

# Body Wisdom

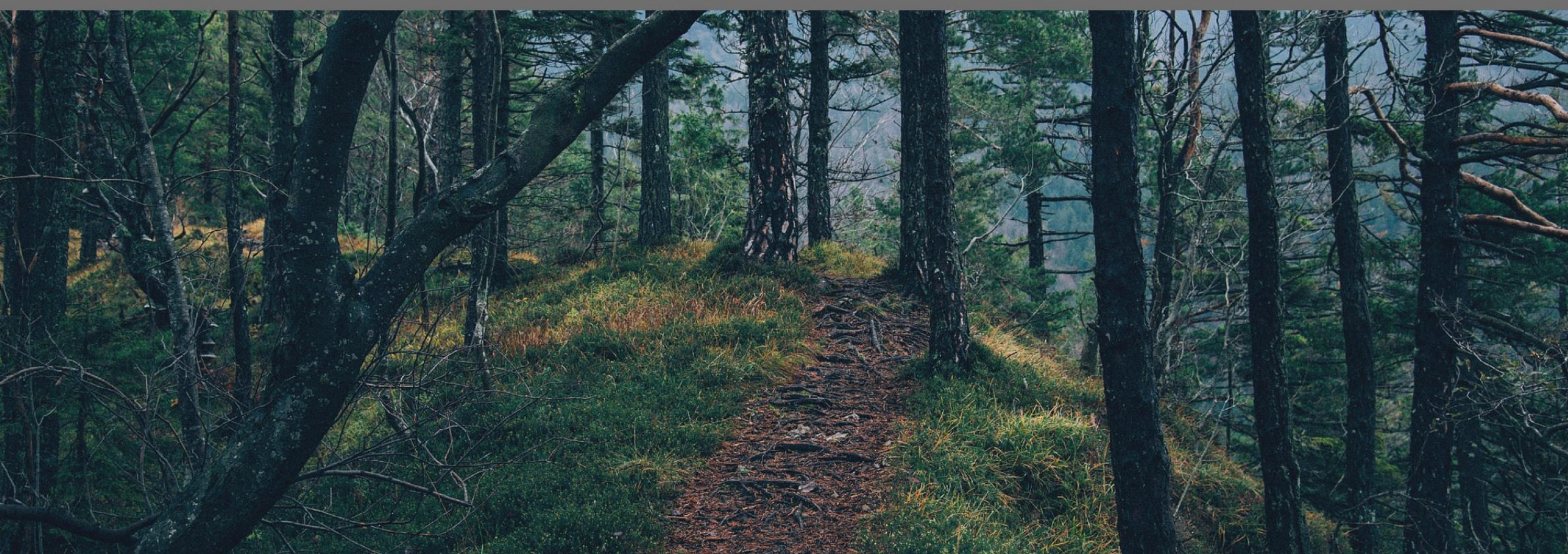
Business & Life Coaching

*Earth Your Vision*



*Class 6*

*Body Wisdom Boot-Camp  
Moon-Lodging  
with Kathy Forest*



Engaging your Super-Power – Moon-Lodging



Calling in Sacred Space



Open your Creation Vessel  
to Receive

**Imagine it... one week a month...four days, four beautiful, precious, glorious days...just for you. Four days for you to rest, to go within, to be quiet, to dream. Four days to cleanse, to fast, to eat healthy food, to connect to your Spirit, to heal. Why? Just because...just because of the body you were born into this time...Four beautiful days, every 28. Can you? Can you imagine it? Can you dream it? Can you even imagine one day? What would it feel like? Could you stand it? (Could your family?) Could you handle three days of silence of no outside input of thought other than your own, along with another day of study, retreat, and creativity? What would you do with the time? How would you feel? What feelings of guilt and shame would arise if you had to neglect a few details, not cook a few meals, or...even...*shhh*...call in at work? Would you need support...outside help...a baby-sitter, cook and maid?**



**How would it change your life? What do you imagine would be different? How would your family treat you? What would be their responses? What do you think it would do to you and for you? Or better yet, think for a moment...how would society be different if this was the norm? What would happen if suddenly women starting calling in---*and checking out, clocking out, taking off*---even ONE day a month? What if mothers started “calling in ‘well’” for their daughters every month? What would it be like for boys to be envious of being within a female body, rather than proud they didn’t get stuck with one? What if girls were proud and happy to be within their female bodies, no matter how they were shaped? What if “that time of the month” was not looked at with dread but anticipation? What if our bodies did not hurt then? What if when “the blues” showed up, we embraced them for the insights and messages they were going to give us during “our stay in the lodge?”**





