

BODY WISDOM BOOT-CAMP

Womb Cave Room 1

The Importance of a Daily Spiritual Practice

By Kathy Forest

I am getting ready to ask you to do something for yourself. I am going to ask you to get up one hour earlier than everyone else in your house and spend some time alone with yourself...to drink tea, to meditate, to journal, to plan, to listen, to sing, to do whatever you desire to do to connect with that part of yourself that you never spend any time with. I will also be making some suggestions and offering you some new tools to try during that time to see if they enhance your experience and make you want to get up an hour earlier every morning.

What does a DAILY spiritual practice have to do with physical health? Everything! First I should define spiritual practice. My definition...anything that opens your heart, that gives you joy, and connects you to Higher Wisdom and Noble Thought. I teach this first for two reasons. The first reason is that nothing on this planet happens without thought and energy focused upon it. This is how we create here. We have an idea and put energy/emotion behind it and it manifests...period. So my reasoning is, what kind of world are we creating, when the first thing we do in the morning when our feet hit the floor is think about our "to-do" list and start figuring out how we are going to take care of all those things on our list? Our world is very busy and we are never at a loss anymore for something to do.

But there are some things that are necessary for us to harness if we are to create the world we came here to create. One of those things is time. So for a while, one suggestion that I have is that you try to find a place in your home where you can see nature, and the sunrise, if possible. Then, harness the time right before sunrise to imbue your day with spiritual energy. This, and the time right around sunset are the two most potent times to "charge your batteries," because all of nature is exhaling...emitting Prana, chi, Universal Life Force Energy. Think for a moment what it would feel like to carve out this time for yourself. What preparations would you have to make?

The second reason I teach this first is because your physical body needs a Spiritual practice of some sort like it needs food! Notice I said Spiritual Practice—not religion. The religions of this planet, up to this point have been vehicles for encouraging and training in Spiritual Practice. However, many have a tendency to focus on the "type of religion" and skip the practice. The practice is the point of religion and not the other way around. If you skip it, you miss it, and your body pays for it.

Let me explain why. It is commonly accepted in most circles of thought that the body is, at its most rudimentary levels, a series of atoms and molecules, protons and neutrons clustered together in a highly functional way and held together by an electro-magnetic field that surrounds the body. In fact, scientists have now coined the word, "bio-photons" to refer to the tiny particles of actual physical light that make up this electro-magnetic field. This field

“Sources” the body and keeps it functional. As we have become more and more aware of it and have found ways to study it, we realize that this field has been spoken of throughout our time on this planet in many esoteric traditions by many different names:

the energy body, the etheric body, the Sacred Twin, the Ka Body, the Nagual, the etheric double...there are many more, but you get the idea. This is not a new concept. We learn from the traditions that use these terms that this electrical field, this energetic body, feeds and supports the physical body and actually keeps it functioning in a healthy way. It holds the physical parts together and keeps them bathed in nourishment.

But this field needs attention and support in order to function properly, as well. So how do we feed and Source our Energy Body—the beautiful field of living light that surrounds our physical body and holds it in form? What does it need to be healthy? This is the part of you that houses your soul. So another way to ask that question is, “How do you feed your soul?” This is the difference between spiritual practice and religion. The answer to that question will be different for everyone. It may include an organized religion or it may not. It may include pieces or practices from one or several religions without the formal trappings. Because, I promise you, embedded in every “religion” in the world—all of them—are golden nuggets that feed the soul, that “Source” your spirit, help you make that connection with

“The-Spirit-That-Moves-In-All-Things.” This Spirit-That-Moves-In-All-Things IS “Source,” Creator/Creatrix, Great Spirit, God/Goddess, if you will, and it is bountiful...it is everywhere...in the very air you breath. So you really do have a variety of choices on how to access it. Some will work for you, some will be your favorites, some you will want to do daily, some only occasionally. The point is YOU

MUST DO THEM. You must create the time and space to feed your soul good food. You will know when you have the right one for you, because your body, mind and spirit will feel good when you do it, and you will miss it when you don’t.

As you begin to think about accessing “Source” in a way that feeds you, there are some things that can assist you in having more beneficial outcomes in this endeavor...

FAITH – Faith that there truly is a Source that Moves in All things—that there is a basic goodness about that Source that has the highest outcome of all at heart. You also need faith that you can tap into that resource and garner some of it for yourself without going through anyone else...that it will show up just for you because you are here and for no other reason.

PRAYER – A way to communicate with “Source” to give and receive freely, however that feels comfortable to you without infringing upon others.

