

SACRED RHYTHMS

Portal 2

Speaking the Sacred: Molding Your World with your Words

By Kathy Forest

“Ocelot is the embodiment of cosmic intent. The business of the Sun is to create radiation and light to further the spiritual understanding and awakening of humanity and all other life forms. Conscious intent is supernatural energy stored in the mind.” --The Mayan Oracle by Dave Carson

Take a moment and review your life since you began this journey. Consider how your life has shifted. If you are like most of us, it may feel as if the Universe is drawing you toward a new destination. You may be shifting many foundational things in your life, things that needed shifting. You may have started eating more healthy foods, drinking more water, or clearing out excess emotional baggage.

This journey is literally “keyed-in” to this planet, the cosmos, and your cells, *through your DNA*. With the precision of a fine Swiss watch, the planets’ energies impinge upon the Earth and all her inhabitants. Earth receives this vibration and adds her own to the mix. All of these large bodies of energy exert their influence upon us. This is why we have spent so much time clearing your physical instrument. When your body is light, open and fluid, it enables you to discern this flow and learn to use it. You can “ride the wave” of this current and allow it to carry you to your desired destination. When your body is not “in tune” with this flow, discernment can be difficult. It may feel as if you are trying to swim up-stream. So it will be important for you to continue to assess and re-assess how your body feels. The feeling we are going for is CLEAR, CLEAN, and CURRENT. Using the tools you have been given, up to this point, you can continue to maintain and improve the condition of your cosmic tuning fork (your body), as you see fit.

I have used the term “portal” to distinguish the difference between different parts of this journey. I consider a portal to be a gateway or an opening, in this case, to a new modality of healing. However, as we progress, I would like for you to consider it in layers. We have laid down the foundational layer of body practices upon which the other layers or portals will be built. As you may have noticed, this portal may have seemed like an Initiation of sorts, and indeed, it was. It was an introduction into a new way of being. Each different portal will probably feel like that. It will be important for you to continue to practice and develop your skill in Portal 0 and then “layer in” subsequent Portals as we continue. From this point on, we will be entering a different Portal every month. For the best results, you will want to assist yourself by utilizing the “Portal Tools” specific to each moon cycle.

In this class we are entering a **new Portal**, the **Portal of the Sacred Word**. This Portal is also foundational in that it is the power that creates everything...**EVERYTHING!** And, yes, even this Portal is “keyed-in” to your physical body. In other words, it will feel right and natural for you to begin considering creation, and how you use your words to create your life during this specific moon cycle. It will also feel right and natural for you to want to connect with that deep, inner place, of “NO WORDS,” the “Silence,” the “Tyowey.

This portal is all about the throat. As you work through this portal during this moon cycle, you will focus on eliminating communication blocks and blocks in creativity. You may also notice a decrease in

tendencies to destroy or debilitate yourself or others with your words. This work will help you communicate honestly, creatively, and holistically in every aspect of your life. It will teach you to speak words that build, rejuvenate and heal yourself and others. It will help eliminate throat blockages such as thyroid problems, bronchitis, sore throats and laryngitis.

We call this the **Portal of Sacred Words**, but a better description is the **Portal of Sacred Sound**. Sound is a wonderful tool. And it is THE foundation of any form of creation because it creates at the vibratory level. It “pushes in” to the unseen realm. We seldom consider this as we move about our everyday lives. But we are literally creating our future by the “sounds” we emit. When said that way, it can really give you cause for pause. What have we been creating with our words? What have we been listening to? How is that creating what we are living right now? How is it affecting those we live and work with? Is there room for improvement? Always!

I will be introducing a new practice with each Portal, as well as giving you another list of activities you might want to engage in during the moon cycle that will enhance your journey. Please feel free to sample as many as you like and leave the rest. You can always come back and review and try something new. Remember, it’s keyed in. You are going to feel compelled to engage in these practices every May for the rest of your life, right? So don’t feel overwhelmed, if all you get done this month is listen to the class and do the guided meditation. It will come back around and now you will be armed with your tools.

Many of the practices contained here will lend themselves well to a “daily practice” like we discussed during our first class. So, you might want to refresh your memory by going over that class again. Assuming you *are* taking that quiet time daily for yourself, you may want to incorporate some of the suggestions below into that time.

