



*Welcome to
Womb Awakenings*

Module 6

**With
Kathy Forest**



Module 6

PHYSICAL CRYSTALLINE WOMB
ACTIVATION



Participating

- Allow the information and experiences to meet you where you are in your Divine Feminine journey.
- Give Yourself Time to Be with the Concepts Presented
- Dismiss Anything Not of Your Truth
- Stay Open



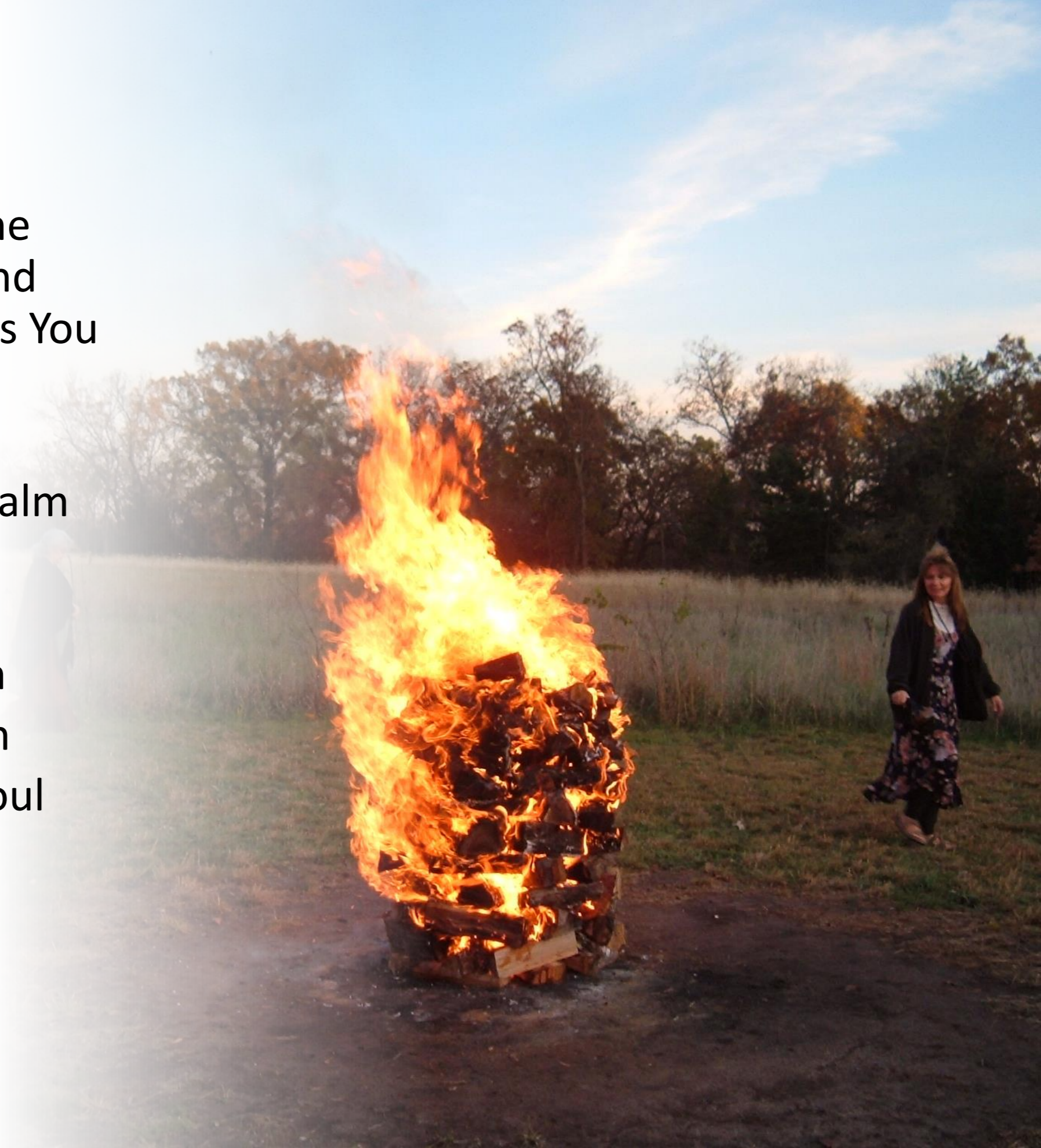
Connect to... the Divine Feminine

Open to Receive



Connect to the Divine Feminine Essence and Bring Her Through as You Move

- Earth - Physical Realm
- Water - Emotional Realm
- Air - Mental Realm
- Fire - Action Realm
- Spirit - Spiritual/Soul Realm



