

Spring Cleaning...Inside and Out!

By Reverend Nafisa Sharriff

My Beloved Heart and Soul Family,

Recently Entering the Holy of Holies, Inc. facilitated a 10-Day Cleanse in anticipation of the Spring Equinox (equal length of day and night) which took place on Wednesday, March 20, 2013 at 7:02 am (EDT).

Once 25 people registered for the Cleanse, we decided that we had reached the maximum amount of people who we could comfortably serve and so we officially closed registration.

The day of the Cleanse orientation, 36 people were in the room! When asked, "Why did you just show up?" The common response was "I just needed to be here." I remember asking myself, "Why did so many people just 'need' to be here?" The answer was layered in the Cleanse itself.

Many detoxifying programs emphasize only the cleansing of the physical body. However, all four of the Cleanses that we offer at Entering the Holy of Holies (Spring Equinox Cleanse, Summer Solstice Cleanse, Fall Equinox Cleanse and Winter Solstice Cleanse) are designed to not only detoxify the physical body but also the spiritual, mental and emotional bodies as well.

This Spring we focused on clearing and healing the sadness associated with grief and the crippling effects of unworthiness that are often buried deep within the Holy of Holies of our hearts and lungs.

At the orientation people had very painful stories to share. Some were grieving over the loss of a loved one, or the mental anguish sustained from an abusive relationship, or the self-hatred that manifested as self-abuse, self-denial and unworthiness. What became crystal clear to me was that everyone's heart was hurting and that they were ready to make the hurt stop!

Although the Spring Equinox Cleanse was the catalyst for attracting an abundance of people I realized at the orientation that it was the "need" to heal their hearts that prompted so many people to participate in this event. They knew without knowing that this Cleanse was going to transform them and help them to recreate their lives in Love!

The ten days of the Cleanse went by very quickly and almost effortlessly. We supported each other in a variety of ways, beginning with our collective intention to release the darkness of our grief and to live in the light of our Love!

Additionally, every morning we meditated collectively via our Morning Meditation Conference Call (see below), prayed with our Prayer Partners, read daily words of inspiration and reflection and even took traditional West African Dance Classes taught by me, Reverend Nafisa Sharriff!

The results were phenomenal. In addition to dropping a few pounds physically we all dropped a few pounds emotionally! By the time we returned for our "Follow-Up Feast" (soup, salad, veggies and water) we were glowing! All of the tears were replaced with cheers and testimonies of triumph and victory.

Spring had sprung and so had we. We left behind the dark days of winter and embraced the beauty of our own Light! We learned to love ourselves from the inside out and it showed. We stood at the threshold of our own hearts and were amazed at the radiance of our own brilliance. We were happy with ourselves. We had come Home!

~ Reverend Nafisa Sharriff/Founder & CEO

Free Morning Meditation Conference Call

Dial-In Number: (605) 477-3000

Access Code: 561619#

Mute In/Out: *6

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