Portal 4 – Sacred Relationships

<u>The Grandmother this Month: Loves All Things –</u>
<u>Mother of Unconditional Love and All Acts of Pleasure</u>
The keeper of Sexual Wisdom and Self Respect
The Sensual Lover/the Mother-Nurturer/The Warmth of the Feminine
The Guardian of the Needs of the Family

She teaches us:

- **How to use respect, trust, and intimacy in all relationships;**
- **How to love all aspects of our lives, lessons, sexuality, and physical beings;**
- **How to be a loving woman, nurturing mother, sensual lover, and trusted friend;**
- **How to forgive ourselves and others, developing acceptance and shunning criticalness;**
- **How to Love the Truth.**

Prayer:

"Divine Mother, I pray for Sacred Relationships in my life. First, may I create a Sacred Relationship with you Sacred Mother Creatress; then with my parents, children, sisters, brothers, friends, associates, co-workers, teachers, and students, with nature, and with all my other relations. Divine and Sacred Mother, help me to attract and establish harmonious, wholesome, and healthy relationships. Help me to unblock and release old hurt feelings, resentments, and hostility that are trapped within my Body Temple. Help me to have the vision and strength to learn from all my relationships, as they are all my reflection, each and every one. If by chance my relationships do not change, may I remain unfazed and on target. May I be the one to create new links of change and transformation for my Ancestors, my descendants, and myself, for all healing really begins within me. I affirm that each one of my relationships has value and in some way has forced or helped me to grow into a more sacred relationship with myself. As I reflect on the true purpose and sacredness of relationships, I give thanks to the Divine in me and the Divine in all others."

Oil: Lavender/Ylang Ylang Tea: Chamomile Stone: Carnelian
Flower Essences: Violet, or full blend Color: Blue
Journal Questions:
What relationships need improvement in my life?
Chants:
Aham Prema
(Ah-hum Prei-mah)
"I am Divine Love"
To be chanted to become the highest form of love you can be.

Om Parama Prema Rupaya Namaha
(Om Pah-rah-mah Prei-mah Roo-pah-yah Nahm-ah-hah)
"Om and Salutations to the supreme divine love, coming in a recognizable form."
To be chanted to bring the highest possible expression of love into your life.