



*The Pillars
of the
Feminine
Mysteries*

Stalking the Goddess in the 21st Century...

Module 3: SUPPORTING THE GODDESS ~ *Right Care of the Female Body*



Welcoming The Sacred



Check-in



The path back to your power is through your body. Your body holds the key. This is the very important thing that most women forget..



The focus of the next 2 classes is a non-violent approach to women's health, specifically, womb-health. The teachings are the very basic "grass-roots" teachings of the Ancient Mystery Schools. They contain the nuts and bolts of how to utilize the gifts of the planet on which we live to keep our bodies healthy and happy.



Practices we want to start incorporating...

***A Daily Spiritual Practice** – a quiet time, at least 15 minutes, but preferably an hour, to connect with yourself and your intuitive guidance;

***A Healthy diet** – live food...period. I am personally a vegan because it is the best way of eating to support my spiritual pursuits. You may find this is too strenuous for you. We will discuss it in depth and let you make any changes you desire at your own pace;

The Use of Energetic Tools** – I will be suggesting tools for you to use such as herbal tea, crystals, bath salts, flower essences, essential oils. ***THIS IS ONE OF THE MOST IMPORTANT PARTS OF THE PROGRAM! All of these tools will help you begin to lift the toxic emotional debris that tends to cling to us and keep us heavy rather than light. They are designed to raise your vibration and eliminate resistance to doing that.

***Guided Meditations and Movement Activations** -- Because I will be offering these tools online, I want to make sure the teachings go deeply into your psyche. I have found that moving the body is a great way to “ground” teachings into our core. I will be offering time during and throughout this class for you to “move your body” during class. These are called activations, and trust me, they will activate and enliven the teachings you will be receiving. I will also offer guided meditations to further anchor the teachings within you.

LIVING WELL IN YOUR BODY TEMPLE...

“If you want to ascend on the Sacred Woman path, know that you become one with all that you consume.”
--Queen Afua

What we consume dictates who we are and what we are. Whatever we consume, we become. ***We simply must learn how to consume only the highest and purest level of food to transform ourselves into our highest possible vibration.*** As we clear our bodies, we will find that we ***need*** to consume a higher ratio of live foods, foods that are filled with living enzymes and that contain more oxygen and nutrition. “Because we literally become the foods we eat, the thoughts we think, and the emotions we feel, when we consume life-giving, organic, uncooked vegetarian & vegan foods, our Body Temple reawakens from the grave of flesh. We are no longer feel tired and worn out. When we drink freshly pressed green and/or orange vegetable juices daily, our cells rejuvenate. When we consume beets and cranberries, our blood is purified and our circulation improves, leaving us with healthy, radiant skin and a cleansed disposition. Through the consumption of holistic foods, you can achieve a healthy, well-balanced, nourishing life. Eating flesh, fast food, and junk food will destroy a woman’s vitality. Live foods give the Sacred Woman longevity and will eliminate fear, hate, and a sense of being overwhelmed. ***It is FOUNDATIONAL!***





Some things to think about...

“Food is the primary vehicle by which the universe transmits memory, energy, and vibration to all species.” (The Path of Practice, by Bri Maya Tiwari p. 2-3) Food is like a computer chip. What we consume tells our body and therefore our hormones, mind, and emotions how to behave and respond to life. Absolutely every area of your life is dictated by the food you consume. If there are difficulties in your outside world, it is an out-picturing of your inner world. All areas of your life can be improved by improving the vibration of your food consumption.

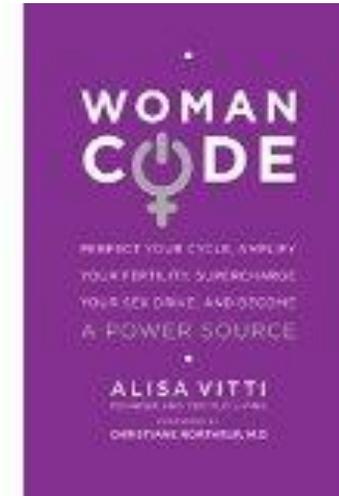
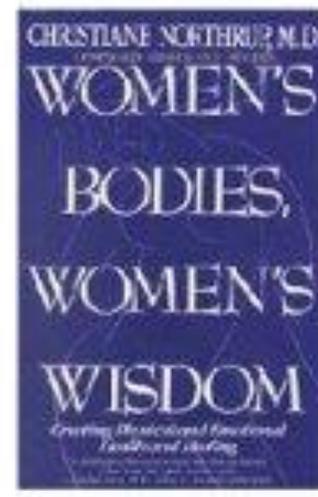
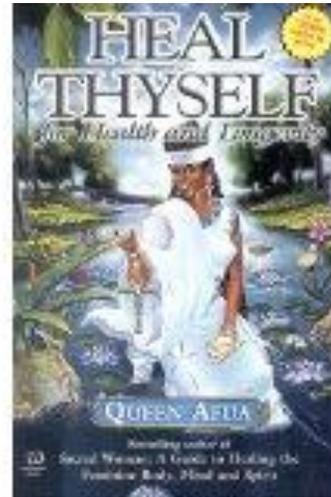
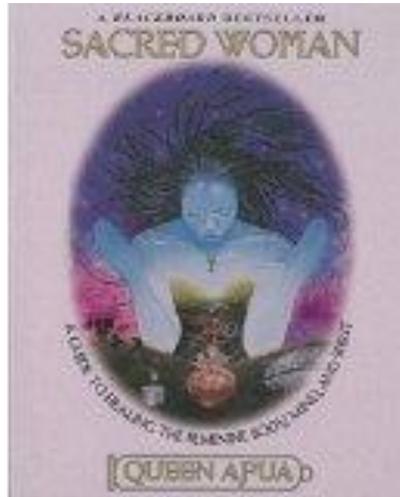
Consider these examples:

