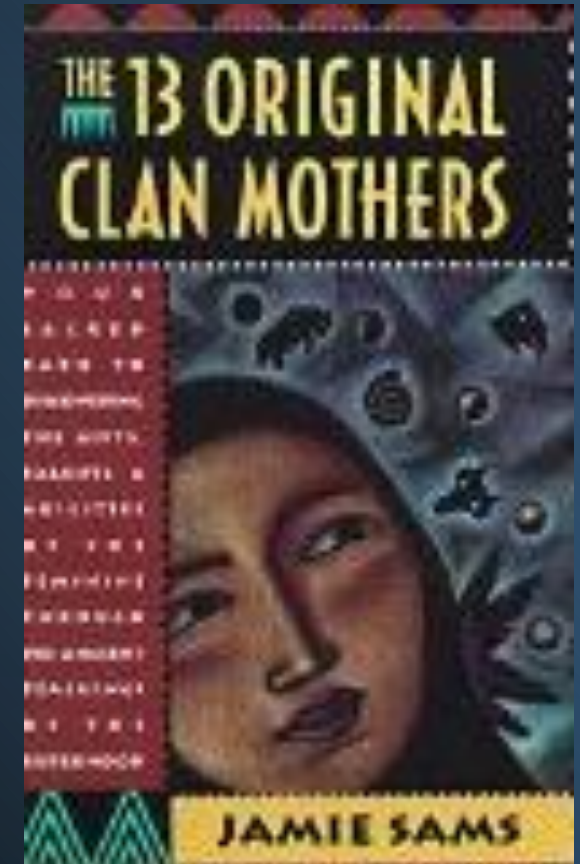
**To Receive**

**New Moon: Today, May 19, 2023 at 9:53 am Central**  
**The Grandmother this Month: Listening Woman –**  
**Mother of the Tiyoueh, the Stillness**

**The keeper of Discernment and Guardian of Introspection**  
**The interpreter of Messages from the Spirit World**  
**The Counselor and Advisor, The Keeper of Hearing**

**She teaches us:**

- **How to enter the Stillness and hear our heart's still, small voice within;**
- **How to find and understand the Inner Knowing we carry in our Spiritual Essences;**
- **How to listen to the viewpoints and opinions of others and the voices of the Ancestors;**
- **How to understand body language and unspoken thoughts;**
- **How to hear with the heart;**
- **How to Hear the Truth.**



Take a moment and review your life since you began this journey. Consider how your life has shifted. If you are like most of us, it may feel as if the Universe is drawing you toward a new destination. You may be shifting many foundational things in your life, things that needed shifting. You may have started eating more healthy foods, drinking more water, or clearing out excess emotional baggage. You may have noticed that it might feel as if an outside force is pulling (or dragging) you along, compelling you in some way to keep going...to go further. And, indeed, it is. ***This journey is literally “keyed-in” to this planet, the cosmos, and your cells, through your DNA.*** With the precision of a fine Swiss watch, the planets’ energies impinge upon the Earth and all her inhabitants. Earth receives this vibration and adds her own to the mix. All of these large bodies of energy exert their influence upon us. This is why we have spent so much time clearing your physical instrument. When your body is light, open and fluid, it enables you to discern this flow and learn to use it. You can “ride the wave” of this current and allow it to carry you to your desired destination. When your body is not “in tune” with this flow, discernment can be difficult. It may feel as if you are trying to swim up-stream. So it will be important for you to continue to assess and re-assess how your body feels. The feeling we are going for is CLEAR, CLEAN, and CURRENT. Using the tools you have been given, up to this point, you can continue to maintain and improve the condition of your cosmic tuning fork (your body), as you see fit.

