

# SACRED RHYTHMS

## Portal 0 – Part 3

### The Importance of a Deep Cleansing

By Kathy Forest

*“Ocelot sees and makes perceptions malleable. She stays focused on her sacred intent. Heaven, Earth, and water-the sacred cat can move through these elements with grace and impeccability. The Ocelot path is lonely and one solitary step at a time. When we want to accomplish a goal, we do not have to compromise, but we often have to bend. We have to finesse through the forces blocking our objective. Ocelot teaches us to use our intuition in dodging obstacles. Her great knowledge of the interior of the earth enables her to stalk the surface world carrying the power to shape-shift through many inter-dimensional portals. The Mayan name for “shaman” and ocelot are the same.”*

– The 2013 Oracle by David Carson and Nina Sammons

As we have been emphasizing over the past few months, the most valuable and extraordinary gift Creator/Creatrix has given you is your physical body. When treated well it can serve to be a vehicle for your consciousness to do grand and wondrous things upon this planet and was meant to do so. To squander or demean this gift in any way is such a travesty and yet we do this daily. One of the most significant changes you can make for your spiritual, mental and emotional well-being is to be very conscious of what you take into your body, especially the quality of the food, water and nutrients you consume. Hopefully by this time, you have found a new rhythm to your eating and have developed a few new healthier habits. If not, now is the perfect time to visit this topic again. This month I will also be encouraging you to take your healing practices a step further.

One thing your body does very well is remember. It takes in, records, and stores just about everything you expose it to, on all levels, physical, mental, emotional and spiritual. This is useful when it comes to navigating through your everyday world. However, just like your garage or back room closet, if it doesn't get cleaned out regularly, it can “go south” rather quickly. Once again, this is true on all levels. Physically, if you put things into your body that it doesn't recognize and know what to do with, it will say, “MMM, yummy, but I really don't quite know what this is. No problem! I'll just wrap it up in this nice soft layer of fat and store it for you until we both know what to do with it. How about right here on your thighs?” Mentally, if you witness, listen to, or even ruminate on information, good or less than enlightening, your mind records it. Emotionally, if you do not drain off the stress and strain of the day, it can literally become “pain” in your joints, and if left unchecked, can lead to arthritis and other auto-immune maladies. And we all have experienced the “lack-luster” feeling of becoming spiritually stagnant. Even though we know all of this on some level, very rarely do we intentionally do much about it. Our lives are too busy and demanding. Yet, if we did, if we made it part of our spiritual practice to regularly clear out the cobwebs on all levels, our lives would flourish...and so would our world. And that ***IS*** where it begins. This ***‘changing our world’ business begins right here at home, inside of our own bodies. That is where it must begin if we are to anchor the big changes we have to make. We have to make them here, inside, first. Only then will we be able to hold the Vision of a Bright Tomorrow for the Next Seven Generations. Our bodies, minds, and spirits must be CLEAR to do this.***

So for this month, we will be focusing on “the gentle release” of all that is in the past that is no longer serving us. Helping us on this journey, during the new moon cycle that begins March 24, 2020 at 3:28 AM is Weighs the Truth – the grandmother who helps us determine what our truth is and how to honor

it. This is a very powerful time on the Earth Calendar since this day is also very soon after the Spring Equinox. A great time for new beginnings and new intentions.

Included in this handout are techniques designed to take you deep into physical clearing and cleansing. Once again, there will be a huge emphasis on clearing the digestive track and all other related organs. Most of these organs are located near “the middle” of the body near the second and third chakras. Most of them make their home near, on, or around the sex organs. Clearing and cleansing this area, raises our vibratory rate and allows our creative centers the freedom and access to a much broader band of spiritual information. The following is an example of the type of information that is available to us “via our spiritual womb-space” when we clear it out and make room for new viable information. This vision was given to me in 2005 while preparing for another session of these classes. When your body is clear, you have clearer access to “high spiritual teachings.”