**This is the gift of the Moon-Lodge...the Red Tent...the Bleeding Lodge---the ancient practice of indigenous tribes that literally gave women time off, and in most societies, demanded that they take it. Our ancestors considered a woman's menses a very sacred time, for this is when a woman is most spiritually in tune and most sensitive to her surroundings. She is more open and able to receive messages from her inner guidance that will aid her in living a more harmonious existence. Indigenous cultures incorporated systems that made use of this time in a powerful way for the tribe. They created a moon lodge where women could learn from other women how to care for their bodies. They could share with other women their feelings and concerns, and utilize this time to receive message from higher forms of guidance. They would also do this on behalf of the tribe. As they learned how to care for their bodies in an appropriate way, their wombs, and consequently the earth, remained healthy.**

**So what's stopping you? This is a glorious gift you can give yourself, and by the sheer will of God/Goddess, Your Higher Self, and the whole host of heaven, it is YOUR DIVINE BIRTHRIGHT! So what stands in your way?**

**What stood in my way was mostly myself, my own guilt and shame over not performing appropriately according to the dictates of our present-day society. My own fear of truly owning my own womanhood, my own body. My fear of the Truth I would hear if I truly took the time to slow down and listen. My hesitancy of allowing others to be truly responsible for themselves, and truly taking responsibility for my own life...coupled with my fears of what the house would look like when I returned. But when I finally let go of those fears long enough to commit that time to myself, what I found was truly amazing...peace...joy...time...organization...order...grace...I could go on, but I would much rather hear your responses. What do you think you could add to the list if you did it...if you really took the time for yourself, what could you imagine or dream...what seeds of peace, enchantment and joy could you plant in the seedbeds for the next seven generations?**





**Imagine a world full of happy women...happy women creating their worlds and joyously sharing their lives with the people around them. Happy women, grateful for their abundant lives...happily magnetizing joy, peace, prosperity and happiness to them and all those around them. How long do you think it would take us to shift our world with this type of energy? An instant!**



## **TRACKING YOUR CYCLE...**

***As a woman you are coded for power, and the journey to realizing the fullness and beauty of that power – your Wild Power – lies in the rhythm and change of your menstrual cycle. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Your Wild Power tells a radical new story about feminine power. It reveals:***

- Your inner architecture and the path to power that is encoded in your body***
- How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority***
- Three ‘maps’ to guide you through the energies, tasks and challenges presented as you journey through each cycle***
- How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing***
- How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging. ...Your Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine. ~Alexandra Pope...about the book, Wild Power***

ALEXANDRA POPE and  
SJANIE HUGO WURLITZER  
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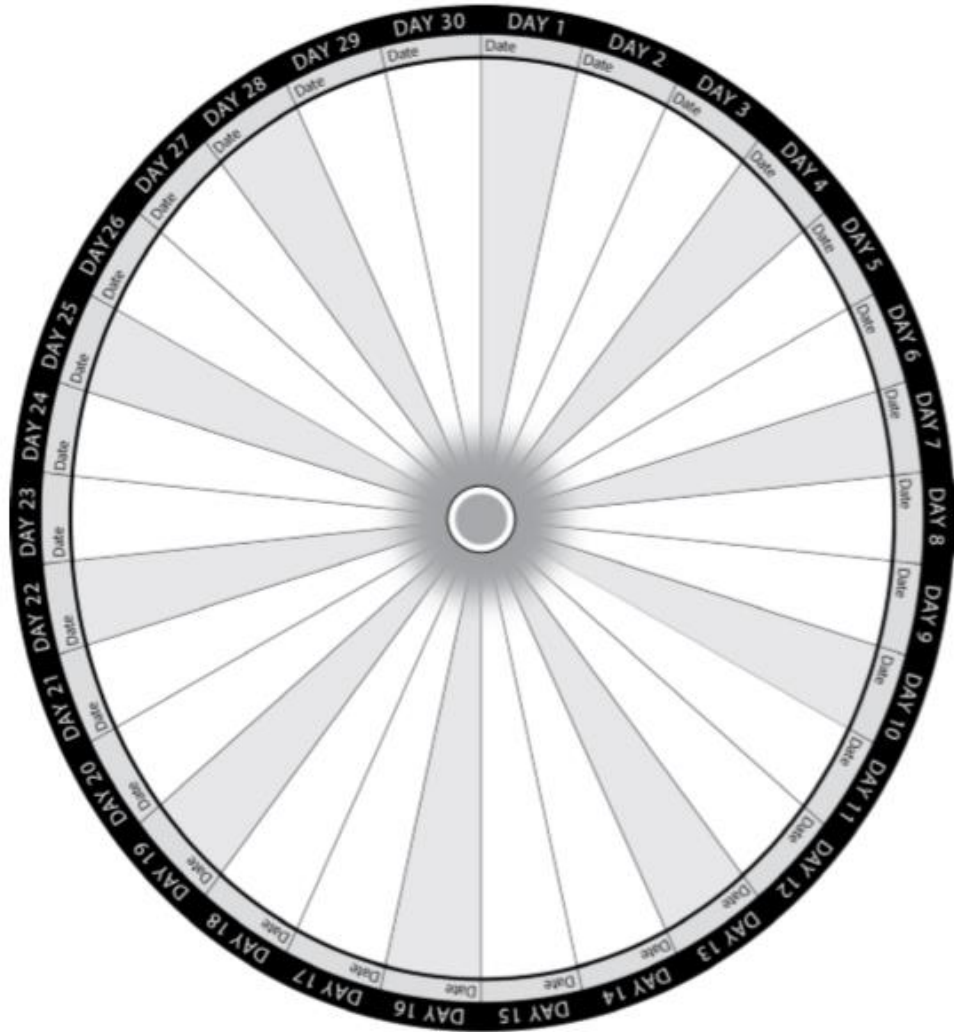