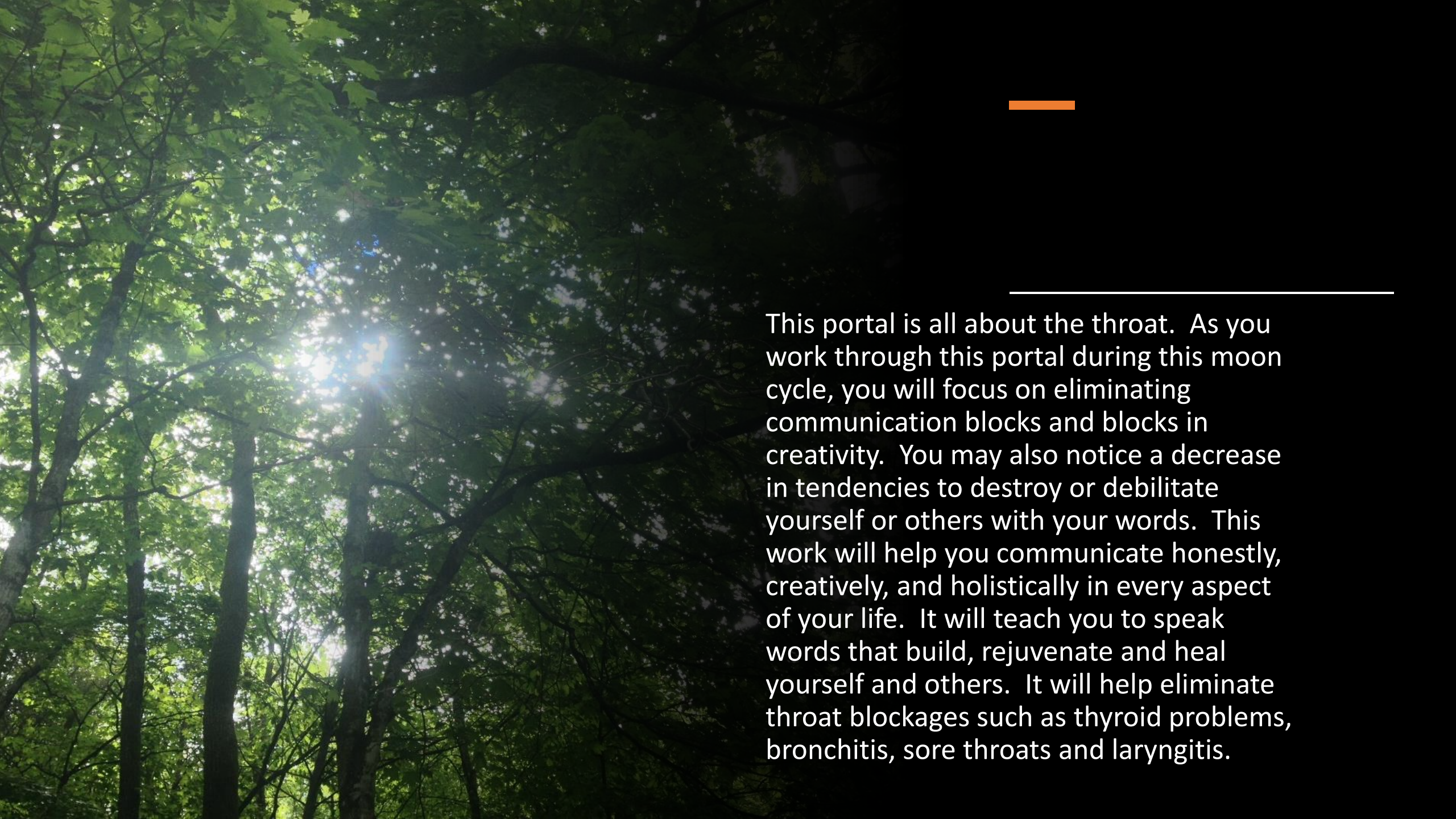




I have used the term “portal” to distinguish the difference between different parts of this journey. I consider a portal to be a gateway or an opening, in this case, to a new modality of healing. However, as we progress, I would like for you to consider it in layers. We have laid down the foundational layer of body practices upon which the other layers or portals will be built. As you may have noticed, this portal may have seemed like an Initiation of sorts, and indeed, it was. It was an introduction into a new way of being. Each different portal will probably feel like that. It will be important for you to continue to practice and develop your skill in Portal 0 and then “layer in” subsequent Portals as we continue.

In this class we are entering a ***new Portal***, the ***Portal of the Sacred Word***. This Portal is also foundational in that it is the power that creates everything...***EVERYTHING!*** And, yes, even this Portal is “keyed-in” to your physical body. In other words, it will feel right and natural for you to begin considering creation, and how you use your words to create your life during this specific moon cycle. It will also feel right and natural for you to want to connect with that deep, inner place, of “NO WORDS,” the “Silence,” the “Tyowey.





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This portal is all about the throat. As you work through this portal during this moon cycle, you will focus on eliminating communication blocks and blocks in creativity. You may also notice a decrease in tendencies to destroy or debilitate yourself or others with your words. This work will help you communicate honestly, creatively, and holistically in every aspect of your life. It will teach you to speak words that build, rejuvenate and heal yourself and others. It will help eliminate throat blockages such as thyroid problems, bronchitis, sore throats and laryngitis.



