



*The Pillars
of the
Feminine
Mysteries*

Stalking the Goddess in the 21st Century...

Module 4: CLEARING THE TEMPLE~ *Deep Cleansing Tools*



Welcoming The Sacred



Check-in

The most valuable and extraordinary gift Creator/Creatrix has given you is your physical body. When treated well it can serve to be a vehicle for your consciousness to do grand and wondrous things upon this planet and was meant to do so.

To squander or demean this gift in any way is such a travesty and yet we do this daily. One of the most significant changes you can make for your spiritual, mental and emotional well-being is to be very conscious of what you take into your body, especially the quality of the food, water and nutrients you consume.

Hopefully by this time, you have found a new rhythm to your eating and have developed a few new healthier habits. During this class I will also be encouraging you to take your healing practices a step further.





One thing your body does very well is remember. It takes in, records, and stores just about everything you expose it to, on all levels, physical, mental, emotional and spiritual. This is useful when it comes to navigating through your everyday world. However, just like your garage or back room closet, if it doesn't get cleaned out regularly, it can "go south" rather quickly. Once again, this is true on all levels.

- **Physically, it is stored as fat.**
- **Mentally, if you witness, listen to, or even ruminate on information, good or less than enlightening, your mind records it.**
- **Emotionally, if you do not drain off the stress and strain of the day, it can literally become "pain" in your joints, and if left unchecked, can lead to arthritis and other auto-immune maladies.**
- **And we all have experienced the "lack-luster" feeling of becoming spiritually stagnant.**



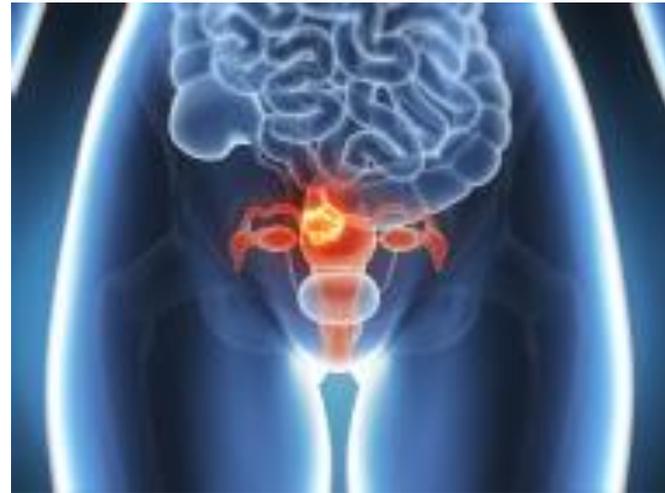
So during this class, we will be focusing on “the gentle release” of all that is in the past that is no longer serving us. Included are techniques designed to take you deep into physical clearing and cleansing.

There will be a huge emphasis on clearing the digestive track and all other related organs. Most of these organs are located near “the middle” of the body near the second and third chakras. Most of them make their home near, on, or around the sex organs. Clearing and cleansing this area, raises our vibratory rate and allows our creative centers the freedom and access to a much broader band of spiritual information.

We are going to begin class today with a short anatomy lesson. Here we have pictures of the female organs and how they are positioned inside the body. You will notice that the intestines rest right on top of the female sexual organs and the womb. When we are young, vibrant and healthy, this system functions quite well.

However, when we abuse our bodies, eating unhealthy foods, eating late at night and not giving our system time to properly digest our food before bed, our colon can become prolapsed. This means it literally spills and spreads out of the confines of the abdomen and begins to press down upon the womb space.

As you can imagine, this is not a healthy situation. The tools we present today, can help prevent and also heal this situation.



More Cleansing Tools:

The following practices are designed to gently release and discharge old toxic energies that are still housed in your body. They work for both women and men, to clear the second and third chakra areas, and allow the body to heal naturally. As you begin to change the way you eat, you will notice that the body will naturally want to release what it has been holding, and what you have been ignoring and covering with unhealthy food.

All of the techniques outlined are intended to help us clear our “stuff,” and raise our vibration, all the way down to the cellular level. When we do this, we “gain access” to the portal of information housed right within our own body. Many call this intuition, and it is. But the secret most don’t know is that intuition is not random. It is our birthright. It has become seemingly random and fleeting because of the constant abuse we have showered upon our bodies. When we begin to honor our vessel, our intuition and guidance flows like water. We become solid and stable in our world, and able to anchor spiritual information into the physical with much more grace.