Check-in



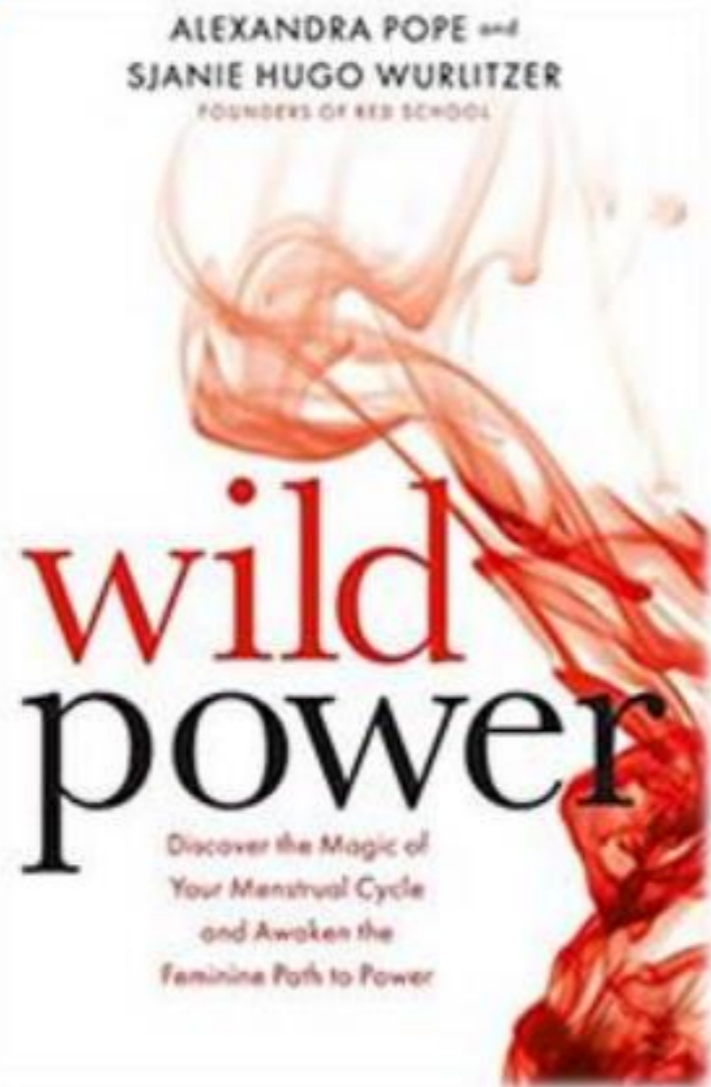
Have you been talking to your womb?

- We have activated your Crystalline Womb.
- We have anchored that connection with a first blood ceremony to “turn on” your womb connection to the elemental forces in a powerful way.

It is now time for us to develop and deepen our relationship to our wombs and anchor it to each level of our being:

