

Body Wisdom

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Earth Your Vision

Class 12 Sacred Rhythms – Attuning Your Body to the Earth
Sacred Lotus Initiation
with Kathy Forest





Sacred Lotus Initiation



Calling in Sacred Space

A large bonfire of logs and branches is burning brightly in the center of a grassy field. To the left, an older person with a long white beard, wearing a dark robe and a grey hat, stands with their back to the camera. To the right, a younger person with long brown hair, wearing a dark jacket over a floral dress, stands facing the camera. The background consists of a line of trees with autumn foliage under a soft, hazy sky.

Open your Creation Vessel

To Receive

SACRED LOTUS INITIATION

This is the final Portal that we pass through during our Sacred Rhythms Cycle. As such, it is a birthing ceremony, an initiation into the realm of the Sacred Woman. A woman who restores her power by Sourcing her mind, body and Spirit appropriately. A woman who remembers that everything she needs resides within her, and who knows how to draw that forth. A woman who does not wait for those outside of her to restore her to her rightful place among humanity, but raises herself to the eternal heights by utilizing the sacred tools provided by the Earth Mother to heal her body, mind, womb and heart. This woman remembers that to put down the feminine, to suppress her, beat her, or demean her in any way is not only a societal crime, but above all is a spiritual crime against the feminine aspect of the Most High dwelling within all men and women. This woman does her best to honor the Divine Feminine in herself, and to teach the next seven generations to do so. She consciously raises her vibratory rate, knowing that as she does, she raises the vibration of the planet and all of humanity. She sees this as her Sacred Duty and considers it an honor and privilege to serve her fellow beings in this way.



“Out of the mud comes for the Sacred Lotus, symbol of beauty, grace, purity, and perfection. Her wisdom tells us that what appear to be life’s challenges, struggles, ups and downs, confusion, pain, and sadness are actually opportunities for us to move up and out of the mud. As we move through these tests challenges and struggles, we bring forth our inner lotus, the reflection of our inner beauty. This is the moon cycle where we review how far we can come in our cleansing and celebrate it. We meditate daily, focusing on our third eye, reviewing the past year with joy, praise and gratitude. Envisioning what the lotus represents will help you manifest nature’s beauty from deep within you.

Through the Sacred Lotus Initiation Portal you will experience Oneness with the Creator/Creatrix, divine inspiration, divine wisdom, spiritual unity, and empowerment in body, mind and spirit. This will place you in the Seat of the Great Mother, a reflection of your higher-self, reborn as a Sacred Woman.

Portal 9 will eliminate Sacred Initiation blockages in the Body Temple: the inability to move forward, or feeling of being stuck in a rut or trapped.



The Grandmother that governs this moon cycle is Gives Praise. She joins us November 20, 2025, at 12:47 am Central Time. Other archetypal energies that lend themselves well to this Portal are Lakshmi of the Hindu tradition, Isis of the Khamitic tradition, the Goddess Dianna, and of course, Mother Mary and Mary Magdalene from the Christian tradition. Connecting with any of these guardians, or the Divine Mother, Sophia, Herself, will allow you to make a connection to the real you the Divine You that dwells within. Allow them to help you purify your heart within and without, so our outer world reflects our inner world.



The Grandmother this Month: Gives Praise

The Mother of All acts of Thanksgiving and Keeper of Abundance

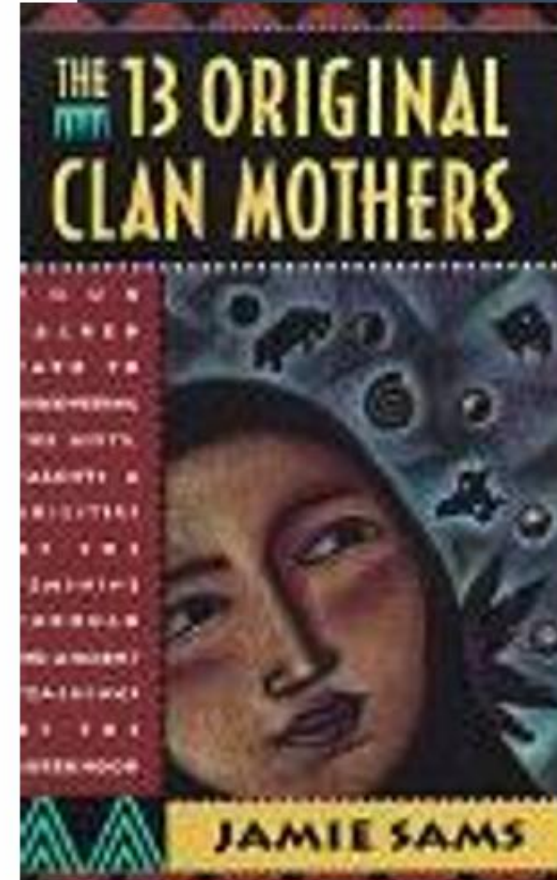
The Guardian of Ceremony and Ritual/ The Keeper of Magic