Flower Essences: Flowers are some of the most high-vibrational beings on the planet. They are fully self-realized. Flower essences are very effective 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 Portal 1 during the month of April or any time you need assistance with what food you consume:

- 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.



Essential Oils: Another way to take the vibration of these high spiritual “flower beings” is through the use of high quality essential oils. I like to say that these substances are the perfect bridge from the spiritual to the physical. While flower essences work primarily on our spiritual and emotional bodies, thereby allowing physical symptoms to release, essential oils bridge the gap from the emotional to the physical. They are the “blood” of the plant and never go rancid (if they are high quality). If used aromatically, they bypass the digestive system and go straight to the brain through the olfactory system. They are one of the very few substances that can cross the blood-brain barrier and work very well to heal emotional imbalances as well as physical ailments. They are Mom’s first medicine.

We work with Frankincense during Portal 0 to raise our overall vibratory rate, since it and Rose are two of the highest vibratory oils. During April, we use Thyme or Grapefruit to support us during the Sacred Food Portal. 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. Use any of the above suggested oils to get you started.



Herbal Tonics: Herbal teas or “infusions” are one of the best ways to support your physical body. The best way to make an infusion is to gather your herbs out of your own yard. Bring some water to boiling and then turn it off. Place the herbs in the water to steep for 15 minutes, then strain and drink throughout the day. If you don’t have time for all of that, tea bags work fine. But making your own is a very sweet morning practice you may want to try in the spring. Any herb you find growing naturally in your yard is there for you. Mom knows exactly what you need and always provides it.

Raspberry Leaf Tea is a great womb tonic. Since we are working to clear our womb space during this time it and any form of detox tea you enjoy will work for you. During the month of April use fresh parsley tea or dandelion root tea, as well.





Aloe Vera Juice – The Aloe plant is very soothing to everything it touches. Drinking one ounce of it one to three times a day is a very potent and gentle way to physically cleanse and rejuvenate all parts of your digestive track. It revitalizes all the systems of the body, especially the skin, blood, and digestive system. Be sure to begin slowly. Start with one ounce in the morning and add more gradually. For some this is all the cleansing they will need.

Wheatgrass* Wheat grass is a naturally high source of vitamins and energy. It contains all the vitamins and minerals the human body needs except vitamin C. It has strong rejuvenation qualities to strengthen nerves, cells, tissues, and bones as it cleanses the blood. Increase your intake of this nutritional supplement either in fresh, powder or tablet form. Fresh, organic wheatgrass is always preferred, but this may be a bit harsh to begin with. Begin with the tablet form if the fresh method is too difficult.