Exercises for Portal 2

Altar - If you utilize an altar, you might want to enhance it with the color sky blue or turquoise as this color resonates with the throat chakra. You might also want to use the crystal, Aquamarine, as this opens the throat. Eucalyptus oil is also a good throat chakra opener. If you connect with any sacred feminine Avatars, suggestions for this portal are: Saraswati, Goddess of the Sacred Word in the Hindu tradition, Gayatri, Goddess of Divine Intelligence in the Hindu Tradition, Bridget, Guardian of the Sacred Word in Celtic and Christian traditions, and Lady Nada, the Ascended Master who is the keeper of Divine Speech. If you come from the west and resonate with the Christian Tradition, Mother Mary or Mary Magdalene are always good choices for all of the portals but especially this one. By placing a representation of someone who has mastered this aspect of life on your altar, you begin to align yourself with their vibration and you may find it easier to master the disciplines of this portal. Pick someone that suggests wise use of words to you.

Meditation - The Sacred Grandmother that governs this moon cycle in the Seneca tradition is Listening Woman. She carries the medicine of “Hearing the Truth.” She teaches us how to enter the Silence so we can access the voice of the Inner Knowing and Inner Truth. Her moon cycle officially begins May 4, 2019 at 5:46 pm. Obviously, this would be a very good practice to engage in any time you get the chance, but especially now.

Prayer – What better way to utilize our words, than to connect with the Divine. Below is a prayer written specifically for this moon cycle. It is found in the book, Sacred Woman by Queen Afua.

“Divine Creator/Creatrix, assist me in speaking words of power. May my words be anointed. May my words not damage a soul. Divine Mother, assist me in speaking words that heal, words that empower, words that build, words that transform. Help me guard my words so that no venom passes my lips and no destruction results from my speech. Rather, may my words impart light to souls who are seeking Your face. If my words show me to be out of divine right order, may my mind and mouth be cleansed. Help me not to speak words that break down the divine in me or in my sister or my brother, my mate, my child, my Elders, or my ancestors. Divine Mother/Father, place words upon my lips that make my voice disperse sacred medicine. May my words be lotus blossoms that encourage all the souls I meet to reach for greater heights. May my words speak with your breath, and sing your sweet song of life. Because of the words and the evolved tones that I utter, may goodness follow me all the days of my life.”

You can utilize this prayer or another that inspires you to pay attention to the sounds you surround yourself with and those you emit yourself. 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.

Affirmations

Affirmations are a wonderful way to move your life forward at a positive pace you can handle. Below are a few to get you started. Remember it is always best to say these out loud. If you do not have the privacy or don't feel comfortable doing so, simply reading a few everyday can shift your energy and outlook tremendously.

- I am a divine, wonderful expression of life, and am living fully from this moment on.
- I am always learning and growing.
- I am worthy of love and respect.
- Happiness is at the center of my world.
- I am a blessing to the world.
- I am growing more beautiful and luminous day by day.

Herbal Tonics - Drink eucalyptus tea everyday during this moon cycle to open the throat. Also, try this Herbal Relaxation tonic: 1 tsp. dried chamomile, 1tsp. dried hops, 5 drops valerian extract or 1tsp. valerian root, 4-8 oz. hot water. Use this one before bed because you can become VERY relaxed.

Other Suggestions

- Audio or video tape yourself during the month to see how you sound.
- Do a sacred silence fast from speaking or sound for 1-4 hours a day or more. Do this with others together to see how it feels. Record your experience.
- Be sure to continue with the other practices we have discuss regarding food intake, drinking extra water, adding “green” food to your diet, fasting, enemas, salt baths and clay and castor oil packs as needed.
- Begin watching the words you take in via friends, TV, radio, etc. Watch the way you speak and try to enhance and improve it. See how this transforms your life.
- Watch how you use the words, “I am...” Be careful what you are affirming about your life.

New Tool for this Portal: Mantra Chanting

One of the most fundamental tools I have found to move energy in my life is utilizing the tool of Mantra Chanting. “The mystical traditions of many cultures orally record a rich legacy of tapping into a seemingly hidden source of information and energy through the power of chanting. Those cultures have used the same methods successfully for hundreds, even thousands of years. One tradition has carefully organized and recorded the outcome of chanting in specific ways that are now available to individuals outside their physical borders. To access, bring in, and activate specific qualities of the Great Feminine within, ancient spiritual Sanskrit formulas from India, called *mantras*, can be used with great effect.” (Shakti Mantras, by Thomas Ashley Farrand)

How and why it works...