*“The first thing I saw was bright red vibrant flesh. Then it would shift to the wall of a cave with red rock and tiny hieroglyphs would appear all over it (like in Egyptian tombs). As this appeared, Mary Magdalene spoke to me and said, “This is a healthy womb. It is the storehouse of all knowledge—all history—all knowing—for all time as you know it. When a pure seed enters a pure womb it has access to the highest knowledge—the largest amount—so to speak. Within this library there is a vast storehouse of information. Like all libraries, there is usually a particular emphasis—like a science library or a natural history library. This is dictated in each particular womb by the strains of DNA in that individual and the “seed donor” (as she called it). It is also dictated by what particular strains are currently present in the mother at that time (i.e. race, nationality, short term history of the mother currently, and her most current and recent past lifetimes, etc.) These are going to be in the front stacks, so to speak. But also contained in every womb is access to ALL history for ALL time. The purity of the womb determines the availability of this information. If the womb is toxic—if it is holding unspent emotion like fear, shame, guilt, anger, and the attendant stories that go along with these emotions in the physical world, then the womb is like an unorganized library. There are books stacked here and there, blocking access to other information. It is dusty and uninviting and may even become ill and diseased if this is not remedied.*

*But if a womb is healthy—if its holder has ‘worked through her stuff’ and made peace with herself—if she has drawn to herself a partner who has done the same thing—then her womb is a beautiful enticing place to be. High Souls volley to come to the planet through her body so they can have physiological access to this information through her. Likewise, if she chooses not to utilize her womb to bring another being into existence, she can use her womb to access this information for others. She can use her womb as a “tuning fork” to call in information and High Guidance. She can use her womb to manifest healing. There are a myriad of things she can use her womb to create that will benefit herself, her community and her world.*

*This is why these teachings are so important for your world at this time. This planet is a womb of the Universal Mind. It is only one womb. There are many others. This planet has been the physiological birthplace of many an incarnation of the Universal Mind. Very high Beings have been birthed by her. However, she too, is showing signs of womb disease. But this disease can be turned around. She can be healed and continue to be a viable “womb” or chalice to hold intelligence. The information—the tools—necessary to make this radical shift in a very short period of time are housed within the wombs of women of this age. You have the ability to heal your planet and save your world. It is up to you. Do you desire to keep this beautiful haven a safe place for the next seven generations and beyond? Do you desire a place for your children to grow and learn? It is your duty as a woman to “pull this information” to the planet now.*

*All the assistance you need is here. The Goddess has heard your prayers. Even now her energy has descended and the vibrations are adjusting to make way for her appearance. Look for Her—feel Her—Her Presence will be unmistakable!”*

### **More Cleansing Tools**

The following practices are designed to gently release and discharge old toxic energies that are still housed in your body. They work for both women and men, to clear the second and third chakra areas, and allow the body to heal naturally. As you begin to change the way you eat, you will notice that the body will naturally want to release what it has been holding, and what you have been ignoring and covering with unhealthy food.

### **Pacing Yourself**

It is recommended that you begin your healing slowly and gradually allow your body to adjust to the new patterns you are instituting. A good practice might be to commit to one change...for instance, establishing a regular daily spiritual practice. Once you are comfortable with your new routine (even if you do not make it every single day), then you may want to begin to gradually adjust your eating habits. If the eating habits are a bit strenuous, try giving yourself a “day off” each week—one day when you can sleep in and eat whatever you want. Gradually you will naturally wean yourself from this as it will no longer be necessary or desired. When you see that you are comfortable with the new patterns you are establishing, you may be ready to commit to a full cleanse of 2, 7 or 21 days. As you work through these changes, you may want to experiment with and/or add some of the techniques listed below to your routine. Those marked with (\*) will be especially beneficial during an “official cleanse time,” but will be beneficial to you any time. Experiment with any or all of them. I will have new packets for the month of March available at the office. These will be like the last packet you received but will be enhanced with some of the extra healing tools listed.