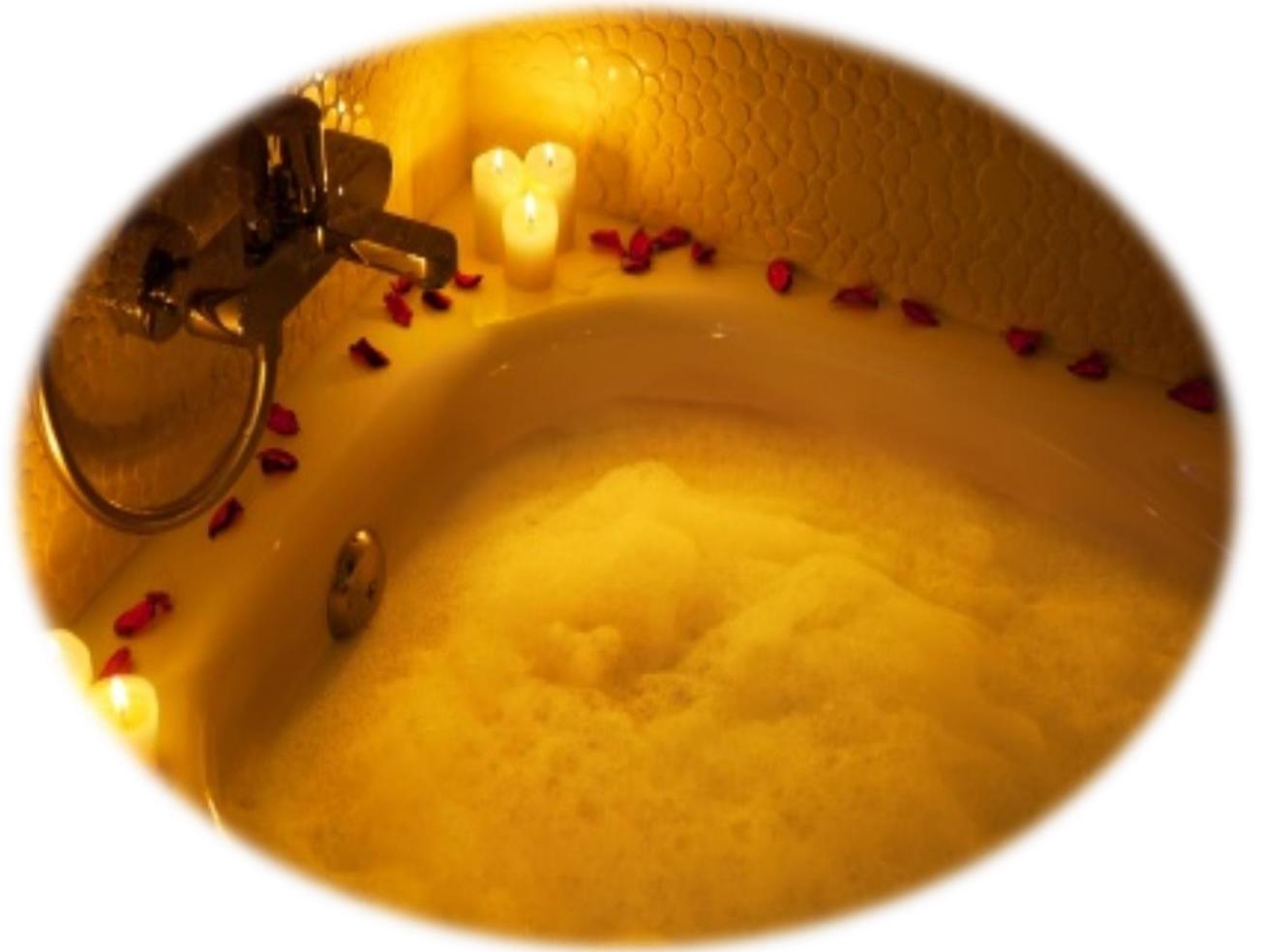
Note: Fresh wheatgrass is a very potent detoxifier. If your system is congested with toxic foods, drinking large doses of wheat grass may cause nausea and/or dizziness. The cleaner your system, the more wheatgrass you will be able to consume comfortably.

ABOUT GLUTEN: *Wheat grass can affect those with Gluten Intolerance. If this is you, substitute Spirulina or Kelp powder.*

Salt Bath

Use 2-4 lbs. of Epsom salts or 1 lb. Dead Sea salt (and some essential oil) in a tub of very warm water. Drink at least ½ to 1 quart of purified water or herbal tea while in your bath for internal and external flushing. (Do not use any salts if you have high blood pressure or edema.)

Note: If this is your first time doing this type of cleanse, lower the amount of salt and work your way up. Your body may try to detox too quickly and this can be uncomfortable. After doing this type of cleanse, be prepared to lay down and rest for a bit. It is good to do this at night before bed time as it is very relaxing.



Steam Bath and/or Sauna

Take a sauna, steam bath, do some hot yoga, or a sweat lodge, making sure you sweat at least one to three times a week to release toxins from your pores.

Sun Bath

The skin is the largest elimination organ in the body, so try to bathe in the Sun's rays one to three times a week to release toxins from your pores. For twenty to thirty minutes, expose your abdomen to the Sun by resting in a beach chair facing the Sun. For increased healing, massage castor oil into your abdomen.





Douches

Cleansing the womb with natural elements during this period of intensive cleansing will assist your womb in releasing toxins and toxic emotions from your body. After your initial cleansing period, limit douches to once every one to four weeks to keep healthy bacteria alive and well in your cleansed womb. If vaginal yeast overgrowth is a concern, consider acidophilus suppositories or a vaginal probiotic to supplement the natural bacteria of the womb.

Cleansing Douche:

To one pint of purified warm water in a douche bag, add one of the following ingredients:

1/4 tsp. of goldenseal powder with the juice of ½ lime or lemon

2 cups of red raspberry leaf tea

Juice of one lime or lemon

3 tbsp. organic apple cider vinegar

Enemas

The key to a long and productive life is a healthy colon. One way to keep it healthy is to keep it clean. Enemas have been the solution of choice for centuries. Exposing the internal organs to the cleansing and healing properties of water is always a good thing. Because most of our lifestyles have included late-night eating, or the eating of heavy, indigestible foods, the transverse (middle) colon may drop down below the navel. This is called a prolapsed colon. It can cause you to literally carry anywhere from 10-30 pounds of excess waste. This can press down on the sexual organs and cause glandular dysfunction. Enema therapy can greatly assist in clearing toxins from your body. Try this one to three times a week up to twenty-one days or as many as twelve weeks if there is a chronic problem. It might be wise to consult a colon hydrotherapist before beginning this type of therapy.

