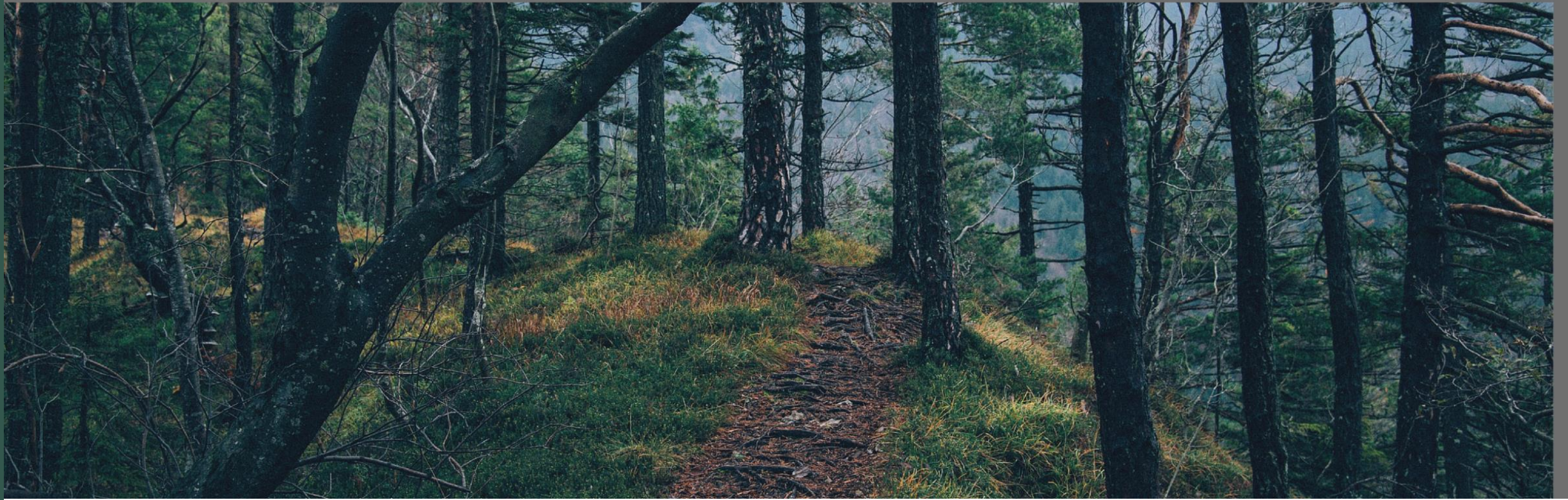




Class 7

*Body Wisdom Boot-Camp
Getting Guidance
with Kathy Forest*



Getting Your Guidance – Doing What
You Came Here to Do



Calling in Sacred Space



Open your Creation Vessel
To Receive



Today, we enter the last gateway in our journey through the Womb Cave - The Seventh Chakra.

By now, hopefully, you have acquired a few new good habits to keep you healthy. You have taken the time to move through your body and evaluate your circumstances with regard to where you may have been stagnating or holding on to things you no longer need. You have begun the process of clearing and are feeling more stable. If you are not feeling 100%, you can at least see where you are going and you know how to get there. Today we are going to explore what this means for us.



Seventh Chakra:



Crown

This chakra is our “gateway to heaven,” our opening to guidance. This connection is crucial to our happiness and well-being while being in a physical body. Blockages in this chakra cause depression, anxiety, and yes, stuck-ness.



Have you ever felt like you were wondering around blindfolded in your life?

When you do reach out for guidance does it feel distant or vague?

Does it feel like you have many voices in your head and you don't know which one to listen to?

The truth is, you DO have many voices in your head.

Today we are going to get to know a few of them, so you can begin to decipher their messages, and begin to move forward in the right direction.

Ego States



Child Ego State

If our child consciousness or ego state is reacting, for example, we may demand that our needs get met right now by those around us. We may feel small and weak or guilty. We may be unwilling to take responsibility for the situation in which we find ourselves and become withdrawn, detached, distant, or overly insistent about our needs.



