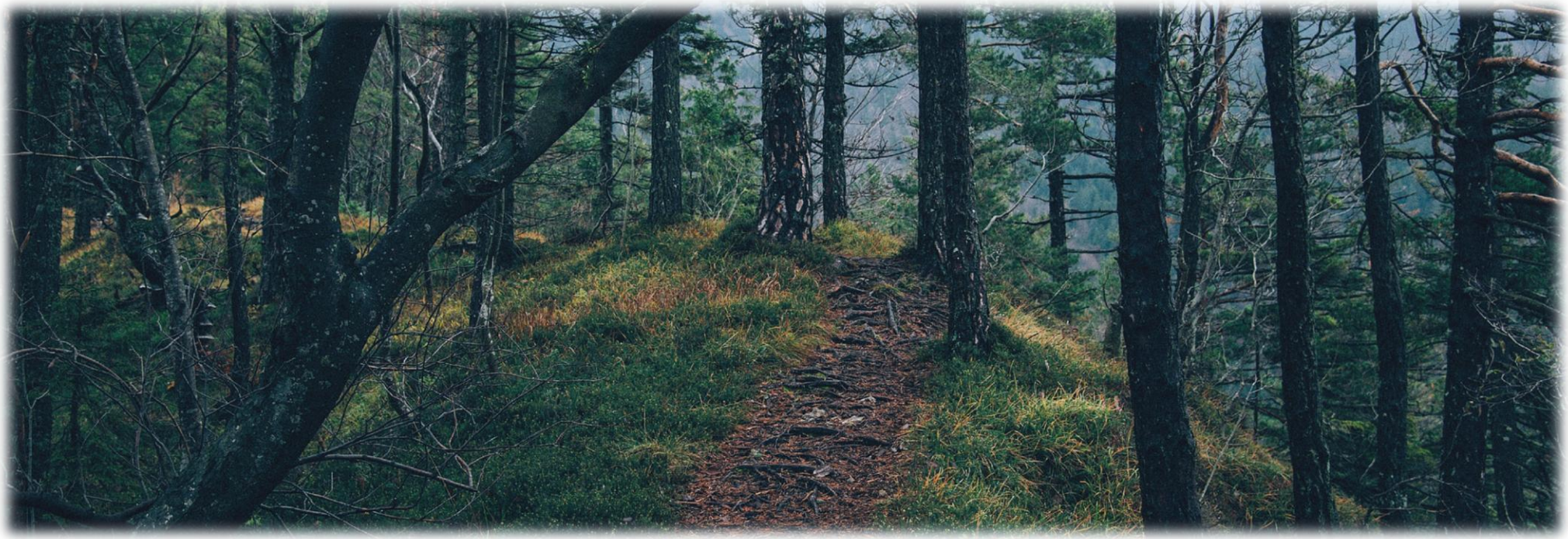


Class 11 Sacred Rhythms – Attuning Your Body to the Earth

Sacred Union

with Kathy Forest



Sacred Union

Calling in Sacred Space




Open your Creation Vessel
To Receive

SACRED UNION



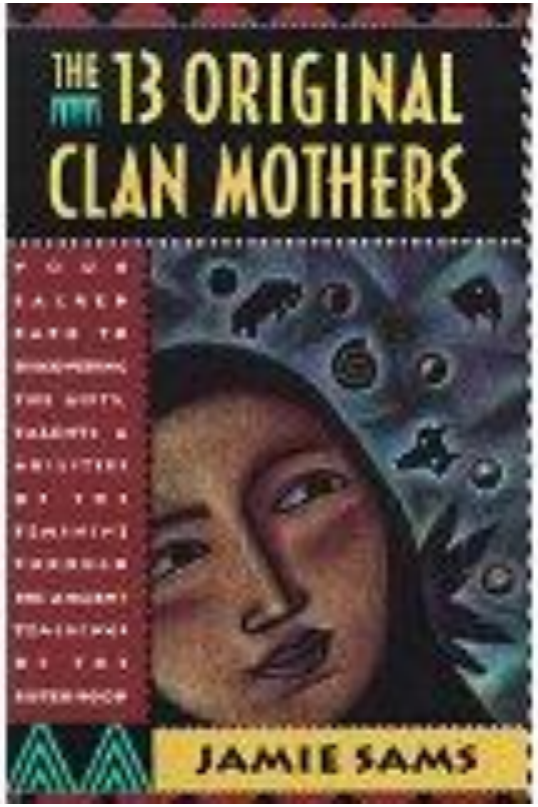
This portal is actually the culmination of all the portals and was considered by Khamitic people the ultimate goal – The Sacred Union within…The union of heaven and earth within…union with our higher self, Creator, the One. This was the ultimate goal. This whole process has been leading us and helping us prepare our bodies for this process and this gateway. Going through this initiation paves the way for a deeper spiritual walk. And remember, the beauty of this system is that we don't just do it once. This process is keyed into our bodies to happen every year. If we are conscious, we potentially can grow exponentially year after year by stacking the teachings that we have and gleaning more as we go through each portal. Our vibration naturally raises year after year, just by making this connection.



The Sacred Union Portal eliminates toxic, dysfunctional relationships that destroy life, and creates and supports cleansed, honest, and harmonious relationships that energize one's life. Fulfilling, healthy relationships are the result of establishing Sacred Union. This Portal will help you eliminate all blockages that prevent Sacred Union: heart conditions, drug and/or alcohol abuse, ulcers, fear, and anger.

The Guardian of this Portal is the Goddess Isis or Ast in the Khamitic tradition. The Grandmother that governs this moon cycle is Walks Tall Woman. She joins us November 9, 2026 at 1:02 am Central time. She is the Grandmother that instituted the Moon Lodge. Other archetypal energies that lend themselves well to this Portal are Lakshmi & Parvati of the Hindu tradition, the Goddess Dianna, and of course, Mother Mary and Mary Magdalene. Connecting with any of these guardians