I put the Sacred Rhythms Module 3 Handout in the classroom page. I have included instructions on how to do an enema yourself, as well as other recipes and an outline of all cleansing tools in your handout.



Liver-Kidney Flush

Utilize this cleansing technique for 7-21 days to flush out toxins in the colon, liver, and kidneys.

Method 1:

Mix the following ingredients in a blender and drink in the morning: 2 tbsp. colon Ease or cold-pressed extra-virgin olive oil AND 2 tbsp. castor oil, 12 drops of liquid Kyolic garlic OR 2 fresh garlic cloves, AND juice of 1 lemon OR lime OR 1-2 tbs. organic apple cider vinegar, AND 1 pinch of cayenne pepper (not if you have high blood pressure), AND 8 oz. purified water. *(More fun: Add the above to ice with a peeled lemon and orange in a blender with a dash of lemon stevia! Delicious!)*

Method 2: (My simplified version)

Mix the following ingredients in a blender and drink with 2 – 4 Kyolic garlic gel caps in the evening before bed: 2 tbsp. Colon Ease or cold-pressed extra virgin olive oil AND 2 tbsp. Castor oil, and juice of 1 lemon OR lime, AND 1 pinch of cayenne pepper (not if you have high blood pressure), and 4 oz. purified water.





Internal Cleansing

Use an herbal laxative, laxative tea, 1 tbsp. soaked flaxseed or 3 cascara sagrada tablets, one to three times a week to assist with clearing the colon and the reproductive organs.

External Clay Packs

A good way of beginning to move clogged emotion is the use of clay packs. Both the heart area and the womb space can benefit from this practice. Typically, women should begin using these on their second chakras since this is a place we like to store old, unspent emotional energy. However, anyone can benefit from using them any place else you feel emotion may be blocked, inhibited or stagnant. Used while you are sleeping, the clay will pull poisons from your organs and skin and allow the skin to absorb minerals. It is healing food for the skin, but also goes underneath the skin and begins to nurture and heal. Blend red, French green or bentonite dry clay with enough water to make a spreadable mixture. You may add some of your flower essences and anointing oil. Fold over several layers of gauze and spread the top layer with an inch of the clay mixture. Place over your womb with the clay against your skin and tape in place. Take a nap for an hour or use overnight. (For an extra cleansing boost, add 1 tbsp. fresh grated ginger juice.) Be sure to test a bit on a small patch of skin. Also, test the length of time you leave on your skin. Start small and work your way up.) Rinse in the shower. It might be good to keep a journal nearby. You never know what might come up that you may need to process about.



Womb Purification Ritual

Place a small round disk of charcoal used from smudging in a fire-proof pot. Light the charcoal disk, and sprinkle a few pieces of frankincense and myrrh resin onto it. Place the pot on the floor on a stand or metal trivet so you don't burn the floor. Stand or kneel over the pot and cleanse your womb as with the smoke from the resin. This smokes away all the negative vibrations. You may also want to add a pinch of cinnamon to sweeten your womb-space.



Breath-work

Another way to move out toxins in the body is by adding more oxygen through the use of focused breathing. We will do this many times during our guided meditations. You may want to add the flowing technique to your daily routine as a way of purging toxins out of your second chakra area with fire breaths. This type of breathing is also known to assist in the burning of calories and fat as it cause the body to “burn” hotter.

Prepare for fire breathing by slowly inhaling four times and slowly exhaling four times. Then, when you are totally at ease, begin your fire breaths. Begin by doing 50 to 100. Gradually increase, trying to add 100 each month.

With your mouth closed, inhale deeply like a pump through your nostrils as you expand the breath down into the abdomen, then back up to expand the chest. Then, exhale fully as your abdomen contracts and the lungs release your breath completely.

Practice the fire Breath a few times slowly, and do it fifty times as rapidly as you can fully inhale and exhale.