Adolescent Ego State

If the part of us that contains our adolescent energy reacts, we may sound sarcastic and feel rebellious. From this level of consciousness, we frequently act in ways that do not support our larger life vision. We may refuse to be told what to do. Sometimes we may clearly say we won't fulfill a request, or we may just passively avoid doing it. We may be unwilling to express how we truly feel about a situation and think others have control over our life.



Critical Parent Ego State

We sometimes approach life from our inner parent. This part of us can sound as though we know what is best for others, more than they know for themselves. From this ego place, we can be inflexible, hypercritical, disapproving, righteous, and judgmental with ourselves and with others. When functioning from our inner parent we also can try to defend, shield, and rescue those around us, thus becoming the overly responsible hero parent.



Adult Ego State

From our adult state, we are able to consider our options and respond effectively to a situation. We are connected to our own sources of wisdom -- our feelings, inner guidance, and intuition. We are able to take healthy responsibility, rather than too much or too little. Instead of acting out of unconscious emotional states from the past, we make choices about situations from the present moment.

Ego Voices
Not doing it
right.
Not perfect
I'm not getting
anything.
Why is theirs
better?
I can't do this.



ACCESSING OTHER VOICES...

Our ancestors knew that there was much wisdom in connecting with the energies that Source our planet. These basic energies are known to us as the Elements: Earth, Water, Air, Fire, and Ether (or Spirit). They knew that everything on this planet, including us, is made and resonates with some form of all of these elements. They also knew that, in order to stay in balance within their physical bodies, as well as keeping balance in the planet, it was, and still is important to resonate with and access information from these elemental energies.

Because of the cyclical nature of how we experience these energies, it only makes sense that we access their energy in a circle or wheel.



Historically, the energy or basic essence of anything was known as it's "*medicine*."

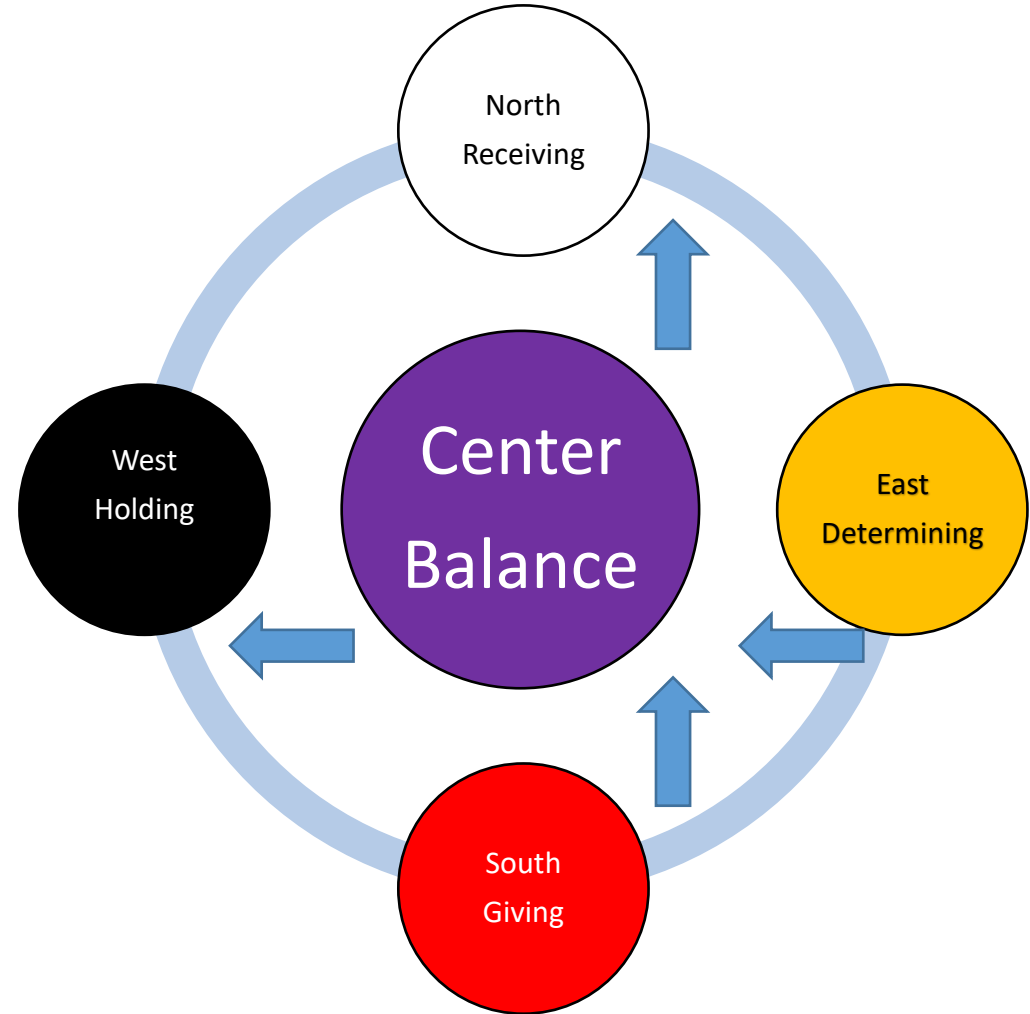
Hence this configuration is commonly known as a Medicine Wheel. Each of the larger stones represent one of the basic five elements. The smaller ones represent steps on the path to enlightenment by each of the elemental forces.