# wild power

Discover the Magic of  
Your Menstrual Cycle  
and Awaken the  
Feminine Path to Power

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- **Homework:**
  - Get this book!
  - Begin Tracking your menstrual cycle.
  - Day 1 is the first day of bleeding.
  - If you are no longer bleeding, start at
  - New Moon this Friday, January 24.
  - Track things like emotional state, energy
  - level, and what happens during the day. When get your book you will learn more!

On the first day of your period start recording your thoughts and feelings on Day 1 of the Menstrual Chart. Watch the patterns of your cycles unfold as you continue to record over a number of months. Begin a new chart at the start of each period. Copy this blank sheet as needed.



This is the tracking sheet from Red School. It is in your classroom and will be emailed to you. This is a good start. It may also be time to get a womb journal for the new year if you haven't already done so!

**Our current culture and “indoor” habits have separated us from honoring the cycles of the Earth and Moon and these women’s rites have become all but forgotten. However, there are many of us that are feeling called to “resurrect” some of these ancient traditions to see if they have benefit for us in these changing times. In fact, there are many prophecies, as well as current human experience that lead us toward the belief that the Spirits of the Ancient Ones have indeed returned to teach us ways of honoring and healing the Earth. We know that there is wisdom within our wombs that is our birthright. I personally feel that these rituals and the wisdom contained within them hold the keys to our survival questions, and in order to retrieve our answers, we must return to the old ceremonies of honoring ourselves and the planet. But we must do them in a way that makes sense to us NOW!**





### **Some guidelines...**

**The information received as the menses begins is the clearest. Therefore, the most powerful time to experience this energy for yourself is the first day of the onset of full bleeding. Traditionally, the quiet alone time lasted for three to four days. However, if you only wanted to devote one day to this process the hardest bleeding day would be the most appropriate. Among traditional dreaming peoples, the most prophetic dreams and visions were brought to the people through the Moon Lodge. In other words, the most useful information that can come to us, comes to us from the women that use their moon times well. In fact, in ancient times, no woman would attempt to teach others or put herself in a position of authority if she was not practicing Moon Lodging on a regular basis. She would be considered ungrounded and her instruction would be considered suspect. Consequentially, for each of us who do not honor this time, much is lost, including the respect of others for our bleeding.**

**If you are beyond the bleeding stage, setting aside 1 day**

**at the new or full moon is a great way to continue this practice.**



**2. You may want to set aside a space to do the lodge. You can make it as elaborate or as simple as necessary and possible. Remember, the more ceremony you surround it with, the more powerful it will be for you. There were some traditions in which the women were responsible to keep a fire burning during this time. Traditionally, they would sleep and dream during the day and keep the fire burning at night, dancing and drumming in prayer on behalf of the tribe. As your moon-time approaches, feel the openness and sensitivity increasing. Pay closer attention to where you allow yourself to be, and to the energy around you because you imprint very deeply during this receptive time. Choose to immerse yourself in what you wish to receive, create and magnify through yourself. Turn toward beauty, peacefulness, song and vision for a radiant, harmonious life for your children and the children of seven generations to come. Refine the objects of your attention, until the blood comes and you retreat into the peaceful beauty and quiet of the Moon Lodge, leaving behind the everyday world for a few hours or days.**