### **Natural Living Rejuvenation Techniques**

#### **Water**

1. Increase your intake of water. Drink at least six 8 oz. glasses of room temperature purified water daily to wash all your inner organs. You can gradually increase your water intake to 12 glasses.
2. Drink warm water with lemon or lime to release growths that cause stress in the creation centers and cleanse the liver. Doing this the very first thing in the morning, will cause the alkalize the body, cause the liver to cleanse, and stimulate the intestinal track.
3. Drink cool water if you are experiencing frigidity or low energy.

#### **Herbal Tonics and Teas**

Drink Womb Cleansing Tea, Detox Tea or any of your favorite herbal teas on a daily basis.

**Wheatgrass\***Wheat grass is a naturally high source of vitamins and energy. It contains all the vitamins and minerals the human body needs except vitamin C. It has strong rejuvenation qualities to strengthen nerves, cells, tissues, and bones as it cleanses the blood. Increase your intake of this nutritional supplement either in fresh, powder or tablet form. Fresh, organic wheatgrass is always preferred, but this may be a bit harsh to begin with. Begin with the tablet form if the fresh method is too difficult.

*Note: Fresh wheatgrass is a very potent detoxifier. If your system is congested with toxic foods, drinking large doses of wheat grass may cause nausea and/or dizziness. The cleaner your system, the more wheatgrass you will be able to consume comfortably.*

*ABOUT GLUTEN: Wheat grass can affect those with Gluten Intolerance. If this is you, substitute Spirulina or Kelp powder.*

### **Salt Bath**

Use 2-4 lbs. of Epsom salts or 1 lb. Dead Sea salt and a small amount of your Sacred Rhythms Salts (or anointing oil) in a tub of very warm water. Drink at least ½ to 1 quart of purified water or herbal tea while in your bath for internal and external flushing. (Do not use any salts if you have high blood pressure or edema.) *Note: If this is your first time doing this type of cleanse, lower the amount of salt and work your way up. Your body may try to detox too quickly and this can be uncomfortable. After doing this type of cleanse, be prepared to lay down and rest for a bit. It is good to do this at night before bed time as it is very relaxing.*

### **Fire Element Morning Drink and Ginger Bath\***

Ginger is a fire root that burns toxins out of the body. It is like drinking the healing fire of the sun. If you utilize these two tools for seven days (especially during a cleanse), you will begin to see a marked difference in your whole system. The reproductive organs are going to feel it because ginger is fire and the reproductive organs are your fire element. Their aura is red and orange, so the ginger fire cleanses your auric field as well as your physical body.

### **Fire Element Morning Drink**

Mix in blender or shaker: Juice of one lemon, dash of cayenne pepper, 2-4 tbsp. cold-pressed virgin olive oil (optional if you have difficulty drinking oil), 1 tbsp. grated ginger root, 4-8 oz. warm water

### **Ginger Bath:**

During your morning bath routine, following the ginger drink, add 2-3 tbsp. of fresh grated ginger and 4 oz water to your bath along with some Sacred Rhythms bath salts and 1 lb of Dead Sea salts or Epsom salts. You may place the ginger in a wash cloth sealed with rubber-band or muslin bag and use it as a skin scrub instead.) To make this easier in the mornings, grate a large quantity of ginger and keep it in the frig. Scoop out what you need for your drink and bath.

### **Steam Bath and/or Sauna\***

Take a sauna, steam bath, do some hot yoga, or a sweat lodge, making sure you sweat at least one to three times a week to release toxins from your pores.

### **Sun Bath\***

The skin is the largest elimination organ in the body, so try to bathe in the Sun's rays one to three times a week to release toxins from your pores. For twenty to thirty minutes, expose your abdomen to the Sun by resting in a beach chair facing the Sun. For increased healing, massage castor oil into your abdomen.

### **Liver-Kidney Flush\***

Utilize this cleansing technique for 7-21 days to flush out toxins in the colon, liver, and kidneys.

