

Portal 3 - Sacred Movement

Grandmother – Storyteller – June 21, 2020 12:41 pm

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.

Prayer:

“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.”

Oil: Bergamot

Tea: Ginko Biloba

Stone: Carnelian

Flower Essences: Star of Bethlehem, or full blend

Color: Orange

Journal Questions:

How do I move through my days...with ease and grace, or something less?

How can I move myself forward? What is in my way? In what ways does

My body want to move? How can I incorporate more movement into my Life?

Affirmations:

- I am a Sacred Woman
- I am always moving with ease and grace.
- 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.

Chants:

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

Om Gum Ganapatayei Namaha

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

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