Shortness of breath and mucus in the body can be the result of consuming milk, cheese, and ice cream.

Consuming white sugar and white flour can lead to joint pain, feeling stressed out, and angry outbursts at those we love.

Low energy, sexual aggression, and damaged immune systems can be caused by over consumption of flesh foods.





The body of this work comes from the above authors. I highly recommend you inform yourself about your body using these resources or others you may come across...

Sacred Woman By Queen Afua

Heal Thyself by Queen Afua

Women's Bodies, Women's Wisdom by Christina Northrup

Woman Code by Alisa Vitti



Begin your day with fruit, as much as you care to eat, any way you care to eat it. Fresh or prepared juices and green drinks are also a great way to start your day. It is advised to steer clear of bananas in the beginning, as they can cause constipation.

At lunch have a large raw salad, along with a bowl of vegetable soup, OR a grain and vegetables such as rice, tabouli, couscous, or bulgur wheat that you have soaked in water. This is a good time to take any vitamins, and food or herbal supplements as they digest better if you take them with food. You will have the same for dinner. I strongly urge you to eat ORGANIC whenever you can. It is close to imperative, if you really want your body to begin to respond.

Salads can be topped with vinegar and oil or an organic low-fat dressing. Find one you like so you will stick with it. *The goal here is to consume more live food than dead food.* It is not necessarily to loose weight, although you probably will. Your magnificent organic computer simply cannot survive on the dead garbage we have been giving it and calling it food. *When the body does not recognize something you take in, it wraps it in fat and stores it somewhere until it can figure out what to do with it.*

Think about all of the stored stuff you are housing, physically and emotionally. Contemplating that could take awhile. So we are going give our bodies a break, by giving it good, healthy, live food that it knows what to do with.

The simple guide to remember for this eating plan is:

Nothing but fruit, juice and water until noon (If you need protein to get you started in the day, then choose a good food replacement green drink such as Vega or Gardens of Life, or some raw almonds, or even eggs.)

Eat vegetables and EITHER a complex carbohydrate (grains, bread, rice, taboulli, etc.) OR a form of vegetable protein OR limited amounts of fish or eggs (as you wean yourself off of dead meat).

Consume 8-12 12oz. glasses of water daily.

Remember, you are **trying to limit and eventually totally eliminate your consumption of animal products** and dairy products. (Your own intuition and spiritual practice will guide you on exactly how much of these items you eliminate from your diet.) However, you want to do this in such a way that you will enjoy the shift, while you are waiting on the results your body will give you in response to your new healthy practices. So start slowly. We will gradually build on this plan and add juice therapy and other therapies to enhance this process. But for the time begin, keep it simple.

DO EAT: Lentils, sprouts, soy beans, tofu, peas, nuts, vegetable-based meat substitutes (as you transition) and vegetables and fruits.

DO NOT EAT: Clams, oysters, lobster, shrimp, pork, lamb, beef, chicken, dairy, and MSG. Other things to eliminate: High fructose corn syrup, partially-hydrogenated oils, and all highly processed and “fast” food. If you must transition from eating flesh, eat baked or steamed fish only two or three times per week. Eat carbohydrates no more than three or four times per week—less is more.