will allow you to make a connection to the real you, the Divine You that dwells within, as well as healing the out-picturing of that relationship in your Sacred Union with your husband or partner. Allow them to help you purify your heart within and without, so our outer world reflects our inner world..





The Grandmother this Month: Walks Tall Woman

The Guardian of Leadership and the Keeper of New Path

The Mother of Beauty and Grace and the Keeper of Innovation & Persistence

The Role Model of Health, Physical Fitness, Stamina, and Letting the Heart's Desire take the Lead

The Keeper of Personal Impeccability and the Guardian of all forms of Inner Strength

She teaches us:

- **How to be our personal best and still be vulnerable and human;**
- **How to keep our bodies and minds flexible and in good health through advancing and retreating;**
- **How to seek and find new paths to growing and learning leading through example;**
- **How to develop inner strength;**
- **How to attract and release;**
- **How to WALK 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 a.m. Utilize white rose, or rose oil in your tub for the crystal/crown—for divine oneness with the Goddess, inspiration and wisdom. A bath with rose oil eliminates separation, confusion, and depression. Use it on your altar, in your tub, in your bath salts or on a tissue as you go to bed.



Your Altar

If you use an altar, enhance it with the color blue for this gateway. The stone for this portal is clear quartz. It is the sacred healing stone and helps to illuminate the mind. The light of this stone stimulates both love and beauty. Clear quartz builds a sense of unity in man and woman. The stone is known to have healing, curative, and purifying properties. It unblocks the throat area, allowing free expression, so that the sacred words of your Divine Inner Self can come through. This stone stimulates the sixth and seventh chakras. Used on your body, it activates the high mind.



