TheSacredSenses

Welcome to your Reclamation Guide!

The process of Reclamation is an Art. It is a journey that brings us into full and joyous expression of ourselves. Though this journey may lead us into areas of discomfort, remember that at its essence, Reclamation is a life affirming process that reconnects us to our creative energy and true selves. It is a process of self-discovery that happens in three parts.

First, we remember, revive, and reclaim the parts of ourselves that did not receive the opportunity to grow, but that are now ready to be nourished, finally. These earlier versions of ourselves had dreams, gifts, and desires to cultivate, but often their development was blocked. We may have been told we weren't good enough, smart enough, or that our dreams would never support us. We may have experienced these gifts being violently taken away from us, through abuse or trauma. We may have shut these desires down ourselves, in order not be noticed, to keep us safe through childhood, schooling, the world. There is now an opportunity, through the Art of Reclamation, to call back these parts of us that have remained thwarted, unformed, or buried, and to bring them forward so their potential may be nurtured, finally. By remembering what gives us pleasure, what tastes and colors we are drawn to, we can reconnect with ourselves and our true self expression. We can rediscover the true fragrance and blueprint of our soul. By recalling how we played as children, what we dreamed about, by being in nature, and utilizing the Reclamation Practices listed below, we can meet ourselves again. Every person can reclaim at least one of these memories, lived experiences, or sensations to help them chart a new way forward towards a life where more pleasure, safety, stability, and self love is available.

Second, we acknowledge the fully formed version of ourselves that has brought us this far. This self has been infinitely resourceful in finding ingenious ways to survive all that we have lived through. Some of these ingenious survival tactics or coping mechanisms may carry the stigma addiction, shame, or other characteristics that we now recognize are no longer healthy for us to live with. Yet, the truth is that they were exactly what we needed at the time. They were brilliant methods we grasped for that were the very best tools we could give ourselves in those moments where life and death seemed to be on the line. And for this reason, we are very bonded with these methods of salvation and soothing that have walked with us for so long. We are enmeshed with them, so although we know they are no longer helping us, we keep them in the shadows, protecting them even though we know it's time to let them go. A part of the Art of Reclamation is honoring these old tools, rituals, addictions, and behaviors. To truly thank them for all they have helped us through and allow ourselves to mourn their passing. To acknowledge who we have been and what we have survived, and to understand that grief can arise when we are ready to let this older version of self transform into someone and something that is new. As the older versions of ourselves are being integrated, it is very natural to experience grief, fear, or a sense of loss around releasing the coping patterns those past versions of ourselves needed. The Art of Reclamation creates a ceremony to shepherd us forward, knowing we have done enough to honor the old ways, that it is safe to let go.

Third, we step over the threshold into who we are becoming and meet the new parts of ourselves who will carry us into this new way of being, the new lives we are forming. This is the beginning of a great union and integration of all parts of ourselves that gives us the confidence and empowerment to step out into the world in our fullest expression. To receive abundance and stability in return for being our most authentic selves. To be in accurate alignment with our gifts and to experience love and fulfillment in our relationships. This stage is the truly revolutionary moment, the moment of liberation. It is not an idealized, fantasy destination in the future that we continue to strive towards, that remains always slightly out of reach, but a tangible point of arrival that we can embody. There will still be challenges. There will still be much to learn and navigate through. But we now can discover, develop, and implement tools that will help us continue to claim our lives, tools that are CURRENTLY the correct ones to best assist us. And from this point forward the liberation moment of arrival will stretch into a series of present now moments that make up the rest of our lives, moments where we have choices, access, and tools to meet whatever comes our way. We are now living as fully sovereign selves who are interacting with each other in a vast field of all that is possible, not looping in old patterns that no longer serve us and keep us in stasis. We have stepped out of the loop and into our growth potential, and the unknown that lies ahead will be an educational, enriching, co-creation between our relationship with self, and all who we encounter. We may have echoes of the old behavior returning but we are able to see it, apply our tools, and correct back to alignment more quickly, and this will happen less and less as time goes on. This is freedom. Our connection with our true selves is sacred, and is the doorway to accessing the sacred in all other aspects of life.