Supplements

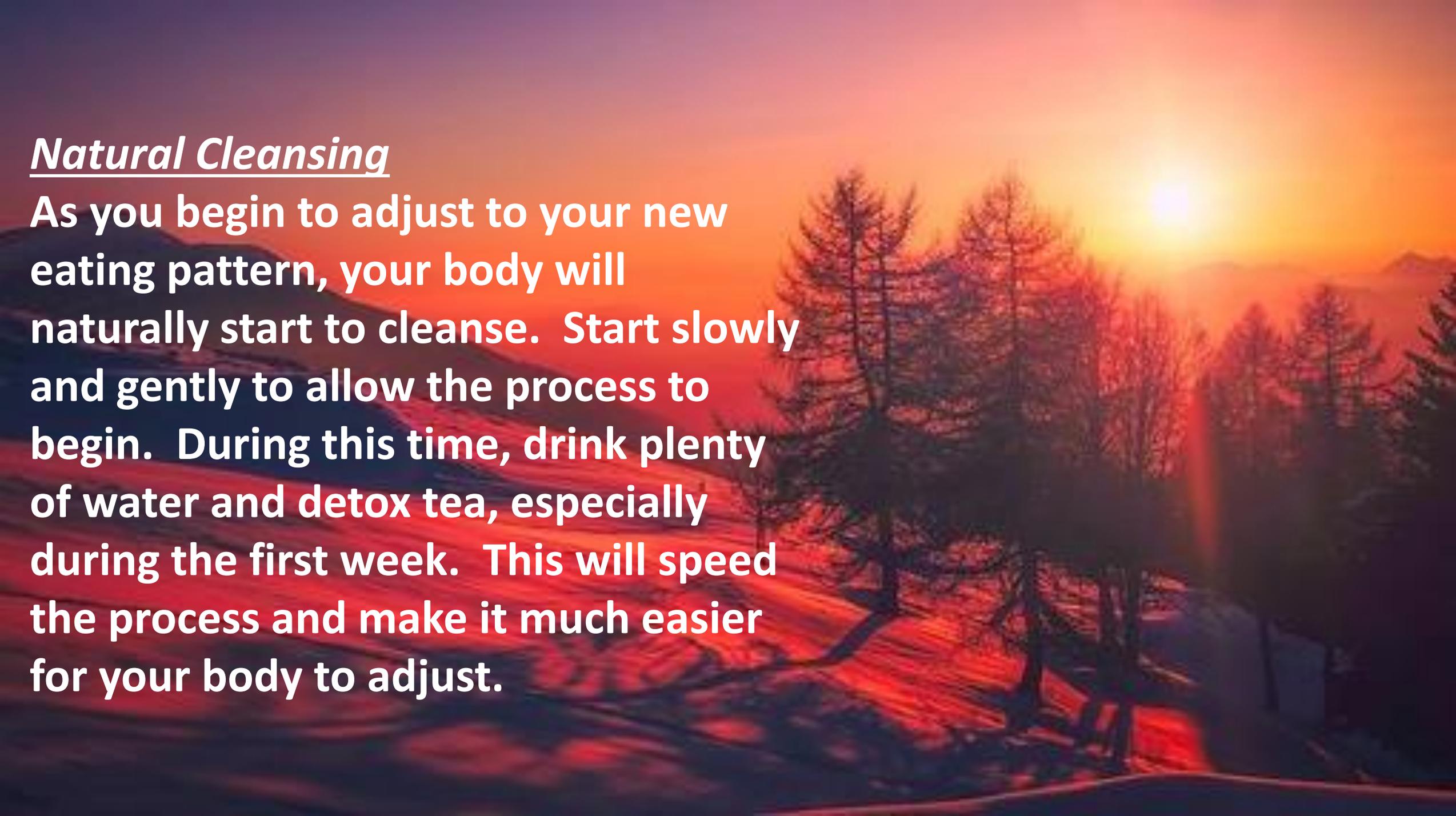
It would also be wise to begin some sort of supplement program. The following is suggested to begin the program:

- A good multi-vitamin supplement
- Spirulina or blue-green algae in tablet or liquid form
- Vitamin B (especially B-12 if you are meatless)
- Vitamin C
- Vitamin E
- Vitamin D
- Flaxseed oil (1-2 tsp. unrefined expelled or cold-pressed)
- CoQ10
- Lecithin
- Calcium (1000 mg)
- Magnesium
- A good digestive enzyme
- A good probiotic



Natural Cleansing

As you begin to adjust to your new eating pattern, your body will naturally start to cleanse. Start slowly and gently to allow the process to begin. During this time, drink plenty of water and detox tea, especially during the first week. This will speed the process and make it much easier for your body to adjust.



Energetic Tools Can Help:

- Bath Salts
- Flower Essences
- Therapeutic Grade Essential Oils
- Crystals: Carnelian
- Herbal Tea
- Essence/Oil Spray



Tools for help with Diet Regulation.....

