Class 4 *Sacred Rhythms*
The Importance of Pure Source
with Kathy Daugherty

Copyright Kathy Forest 2016

https://naturalrhythmsrevolution.com/ggg2019/

Copyright Kathy Forest 2016

The Importance of Pure Source: Sacred Food

Copyright Kathy Forest 2016

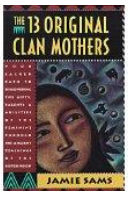
Calling in Sacred Space

Copyright Kathy Forest 2016

Open your Creation Vessel

To Receive

Copyright Kathy Forest 2016



The Grandmother this Month: Looks Far Woman –
The Keeper Of the Golden Door & Crack in the Universe
New Moon: April 5, 2019, 3:50 am Central Time

The Seer, Oracle, Dreamer, Prophet
The Mother of Visions, Dreams, and Psychic Impressions
The Guardian of the Dreamtime and Keeper of Inner Potential

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**

Copyright Kathy Forest 2016

LIVING WELL IN YOUR BODY TEMPLE…

"If you want to ascend on the Sacred Woman path, know that you become one with all that you consume." ***--Queen Afua***

We are beginning a new segment of our journey of womb health. During our time in Portal 0, we were getting the basics. We were learning about all the "how-to's" of just getting ready to begin this process. So now, we are ready to begin our journey in earnest. Before we discuss this new Portal, it is important to understand exactly what we are doing and why. Up to this point, our information has been from a personal perspective. We are shifting our practices because we desire to heal our own bodies, hearts, minds, and wombs. At this point, the game gets bigger.

Copyright Kathy Forest 2016

You see, when a woman takes on this process in earnest, she comes to a point where she realizes she is not just doing this for herself, but for the collective. When we begin to heal our bodies, our spirits and our energy bodies or auras get bigger and more powerful. We begin to garner more spiritual juice. We can "pray bigger." This is important. At this time on the planet we need all the spiritually powerful women we can get to anchor their prayers in the physical. That is the true purpose of this work. So with that in mind, we are going to build a container to hold our healing practices. Today we are going to introduce more ways that we can make ourselves stronger so we can pray bigger.

Copyright Kathy Forest 2016

The Portal of Sacred Food

What we consume dictates who we are and what we are. Whatever we consume, we become. This portal will show us how to consume only the highest and purest level of food to transform ourselves into our highest possible vibration. As we clear our bodies, we will find that we ***need*** to consume a higher ratio of live foods, foods that are filled with living enzymes and that contain more oxygen and nutrition. "Because we literally become the foods we eat, the thoughts we think, and the emotions we feel, when we consume life-giving, organic, uncooked vegetarian & vegan foods, our Body Temple reawakens from the grave of flesh. We are no longer feel tired and worn out. When we drink freshly pressed green and/or orange vegetable juices daily, our cells rejuvenate. When we consume beets and cranberries, our blood is purified and our circulation improves, leaving us with healthy, radiant skin and a cleansed disposition. Moving through this portal will actually give you the ability to eat and assimilate food and ideas that heal. Through the consumption of holistic foods, you can achieve a healthy, well-balanced, nourishing life. Eating flesh, fast food, and junk food will destroy a woman's vitality. Live foods give the Sacred Woman longevity and will eliminate fear, hate, and a sense of being overwhelmed. ***It is FOUNDATIONAL!***

Copyright Kathy Forest 2016

Some things to think about…

"Food is the primary vehicle by which the universe transmits memory, energy, and vibration to all species." (The Path of Practice, by Bri Maya Tiwari p. 2-3) Food is like a computer chip. What we consume tells our body and therefore our hormones, mind, and emotions how to behave and respond to life. Absolutely every area of your life is dictated by the food you consume. If there are difficulties in your outside world, it is an out-picturing of your inner world. All areas of your life can be improved by improving the vibration of your food consumption.

Copyright Kathy Forest 2016

Consider these examples:

Shortness of breath and mucus in the body can be the result of consuming milk, cheese, and ice cream.

Consuming white sugar and white flour can lead to joint pain, feeling stressed out, and angry outbursts at those we love.

Low energy, sexual aggression, and damaged immune systems can be caused by over consumption of flesh foods.

Copyright Kathy Forest 2016

A woman really evolves as she is healed by consuming the right things, becoming one with the elements of nature—earth, air, fire, and water. She remembers that our food imparts the vibration it holds. If it holds the vibration life, it imparts life. It reminds our body of how it is supposed to function. As she masters her inner and outer environment, she receives supreme access to her body as a universe complete unto itself.

As Queen Afua reminds us, "She will discover that she has dominion over the heavens and the earth. Say a volcano is threating to erupt: A Sacred Woman in her full radiance can talk to the elements and ask the volcano—or earthquake, or hurricane, or other phenomenon on a human level or an environmental level to please be still, and it is done." In other words, she can Pray Big.

Copyright Kathy Forest 2016

So what I want to say to you, really, is that we all KNOW this!! We know that we *should* eat better. We know that we would feel better and it would make our lives better. The real question, the one whose answer will change your life forever, is *"If we know this, why don't we do it?"* It should be simple, right? We should get this information and immediately go home and make the changes we need to make. But we don't. Or if we do, we may experience huge amounts of resistance along the way. The answer to this dilemma is complicated and unique to each woman who answers it. But within it lies your journey through this Portal or at least a piece of it. All of us in this western society have been programmed for food addictions. No matter how we try to escape it and protect our children from it we are saturated. If you want to test this, notice the reaction of others around you when you tell them you are going to stop eating meat or sugar. Their responses may surprise you. I say this, not to discourage you, but to empower you. This road for some may appear difficult and daunting. You will hear me say over and over again, the test of the effectiveness of a spiritual practice is how much resistance you have to it. This is a BIG ONE even though it may appear on the surface, very benign. If you experience much resistance in this portal, it is simply because it is a place that the Earth and your body are using to show you what you are here to work on at this time. So be very easy on yourself. Let yourself heal in layers, like the Earth does. The less guilt you inflict on yourself, the less you will be tempted to eat to cover it up.

