

# Body Wisdom

Business & Life Coaching

*Earth Your Vision*


*Class 6*

*Sacred Rhythms*

*Sacred Movement - Spiritualizing Matter*

*with Kathy Forest*





Spiritualizing  
Matter  
through  
Sacred  
Movement





Calling in Sacred Space

Open your  
Creation  
Vessel

To Receive



**So take a moment to go back at in time to when you began this process? Do you remember how you felt then? Compare that to how you feel now.**

**By now you are probably beginning to see shifts, but also coming face-to-face with some of your under-lying resistance. If you ponder it for a while you will probably notice that the feeling of wanting to just "sit and be" has left you and you have started to "perk up." The things that you were having trouble completing, suddenly begin to fall into place. You may feel like "you've got your game back on." This is what this moon cycle is all about: movement and growth. The new moon is June 17, 2022 at 11:37 pm. So we are already feeling its effects. We took time last moon cycle to pause and contemplate. Now it is time for us to move forward. And just in case, you are feeling stuck, now is when we are going to turbo-charge your movement...literally. We want to begin utilizing the space and energy we are freeing up to begin to manifest our intentions.**



**When we take the time to really sync ourselves with the natural cycles of the earth and the elements, we draw that alchemical energy into our bodies for our own use. It is a gift given freely by the elemental forces. All we have to do is consciously ask. Once we do so, we have more “spiritual energy” to utilize in our physical world. Our vibration raises and everything and everyone we come in contact with raises with us. This is how we “spiritualize matter,” and is what this whole moon cycle is all about.**



During this whole moon cycle, we will be contemplating how body, mind, and spirit, are interrelated energy systems.

By learning to harmonize our subtle energy systems through physical movement, we hold the key to accessing our spiritual body at will.

And access to that body of energy is no small thing! It is what can make the difference in success or failure in everything you do.

**It is big energy.** It is what the Apache Scouts used to go without food for days in the wilderness, to bi-locate (be in two places at once), and many other feats that seem supernatural to us in our modern world. Access to that energy is still attainable. What we are learning about today is the beginning of gaining access to that energy.



**Focused and intentional physical movement can empty the body of physical, emotional, and psychological waste. By being focused and intentional, movement becomes sacred. If you find yourself anxious or stressed out, utilizing the practices outlined today can help you bring peace and composure to your life.**

**Fluid Sacred Movements allow you to ground yourself and transcend yourself by permitting the body to become the bridge between heaven and earth.**

**In our western society, we have many times been taught to hold our body in disdain or to see our body as dirty, bad or unholy. As we move our body and release these worn out teachings, we make space for new, more enlightened and fulfilling information to take their place.**



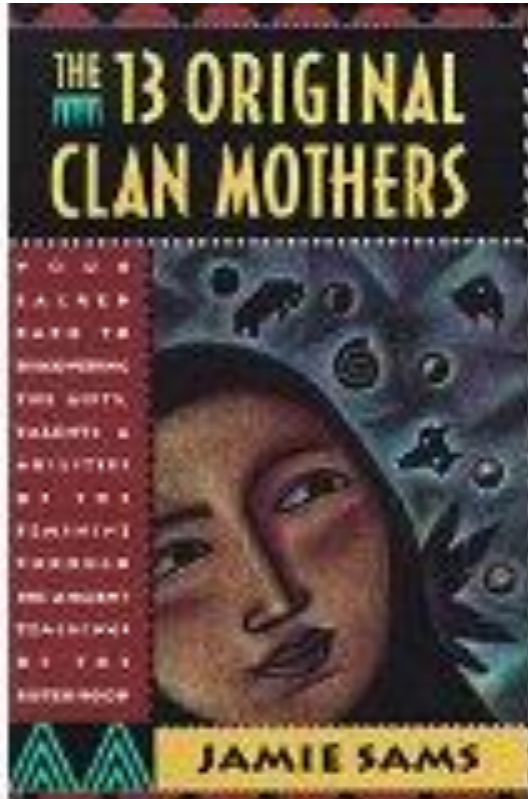


**This type of movement prevents premature aging by renewing our cells, and by helping to expand lungs, and relieve respiratory blockages, such as asthma and emphysema. If your circulation is impaired, Sacred Movement helps to restore the free flow of prana or life force throughout the body. It also helps to break up cellulite and fatty tissue. For those who are hyper, Sacred Movement calms and balances; for those with low energy, it renews and invigorates.**

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**One of the most important attributes of Sacred Movement is that it can move simple exercise into another realm...the realm of spiritual practice...another way to connect with the Divine. Moving the body literally moves “Spirit” through your body. Prana is LIFE-FORCE, GOD/GODDESS-FORCE. Moving the body in a sacred deliberate way literally pulls that energy through you...when you intend it to be so.**





## The Grandmother this Month: Storyteller – Guardian of the Medicine Stories

The keeper of Heyokah Medicine and Humor

The Teacher who teaches without pointing a finger

The Preserver of Speaking from Personal Experience and Truth

She teaches us:

- How to teach through telling stories that contain lessons;
- How to balance the sacredness with irreverence/using humor creatively;
- How to speak from our experience without judging others or being self-righteous;
- How to be a student in life as well as the teacher, preserving the wisdom gained;
- How to have fun;
- How to Speak the Truth.