Practices that promote Reclamation

Remember that these practices reconnect us with oneness and creative flow, and that in the beginning it is about repetition. We are building new neural networks to connect with ourselves and the divine, and it takes commitment to these practices, there is magic in the repetition.

WILDERNESS.
First and foremost, get yourself into nature. Spend prolonged amounts of time in nature.Start with a day nature quest of sun-up to sun-down and extend your time from there. We have two dedicated programs, The Sacred Senses and MidnightMoonDark, that offer support to people who are longing to connect with the wilderness more but don’t know where or how to start. Nature is our greatest teacher and the most powerful place to access our own healing, it is one of the greatest healing forces in the world.

BREATH.
Breath is life. Prana. Without breath we would not be here. Breath is the precursor to meditation, it actually IS meditation. The whole concept of meditation is based around breath. At any moment, by bringing awareness to our breath, we can begin again, wipe the slate clean, re-orient our thoughts, our nervous system, and our bodies in the direction that is more supportive, more helpful, which more accurately represents who we are. Breath brings us out of agitation, anxiety, and emotionality, back to the present moment of what is. It allows us to sit with whatever energy is moving through us, and come back to stasis, where we are not ruled by what is happening ‘to’ us, we are the authors of this now moment where things are happening ‘for’ us.

MORNING MEDITATION PRACTICE.
A morning practice is non-negotiable. It is widely recognized that all humans who wish to raise their consciousness, change their lives for the better, and elevate their experience of being alive and interconnected with all things, must meditate. Your morning practice can be custom built. You can try and test an incredible amount of positive meditation content that is available to us now to find what works for you. We are also available here at The Sacred Senses to support you in building your morning practice, remember, there is magic in the repetition! Showing up for ourselves again and again each morning, and coming back quickly if we have fallen off, teaches our nervous system new tools of regulation, and teaches our conscious and unconscious minds that they are safe, they can trust us to expand into the new spaces we are creating for them.

DAILY MOVEMENT.
Daily movement is another non-negotiable. This practice is for enhanced experience of our present life, and our future longevity. Walking, hiking, yoga, weight training, dancing, stretching, trampolining, martial arts, there are SO many styles of movement available to us. Movement is Medicine, movement is essential for mental and physical health, mood, and for moving emotion through our bodies, movement is also a great purifier and regulator.

VOICE.
To find our voice we must first be courageous enough to listen to ourselves, to listen to what we are really telling ourselves. Oftentimes addiction patterns are our body and brain's attempt to communicate with us.Learning to speak for ourselves, to state what is true for us even if that means saying no or disappointing others is a revolutionary practice that leads to a healthy self-relationship. We listen to ourselves, therefore we can trust ourselves. The second part of the cathartic process of using our voice is that we also unburden ourselves of the things we have kept hidden, repressed, or unspoken. Voicing our traumas, secrets, hidden behaviors, and shaming or negative self-beliefs to a trusted mentor is incredibly beneficial. It is immeasurable how much weight and energy is being taken up by the unspoken voice of shame, doubt, fear, and self-loathing. Here at The Sacred Senses, I am your Ally and Sister in holding a safe and sacred space for you to release the weight you have been carrying, I am here to help you set that burden down.

FOOD AS MEDICINE.
We have the opportunity to heal our relationship with food, and also to heal our bodies with food. Making a commitment to learn which foods are in right alignment for us to eat, listening to intuitive wisdom from our bodies about what will best nourish us, and educating ourselves about how to support sustainable food sourcing for the planet is another non-negotiable. As you may have read on The Sacred Senses site, I was bulimic for fourteen years of my young adult life and have been healed for the past ten years. The journey of coming home to heal our relationship with food is something I feel very closely connected to and would love to support you with.