This pattern became a very powerful alchemical tool to harness vibrational information because of the nature of containment within the circle.

Thus, this pattern is scene in various configurations throughout most spiritual traditions.

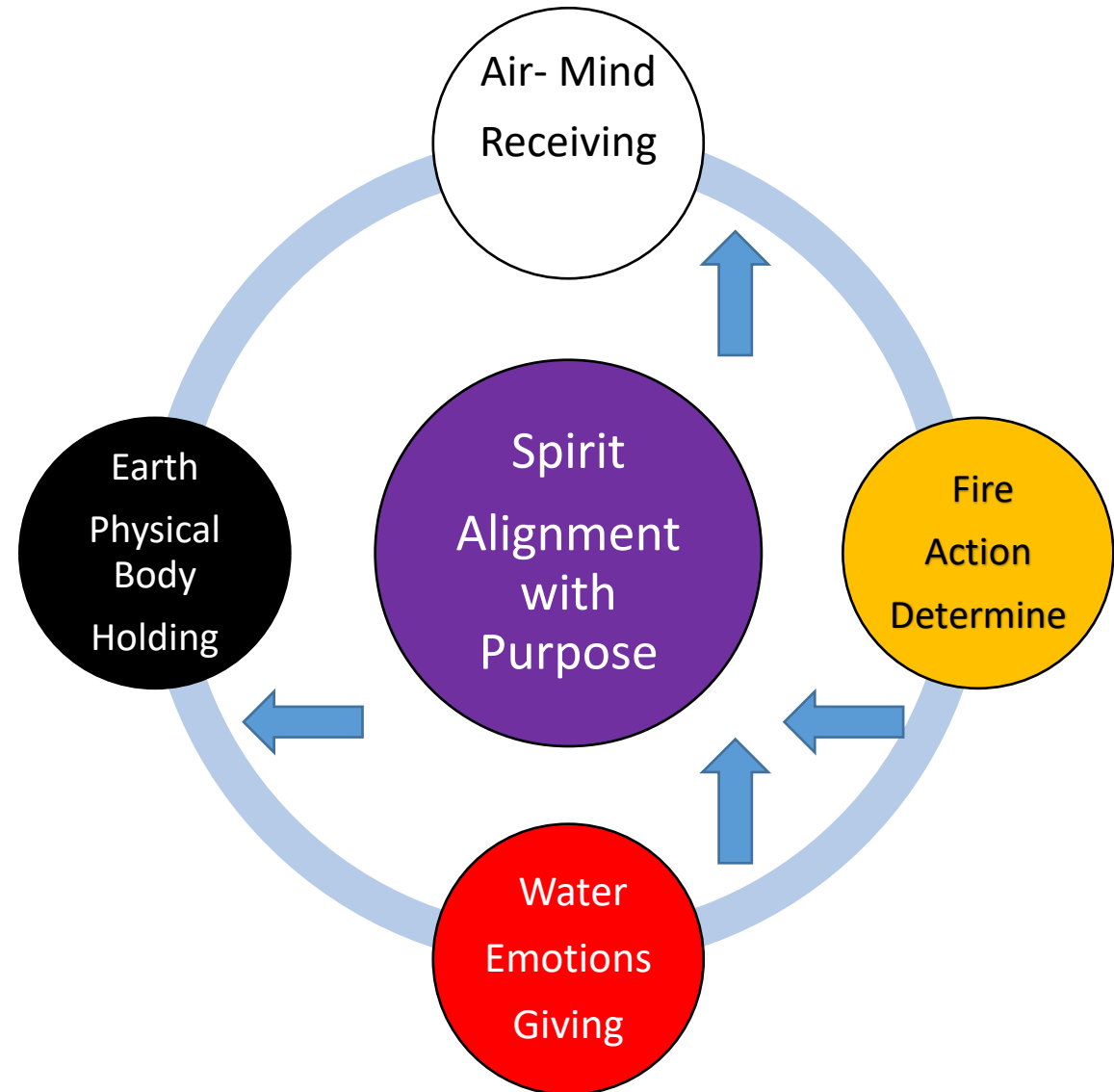
Medicine Wheel Basics

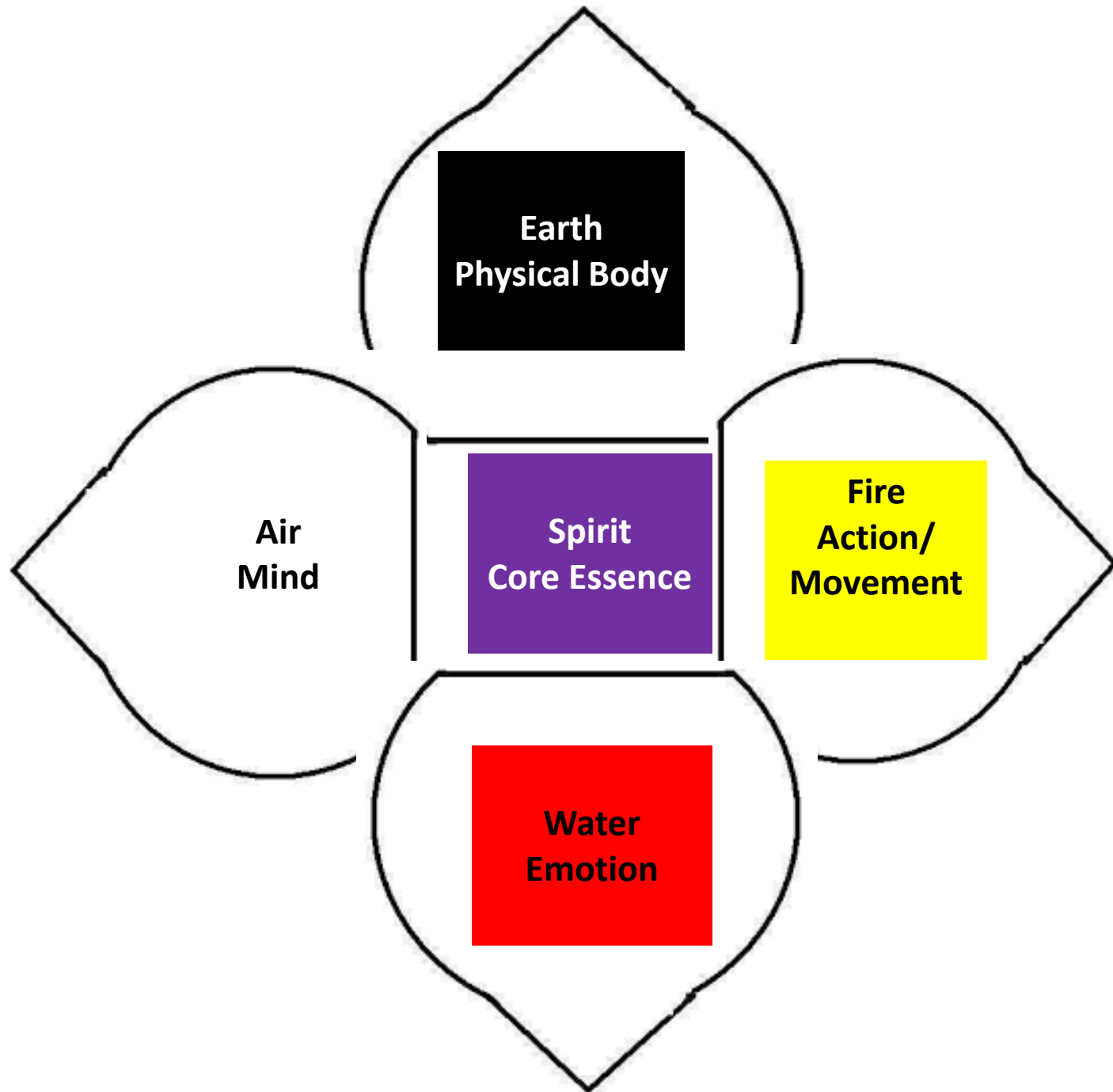
The Medicine Wheel has become many things to many people. One of its powerful uses is that of a receiver or amplifier of spiritual information. Think of it as the “hard drive” in a computer, or the basic structure that the elemental forces flow into. You will notice that on this template, there are five directional positions as well as a description of how energy works or flows in that particular direction. Another way to understand it is that, in a wheel, not only does energy flow around it, in a circle, holding it together, it also flows from the East to the West, just like the Sun appears to move across our sky, and South to North, just as plants grow from the ground up.