We call this the **Portal of Sacred Words**, but a better description is the **Portal of Sacred Sound**. Sound is a wonderful tool. And it is **THE foundation of any form of creation because it creates at the vibratory level.** It “pushes in” to the unseen realm. We seldom consider this as we move about our everyday lives. But we are literally creating our future by the “sounds” we emit. When said that way, it can really give you cause for pause. What have we been creating with our words? What have we been listening to? How is that creating what we are living right now? How is it affecting those we live and work with? Is there room for improvement? Always!

I will be introducing a new practice with each Portal, as well as giving you another list of activities you might want to engage in during the moon cycle that will enhance your journey. Please feel free to sample as many as you like and leave the rest. You can always come back and review and try something new. Remember, it’s keyed in. You are going to feel compelled to engage in these practices every May for the rest of your life, right? So don’t feel overwhelmed, if all you get done this month is listen to the class and do the guided meditation. It will come back around and now you will be armed with your tools.

Many of the practices contained here will lend themselves well to a “daily practice” like we discussed during our first class. So, you might want to refresh your memory by going over that class again. Assuming you *are* taking that quiet time daily for yourself, you may want to incorporate some of the suggestions below into that time.



### *Your Sacred Container*

**Really consider increasing your level of commitment to this program by incorporating it into your morning meditation time. Since we have entered a new portal all of your healing tools are different. They are outlined below. Also included are some prayers written by Queen Afua that support this work. Use as many of the suggestions that feel good to you and support your growth. My experience has been that when you say the prayers and do some sort of quiet time every day, it feeds your spirit. You will find that this will go a long way to help you “source” yourself so you don’t feel the need to feed your body unhealthy things. You will also find that the prayers will help your resolve to heal yourself through the current portal. Hint: See if you can do whatever practice you choose, seven days in a row. This will cause all your chakras to resonate with what you are doing and raise your vibration dramatically.**



## Exercises for Portal 2

**Altar** - If you utilize an altar, you might want to enhance it with the color sky blue or turquoise as this color resonates with the throat chakra. You might also want to use the crystal, Aquamarine, as this opens the throat. Eucalyptus oil is also a good throat chakra opener. If you connect with any sacred feminine Avatars, suggestions for this portal are: Saraswati, Goddess of the Sacred Word in the Hindu tradition, Gayatri, Goddess of Divine Intelligence in the Hindu Tradition, Bridget, Guardian of the Sacred Word in Celtic and Christian traditions, and Lady Nada, the Ascended Master who is the keeper of Divine Speech. If you come from the west and resonate with the Christian Tradition, Mother Mary or Mary Magdalene are always good choices for all of the portals but especially this one. By placing a representation of someone who has mastered this aspect of life on your altar, you begin to align yourself with their vibration and you may find it easier to master the disciplines of this portal. Pick someone that suggests wise use of words to you.

**Meditation** - The Sacred Grandmother that governs this moon cycle in the Seneca tradition is Listening Woman. She carries the medicine of "Hearing the Truth." She teaches us how to enter the Silence so we can access the voice of the Inner Knowing and Inner Truth. Obviously, this would be a very good practice to engage in any time you get the chance, but especially now.



## Prayers for this Portal

**Prayer** – What better way to utilize our words, than to connect with the Divine. Below is a prayer written specifically for this moon cycle. It is found in the book, Sacred Woman by Queen Afua.

*“Divine Creator/Creatrix, assist me in speaking words of power. May my words be anointed. May my words not damage a soul. Divine Mother, assist me in speaking words that heal, words that empower, words that build, words that transform. Help me guard my words so that no venom passes my lips and no destruction results from my speech. Rather, may my words impart light to souls who are seeking Your face. If my words show me to be out of divine right order, may my mind and mouth be cleansed. Help me not to speak words that break down the divine in me or in my sister or my brother, my mate, my child, my Elders, or my ancestors. Divine Mother/Father, place words upon my lips that make my voice disperse sacred medicine. May my words be lotus blossoms that encourage all the souls I meet to reach for greater heights. May my words speak with your breath and sing your sweet song of life. Because of the words and the evolved tones that I utter, may goodness follow me all the days of my life.”*

You can utilize this prayer or another that inspires you to pay attention to the sounds you surround yourself with and those you emit yourself. Imagine how your life would be different in three weeks time, if you simply read this prayer every day during your morning quiet time. That simple practice would be enough to shift your world tremendously.