TIME – It is usually helpful to set aside some regular time for practice so that you can make sure these things happen. On this planet, the juiciest time is one half hour before and after sunrise and sunset. That is when the orgon that feeds the energy body is at it’s peak on the planet. If you want to test this, go to a place in Nature at this time of day and just sit. You can literally feel the trees exhale. If you consciously harness this time window your results will be greatly enhanced.

Utilizing those three things, you can find many ways to feed this part of yourself. What is important is that you continue to feed this part of yourself so that it has the “juice” to source your physical body. Your physical body is the anchor that keeps your spirit here on this planet. If your physical body is giving you symptoms—signs that it is depleted, it is a sure sign that your Spiritual Body, your Ka Body has not been sourced appropriately for a very long time! These “symptoms” given by your body can also show up in your outside world as relationship issues, abundance/receiving issues, and just about anything in the day-to-day living arena.

Many of you may be wondering why these things don’t just happen automatically. Why should we have to work at this if “Source” is all around us? Shouldn’t we just absorb it without having to think about it? Back when the world was new, this was most likely the case. However, most of us have been deprived of pure “Source” for a very long time. The quality of our food, the air we breath and the water we drink is quite diminished. Excessively unhealthy diets have caused both our cells and our chakras to be ‘covered over’ so they can no longer take in, access and digest the living Source around them. When that happens, we may satisfy ourselves on diminished levels of “source” or substitutes. This causes us to become weak sometimes to the point of physical illness. We may also develop a tendency to tap into the energy fields of others in various inappropriate ways “just to keep going.” (Examples of inappropriate “sourcing” might show up like: gossip, anger outbursts, nagging, judgment, arguments, worry, addictions, etc.) This is where the “spiritual practice” is very beneficial. These practices not only open up new channels for us to receive pure “Source” appropriately, they can also work to re-structure our field so we no longer feel the need or compulsion to tap into the fields of others in an inappropriate way.

Another reason that spiritual practices are important for us now has to do with planetary changes. Earth is now taking on more and more photon light as she passes through the Photon Band. As she does this she is raising her vibratory rate to a more civilized way of being. Photon light is energetic light—tangible energy that can be used...to heal your body, increase your intelligence and heal your life. You can access it and literally feel it physically. It will translate into your life as more energy, and a more improved, higher vibrational body and lifestyle.

Sometimes these types of changes come subtly and other times there can be an immediate shift that is undeniable. But you will be able to see tangible evidence and feel it in your physical body. This energy—light energy is more efficient and effective than the more dense forms of energy utilizing. So the key is to give yourself plenty of it. Spiritual practice is one way to do that. Once you give yourself the time to build a flow of this photon light energy, you can build a stockpile of it and begin to tap into it and use it in tangible ways. Your goal is to create as many different openings and avenues as you can to “Source” your Ka Body so it can:

1. Raise the physical body to a vibration that can remain on this planet in a harmonious way, and
2. Hold enough light to maintain a presence here on this planet as long as you desire or require.

These things are very attainable now if you can increase and enhance your will enough to use the tools. That is why “Mystery Schools” exist. They are groups that hold space for bodies of knowledge that can assist with our health and well-being.

There is a large variety of choices of things to include in your quiet time alone with Yourself. Several are listed below. Always remember that this is really about setting aside some time to feed yourself in a way that serves your highest outcomes, and therefore, the outcomes of those around you, and allows

you to do what you came to the planet to do. Do your best not to make it hard on yourself, in fact do your best to make it as easy and “resistance-free” as you can.

When you think about things that “feed your soul” the list can be varied. Here are some things you may want to include:

Prayer, quiet time, uplifting music, creating an altar, meditation, having a nice cup of tea, lighting a candle, chanting, affirmations, painting, reading sacred material, reading about the moon cycles, journaling, sitting in Nature, dancing, yoga, a sacred bath, taking a walk or run, writing a thank you note to someone you love, forgiving someone, tithing to something you care about...need I go on?

If you are unfamiliar with this kind of thing, to begin, just set aside some time, to begin. Find a place you can comfortably sit—if that place can be either in view of a piece of Nature, or out in Nature, that will be added energy to your endeavor. If not, an altar, or focal point, something as simple as a lit candle, will work well. Brew yourself a nice cup of tea. The tea best suited for cleansing during Portal 0 is Raspberry Leaf. Since you are working to clear your womb-space, you may want to utilize this womb enhancing tea or another supportive blend that contains it. (You can get these from me in your elemental tools packet if you like.) You may want to prepare for this time with a Sacred Bath. Adding bath salts, essential oils, flower essences and even a candle and get into the tub for a nice soak, before your quiet time.