Even though this type of tradition may seem foreign to us in the west, it is a highly precise and scientific practice. Once again, the key to the scientific reason why chanting works finds its source in the subtle energy body that surrounds and interpenetrates the physical body. It is the energy coming into the subtle body via the chakras that provides the key to the effectiveness of Sanskrit mantra chanting. “The ancient Indian mystics with “second sight,” the ability to see clearly into the subtle realm, noticed that when certain Sanskrit syllables were pronounced, certain petals on some of the chakras responded very positively. For an indeterminate time, mystical mantra experiments were conducted and their results passed on orally to successive generations of spiritual teachers. Results of early experiments were verified as practitioners used mantra formulas identical to some of the early seers and found, amazingly, the later users of those same mantras all arrived at a nearly identical state of being. Those ancient seers also noticed that when certain Sanskrit sounds, not all of which were words or **meaning-based** sounds as in modern language, were chanted in certain sequences, the resulting vibrational effect upon the chakras and physical body was remarkable. The sounds seemed to work synergistically, producing significant results in whoever chanted them, whether they understood what they were chanting or not. The more the mystics investigated through expanded means of subtle perception, the more they understood what was happening. They saw that we are surrounded by energy all the time: spiritual energy. They also saw that when the Sanskrit formulas were chanted—that is, as the petals on the chakras vibrated in mystical resonances—a tiny amount of this spiritual energy was actually pulled into the subtle body. The chakras were accessing and drawing in the energy that surrounds us all the time. By the chanting of the Sanskrit formulas, people were experiencing a net gain not just in energy but in *usable* spiritual energy. Over the months and years of such activity, the energy gains were amazing. People who previously had no noticeable aura now had one. Among those who had been seemingly quite ordinary, some became healers, while others seemed to grow wise and mysteriously tap into realms of spiritual knowledge and understanding. The total amount of energy in the body was increasing as chanting continued over time, because the chakras were constantly accessing, pulling in, and processing new energy. As the years rolled by, the sages noticed that continuous chanting led to spiritual abilities, such as clairvoyance, clairaudience, as well as others. The subtle body, as it grew, began to work with the laws of the universe in ways that seem like science fiction today.

What does this mean for us? How can we take this information and use it effectively in our western world? By utilizing a mantra practice, we have the ability to tap our inner resources in ways that up until now we may not ever dreamed could be so easy. Because attributes of the Divine Feminine exist within all of us, we can literally pull this energy into our chakra system and enhance our performance in many areas of our life through this basic spiritual practice. Where we want to improve our education, bring in abundance, become more attractive, smooth out the wrinkles in our personality, become a magnet for knowledge, a fountain of love, or have some other objective altogether, there is an Eastern feminine

archetype representing real, tangible and usable power that can become available for your use. You can, for instance, become a potent, positive force in your work environment with quiet application of mantra power. Your family and work lives can become more harmonious. You can manifest better results in education. You may even get that promotion you wanted. Sanskrit mantra is an easy way to systematically awaken and harness the Great Feminine Shakti that sits waiting to be invoked and invited into the center of our lives." (Shakti Mantras, Thomas Ashley Farrand)

How to use mantras...