**Morning Practice-A place to begin**

**In keeping with our other teachings, a morning practice is always the best way to begin. I know of no better way to incorporate sacred movement into your routine, than including some kind of Sacred Movement in your morning practice. My first choice is yoga. It is divinely designed to do just what we have been talking about. It puts your consciousness all the way through your body. It opens up the meridians in your body and allows you to pull prana all the way through your body. It was designed to prepare your body to be a clear channel for spiritual information to flow through. Increasing all kinds of movement throughout this moon cycle is highly encouraged, but as a morning practice, yoga is a jewel.**



### Exercises for Portal 3

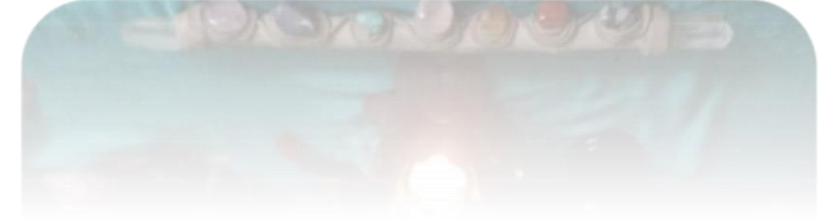
**Altar** -If you use an altar, the color to focus on this month is Orange. A good stone to use is **Carnelian** as it is a great energizer and assists the body in metabolizing energy. Some of the energies that govern this cycle are Storyteller, the Grandmother of this moon cycle. She carries the medicine of “Speaking the Truth” and teaches how to transform the stories of our lives. In the Khamitic tradition, Bes is the Protector of Sacred Movement. In the Hindu tradition, Parvati is known to have won Shiva’s heart by being able to perform all the yoga poses perfectly. A chant to her is found below. Mostly here it is just important to choose someone that inspires you to increase movement and growth in your life.

#### Prayers for this Portal

Below is a prayer written specifically for this moon cycle. It is found in the book, Sacred Woman by Queen Afua.

“Divine Mother, awaken the ancient dancer in me to allow sacred movement to set my spirit free. May sacred movement leap me into pure exhilaration, and stretch me to the star Sirius in my inner galaxy. May my dance flush out my arteries, pump oxygen to my heart and my brain and bring my soul to life, my mind to rest, my heart to balance and by being to light.”

You can utilize this prayer or another that inspires you to move in a sacred way. Imagine how your life would be different in three weeks time, if you simply read this prayer every day during your morning quiet time. That simple practice would be enough to shift your world tremendously.



## Chanting

If you have picked up the practice of chanting, you may want to include either of the following chants to increase your spiritual power and help you translate it to the physical realm.

### **Hrim Shrim Klim Param Eshwari Swaha**

(Hreem Shreem Kleem Pah-rahm Esh-wah-ree Swahah)

Om and Salutations to Parvati the Sum Total of Energy of the Potential and Actualized Cosmos

By way of background, Parvati is the wife of Lord Shiva in the Hindu tradition. Lord Shiva is the destroyer of ignorance and holds space for all parts of humanity to return to the Light. Parvati won his heart through spiritual yoga practices. One of their sons was Ganesh, the Elephant-headed one, known as the remover of obstacles. A chant for Ganesh is below. The Parvati chant is good to support any physical creation. The one to Ganesh is great from removing resistance to exercise!

### **Om Gum Ganapatayei Namaha**

(Om gum Guh-nuh-puh-tuh-yei Nahm-ah-ha)

Om and Salutations to Ganesha (Parvati's Son), the Remover of obstacles for which Gum is the seed.



## 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.) This moon cycle a good essential oil to use is **Bergamot**. It is very energizing and invigorating, thus encouraging you to move your body. It is uplifting, refreshing, encouraging and increases mental alertness. Bergamot can help relieve feelings of emotional deprivation and ease anxiety and depression, grief, and sadness. In the physical realm, it strengthens the immune system, aids in the healing of wounds and scars, and has an antiseptic effect. Essentially, Bergamot fills you with energy and inspiration and makes you want to leap up and dance. So beginning your day with this wonderful elixir is a great place to start.

**Flower essences** that support this moon cycle are:

- Dandelion – for releasing emotional tension in the body
- Star of Bethlehem – Releasing trauma from particular parts of the body, often stored in the past.
- Self-Heal - Arousing recuperative powers of the body; integrating body and mind in the healing process
- Manzanita – Appreciation of the body as a Temple of the Spirit
- Hibiscus – Integration of libido and sexuality with soul warmth

You can use any of these or others that you feel support you in making a spiritual connection with your body. I always have a blend of all of them for this moon cycle and they will be available in your packet, should you choose to get one.