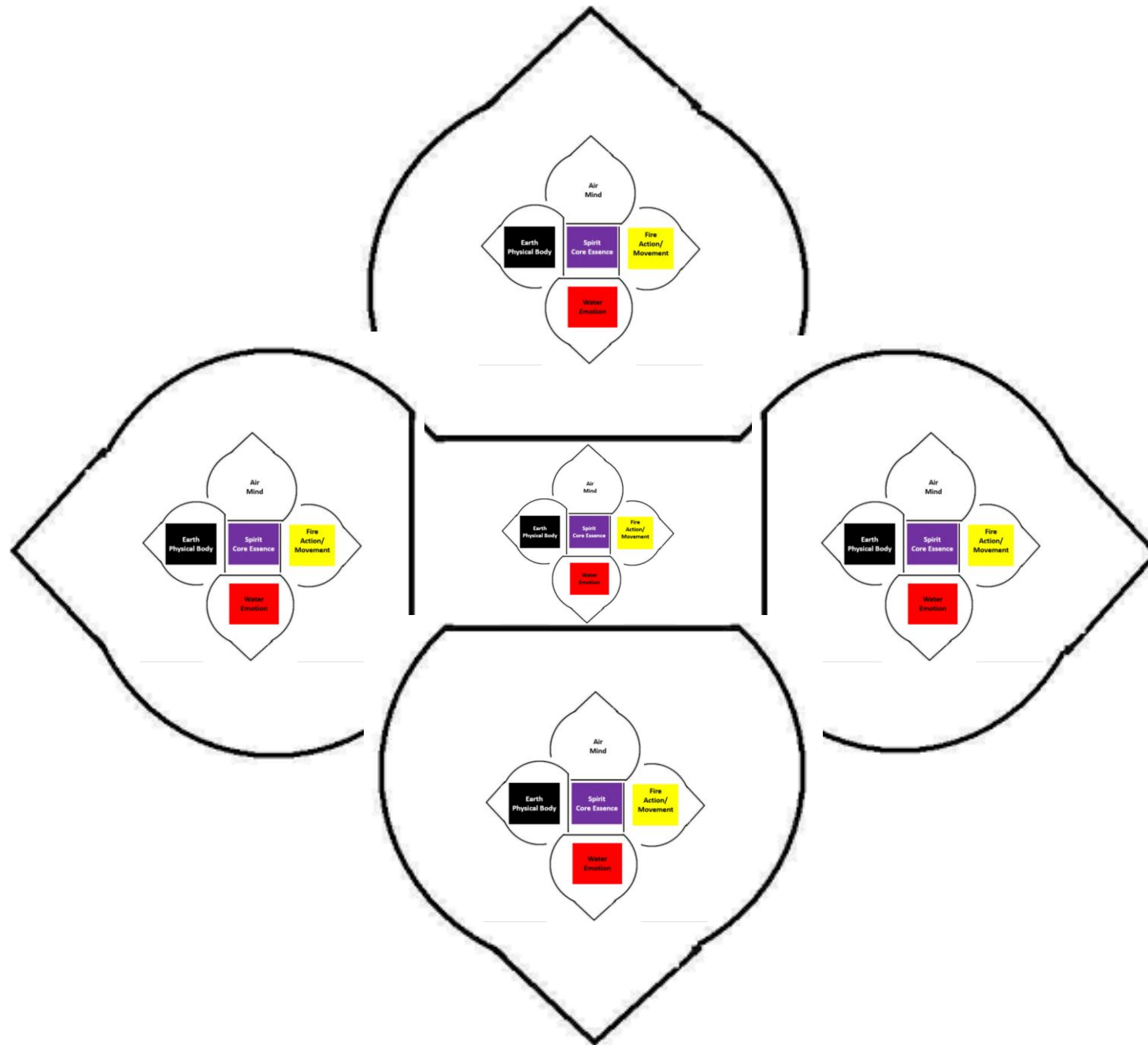


Placing the Elemental Forces of Earth, Air, Water, Fire, and Spirit in this basic template is how you determine how they are going to work with each other. If you have studied any Earth Traditions that use the Wheel as a template, you will see every configuration of these energies imaginable. They are all different because they were used for different purposes and to harness different outcomes. Where you place these energies does make a difference if you are working to have a specific outcome. For our purposes of receiving guidance, we are going to use this template. Thus we will be determining with our actions, giving with our emotions, holding with our body, and receiving with our minds.

Native peoples understood this configuration as the configuration of the Divine Human. This is the way the Earth and all humans were originally designed to process and understand the elemental forces.









CHARACTERISTICS OF THE ELEMENTS

SPIRIT - Calling the Sacred into every aspect of your life, relationships, and business.

The Unified Field – Holds all elements

- Self Sovereignty
- Connection to Higher Self
- Synchronicity
- Connection to Guides & Angels
- Growth
- Divine Feminine and Masculine
- Ceremony
- Life Purpose
- Personal Divinity
- Personal Responsibility
- **Super power - Power of Choice***



