

Portal 1 - Sacred Food

**The Grandmother this Month: Looks Far Woman –
The Keeper Of the Golden Door & Crack in the Universe
New Moon: April 19, 2023, 11:12 pm Central Time**

She teaches us:

- **How to understand our visions, dreams, feelings, and impressions;**
- **How to enter the Dreamtime and go into other realms through the Crack in the Universe;**
- **How to properly use our psychic ability and gifts of prophecy for humanity;**
- **How to use spiritual boundaries, psychic self-defense and respect the boundaries of others;**
- **How to use our inner potential to become healed healers;**
- **How to See the Truth**

Prayers:

Sacred Woman Spirit Prayer

Sacred Woman in the making, Sacred Woman, re-awaken. Sacred Spirit, when you hold me near, I am protected from all harm and fear beneath the stones of life. My steps are directed in the right way as I journey through this vision. Sacred Spirit, I am surrounded with Your absolutely perfect light. I am anointed with Your sacred purity, peace, and divine insight. I am blessed, truly blessed, as I share this Sacred Life. I am learning, Sacred Spirit, how to be in tune with the Universe. I am learning how to heal with the inner and outer elements of air, fire, water, and earth.

Sacred Food Prayer *Divine Creator/Creatrix, with Your assistance I am breaking my food addictions that cause me disease. I am learning to avoid eating foods that cause cancer, high blood pressure, tumors, anxiety, and premature aging. I am learning to discern angelic foods over foods that create demonic action. Assist me as I am cultivating the power to eat foods that build my body into a temple of wellness, radiance, and health. I am finding solace in consuming sacred organic fruits, vegetables, nuts, whole grains, sprouts, and pure water. I am remembering that all these gifts of true nourishment make me into a Holy Light Being—a Sacred Woman. (Prayers modified from Sacred Woman, by Queen Afua.)*

**Oil: Thyme/Grapefruit Tea: Parsley Stone: Carnelian
Flower Essences: Crab Apple, Walnut, or full blend Color: Yellow**

Journal Questions:

What am I consuming? What am I listening to? Where are my thoughts-my internal words?

Chant: Om Shrim Maha Lakshmi-yea Swaha