

***SACRED RHYTHMS***  
**Portal 9 – Sacred Lotus Initiation**  
**Reclaiming the Sacred-Our Heritage as Women**  
**By Kathy Forest**

In ancient times, women were sacred. They were treated with great respect and reverence. They were lifted up. In the societies of ancient Nubia and Khamit, women were free. These women were very successful in their own right. They owned property, stood side by side with their men in business and personal life, and were Priestesses passing on spiritual wisdom. The lineage of the children passed through the mother. You can see from the shape of the symbolic Ankh, the spiritual symbol of this time, how they were viewed. The woman was represented as the top loop on the Ankh, supported by her King as the lower part. In this way together they brought forth the future, our children, as a mighty nation, which were represented by the middle crossbar. This symbol was carried religiously by the King and Queen and Priest and Priestess daily to remind them of the sacredness of this union. Thus, the ankh is a symbol of unity. It unites all the elements and thus acts as a tool of healing. In ancient times we saw the Creator represented in both male and female aspects to serve as a model for divine balance throughout society.

This is the final Portal that we pass through during our Sacred Rhythms Cycle. As such, it is a birthing ceremony, an initiation into the realm of the Sacred Woman. A woman who restores her power by Sourcing her mind, body and Spirit appropriately. A woman who remembers that everything she needs resides within her, and who knows how to draw that forth. A woman who does not wait for those outside of her to restore her to her rightful place among humanity, but raises herself to the eternal heights by utilizing the sacred tools provided by the Earth Mother to heal her body, mind, womb and heart. This woman remembers that to put down the feminine, to suppress her, beat her, or demean her in any way is not only a societal crime, but above all is a spiritual crime against the feminine aspect of the Most High dwelling within all men and women. This woman does her best to honor the Divine Feminine in herself, and to teach the next seven generations to do so. She consciously raises her vibratory rate, knowing that as she does, she raises the vibration of the planet and all of humanity. She sees this as her Sacred Duty and considers it an honor and privilege to serve her fellow beings in this way.

The grandmother that governs this moon cycle is Gives Praise. She joins us December 14, 2020 at 10:17 am Central time. Other archetypal energies that lend themselves well to this Portal are Lakshmi or Radharani of the Hindu tradition, Isis of the Khamitic tradition, the Goddess Dianna, and of course, Mother Mary and Mary Magdalene from the Christian tradition. Connecting with any of these guardians will allow you to make a connection to the real you, the Divine You that dwells within. Allow them to help you purify your heart within and without, so our outer world reflects our inner world.

Ancient spiritual women adorned themselves by covering the third eye (sixth chakra) with a lotus blossom. The lotus represents spiritual illumination and beauty. Placing the lotus over the brow means one has a perfected state of consciousness an illuminated mind that is a garden of peace.

“Out of the mud comes for the Sacred Lotus, symbol of beauty, grace, purity, and perfection. Her wisdom tells us that what appear to be life’s challenges, struggles, ups and downs, confusion, pain, and sadness are actually opportunities for us to move up and out of the mud. As we move through these

tests challenges and struggles, we bring forth our inner lotus, the reflection of our inner beauty. This is the moon cycle where we review how far we can come in our cleansing and celebrate it. We meditate daily, focusing on our third eye, reviewing the past year with joy, praise and gratitude. Envisioning what the lotus represents will help you manifest nature's beauty from deep within you.

Through the Sacred Lotus Initiation Portal you will experience Oneness with the Creator/Creatrix, divine inspiration, divine wisdom, spiritual unity, and empowerment in body, mind and spirit. This will place you in the Seat of the Great Mother, a reflection of your higher-self, reborn as a Sacred Woman.

Portal 9 will eliminate Sacred Initiation blockages in the Body Temple: the inability to move forward, or feeling of being stuck in a rut or trapped.

Here are some practices that can assist you as you move through this moon cycle portal:

### **A Spiritual Bath**

Between the hours of 4:00 and 6:00 a.m. in preparation for your morning practice, utilize Ylang ylang or Lotus oil in your tub for the crystal/crown—for divine oneness with the Goddess, inspiration and wisdom. It brings forth the sacredness of the womb and ignites higher spiritual consciousness.

### **Your Altar**

If you use an altar, set up your altar on the first day that you open this gateway. Use the color white with light blue, for purification, illumination, and devotion for this portal. The stone for this portal is white opal. It is a sacred healing stone and helps to illuminate the mind and spirit.