EARTH - Your Connection to the Physical Realm
Honoring Nature and the Earth and holding
the physical matter of your life as sacred.

-

The Ability to Stand on Your Own
Structure and Form

- **Beauty and Aesthetics**
- **Body Wisdom**
- **Containment and Wholeness**

- **Foundations**
- **Grounded-ness**
- **Cycles and Timing**
- **Nature**
- **Stewardship and Tending**
- **Touch**





WATER -Your Connection to the Emotional Realm

Honoring the sacredness of Water and your emotions and feelings.

The Ability to Run Clear, Clean and Current Energy

- **Abundance and Fertility**
- **Emotional Awareness and Maturity**
- **Ebb and Flow**
- **Nourishment**
- **Holding Space and Floating**
- **Play**
- **Power of Love**
- **Regeneration**
- **Source**
- **Relationship to Others and Self**
- **Surrender**





AIR - Your Connection to the Mental Realm

Honoring the element of Air and the sacred power of intention and vibration.

The Gift of Mental Focus

- **Breath and Communication**
- **Focus**
- **Freedom and Peace**
- **Meditation and Prayer**
- **Perspective**
- **Power of Intention**
- **Soaring**
- **Thoughts**
- **Vibration**
- **Vision**
- **Whole Brain Integration**



FIRE - Your Connection to the Action & Energy Realm

Honoring the element of Fire and the sacred power of energetic transformation.