DREAM JOURNALING.
Connecting with our dreams, our subconscious, and the Dream Time, a liminal space where so much information and interaction can come in to guide us, is a beautiful way to continue to build our rich inner world of relating and listening to ourselves. Making a practice of sleeping with a dream journal by our beds so we can record anything we remember about our dreams when we wake up, will help our dream recall. It will also connect us with deeper and more meaningful dreaming, even if in the beginning what we're recording seems random and nonsensical. Our connection to dreaming powerfully and prophetically can be revived through this practice.

FIRE CEREMONY.
Fire is a powerful element to work with in our Reclamation practices. Fire is the great transmuter. Fire takes anything we no longer need and consumes it, transforming it into ash that becomes fertile soil for who we are becoming. Our pain, stagnation, anger, and fear can all be given ceremonially to the Fire, and we can let these burdens go. Developing a respectful relationship with fire whether through lighting candles, building a fire in a fireplace, or outside in a fire pit, is a powerful act.Working with fire is transformative.Please come with humility and respect, taking necessary precautions to work with fire respectfully, understanding its huge power, thanking it for being such a sacred ally.

WATER IMMERSION.
All water is sacred. Water is cleansing, purifying, and represents literal and figurative birth and rebirth. When we have cleansed ourselves and released old patterns that no longer serve us, we can be reborn. Water can help us exponentially in this process. Developing rituals and ceremonies around taking baths and showers, meditating with a bowl or glass of water at your altar, and visiting the ocean and other bodies of water as much as possible, are all highly potent ways to work with this precious element. Water is a conductor of energy, it holds our prayers and the vibration of our intention. When we work with water and ask it to heal us, it's also important to remember to also pray for the waters of the world, so that they may all run free again.

PRAYER.
Prayer combines language, and the desires and intentions of our heart. A prayer is an incantation, an invocation, a spoken word, a spell. We know the inner voice that we speak to ourselves with must be clear with intention and positivity. The language we use to speak to the Universe, the Earth, and one another must also become sacred. Using prayer does not have to be connected to any religion or belief outside of your own.It is a living poem, an intention to call in what you are dreaming, and also a declaration of gratitude for all the lessons and gifts we have experienced in our lives. Cultivating a practice of prayer brings us into conversation with our inner selves and the cosmos around us, reminding us that it is not all up to us. We have support, we have help, we are not alone. By introducing ourselves and speaking to the Mystery of it all, the Mystery can and will respond to us, we have started a conversation, a relationship with the Divine.

DRUMMING.
Drumming is a sonic representation of the heartbeat. It is an ancient rhythm that all humans recognize. As an instrument, it can be used to bring us into a meditative or trance state.When we drum for ourselves or others we invite the body and mind to relax into the theta brain state so that we can access other realms of consciousness. Drumming is an incredible personal practice or one shared with a group.The drum is a unifier, we have been coming together in community to drum since the beginning of our existence.

DANCE.
Dance is a form of Movement.We use movement to keep the body healthy and to build strength and stability, and with dance we can go a step further. Dance is an artform, a physical expression of a creative state. Dance is fluid, and flows like water, or beats and pounds, like the drum. Dance induces euphoric states that can also take us into theta brain waves, allowing us to move outside of the boundaries of our bodies, into new and expanded states of consciousness. There is no right or wrong way to dance, and each movement is a self-expression of the joy of being alive. In dancing, we know ourselves and our bodies even more, we can feel what it's like to be moved by the music, to be moved by the drum, and to channel energy through our movements. It is a way of connecting with the Source energy that animates all life. Dance is powerful when practiced alone, or shared with a community, it is also something we have been doing in community since the beginning.