## Affirmations

Affirmations are a wonderful way to move your life forward at a positive pace you can handle. Below are a few to get you started. Remember it is always best to say these out loud. If you do not have the privacy or don't feel comfortable doing so, simply reading a few everyday can shift your energy and outlook tremendously.

- I am a divine, wonderful expression of life, and am living fully from this moment on.
- I am always learning and growing.
- I am worthy of love and respect.
- Happiness is at the center of my world.
- I am a blessing to the world.
- I am growing more beautiful and luminous day by day.



## New Tools

**Essential Oil** – Eucalyptus oil is very beneficial during this portal. It opens seventh chakra and clears the throat. (Packets are now available for purchase online or in the office. If you received a packet from me, it contains Eucalyptus essential oil in an organic sesame carrier oil. It is also in the bath salts.) Use it on your feet or to anoint your chakras during your meditation time.

## Flower Essence Blend-

The following flower essence will deepen your experience of Portal 2. Put them on your altar or your bathtub. You can take 4 drops 4 times a day directly on or under the tongue, or add the same amount to a small glass of purified water and sip. You can also drop them on the top of your head, rub them on pressure points, the palms of your hands and soles of your feet, or put them in your bathtub. (If you are using the packet, the dropper bottle contains a blend of the following flower essences:)

- Calendula – Contacting the healing power of the word, using words as a positive healing force.
- Cosmos – Speaking with clarity and depth when speech tends to be too rapid or inarticulate.
- Trumpet Vine – Clarity and vitality in verbal expression.
- Snapdragon – Addresses issues of lashing out, using biting or cutting words; supports emotionally balanced communication.
- Heather – Addresses problems of self-absorbtion, excessively talking about one's problems.
- Larch – Confidence in self-expression. Heals the throat; communication and creativity chakra.



## Herbal Tea

Drink eucalyptus tea everyday during this moon cycle to open the throat.

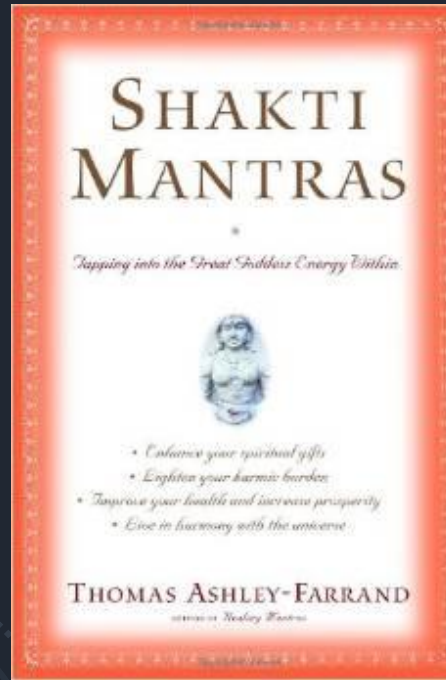
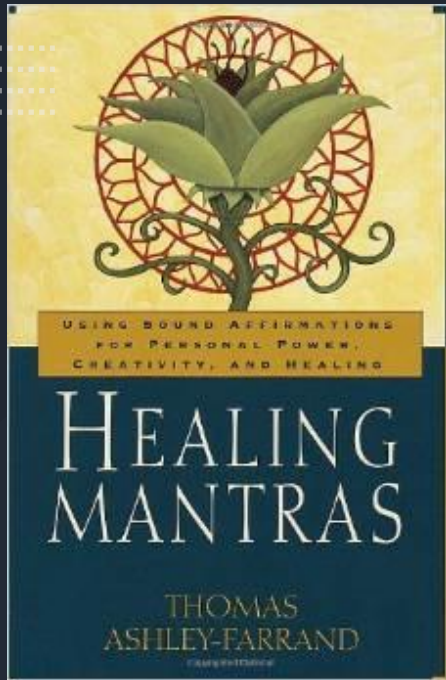
Also, try this Herbal Relaxation tonic: 1 tsp. dried chamomile (or a tea bag), 1tsp. dried hops (or a tincture if you can't find the dried herb), 5 drops valerian extract or 1tsp. valerian root, 4-8 oz. hot water. Use this one before bed because you can become VERY relaxed.