**3. You may want to officially begin or open your lodge with a small ceremony, inviting the ancestors and grandmothers, and the Great Mystery to be with you as you begin this journey.**





**4. During this time, it is suggested that you keep your meals simple. Ancient women existed on simple corn cakes during this time, so it might be fun to make some cornbread. Or you may want to drink juices and teas to assist the body in this cleansing space. It is a great time to utilize all the healing tools you have been given during this course.**

**5. It is also suggested that you limit the amount of outside human information that you expose yourself to—no music with words and no reading during the early period of the lodge. You want to clear your space so you can become in tune with Mother Earth and the ancient ancestors. You don't want to have to filter this information through the information of others. This keeps the information pure, fresh and new. Thus, connecting with Nature any way you can, even a fire inside in a fireplace is a good thing. At the very least, light a candle.**





6. You may want to create a lovely notebook to keep within the lodge or reserve for your lodge time where you can record your visions, dreams, imaginings and intuitive flashes. You may also want to engage in art projects so having these tools available is also suggested. If you choose to share lodge space with someone, you may want to have a book where all of the information is shared with others. This is a way of unifying the information and making it available to all who visit.

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**When you perform a ritual like this, you awaken all the spirits of women who have done this in the past and you connect with them. You literally call in the Spirit of the Moon Lodge. So, while in the moon lodge it is important to remember to keep the vow of using the transparent veil in calling vision for your people, praying, “Not for myself alone, Great Spirit, do I ask this vision, but that all the people may live.” Thus the dream can begin to unveil itself once again through strands woven from many women’s dreams. The weaving created through gathering to share on the New and/or Full Moons and from the records created and kept here can create a fuller tapestry, more easily understood and made real in the ordinary affairs of life. In this way we can begin to make the dream of peace real in our everyday lives.**





Many choose to honor their first flow of blood by collecting and offering it back to the Earth Mother in ceremony. This creates a deep bond between you and the Earth Mother, one that cannot be broken. Using re-usable cloth liners and collecting them in an urn of water and rinsing them clean is an acceptable method for today. Our grandmothers would bleed on moss and offer it back to our Mother in the streams nearby. You may want to try this yourself and then offer prayers with herbs, sage, smudging, and incense in a short ceremony during your stay or as you close the lodge. This also makes great fertilizer and enables the Earth Mother to know your medicinal needs and provide the appropriate herbs for your health.

## *Some thoughts on Moon-Lodging...*

**Cycling Together.** This was a common practice during times when we lived closer to the earth. Since life then followed the cycles of the Earth and Moon so closely, the activities of our ancestors also closely followed these cycles. Consequently, the women all cycled together, ovulating at the Full Moon and bleeding at the New Moon. Today, artificial lighting has caused our cycles to be unbalanced with the energy of the Moon. Allowing your eyes to be touched by the Moon on a daily basis without being in contact with artificial lighting, along with setting intentions and prayers during your time in the lodge can assist in bringing your cycle back to balance with the natural world.



8. As the flow of blood begins to slow and complete itself, you may engage more in outward activities, crafts, etc., even sharing this time with other women, if your situation permits. As the time begins to wane it is a good time to review the information you have received and set intentions for what is to come during the coming moon cycle. Familiarizing yourself with the energies of each moon cycle with help with this process. If your moon cycle is in sync with the Moon, you will be in perfect position to build energy for your intentions during the coming 20+ days. In ancient times, the women would enter the lodge and receive the information, and then present it to the men when they came out of the lodge for implementation in the tribe and society. As we build the energy for our dreams we are assisted by the energy of Grandmother Moon, making us at our most powerfully attentive, aware and present for action in the world at the time of the Full Moon.



**As we turn away from this time, the veil thickens for us again and we step back into the present. We begin to reintegrate ourselves back into our 3-D world. This may take some getting used to. Just know that most sacred ceremonies have a life of their own. When you invite it into your space, the energy of the ceremonies of the past come with it. This is a gentle loving space, but requires respect, honor, and quiet. You get out of it what you put into it.**





## Homework – Continue

- **Begin 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**
- **Add some form of 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**
- **Add another 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 Sixth Chakra. Ask your womb space the answer to the following question.**
- **Do you have resistance to taking time for yourself? When the suggestion is made, what is your first thought and feeling? Do you have resistance to setting aside one day a month just for you?**



*Sixth  
Chakra:*



*Brow  
or Third Eye*

# Guided Meditation





Ground and  
Close