SOUND.
Sound is a form of using our Voice. We can use sound such as toning or singing, to open our voice. By vibrating our vocal chords, and allowing sound to come through, we free any restrictions that have been held in our body around using our voice and speaking our truth. Many of us have a fear of singing or toning, and feel self-conscious at the thought of really unleashing our voice, to be heard by us for the first time. The true sounds our voices can make have been lying dormant for a long time, for most of us. Exploring what the sounds and vibrations are, whether they are guttural, melodic, pleasant of raging, is cathartic and deeply healing for each of us. For all of us, the sound of our own specific voice, carries the potential for our highest healing. Listening to our own voice sing, tone, scream, wail, cry, and laugh, is the highest healing we could receive, much more powerful than the healing we receive from others. There is a misconception that other people can heal us more effectively, and in connecting with our own sound we experience the truth of our own capacity to heal ourselves.

WRITING.
Writing is a way of developing our self-relationship, our ongoing conversation with ourselves. Writing in a journal is a way of ordering our thoughts, uncovering hidden meaning, revealing our true needs and desires. Writing is a way of practicing prayer. We can use our writing to make poetry, declarations, art out of our intentions. We can write what we want to call in, we can write what we are letting go of. The act of writing calls things into being just as our thoughts, spoken word, and prayers do. Keeping a journal to record thoughts, dreams, and impressions is a beautiful practice that deepens our awareness of self.

ART.
As you may have noticed in this Reclamation Guidebook, many of the practices listed are tied to the creative process, many of the practices are tied to accessing healing through the body, while still other practices are tied to developing a spiritual connection with the Divine. What I would love for you to take from all these offerings is that Creativity, Ceremony, and Healing for the body, mind, and spirit, are all really the same energetic force. There is a Life Force, a Creation Energy Source that flows through us, that can be accessed and amplified by all these different practices. In following these Reclamation steps, we declare that we will make Art out of our lives, that we will make Ceremony out of each day, no matter what comes our way. Everything is happening for us. We are artists of our own lives. We have fearlessly walked the path of Reclamation to liberate ourselves from outdated programing that no longer serves us. We have dismantled systems of oppressions in our inner and outer world. We have come back again and again, because there is magic in the repetition, to these practices of Reclamation because they are the signposts on the path to a life of freedom, that is available to all human beings.

BE WITNESSED.
Naming and revealing the hidden secrets and shame of looping behaviors or beliefs is crucial to releasing their power over us. Speaking and naming the behavior, fear, or belief, is like shining a light on it, and allows it to diminish and dissolve. Keeping it in the shadows allows it to grow and fester in the darkness, gaining more and more power, which makes it feel even more unsafe to acknowledge or reveal. Finding a container and ally to support you in holding your story is so valuable. Your courageous naming of what is ready to be released is an integral part of the healing process, and there is catharsis in being witnessed. In allowing ourselves to be witnessed we strengthen the muscle of truth telling, and shine the light that will illuminate more of ourselves, until finally we are ready to shine our true light into the world. A VERY IMPORTANT NOTE HERE IS TO FIND THE RIGHT SPACE TO BE WITNESSED IN. CHOOSE A GUIDE OR ALLY THAT YOU FEEL SAFE WITH, WHO IS PRACTICING INTEGRITY AND SPIRITUAL HYGIENE AND WILL HOLD SPACE FOR YOU WITH YOUR SAFETY AS PAAMOUNT. Practicing all the other stages of Reclamation will strengthen your ability to choose a safe space with accuracy. A therapist, a vetted guide, mentor, or teacher will appear for you. Here at TheSacredSenses we are dedicated to holding a space of impeccable support and safety for you to move through this stage of being witnessed.

Thank you SO MUCH for perusing these pages, I am sending you so much love and support along your journey.I have dedicated my life to the Art of Reclamation, The Sacred Senses, and to reclaiming our birthright of living in peaceful union with the Earth. If you are desiring support from me and my team, there are many more ways to take these practices to the next level. Please contact me at saetha@thesacredsenses.com for more information.

With Love,
Saetha