The Mother of Encouragement and the Guardian of Celebration

The Wisdom-Keeper of the Art of Giving and Receiving

She teaches us:

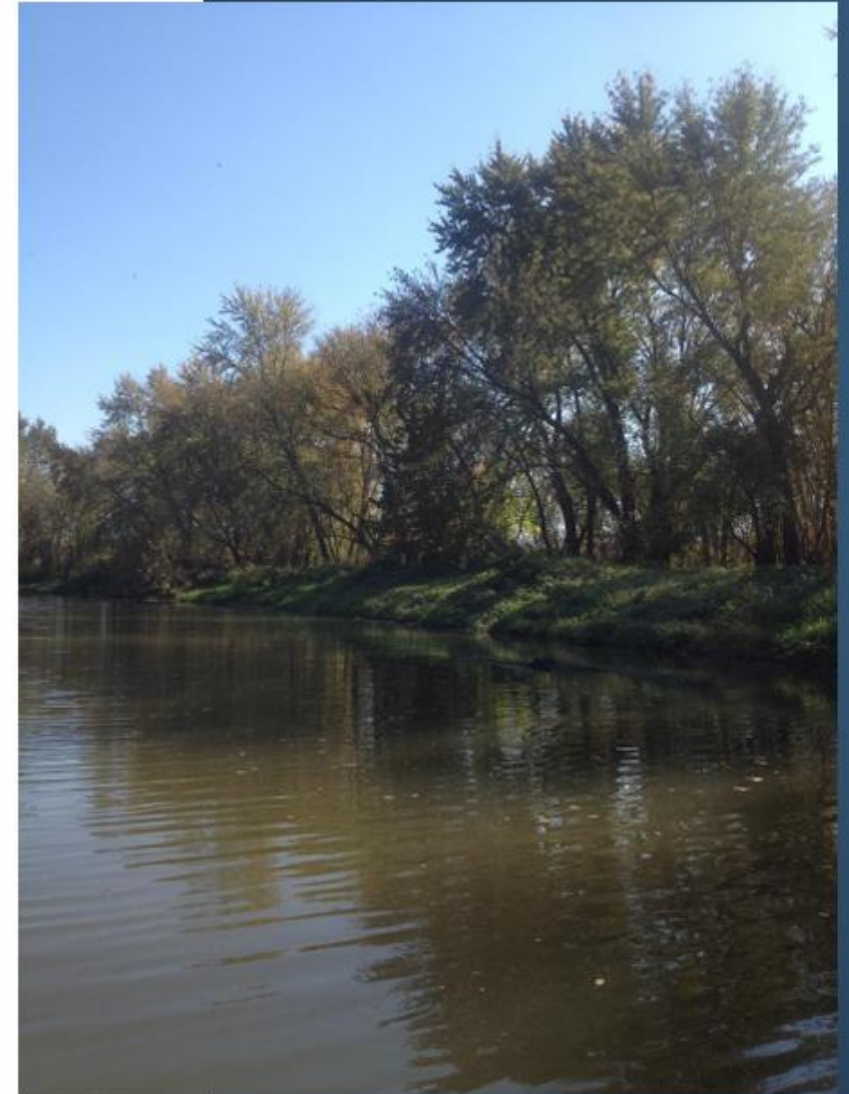
- How to return thanks for the abundance we need before it arrives, making space to receive it;
- How to celebrate every victory in life with joy—ours as well as the accomplishments of others;
- How to use right attitudes to create magical changes in the Self;
- How to create abundance through praise, giving, and receiving;
- How to BE GRATEFUL FOR 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 am utilize Blue Lotus oil in your tub for the crystal/crown—for divine oneness with the Goddess, inspiration and wisdom. It brings forth the sacredness of the womb and ignites higher spiritual consciousness.