## Other Suggested Transformative Work for this Portal

- Audio or video tape yourself during the month to see how you sound.
- Do a sacred silence fast from speaking or sound for 1-4 hours a day or more. Do this with others together to see how it feels. Record your experience.
- Be sure to continue with the other practices we have discuss regarding food intake, drinking extra water, adding “green” food to your diet, fasting, enemas, salt baths and clay and castor oil packs as needed.
- Begin watching the words you take in via friends, TV, radio, etc. Watch the way you speak and try to enhance and improve it. See how this transforms your life.
- Watch how you use the words, “I am...” Be careful what you are affirming about your life.



# A New Tool: Mantra Chanting!



### **Some Chants to get you started...**

Saraswati—Goddess of Knowledge and the Sacred Word

To invoke knowledge, wisdom, and academic success:

**Om Eim Saraswatyei Swaha** (Om Im Sah-rah-swaht-yea Swaha-hah)

“Om and salutations to the feminine Saraswati principle”

**Om Eim Shri Maha Saraswatyei Swaha** (Om Im Shri Maha Sah-rah-swaht-yea Swaha-hah)

“Om and salutations to She who provides knowledge and wisdom.”

Lakshmi – Goddess of Abundance

To draw abundance into your life:

**Om Shrim Maha Lakshmieyi Swaha** (Om Shreem Mah-hah Lahkshmee-yea Swaha-hah)

“Om and salutations to she who provides abundance.”

To become more attractive:

**Om Padma Sundharyei Namaha** (Om Pahd-mah Soon-dhar-yea Nahmah-hah)

“Om and salutations to She who personifies beauty.”

To produce the peace of Lakshmi:

**Om Shantiyei Namaha** (Om Shahn-tee-yea Nahmah-hah)

“Om and salutations to She who is the giver of peace.”



To produce in oneself the Spirit of Truth

**Om Satyei Namaha** (Om Saht-uea Nahm-ah-hah)

“Om and salutations to She who empowers truth.”

To attune to the Celestial Healer within:

**Om Shri Dhanvantre Namaha** (Om Shree Dhahn-vahn-trea Nah-ma-hah)

“Om and salutations to the celestial healer.”

Durga – Goddess of Protection

For general protection:

**Om Dum Durgayei Namaha** (Om Doom Door-gah-yea Nahm-ah-hah)

“Salutations to She who is beautiful to the seeker of truth and terrible in appearance to those who would injure devotees of truth.”




## **Homework – Continue**

- **Daily Epsom Salt Baths**
- **Drink 8 glasses of water a day**
- **Begin your day with warm lemon water**
- **Gather your new Energetic tools**
- **Daily Spiritual Practice**
- **Read the Prayer for the Portal Daily**
- **Dirt Time**
  
- **Continue to Shift your Diet**
- **Add Green leafy salads to lunch and dinner**
- **Add 1 other cleansing tool of your choice.**
- **Pace yourself**
- **Try an Affirmation or Chant**
  
- **Portal 2:**
- **Flower Essence: Heather, Larch or Blend**
- **Essential Oil: Eucalyptus**
- **Eucalyptus Tea**



## Guided Meditation

A photograph of a spiritual altar. In the center is a glowing golden statue of a deity, possibly Lord Venkateswara, seated on a lotus. To the left is a framed picture of a starfish, a white starfish, and a framed picture of a landscape. To the right is a framed picture of a landscape. The altar is set against a light blue background. The text "Set an Intention for this moon cycle..." is overlaid on the right side of the image.

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

### Closing Words from Queen Afua:

*“Sacred words, manifest in the silence. Sons and Daughters of Divinity, chant the libations of surrender as the Creator channels forth universal truth. Sacred words live in the Spirit, the essence of “self,” which journeys from land, gathering pearls of wisdom and healing along the way.*

*Sacred words dance in the temple of the Goddess, surrounding Ra-filled auras with infinite blessings, guiding purposeful steps that build upon destiny’s path.*

*Sacred words hear the seeds of organic fruit, nourishing weary souls with the nectar of upliftment, filling empty vessels with love, abundance, and joy.*

*Sacred words play upon the slips of sacred women and men and hold the potency of ancestral ways with enough mystical magic to heal the world.*

*Sacred words unfold in courage, speaking the unspeakable with clarity, vision, and purpose, sending messages of honor and protection.*

*Sacred words rest in the heart, and awaken to the joyful sounds of promise radiating light channeled from above.”*







# Sacred Words Activation Dance



Gratitude  
Closure  
Ground