### **Prayer**

As always, I honor this portal with a prayer adapted from Queen Afua in Sacred Woman:  
*Great and Divine Supreme Mother, thank you for showing me the way to becoming a realized Sacred Woman. I thank you for awakening me to my true nature, for opening the Portals of Sacred Woman Enlightenment. I thank you for washing my soul at the shore of the Great Ocean; for charging me with the light of the Sun's rays; for delivering me a refreshed breath of life; for helping me to stand on solid ground, as I return to my Sacred Woman seat of stability and strength, poise, ease and empowerment.*

*I thank you, Great and Divine Supreme Mother, for reawakening and healing my womb; for bringing power back into my words and serenity into my silence. I thank you for giving me the foods that reflect good health and longevity; for cleansing my space and presenting me with a sacred home; for beautifying me and bringing out my creativity in unlimited ways. I thank you for healing my life and giving me the desire to help others to heal themselves; I thank you for restoring all my relations; for giving me the courage to experience Sacred Union and for filling my spirit with joy and gratitude.*

### **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.)

Suggestions:

**I Am a Sacred Woman and/or any of the chants we have used during the year**

### **Herbal Tonics**

Drink Solar Water during spiritual prayer work and throughout the week. This is pure water charged by the sun for one to four hours. Do this 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.

### **Flower Essences**

These are the Flower Essences for Portal 9. Use them separately or in the Sacred Rhythms blend. Put them on your altar and in your bathroom. Use often, at least 4 drops four times per day directly under or on the tongue or on your skin. Add the same amount to a small glass of purified water and sip. Don't forget to put them in your tub or shower, as well. 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!

Once again, this time I have substituted all Bach Flower Remedies, so you can get them where you are. As always, just let me know if you want the Sacred Rhythms packet from me.

- Clematis – Spiritual receptivity, opening the feminine aspect of the self to the higher worlds.
- Heather – Creative expression of the feminine aspect of the self.
- Vine – Enhancing and balancing moonlike, receptive qualities of the psyche.
- Water Violet – Creating a chalice or inner vessel for receiving higher inspiration; attunement to feminine forces.
- Rock Water – Greater inner space for the feminine self.
- Gorse – Spiritual elixir; enhances and harmonizes higher consciousness; open and expansive spirituality; meditative insight and synthesis.

### **Sacred Space Journal Writing**

This is always best done after internal cleansing and/or meditation. Writing for the portal will naturally focus on your relationship to yourself, the Goddess, Creator, and your progress from the past year of healing and cleansing. 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. As you move through your life, you will find that spending time “connecting” with yourself and your Source will become more and more necessary on a regular basis. 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.

### **Suggested Transformative Work for the Sacred Lotus Initiation Portal**

- Create a ceremony to commemorate your progress as you have passed through several portals of initiation. Review your time in the lodge so far and note how far you have come. Include a dance of gratitude to the Goddess for how she has helped you clear what you have cleared so far.

- Create some womb healing goals and intentions for the next year. Where are you now, and where are you ultimately going from here? Make your commitment statement in front of your altar. Visualize yourself sitting on and in your own divine seat of the Great Divine Mother, the Sacred Seat of Spiritual Power and High Holy Quality of Wellness.
- Reflect on each Portal you have passed through and identify the greatest challenge you experienced. Then tell the story of each Portal, and its challenge, and how you turned its lesson into a blessing. As you take delight in your growth, embrace and appreciate your strides. Remember, with each Portal you have moved through, you have gained new energy, knowledge, wisdom, and enlightenment. The time has come to cherish and celebrate your experience in each Gateway. Give thanks to the Goddess for a safe journey, and proudly assume your seat as a Sacred Woman.
- When you do your ceremony, be listening for a new name. Sometimes Spirit will bless us with a name that symbolizes the new vibration we hold, or one we are aspiring to. You may even want to gift yourself with a new name. This name should indicate your goals and aspirations. The name you choose will guide, inspire, enhance, and transform you, so before taking it on, seek counsel from an Elder within the cultural or spiritual order of your choice. Then fast and pray so the appropriate name will come to you through divine guidance.

### **Thoughts on Initiation**

As we come to the end of the Nine Portals of Transformation, it is a time to celebrate birthing ourselves into a new, healthier, and more spiritually centered lifestyle. The first birthing ceremonies were enacted thousands of years ago in the ancient Nile Valley when a mother-to-be was birthing a child. They were sacred rites that only women attended, and they marked the first recorded appearance of Midwives, Priestesses who were skilled at bringing new life into the world. Traditionally, from two to five Spiritual Midwives were present at the Birthing Ritual. Because these Priestesses lived a spiritual lifestyle, they were able to call for the Divinity from the celestial realm to assist them in this sacred work. This ensured the safety and protection of both mother and child as they moved through this powerful and dangerous transformation to a new life.

This whole moon-cycle is centered around re-birth and initiation. It is a graduation ceremony, for a woman or a circle of women who have completed a round around the wheel. It allows them to feel renewed, reborn and committed to continue living and sharing Sacred Woman Wisdom. Doing ceremony around this time, empowers women to keep their commitments to themselves as they endeavor to raise the vibration of their wombs and the womb of this planet.