Your Altar

If you use an altar, set up your altar on the first day that you open this gateway. Use the color white with light blue, for purification, illumination, and devotion for this portal. The stone for this portal is amethyst. It is a sacred healing stone and helps to illuminate the mind and spirit.



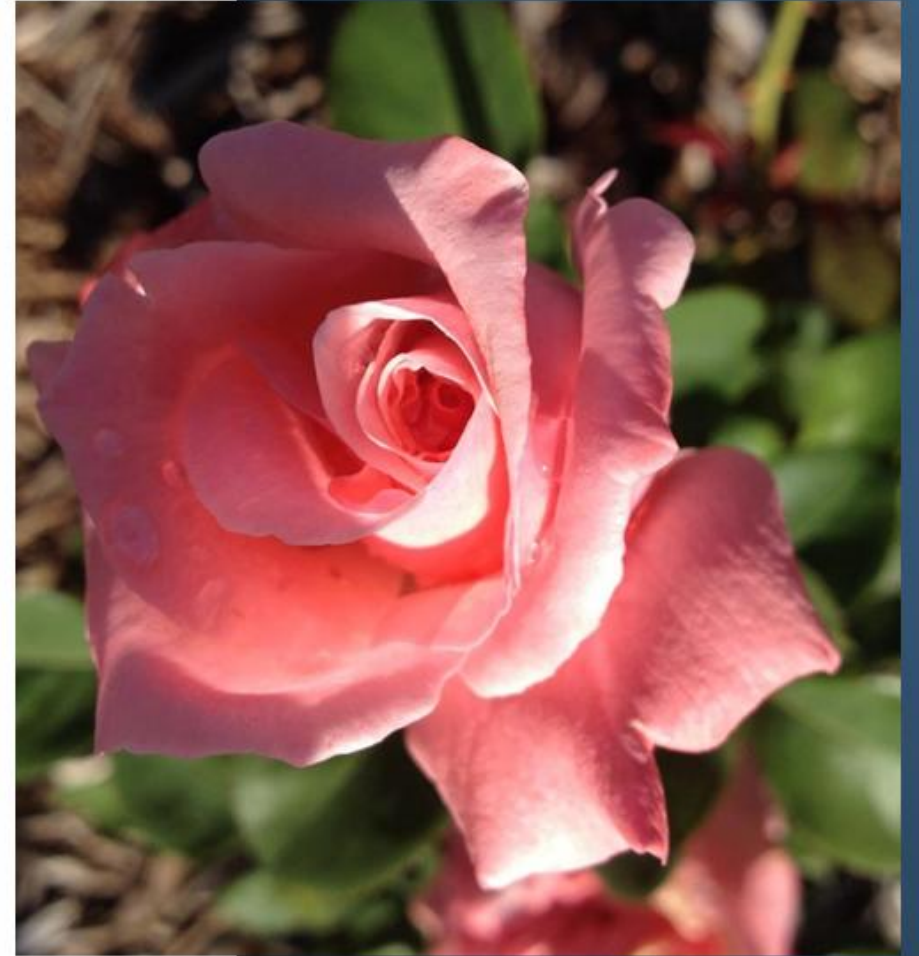
Prayer

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

Great and Divine Supreme Mother, thank you for showing me the way to becoming a realized Sacred Woman. I thank you for awakening me to my true nature, for opening the Portals of Sacred Woman Enlightenment. I thank you for washing my soul at the shore of the Great Ocean; for charging me with the light of the Sun's rays; for delivering me a refreshed breath of life; for helping me to stand on solid ground, as I return to my Sacred Woman seat of stability and strength, poise, ease and empowerment.

I thank you, Great and Divine Supreme Mother, for reawakening and healing my womb; for bringing power back into my words and serenity into my silence. I thank you for giving me the foods that reflect good health and longevity; for cleansing my space and presenting me with a sacred home; for beautifying me and bringing out my creativity in unlimited ways. I thank you for healing my life and giving me the desire to help others to heal themselves; I thank you for restoring all my relations; for giving me the courage to experience Sacred Union and for filling my spirit with joy and gratitude.

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.