Method 1:

Mix the following ingredients in a blender and drink in the morning: 2 tbsp. colon Ease or cold-pressed extra-virgin olive oil AND 2 tbsp castor oil, 12 drops of liquid Kyolic garlic OR 2 fresh garlic cloves, AND juice of 1 lemon OR lime OR 1-2 tbs. organic apple cider vinegar, AND 1 pinch of cayenne pepper (not if you have high blood pressure), AND 8 oz. purified water.

Method 2: (My simplified version)

Mix the following ingredients in a blender and drink with 2 – 4 Kyolic garlic gel caps in the evening before bed: 2 tbsp. Colon Ease or cold-pressed extra virgin olive oil AND 2 tbsp. Castor oil, and juice of 1 lemon OR lime, AND 1 pinch of cayenne pepper (not if you have high blood pressure), and 4 oz purified water.

### **Douches\***

Cleansing the womb with natural elements during this period of intensive cleansing will assist your womb in releasing toxins and toxic emotions from your body. After your initial cleansing period, limit douches to once every one to four weeks to keep healthy bacteria alive and well in your cleansed womb. If vaginal yeast overgrowth is a concern, consider acidophilus suppositories or a vaginal probiotic to supplement the natural bacteria of the womb.

Cleansing Douche:

To one pint of purified warm water in a douche bag, add one of the following ingredients:

- 1/4 tsp. of goldenseal powder with the juice of ½ lime or lemon
- 2 cups of red raspberry leaf tea
- Juice of one lime or lemon
- 3 tbsp. organic apple cider vinegar

### **Enemas\***

The key to a long and productive life is a healthy colon. One way to keep it healthy is to keep it clean. Enemas have been the solution of choice for centuries. Exposing the internal organs to the cleansing and healing properties of water is always a good thing. Because most of our lifestyles have included late-night eating, or the eating of heavy, indigestible foods, the transverse (middle) colon may drop down below the navel. This is called a prolapsed colon. It can cause you to literally carry anywhere from 10-30 pounds of excess waste. This can press down on the sexual organs and cause glandular dysfunction. Enema therapy can greatly assist in clearing toxins from your body. Try this one to three times a week up to twenty-one days or as many as twelve weeks if there is a chronic problem. It might be wise to consult a colon hydrotherapist before beginning this type of therapy.

*How to take an enema:*

- Fill a 1-2 quart-size bag with warm purified water, making sure that the clamp is shut. Add any ingredients listed below. (Using oil in the enema helps to loosen waste impacted within the colon.
- Now, before inserting the enema bag nozzle, open the clamp up a little bit and let some of the water out so that any excess air in the tube can be cleared.
- Close the clamp. Put a natural cream lubricant on the nozzle of the tube of the enema bag and ease it into your anus.
- Lie on your left side and open the clamp and release a little of the water. Take in as much water as you can, while massaging the left side of the colon with your hands. Then turn on your right

side and repeat. Do not worry if you do not use all of the water. You will be able to take in more as your colon becomes less impacted.

- Next, sit on the toilet with your legs raised on a footstool or phone books so you're in a semi-squat, and release the water and waste.
- Now that you have flushed out as much as you can, go back to the enema bag and finish the rest of the quart, if you're able. Or you can simply lie on the floor for a while, which is very relaxing. Try raising your legs at a 45-degree angle against the wall. Begin to massage your colon in a circular motion, which creates balance.

#### *Enema Mixtures*

- *Add one oil and one astringent from the following suggestions to 1-2 quarts of warm purified water. 2-4 tbsp. liquid chlorophyll, fresh, processed wheatgrass, or wheatgrass powder may also be added.*
- *Oils: ¼ cup castor oil, or ¼ cup cold-pressed olive oil*
- *Astringents: Juice of 1 lemon or lime, 12 drops Liquid Kyolic, ¼ tsp. goldenseal powder, or 2 tbsp. aloe vera gel directly from plant mashed into liquid form*

#### **Internal Cleansing**

Use an herbal laxative, laxative tea, 1 tbsp. soaked flaxseed or 3 cascara sagrada tablets, one to three times a week to assist with clearing the colon and the reproductive organs. Please note that this should only be done during a cleanse as you don't want to develop a dependence upon laxatives. Use this to get things moving and make sure your diet includes plenty of fiber so your body can cleanse itself naturally.

