

*Welcome to  
Womb Awakenings*



***Module 7***

***With  
Kathy Forest***





# Module 6

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CONNECTING MORE DEEPLY TO  
THE POWER OF OUR WOMB!





# 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

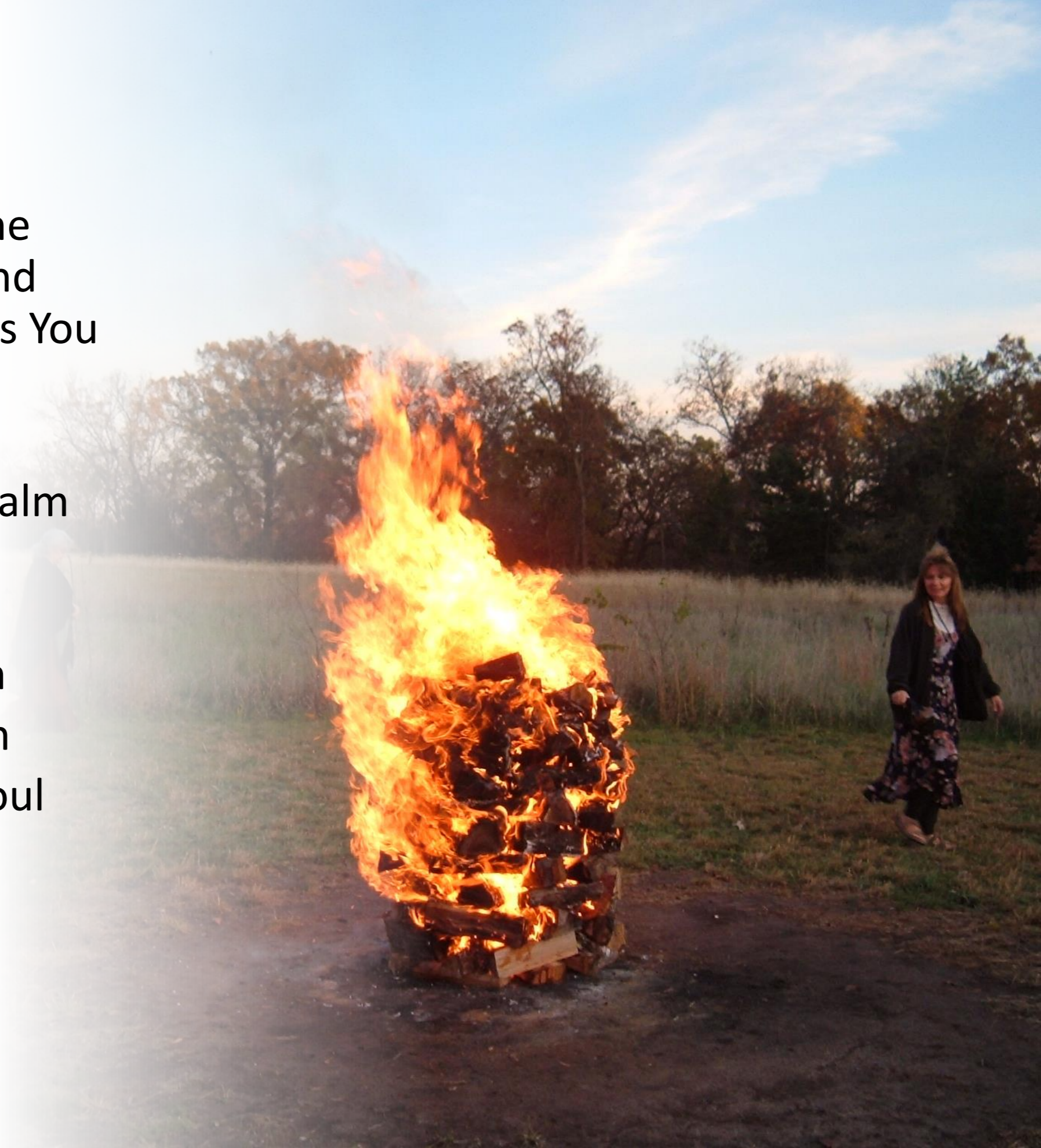