Copyright Kathy Forest 2016

Some tips to help you along the path…

- **Start slow, releasing a food and replacing it with something of a higher vibration, one food at a time.**
- **Increase your water intake.**
- **Add greens to each meal.**
- **Put in more good things rather than depriving yourself. You will find yourself desiring higher vibrational foods, the more of them you eat, because you will like the way your body feels afterward.**
- **Focus on preparation. Clear your cabinets. Don't set yourself up for failure. Make sure you always have plenty of healthy snack foods around that you like so you don't fall prey to temptation.**
- **Use substitutes for all your favorites. Experiment with recipes and find some that are healthy that you love. Let these be your "go to's" when you want a treat. There are many vegan/vegetarian options out there that are delicious.**
- **Use your Energetic tools: Flower Essences, essential oils for this gateway. They really help!**

Copyright Kathy Forest 2016

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 foods you consume. 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.

Copyright Kathy Forest 2016

Prayers for this Portal

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.)*

Copyright Kathy Forest 2016

Chants and affirmations

You may want to spend some of your quiet time doing affirmations or chanting the holy name or mantra of your choice. Chanting attunes you energetic body to the spirit realm in the specific flavor of the deity you chant. Some suggestions for this portal:

I am a Sacred Woman
Or
Om Shri Maha Lakshmiyea Swaha

(Om and Salutations to Lakshmi the Goddess of Abundance)

Copyright Kathy Forest 2016

New Tools

Essential Oil – Thyme or grapefruit essential oils are very beneficial during this portal. They both help you regulate your appetite and eliminate binging and emotional triggered eating. (Packets are now available for purchase online or in the office. If you received a packet from me, it contains grapefruit 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 1. 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:)

- Crab Apple—Supports release of toxins during cleansing or fasting regimens;
- Iris—Helps suppress craving for sweets and general hypoglycemic tendencies; promotes body awareness and feminine consciousness;
- Pink Monkey-flower—Addresses issues of using food as a buffer for emotional oversensitivity, stuffing oneself to "dull out" or numb feelings.
- Goldenrod—Addresses issues of over-weight used to hide one's true Self.
- Self-Heal—Confidence in the body's ability to digest and assimilate food; being nourished and energized by what one eats.
- Walnut—To break habitual ties to old patterns of eating and to develop a new relationship to nourishing foods.

Copyright Kathy Forest 2016

Herbal Tea

This month you can use parsley tea, using the roots and seeds as well as the rest of the plant. Parsley regulates the menstrual cycle and is high in iron and chlorophyll. It helps to dry milk in lactating mothers, so do not use it if you are nursing. You may always continue with any womb supporting or detox tea or other herbal extracts we have learned about. Try drinking your tea during your quiet time each morning and see if you can do it seven days in a row. You will truly get to see the benefits of this Portal if you do so.

Copyright Kathy Forest 2016

Other Suggested Transformative Work for this Portal

- Begin to think of your kitchen as your healing laboratory. Some tools you might want to invest in: a juicer, blender, stainless steel pots, enamel or heat-proof glass pot for brewing herbal teas, jars for various herbs, strainer for herbs, wheat grass extractor.
- Examine your eating patterns closely. Notice the emotional connection you have with food. Foods that affect our emotions are meat, white bread, white flour, pasta, milk and dairy products and sugar. Analyze your consumption carefully.
- If you are not already doing so, begin to incorporate journaling into your process. Journal about your relationship to food. Do you use it to feed and nourish your body or do you use it as a crutch to hide your true feelings from yourself and others? Ask what needs to be healed in your life with your relationship to food.
- Look at what other things you are "consuming" in your environment: TV, radio, course loud or abusive language or talk, constant negativity, etc. What do you need to remove and how can you adjust your environment to be more harmonious.
- Consider growing some of your own food ORGANICALLY or purchasing organically grown food. (Please note: Miracle Grow is NOT growing organically!)

C

Copyright Kathy Forest 2016

- Clear your home of all toxic foods so you will not be tempted.
- Talk to the Goddess throughout your journey. Open your heart and speak your soul. Become of one mind with the Divine, of one voice, of one action. This is the time to allow total crystalline clarity to move through your hands, and into your journal, so you may reflect on what your soul speaks through the harmony of your Higher Self.
- Consult a licensed holistic medical professional, such as a naturopathic physician or holistic medical doctor or Chinese medicine practitioner, for a thorough examination to establish a baseline for your physical health.
- Consider trying a colonic, or enema. If you have used this technique already, you might want to consider doing it more often. You could try a colonic every 14 to 28 days and enema up to three times a week.
- Get a massage once a week to benefit your lymphatic and circulatory systems
- Sweat daily to flush out years of accumulated toxins
- Be gentle and compassionate with yourself. The work you are undertaking is huge so allow yourself to ease into your changes with grace and elegance.

Copyright Kathy Forest 2016

Homework – Continue

- **Begin 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**
- **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

Portal 1:
Flower Essence: Crab Apple, Walnut, or Blend
Essential Oil: Thyme or Grapefruit
Parsley Tea

Copyright Kathy Forest 2016

Guided Meditation

Copyright Kathy Forest 2016

Set an Intention for this moon cycle…

Copyright Kathy Forest 2016

Ground and Close

Copyright Kathy Forest 2016