Note: If you should become light-headed or slightly breathless, which is called hyperventilating, simply breath into a small paper bag—not plastic—held over your nose and mouth for a few minutes, to restore your carbon dioxide balance.



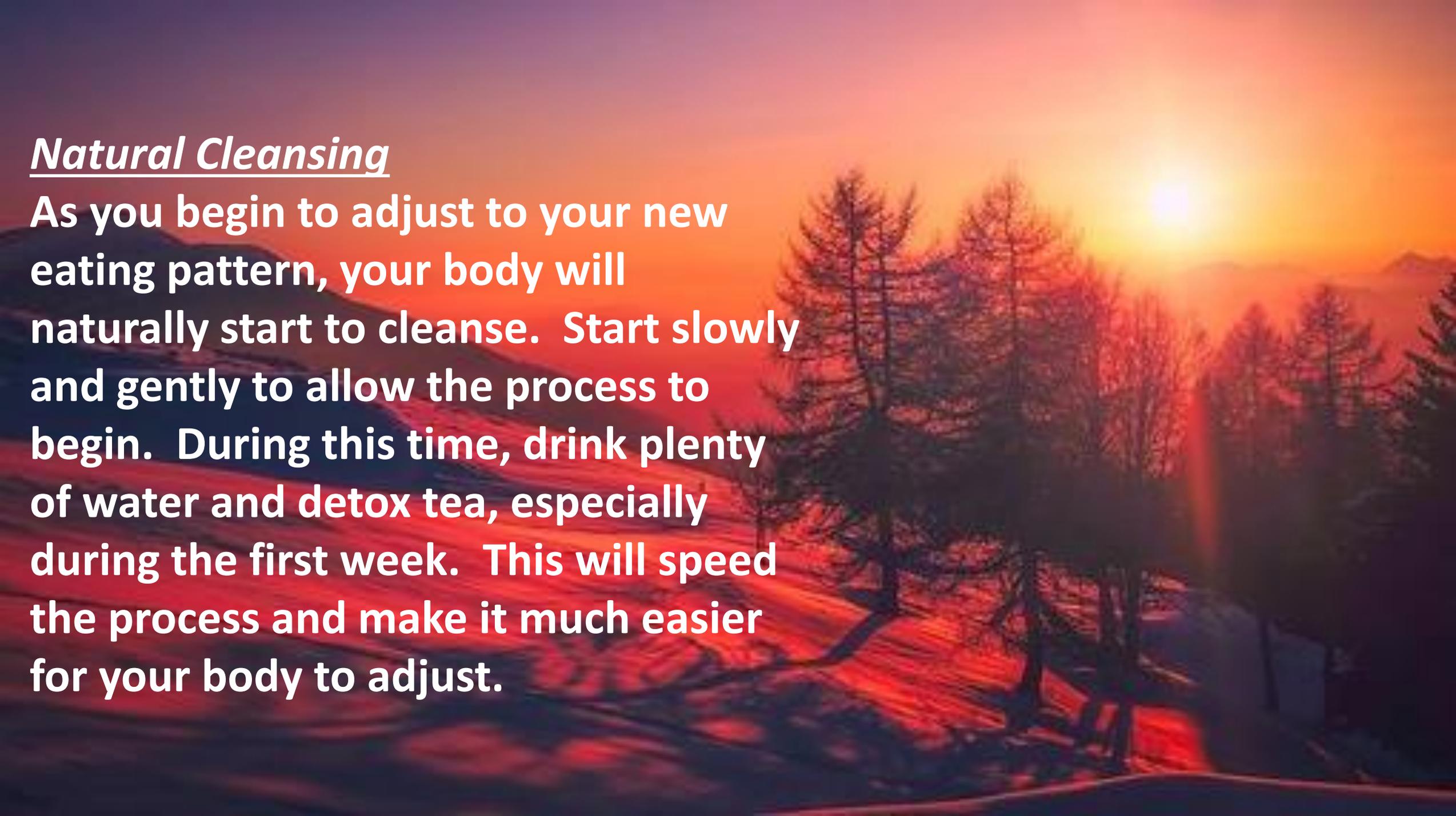
Rest

One of the most vital ingredients for the restoration and balance of the divine, sacred healthy individual is rest. Set aside moments on a daily basis to rest and relieve yourself of pressures and responsibilities you handle each day.



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.





Womb Health
Assessment





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.
- Try out a cleansing tool or two.
- Start your womb assessment.



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 orange to pink, and the ocean is visible in the foreground.

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