Open to Receive





# 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?*

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Imagine

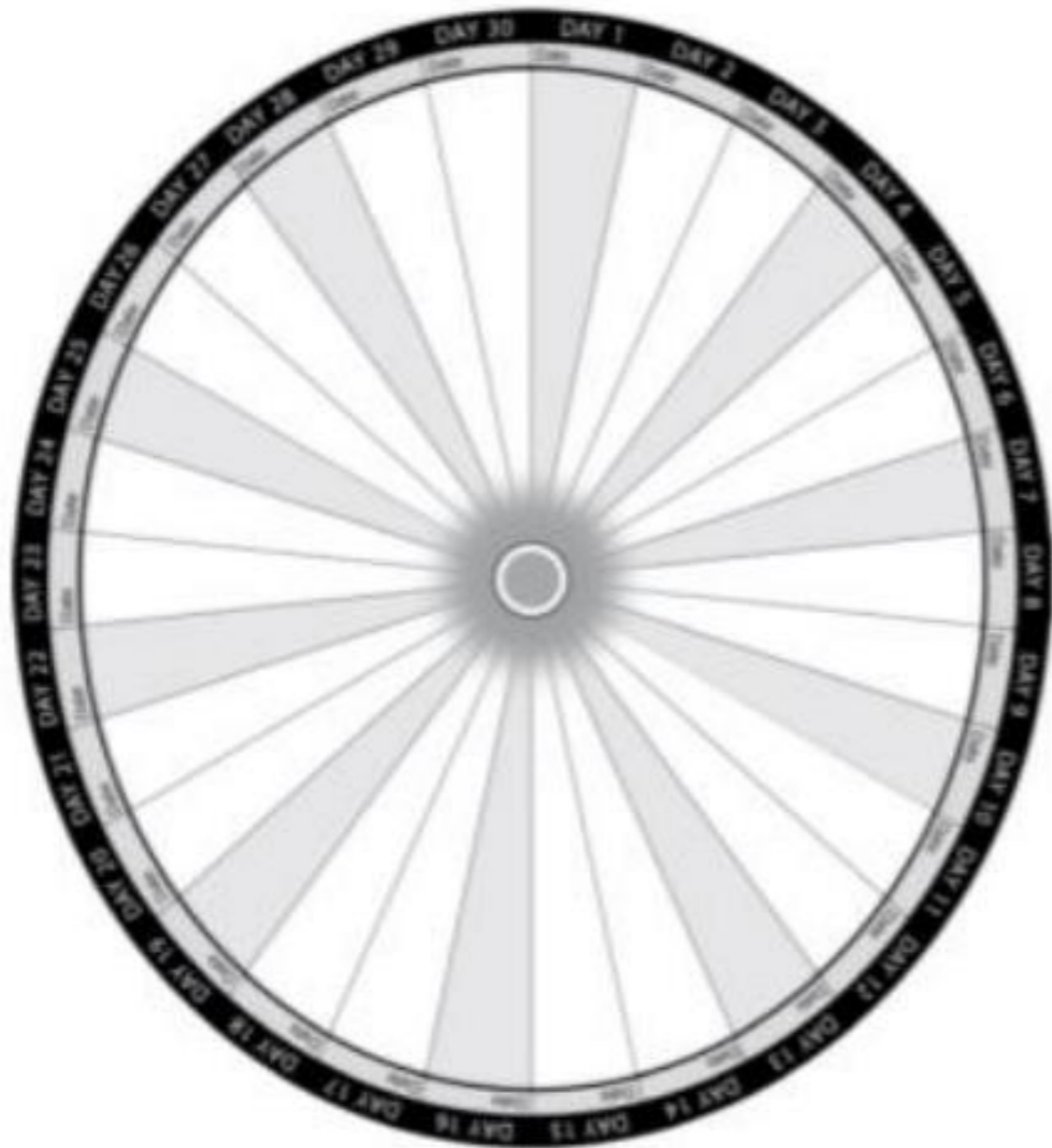


Journal any  
information you  
received.





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.