#### **External Clay Packs\***

A good way of beginning to move clogged emotion is the use of clay packs. Both the heart area and the womb space can benefit from this practice. Typically, women would begin using these on their second chakras since this is a place we like to store old, unspent emotional energy. You can actually benefit from using this tool on any place else you feel emotion may be blocked, inhibited or stagnant. Used while you are sleeping, the clay will pull poisons from your organs and skin and allow the skin to absorb minerals. It is healing food for the skin, but also goes underneath the skin and begins to nurture and heal. Blend clay in your packet, or skin clay you purchase with enough water to make a spreadable mixture. You may add some of your flower essences and anointing oil. Fold over several layers of gauze and spread the top layer with an inch of the clay mixture. Place over your womb with the clay against your skin and tape in place. Take a nap for an hour or use overnight. (For an extra cleansing boost, add 1 tbsp. fresh grated ginger juice.) Be sure to test a bit on a small patch of skin. Also, test the length of time you leave on your skin. Start small and work your way up.) Rinse in the shower. It might be good to keep a journal nearby. You never know what might come up that you may need to process about.

#### **External Castor Oil Pack or Massage\***

Dip clean flannel cloth or white washcloth in hot water. Wring out the cloth, then saturate it with cold-pressed castor oil (preferably organic) and place over pelvic area. Cover top of cloth with plastic wrap, and then apply a heating pad or hot water bottle for one hour. Remove castor oil pack and apply thick clay pack overnight. Again it is good to keep a pen and notebook nearby as this is a very good opportunity to journal as your body releases physical and emotional toxins.

#### **Womb Purification Ritual\*(women only)**

Place a small round disk of charcoal used from smudging in a fire-proof pot. Light the charcoal disk, and sprinkle a few pieces of frankincense and myrrh resin onto it. Place the pot on the floor on a stand or metal trivet so you don't burn the floor. Stand or kneel over the pot and cleanse your womb as with the smoke from the resin. This smokes away all the negative vibrations. You may also want to add a pinch of cinnamon to sweeten your womb-space.

### **Breath-work**

Another way to move out toxins in the body is by adding more oxygen through the use of focused breathing. We will do this many times during our guided meditations. You may want to add the flowing technique to your daily routine as a way of purging toxins out of your second chakra area with fire breaths. This type of breathing is also known to assist in the burning of calories and fat as it cause the body to "burn" hotter.

Prepare for fire breathing by slowly inhaling four times and slowly exhaling four times. Then, when you are totally at ease, begin your fire breaths. Begin by doing 50 to 100. Gradually increase, trying to add 100 each month.

- With your mouth closed, inhale deeply like a pump through your nostrils as you expand the breath down into the abdomen, then back up to expand the chest.
- Then, exhale fully as your abdomen contracts and the lungs release your breath completely.
- Practice the fire Breath a few times slowly, and do it fifty times as rapidly as you can fully inhale and exhale.
- Note: If you should become light-headed or slightly breathless, which is called hyperventilating, simply breathe into a small paper bag—not plastic—held over your nose and mouth for a few minutes, to restore your carbon dioxide balance.

### **Rest**

One of the most vital ingredients for the restoration and balance of the divine, sacred healthy individual is rest. Set aside moments on a daily basis to rest and relieve yourself of pressures and responsibilities you handle each day.

### **Sacred Assignments:**

- Continue to develop your morning practice, however that feels good to you;
- Continue to refine your eating plan in a way that supports your body;
- Utilize some the tools we have gone over so you can begin to help your body heal.