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

Or any of the other chants we have used throughout the year.



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 8. 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 on 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!

- Clematis – Spiritual receptivity, opening the feminine aspect of the self to the higher worlds.
- Heather – Creative expression of the feminine aspect of the self.
- Vine – Enhancing and balancing moonlike, receptive qualities of the psyche.
- Water Violet – Creating a chalice or inner vessel for receiving higher inspiration; attunement to feminine forces.
- Rock Water – Greater inner space for the feminine self.
- Gorse – Spiritual elixir; enhances and harmonizes higher consciousness; open and expansive spirituality; meditative insight and synthesis.



Essential Oils:

Once again I want to remind you to utilize Lotus oil in your tub for the crystal/crown—for divine oneness with the Goddess, inspiration and wisdom. It brings forth the sacredness of the womb and ignites higher spiritual consciousness.

Herbal Tonics

Drink Solar Water during spiritual prayer work and throughout the week. This is pure water charged by the sun for one to four hours. Do this for at least seven days in a row and preferably all month long to receive the full benefit of tuning into this portal. Enjoy it during your morning journal time.

Stones

If you like to work with crystals, the stone for this portal is amethyst. Both are sacred healing stones and helps to illuminate the mind and spirit.



Suggested Transformative Work for the Sacred Lotus Initiation Portal

- Create a ceremony to commemorate your progress as you have passed through several portals of initiation. Review your time in the lodge so far and note how far you have come. Include a dance of gratitude to the Goddess for how she has helped you clear what you have cleared so far.
- Create some womb healing goals and intentions for the next year. Where are you now, and where are you ultimately going from here? Make your commitment statement in front of your altar. Visualize yourself sitting on and in your own divine seat of the Great Divine Mother, the Sacred Seat of Spiritual Power and High Holy Quality of Wellness.



- Reflect on each Portal you have passed through and identify the greatest challenge you experienced. Then tell the story of each Portal, and its challenge, and how you turned its lesson into a blessing. As you take delight in your growth, embrace and appreciate your strides. Remember, with each Portal you have moved through, you have gained new energy, knowledge, wisdom, and enlightenment. The time has come to cherish and celebrate your experience in each Gateway. Give thanks to the Goddess for a safe journey, and proudly assume your seat as a Sacred Woman.
- When you do your ceremony, be listening for a new name. Sometimes Spirit will bless us with a name that symbolizes the new vibration we hold, or one we are aspiring to. You may even want to gift yourself with a new name. This name should indicate your goals and aspirations. The name you choose will guide, inspire, enhance, and transform you, so before taking it on, seek counsel from an Elder within the cultural or spiritual order of your choice. Then fast and pray so the appropriate name will come to you through divine guidance.



Thoughts on Initiation

As we come to the end of the Nine Portals of Transformation, it is a time to celebrate birthing ourselves into a new, healthier, and more spiritually centered lifestyle. The first birthing ceremonies were enacted thousands of years ago in the ancient Nile Valley when a mother-to-be was birthing a child. They were sacred rites that only women attended, and they marked the first recorded appearance of Midwives, Priestesses who were skilled at bringing new life into the world. Traditionally, from two to five Spiritual Midwives were present at the Birthing Ritual. Because these Priestesses lived a spiritual lifestyle, they were able to call for the Divinity from the celestial realm to assist them in this sacred work. This ensured the safety and protection of both mother and child as they moved through this powerful and dangerous transformation to a new life.



This whole moon-cycle is centered around re-birth and initiation. It is a graduation ceremony, for a woman or a circle of women who have completed a round around the wheel. It allows them to feel renewed, reborn and committed to continue living and sharing Sacred Woman Wisdom. Doing ceremony around this time, empowers women to keep their commitments to themselves as they endeavor to raise the vibration of their wombs and the womb of this planet.



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 yourself, the Goddess, Creator, sacred healing journey up to this point. 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. You can also write down your visions, desires, dreams, and affirmations so that you will be able to draw on these resources when help and support are needed most.

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. 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 9:

**Flower Essence: Clematis, Heather, Vine,
Water violet, Rock Water, Gorse**

Essential Oil: Lotus Oil

Herbal tonic: Solar Water

Stone: Amethyst



Guided Meditation



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



Sacred Lotus
Initiation
Dance



Ground and
Close