### **Herbal Tonics and Greens**

**Since we are wanting to turbo-charge our practice now, we want to continue the good healthy practices we have started and begin to flood our body with more life-force. A good way to do that is through juicing. Adding a green drink or freshly juiced vegetables can speed up the cleansing process and increase our overall health and vitality. This is simple to do. You can throw fresh greens, a few grapes and water in a blender for a very pleasant green drink. You can add a banana for flavor if you like. You can also add extra powdered greens in a variety of flavors or just drink the powdered greens if you are in a hurry. A good brand is Gardens of Life Perfect Food. This also comes in chocolate!**

**Another good herbal tonic moving through this chakra is Ginkgo Biloba. Ginkgo has antioxidant properties, oxygenates the blood, and helps the body rid itself of free radicals. It increases the blood flow to the brain and relaxes and tones the muscles in the arterial walls, helping to prevent heart attacks, stroke, and angina. It is helpful in eye problems resulting from decreased blood supply.**



## *Other Suggestions for this Moon Cycle*

**Develop some type of daily movement ritual that heals you. Join a class or purchase or rent a video to get you started**

**Take a dance class or explore free dance.**

**Find other ways to incorporate more movement into your life.**

**Notice how you move. Is it done with grace, as an act of prayer, or do you slam through your days and through your life? What in your life needs to move? Contemplate these questions as ponder the wonder of movement during this sacred time.**

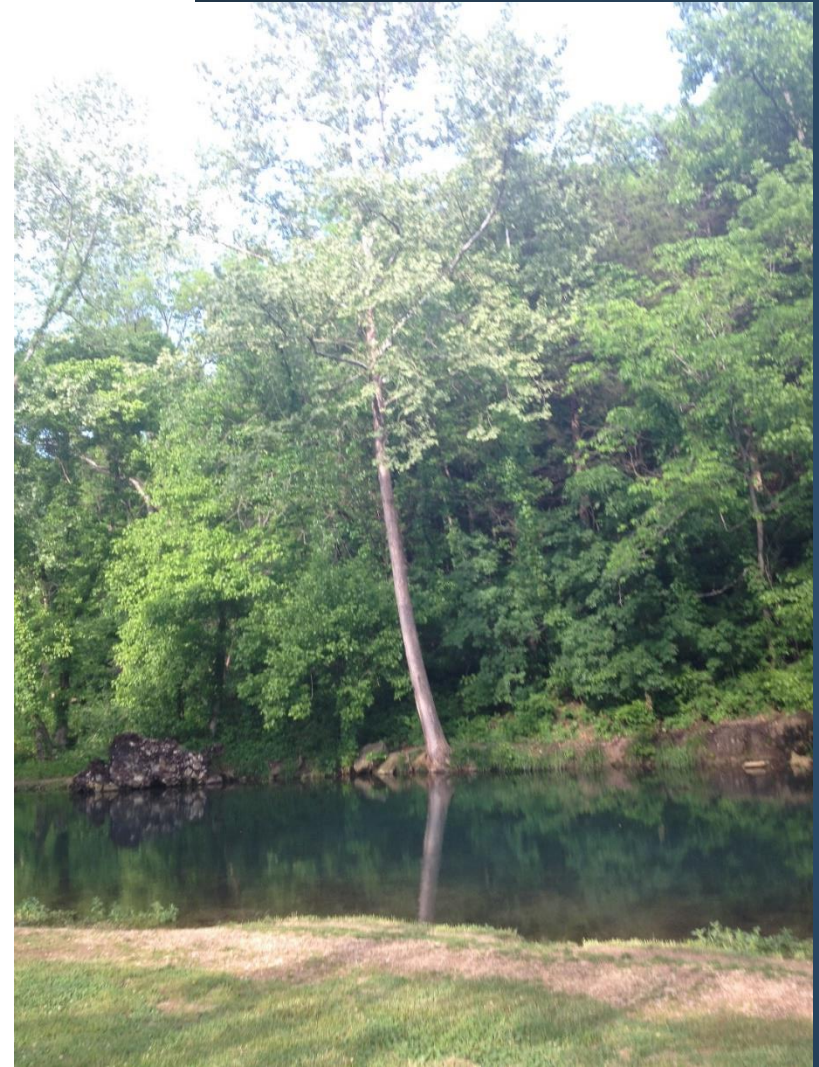
**Think about spiritualizing matter. What does that phrase mean to you. How can your body act as a vehicle for this sacred work?**





**You can design your time any way you choose. Here is what a morning practice that includes Sacred Movement might look like:**

**Make some tea and light a candle on your altar. Use your flower essences and rub some oil on your feet. Do some journaling on your question or meditating while you drink your tea. Engage in some delicious sacred movement of your choice: A Sacred Dance like we did in class, Yoga, Belly Dance, Free Form Dance, running or walking. You could also take a “Jappa Walk” and chant while you take a long walk, blessing the earth with Sacred Sound. Keep your journal handy. If you do this in solitude and as the sun is coming up, messages trickle down from above like water. You won’t want to miss any of them!**



## **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**

## **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 3:**

**Flower Essence: Star of Bethlehem or blend**

**Essential Oil: Bergamot**

**Ginko Biloba Tea**





# Guided Meditation

*Set an  
Intention for  
this moon  
cycle...*



Sacred  
Movement  
Dance





Ground and  
Close