1. My first suggestion would be to get yourself informed. The information in this handout is enough to get you started but the author I quoted above was a dear teacher and friend of mine, and is a very good source. Utilizing any of his books is a good way to begin. Two good ones are Shakti Mantras and Healing Mantras. He has many others. Try working with a few of the mantras to see if you do not get some desired results that you may be looking for. If the practice works for you, explore deeper.
2. You may want to purchase a set of chanting beads called a mala. These beads are a way of keeping track of how much you chant. If you make this a spiritual practice, you may want to dedicate yourself to chanting a specific mantra, a specific number of times, for a specific number of days. For example, "I am going to chant to Saraswati 4 rounds a day for 40 days in order to become more creative in my writing." The number on these sets of beads is traditionally, 108 which is considered a sacred number. It is the same number of energy meridians that run throughout the body. Rosary beads may also be used. They typically have 54 beads so you can easily double the amount of rounds you chant.
3. Mantra chanting can be used to extinguish bad habits, to invoke divinity during your sacred spiritual times, or utilized to change specific attributes of your life. Chanting literally brings more life force into your subtle energy body. It is up to you how you use this energy. You can store it until you find a use for it or you can utilize it specifically. For instance, if you have a habit of judging others, you may want to chant to a specific goddess every morning with the intention of feeding yourself more good energy, rather than "feeding on others inappropriately throughout the day." Then every time you catch yourself indulging in your old habit, you can chant to the Goddess instead.
4. If you have a specific difficulty you would like to address, it is best to do a mantra discipline. Write on a piece of paper, your intention for the discipline. For example: "I am drawing abundance and prosperity into my life by attracting a job that supports my specific needs and desires." (You can be more specific.) Place this on your altar. Then for 40 days, chant a specific number of rounds to the Goddess who represents abundance: Lakshmi. 40 days is said to be the number of days it takes to effect change in this manner. After a discipline like this, wait a few days to see if you see results. It may take up to two weeks. If you have not seen results, do not get discouraged. You may have more karma than you expected in that area. Notice all the good that came out of your spiritual practice, (It will come, I guarantee it.) then set your intention for another 40 days. You will get results. This works. Another approach to mantra discipline is to place the intention on your altar and then chant constantly, every time you think about it for the next 21 days.
5. As with all other spiritual disciplines, it is best to start slow and see what you can handle. When we are trying to replace old habits with new ones, it might be easy to over commit ourselves. Remember chanting is an ancient powerful tool. On some levels it is said that utilizing it removes karma. If our habits are deeply embedded, it is best to remove that karma slowly so as not to cause too much disruption in our lives.

6. A note about chanting for others. It is ok to chant on behalf of another as long as you specify to the universe that you are NOT taking on their karma. It is especially advantageous for mothers to chant on behalf of their children. Because of the emotional attachment here, these can be some of the most powerful disciplines and work quite well!

Below are some mantras to get you started:

1. Saraswati—Goddess of Knowledge and the Sacred Word
To invoke knowledge, wisdom, and academic success:
Om Eim Saraswatyei Swaha (Om Im Sah-rah-swaht-yea Swaha-hah)
“Om and salutations to the feminine Saraswati principle”

Om Eim Shri Maha Saraswatyei Swaha (Om Im Shri Maha Sah-rah-swaht-yea Swaha-hah)
“Om and salutations to She who provides knowledge and wisdom.”
2. Lakshmi – Goddess of Abundance
To draw abundance into your life:
Om Shrim Maha Lakshmiyei Swaha (Om Shreem Mah-hah Lahk-shmee-yea Swaha-hah)
“Om and salutations to she who provides abundance.”

To become more attractive:
Om Padma Sundharyei Namaha (Om Pahd-mah Soon-dhar-yea Nahm-ah-hah)
“Om and salutations to She who personifies beauty.”

To produce the peace of Lakshmi:
Om Shantiyei Namaha (Om Shahn-tee-yea Nahm-ah-hah)
“Om and salutations to She who is the giver of peace.”

To produce in oneself the Spirit of Truth
Om Satyei Namaha (Om Saht-uea Nahm-ah-hah)
“Om and salutations to She who empowers truth.”

To attune to the Celestial Healer within:
Om Shri Dhanvantre Namaha (Om Shree Dhahn-vahn-trea Nah-ma-hah)
“Om and salutations to the celestial healer.”
3. Durga – Goddess of Protection
For general protection:
Om Dum Durgayei Namaha (Om Doom Door-gah-yea Nahm-ah-hah)
“Salutations to She who is beautiful to the seeker of truth and terrible in appearance to those who would injure devotees of truth.”

In closing...

I would like to share some words I adapted from Queen Afua about Sacred Words...

“Sacred words, manifest in the silence. Sons and Daughters of Divinity, chant the libations of surrender as the Creator channels forth universal truth. Sacred words live in the Spirit, the essence of “self,” which journeys from land, gathering pearls of wisdom and healing along the way.

Sacred words dance in the temple of the Goddess, surrounding Ra-filled auras with infinite blessings, guiding purposeful steps that build upon destiny’s path.

Sacred words hear the seeds of organic fruit, nourishing weary souls with the nectar of upliftment, filling empty vessels with love, abundance, and joy.

Sacred words play upon the slips of sacred women and men and hold the potency of ancestral ways with enough mystical magic to heal the world.

Sacred words unfold in courage, speaking the unspeakable with clarity, vision, and purpose, sending messages of honor and protection.

Sacred words rest in the heart, and awaken to the joyful sounds of promise radiating light channeled from above.”