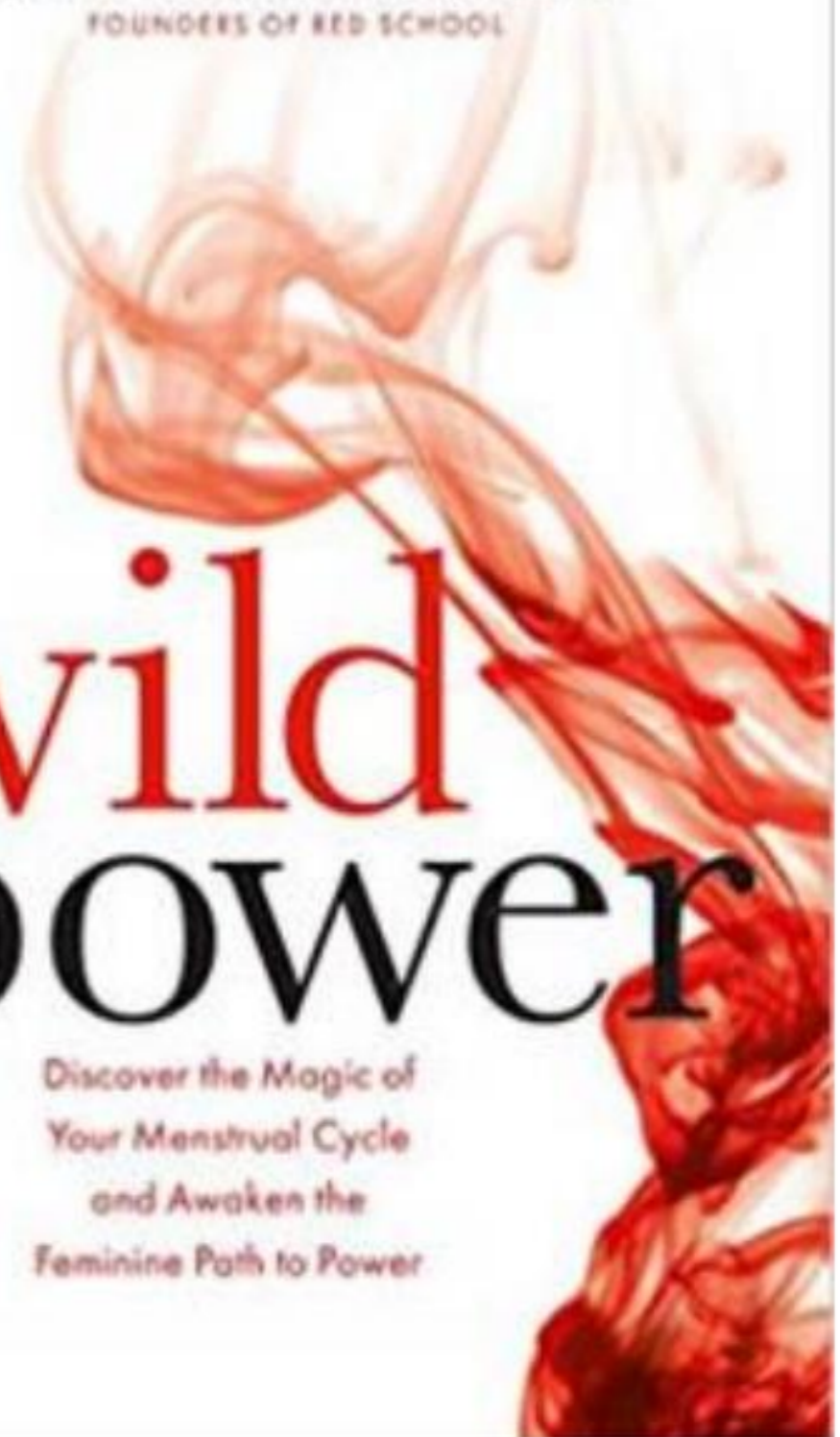


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# wild power

Discover the Magic of  
Your Menstrual Cycle  
and Awaken the  
Feminine Path to Power





There's something very exciting stirring on the planet. We're noticing it in our day-to-day lives, and seeing glimmers of it in the world around us. In amongst the chaos, suffering and destruction, a healing force is WANTING to be known – the power of the Feminine.

This force is quietly at work under the surface, even as we see all around us 'power one mad' through war, oppression, poverty, inequality, injustice and the willful destruction of our planet—our very life-support system.

The Feminine is already revealing herself in the growing number of women who are choosing to honor the Feminine Way— cyclical, relational and organic – as they step into their own authority, power and leadership.

Conscious women are setting the pace, demanding to do things on their own terms and modeling a new way to conduct business. They are activists for the Feminine.







The menstrual cycle holds a key piece for fueling this revolution. As women claim their Wild Power – the intelligence within their menstrual cycle—and men meet it, relational consciousness is generated: a consciousness that recognizes all of life as connected and sacred.

The moment you start practicing menstrual cycle awareness and encounter this living presence within you and let yourself be initiated by the death and rebirth process within it, you reunite with the source that nourishes you, and restore your connection with the natural world, the cycles of life and the divine force of Love.

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Our Wild Power is the Feminine wanting to be known through our individual experience. It's our personal service to the revolution. Not a revolution imposed on us, but an organic evolution that works through our bodies.

*"How did I ever live without my cycle?  
It's my light, my lamp, my direct line."*

*~Sjanie, Day 26*





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Are you scared of power in yourself or others?

Do you suppress your own power?

Are you afraid that claiming your power means you'll oppress or diminish someone else?

Do you see power as a destructive force that's outside of your control?



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# Dance and Integrate





Gratitude  
&  
Closure

Ground

Next Class:  
May 30, 2023  
Emotional Crystalline  
Womb Activation!

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