Fire – The Power of Action

- **Dynamic and Energized**
- **Growth**
- **Illumination**
- **Life Force**
- **Passion**
- **Power of Intention**
- **Movement and Action**
- **Radiance and Warmth**
- **Sensuality**
- **Spark of Life**
- **Transformation**
- **Strength of Will**

Using the Wheel to Access Guidance

Once you have this basic information down, then it becomes a matter of using it. In truth, this wheel lives inside of you, as we have learned. You can access it through meditation. However, setting up a physical representation of this tool and then actively “calling in” and accessing these archetypal forces in a deliberate way does much to enhance your connection. Thus using the wheel is an act of surrender. When you open the wheel and enter it with the intent of calling in guidance, expect to get it. Then do your best to follow through and act upon it. Be willing to be patient with yourself.





Steps to a personal Medicine Wheel Session:

1. Set aside some time, at least 30 minutes to an hour or more to go deeply into this process. Be sure to take a journal. You may also want a divination tool.
2. Set up the wheel structure, even 5 small stones or crystals on your desk or in the floor in front of you will work.
3. You may want to smudge yourself with sage or incense.
4. Call in the archetypal forces in each direction using your template.

Go to the center either physically or in your mind's eye and focus on the purpose of your intention or what you would like assistance with.

6. Next you will want to get guidance from one or all of the elements, depending on your purpose. If you can, sit with your back to that doorway meditation and allow guidance to flow. Know that your guides may also use this time to instruct you on blocks that still need to be cleared from your path. Just be in a state of allow, and trust that your guidance is coming. The whole universe feels your presence and is happy you are doing this work. If you have difficulty hearing on your own at first, pull a card to get the information rolling. Then journal with the information and see what comes up.





*What does it
mean to be the
Hollow Bone?*



Your life is not an accident. You came here with a plan. You were born with a divine mission... a sacred purpose. And, you know it! At this point in Earth's history it is necessary for all of us to begin to live that vision and mission. Are you ready to earth that vision and make it a reality?

So what is stopping you? Many people settle for lack-luster results in their life and business even though they know deep within the core of their being that they were meant for greatness. They came here to do something important. It's that elusive "thing," that nagging itch, that unsettled feeling that got you to sign up for this course. Being successful in your divine right business is your sacred birthright.

The solution is as close as your breath...

Embedded in your body is all the information you need to solve any perceived problem and create the life and career success you have always dreamed of.



When you began this journey, you had a purpose in mind.
A place you thought you wanted to focus on.

We have spent the past twenty-one days clearing your
chakras so you could become that hollow bone and gain
access to your own personal guidance and become that
hollow bone.

No doubt, many of you have found solutions to that
problem, but you also may have experienced other things
popping into your experience that maybe you weren't
aware of...things you thought you had already finished, or
things that you didn't know you needed to address that are
here now to clear.

My hope is that all of you got what you came for and more.

**My grand desire for you is that you get clear
on who you are and what you came here to
do...and then you go do it. And take some
folk with you...**



**I know of no better way to learn
something than to TEACH it!**

**TEACH SACRED RHYTHMS & BOOT
CAMP!**

***I can't do this by myself anymore!
I have set up a page on my
website with everything you
need! Slides, handouts, and even
the videos and a class to teach
you how!***

Go to

**Teach Sacred Rhythms | celestial
(celestialforestinstitute.com)**

And sign up for only \$99!



If you feel you are not finished then continuing these practices can help...

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

Green Drink daily

Sacred Movement

Commit to 1 day a month for yourself

Continue to improve your Diet

Green leafy salads to lunch and dinner

Continue Aloe Vera Juice daily

Cleansing tool of your choice

Pace yourself

Portal 0:

Flower Essence: Star of Bethlehem

Essential Oil: Frankincense

Raspberry Leaf Tea



Sacred Journal Questions...

Today we are getting ready to enter the portal of the Seventh Chakra. Ask your womb space the answer to the following question.

What is my next step?



*Seventh
Chakra:*



Crown



Guided Meditation



Ground and
Close