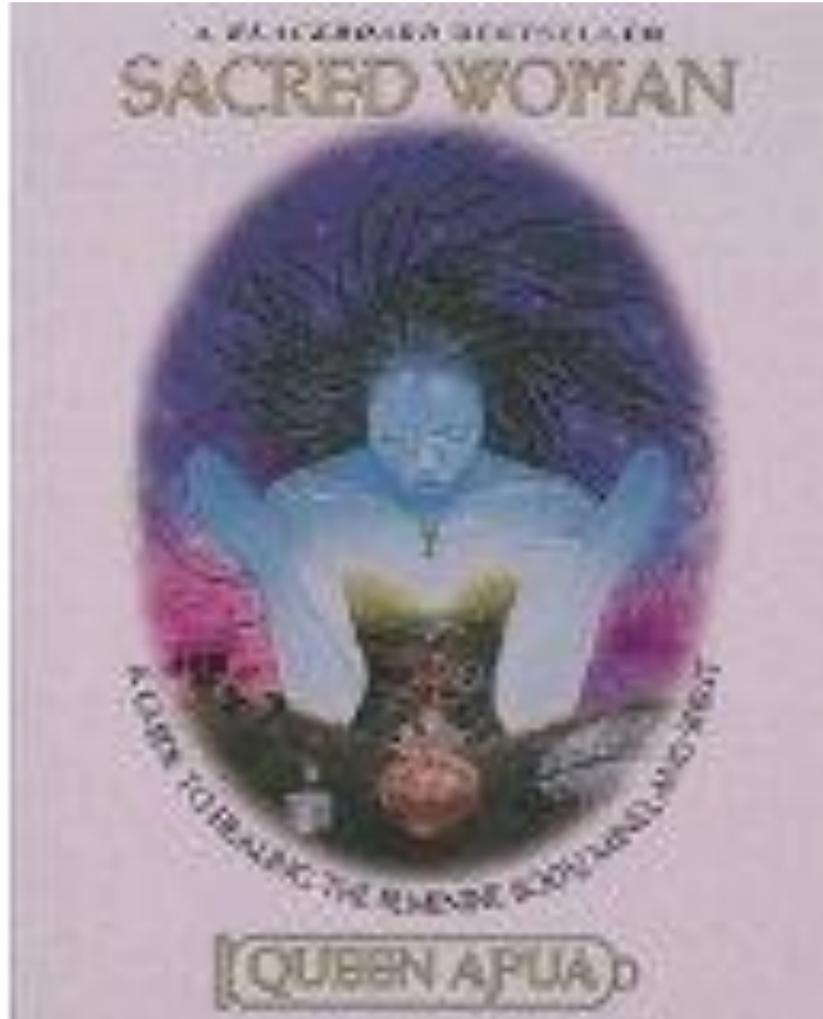
Essential Oil – Thyme or grapefruit essential oils are very beneficial during this portal. They both help you regulate your appetite and eliminate binging and emotional triggered eating. (Packets are now available for purchase online or in the office. If you received a packet from me, it contains grapefruit essential oil in an organic sesame carrier oil. It is also in the bath salts.) Use it on your feet or to anoint your chakras during your meditation time.

Flower Essence Blend-

The following flower essence will deepen your experience of Portal 1. Put them on your altar or your bathtub. You can take 4 drops 4 times a day directly on or under the tongue or add the same amount to a small glass of purified water and sip. You can also drop them on the top of your head, rub them on pressure points, the palms of your hands and soles of your feet, or put them in your bathtub. (If you are using the packet, the dropper bottle contains a blend of the following flower essences:)

- Crab Apple—Supports release of toxins during cleansing or fasting regimens;
- Iris—Helps suppress craving for sweets and general hypoglycemic tendencies; promotes body awareness and feminine consciousness;
- Pink Monkey-flower—Addresses issues of using food as a buffer for emotional oversensitivity, stuffing oneself to “dull out” or numb feelings.
- Goldenrod—Addresses issues of over-weight used to hide one’s true Self.
- Self-Heal—Confidence in the body’s ability to digest and assimilate food; being nourished and energized by what one eats.
- Walnut—To break habitual ties to old patterns of eating and to develop a new relationship to nourishing foods.





Homework:

- Continue Tracking your menstrual cycle.
- Begin planning now for time off at your bleeding time or the next New Moon, whichever you are using. You will need to really plan to make it happen.
- Look at what you are consuming. Begin to adjust where you need to



Questions

A silhouette of a person dancing on a beach at sunset. The person is in a dynamic pose, with arms extended and legs slightly apart. The background is a vibrant sunset sky with a gradient from purple at the top to orange and yellow near the horizon. The ocean is visible in the foreground, and the overall scene is peaceful and evocative.

So I ask you...

- What if you had known?
- What if you had been practicing all your life?
- What if there were others like you who did?
- What would our world be like?

INTEGRATION DANCE

For our
daughters...





Gratitude
&
Closure

Ground