- Physical
- Mental/Emotional
- Spiritual
- Energetic &
- Crystalline

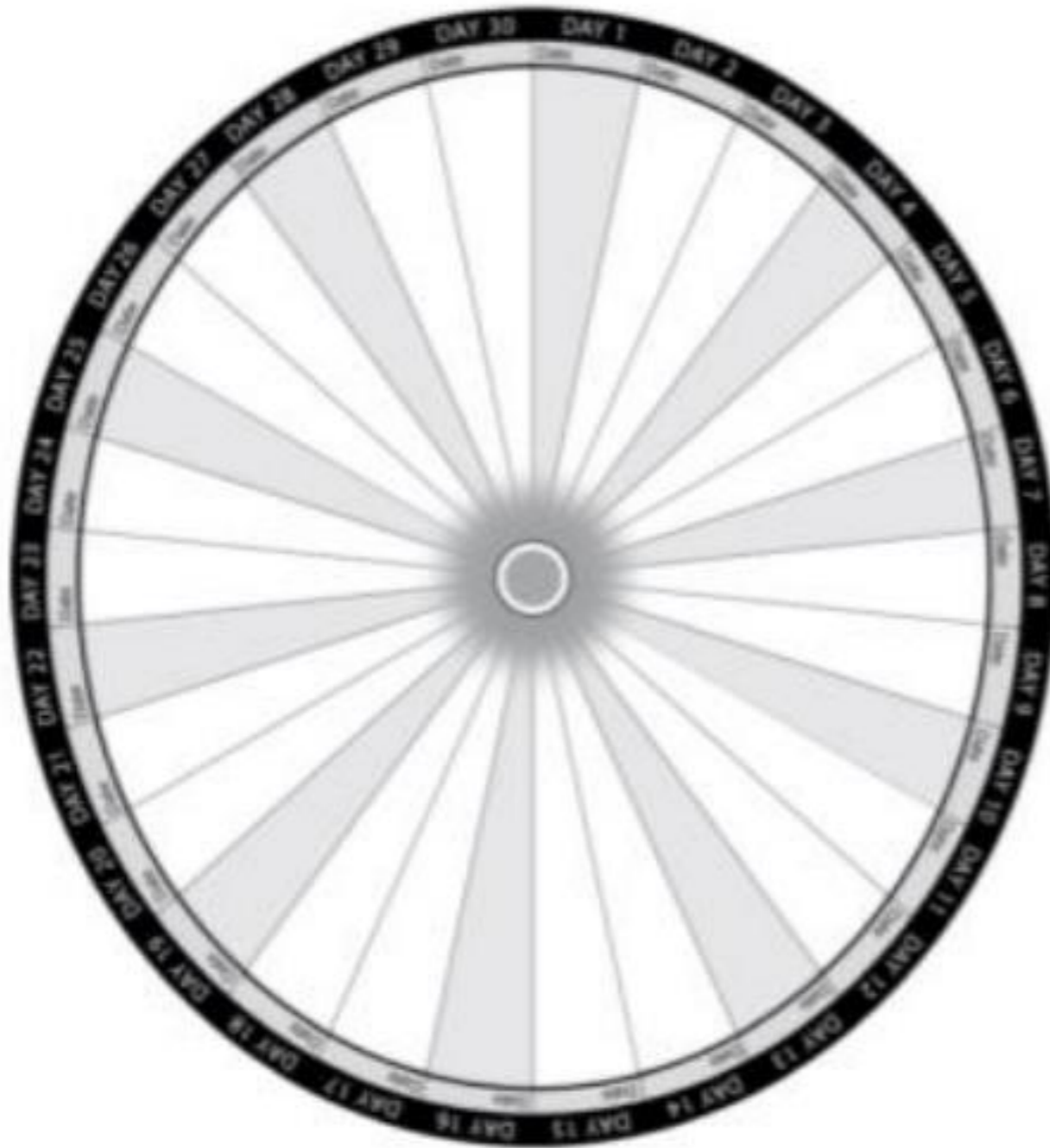




Homework:

- Get this book!
- Begin Tracking your menstrual cycle.
- Day 1 is the first day of bleeding.
- If you are no longer bleeding, start at New Moon. This month that is May 19.
- Track things like emotional state, energy level, and what happens during the day. When you get your book, you will learn more.

On the first day of your period start recording your thoughts and feelings on Day 1 of the Menstrual Chart. Watch the patterns of your cycles unfold as you continue to record over a number of months. Begin a new chart at the start of each period. Copy this blank sheet as needed.



This is the tracking sheet from Red School. It is in your classroom and will be emailed to you. This is a good start. It may also be time to get a womb journal for the new year if you haven't already done so!

Crystalline Womb Activation



Journal any
information you
received.



Gratitude
&
Closure

Ground

Next Class:
May 23, 2023

