

The Care and Feeding of your New Crystalline Womb

Remembering What She is...

The Crystalline Womb is the sacred and divine template of your own womb, as she was when you first arrived upon the planet: clear, pristine, pure, and unencumbered by all the indignities that have been showered upon your physical body and in your electromagnetic field. She holds your original memory, your original thoughts, hopes and dreams before you had to grow through the experience of being human. She functions like your own womb but in a cleaner, clearer way. AND, she is connected to the Crystalline Grid of the planet, so she is an access point for instantaneous, high-level information, whenever you choose to access it. She innately knows what you need, the choices you need to make, and can generate the strength of will to help you make those choices.

My experience with her, though, is that she needs care. She needs to be programmed. She needs to be treated with love. But if you do that, she can partner with you to move you forward exponentially in your life.

Some Suggestions:

- Put your Moondala some place that you see it every day, when you wake up and when you go to sleep. Look at it daily.
- Spend as much time outside, solidly on the ground as you can. If you can be in a circle or have a fire, all the better.
- Charge your womb with breath daily.
- Clear your womb of old relationship pain regularly (like we did in class).
- Clear your Heart Arc line regularly.
- Talk to your Womb. A list of questions is attached at the end of this handout.
- Practice Moon Lodging.
- Commit to only partake in authentic lovemaking, to not compromise yourself in any way. Do not partake in any sexual behavior that is not holding your highest potential.
- Begin the process of clearing the physical and energetic womb space with the practices in Body Wisdom Bootcamp. <https://www.celestialforestinstitute.com/body-wisdom-boot-camp-classroom>. The link will also be emailed to you.

- Watch Awakening the Divine Feminine. It is being offered live online, Wednesdays at 11 am. The recordings are here: <https://www.celestialforestinstitute.com/awakening-the-divine-feminine-class>
- If you want to continue on this path, consider Womb Awakenings, Priestess, or at the very least Sacred Rhythms and Boot Camp Live, all beginning in January, 2020.

Womb questions:

Use the following questions to begin a dialog with your womb. You will soon discover that she has a heart and a brain all her own. As you begin to have conversations with her, and truly listen to her, you will begin to trust her. Once that takes place, you can begin to go to her for guidance and she will deliver. The best way to ask these questions is to place your hands over your womb, breathe into her, and ask the question. Then begin to write in your journal. You may only get through one or two questions in a sitting. Yes, you will probably uncover things long buried. Don't disregard them. Look at them and release them. But most importantly, let the relationship begin.

- Are you disease-free in your belly, womb, and sexual organs?
- Have you had any major surgery that involves your belly and womb?
- What is your mother's story with her body and sexuality?
- Do you suffer from PMS or hormonal imbalances?
- Do you feel emotionally clear about your birth story? That is to say, were you born through a cesarean section, through the force of forceps? Were you premature, was the umbilical cord tied around your neck? Was the birth traumatic? What drugs were used, and was your mother in danger? Were you adopted?
- Do you feel any impact now from your birth story?
- Have you ever had an abortion, a miscarriage, or a stillbirth, and did you get the opportunity to grieve it?
- Have you suffered sexual, emotional, or physical abuse in your life?
- Are you able to recognize how you may abuse or punish yourself by your internal dialogue or your actions?
- Do you enjoy making love?
- Are you completely open and receptive to being penetrated by a lover?
- Do you hold back pleasure or sound when making love?
- Are you able to love your body, your womanhood, in total acceptance?
- Do you have orgasms? Are your orgasms full-bodied?
- Do you trust the masculine totally?
- Do you honor your gut feelings and intuition?
- Do you get indigestion, stomach upsets, heartburn, period pain, bloating?
- Where does fear live in your body? Where does power live in your body?

- Do you know what your wounds sound like? Have you let sound out of the dark, hidden places inside? Do you want to?
- What happened when you first began to bleed as a young woman? Was your period or moon time celebrated? How do you honor your rites of passage now with your daughters, friends? Do you participate in women's circles or ceremonies? Do you want to?
- Do you trust, or compete with other women?
- Do you care for yourself during your bleeding time, or try to go on with business as usual?
- Do you maintain any spiritual practices that cultivate energy in your belly?
- Do you breathe rhythmically and deeply? Do you need more energy?
- How much bliss and joy do you allow yourself in your everyday activities?
- Do you have love for life on Earth?
- What makes you passionate? What inspires you and brings you into the fullness of life?