Prayer

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

Divine Creator/Creatrix, with your assistance I Am creating Sacred Union. I Am creating Sacred Union with my Self, with You, and with my mate. I request your assistance to attract and establish harmonious, healthy relationships, and joyous oneness with my life partner. Assist me as I identify and release old hurt feelings resentments, and hostilities that are trapped within my body Temple. Help me to create the vision, strength, and courage to learn from all my past and present relationships, as they are all reflections of my own consciousness, each and every one.

If by chance my intimate relationships do not change, may I remain undaunted and fearless. Ay I be the one to become the first link of change and transformation in my life, for all healing really begins within me. I affirm that each one of my intimate relationships, past, or present, has value and has in some way prepared me to grow into a more conscious Sacred Union with my masculine and feminine that unite to create Sacred Union—the life force from which all creation flows within us.



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

Hrim Shrim Klim Parameshwara Swaha

Hreem Shreem Kleem Par-a-mesh-war-yay Swah-ha

Om and Salutations to Parvati the Mother of All Consciousness

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 one 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!

- Honeysuckle – Addresses inability to form committed relationships, afflicted relationships due to feelings of abandonment and rejection in childhood.
- Rock Rose – Calming emotional trauma or hypersensitivity in relationships.
- Chestnut bud – Perceiving deeper karmic bonds within relationships; ability to acknowledge spiritual destiny and intent of relationship.
- Water Violet – Addresses issues of intimacy and sexuality; overcoming fear of intimacy.
- Holly – Addresses improper expression of emotions through verbal aggression and hostility.
- Olive – Strength and perseverance despite difficulties in relationships.



Essential Oils:

Once again I want to remind you to utilize rose or white rose oil. It supports aliveness, intuition, imagination, clairvoyance, concentration, peace of mind, wisdom, and devotion. It clears the mind, creating inner space for clarity and a peaceful state of consciousness. It helps eliminate lack of concentration, fear, headaches, eye problems, and being overly detached from the world. Use it on your altar, in your tub, in your bath salts or on a tissue as you go to bed.



Herbal Tonics

Drink lemon balm tea. Lemon balm soothes the troubled mind and heart and thus opens a channel for communication. It dispels moodiness. Drink your herb tea or tonic 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, clear quartz is the stone for this month. The stone for this portal is clear quartz. It is the sacred healing stone and helps to illuminate the mind. The light of this stone stimulates both love and beauty. Clear quartz builds a sense of unity in man and woman. The stone is known to have healing, curative, and purifying properties. It unblocks the throat area, allowing free expression, so that the sacred words of your Divine Inner Self can come through. This stone stimulates the sixth and seventh chakras. Used on your body, it activates the high mind.

With Creator/Creatrix

The union of the Creator/Creatrix and ourselves is the most critical union, for all that we are begins with the Great One, and that Great One is found WITHIN! In order to be inside the Creator/Creatrix, to be fully aware of the Divine's presence within us, and to be guided by the Sacred, we must first love ourselves as we are loved by the Divine. When we truly love ourselves, we become one with the Divine. It is then that the Creator/Creatrix can enter our house, and all of our unions will be blessed.



With our Self

We all have at least three or more active aspects or personalities within ourselves. Each of these personalities develops in divine time to aid our growth and development. To be effective, these various parts of ourselves must come into harmonious union and work together in concert for the great good. For example, one self protects us, another self inspires us, and a third is brilliant, and yet another is sensual. (This can also be represented through the Medicine Wheel with the center representing the union of all our selves through our Higher Self.) The male and female parts of us must come together with love. These complementary aspects must unite into one team—one entity with the strength necessary to ultimately give us all that we need as we journey through life. The practices that we have been learning, coupled with even more intense meditation and fasting can help us learn to honor our own Sacred Union within.



With our Mate

Once the two forces of male and female come together in complete harmony, heaven and earth become one. Then and only then do we truly know who we are, and then and only then are we living in harmony – being our true self. The wellness of the earth is determined by the union of these two opposite forces. When earthquakes, tidal waves, and hurricanes manifest, it is a direct result of lack of harmony between the masculine and feminine energies on the planet.