If you have done practices like this before, then it may be time for you to just recommit to create this space for yourself. When you do, you will open the door for the connection to “Source” you have been seeking. This is the beginning of your “REMEMBERING JOURNEY.” All of us have cellular memory of doing these practices before. Once we find one that sings, we will know because it will make us feel good. It will feel familiar.

Re-connecting to the Sacred Cycles

Because we are endeavoring to reconnect with the cycles of the planet, a good time to spend extra time connecting is during the new and full moon windows. The beginning cycle for this year begins on the new moon, January 16, 2018 at 8:17 pm Central Time. This is the turning point when we begin fresh for the year as it is the first new moon after the Winter Solstice, the beginning of the Solar Year. The energy of the new and full moons shows up at least a day before and lingers for a day after the event, so it is always good to pick one of these days to do a little extra altar time and connect with this energy. One tradition that lends itself well to this is the Seneca tradition written about in Jami Samms’ book, [The 13 Original Clan Mothers](#). This

tradition holds that each of these cycles are governed by or “vibrate with” a special grandmother that holds an aspect of Mother Earth’s personality and helps us understand healthy living practices upon the earth. The grandmother we will be learning from during this next cycle is Talks with Relations, who teaches us how to communicate with all our relatives, both human and in nature. She teaches us how to respect each individual and their sacred space. So this is what we will be learning this cycle, self-respect and respect for others. It is also interesting to note that our friend, the planet Mercury, who also governs communication is also going retrograde on that same day, which means that our capacity to plan and learn to communicate will be challenged and strengthened to the max!

This energy will continue to build and the moon builds to full on January 23, 2016 at 5:27 pm Central Time. So strap in! Knowledge is power. The way to use this information is to prepare for it. To know it is coming and not get caught up in emotional skirmishes.

Other tools for the journey

This is where your energetic tools get very important. They are designed to give you extra energy to move through any blocks you may have here. I will go over them so you understand them fully.

Flower Essences: To center, deepen, and stabilize your experience in each Portal, work with the recommended flower essences. Flower essences are vibrational remedies that heal when a few drops of the potentized essence of aromatic flowers are placed on or under the tongue or in a small glass of water that is sipped at regular intervals. Flower essences are primarily recommended to restore balance to mental and emotional states and can offer wonderful support as we work on removing the obstacles that stand in the way of our healing. The following essences are recommended for this Portal and are included in your blend:

Alpine Lily: Promotes the ability to contact true femininity through ground in the female organs; integration of the feminine with the female sexual and biological self.

Star of Bethlehem: Spiritual receptivity, opening the feminine aspect of the self to higher worlds

Black Eyed Susan: Clearer insight into hidden or buried emotions

Angelica: To feel protected and guided, to feel spiritual guardianship during times of stress

Rose: To lift your vibration to the spiritual realms

A combination of the flower essences for each gateway will be provided each month. I may also take the liberty of adding other womb enhancing essences as they are available. You may make use of these or purchase others on your own.

Herbal Tonics: You will receive recipes for herbal teas and other tonics to drink before, during and after your morning work. You will be encouraged to drink them during your time in Portal 0 and subsequent portals. After that, they will become a healthy habit.

Crystal Work: Working with crystals is another way to enhance our energetic experience. Knowing which ones to use for what purpose will improve our experience. You can use your crystals in your altar work or during your meditation time. You can hold them or place them at different places on your body. You can also put them in your drinking water to charge your water with their healing vibrations. The stones of Portal 0 are moonstone, turquoise, and black tourmaline.

Black Tourmaline contains protective energies against negativity, and helps to ground you and attune you to the earth. It is the stone we work with during the first month of Portal 0.

Moonstone opens us up to our true femininity so that we can become one with our divine selves. Moonstone aids in healing tumors. It is connected to the moon and the female aspect of a woman's emotional nature. We work with it in month 2.

Turquoise is the symbol of the blue sky. It raises the spirit and brings us to spiritual heights on earth and in the heavenly realms. It can absorb negative feelings and vibrations and sends healing to the wearer. We work with it in month 3.

Essential Oils: We will work with Frankincense during Portal 0 to raise our overall vibratory rate. I suggest you find a high quality oil in an organic carrier for you to use to anoint your feet, womb space, third eye or other parts of the body. Frankincense opens your crown chakra, eliminates confusion and depression, and attunes you to higher levels of understanding. Putting a few drops in your Epsom salts for bathing is a great way to take it in, as well.