Suggested Transformative Work for this Portal:

- You can see by the length of this list, the only way you will get any of it done, is to be practicing a Moon Lodge regularly. Read the Grandmother story or go through Bootcamp to learn more about it.
- Do your Love Progress Report charts and extend them back to include, evaluate and heal all your relationships that need strengthening, change, or release.
- Write down the ten most important qualities you want to manifest in intimate relationships in order to create union and a life of divine right order. Examine your past four intimate unions and reflect on the presence or absence of these qualities.
- Identify four sacred unions from your past that need spiritual purification. As you do your altar work, place symbols of these unions on your altar and practice the art of forgiveness of self and others so that you spiritually cleanse your heart and all disharmonious conditions. If you are not yet ready to forgive, still place the symbols of these intimate relationships on your altar and let God/Goddess begin to soften your feelings of resentment, judgment and anger.



- Don’t be erratic and jump into new relationships without cleansing out the old toxic habits that created your previous poisonous unions. Perform purification rites, ad activate them regularly through fasting, eating natural foods, taking enemas and colonics and spiritual baths, journal
- work, prayer work, affirmations, and purification of your environment at home and work.
- Perform seven-day prayer/altar work for Sacred Union. Place an image of your mother/father or an inspiring loving couple on your altar in a beautiful frame. Write the Creator/Creatrix and your parents a love letter about your understanding of their union and your gratitude for the union that created your life. Read this out loud every new moon. Explore the nature of your parents’ union honestly. What was positive in their intimate relationship? What was negative? What needs to be purified? What needs to be healed? What energetic inheritance have you carried from their union into your intimate relationships? Even if you don’t feel the words at the time, once you come to grips with the foundational relationship in your life – that of your parents – the letter will heal your heart. By healing the roots of this union, all other unions in your life will be healed and will prosper and give you peace.



- List your past intimate relationships, from your first childhood crush forward to the present. As you list each relationship, identify the core themes of the union. For example: “This is what I brought to the relationship… This is what my partner brought… This is what we brought together…” This Union Report will begin to reveal your deeper patterns of relating. As you identify core themes, reflect on the energies you and your partner gave birth to through your union.
- Within the next seven days, write a love letter, a thank-you letter, or a letter of forgiveness to all those in your life whom you need to relate to so that you can help create more wholesome encounters. If the person has died or has vanished out of your life, then write a letter and burn it with a little sage to begin to release the vibratory pain or stagnant energies of your past.
- During your morning meditation and prayers, send love, light and forgiveness to those you’re sending letters to or to those who are on your intimate relationship list.



- Self-Worth/self-love must be in place within you in order to establish any Divine Relationship. It's not about your relationship with him or her; it's about your relationship with your Self. Isis, the guardian of Sacred Union, teaches us that loving union with self is the foundation for all other unions in our life. As you do your journal work, ask yourself what it would take to establish a healthy union with your Self.
- Place a family tree on your altar that diagrams the Sacred Unions, the marriages of body, mind, and spirit in your immediate and extend family. Meditate on these sacred ancestral unions and ask for guidance and inner light.
- Daily at sunrise, you and your mate should come together to perform and to share your journal work to support one another in focusing on the work of strengthening and unfolding Sacred Union.
- Thereafter, to maintain the union at a high level, commit to performing this spiritual work weekly. Vow not to get so busy in the world that you forget the importance of creating Sacred Union on a regular basis so you both may be fulfilled.



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, and your partner and all other intimate relationships. 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 8:
Flower Essence: Honeysuckle, rock Rose, Chestnut Bud, Water Violet, Holly, Olive
Essential Oil: Rose or White Rose
Lemon Balm tea
Clear Quartz



Guided Meditation

Set an Intention for this moon cycle…



Sacred Union Dance



Ground and Close

