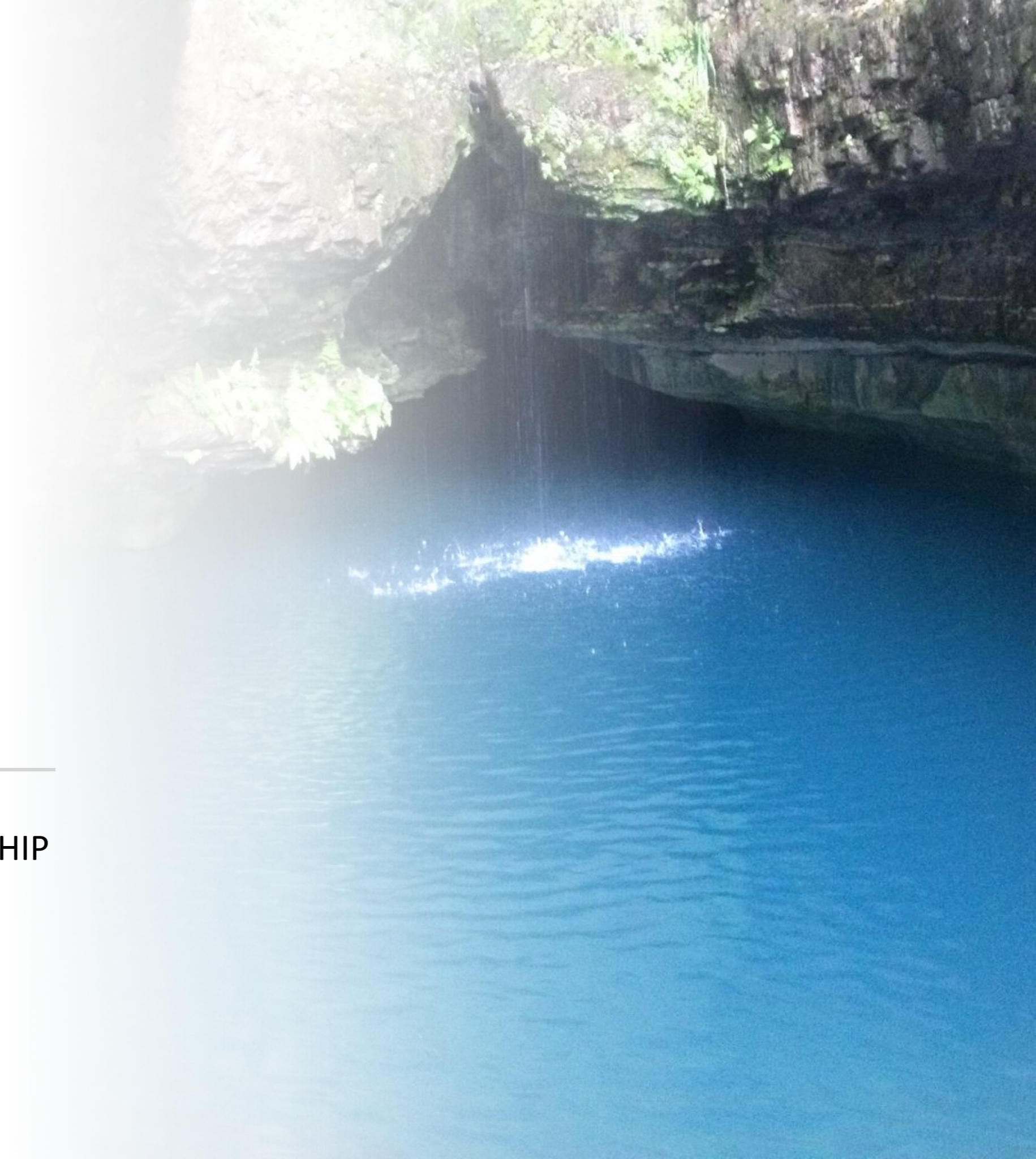




*Welcome to  
Womb Awakenings*

***Module 5***

***With  
Kathy Forest***



# Module 5

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DEEPENING OUR RELATIONSHIP  
TO OUR WOMBS

# 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



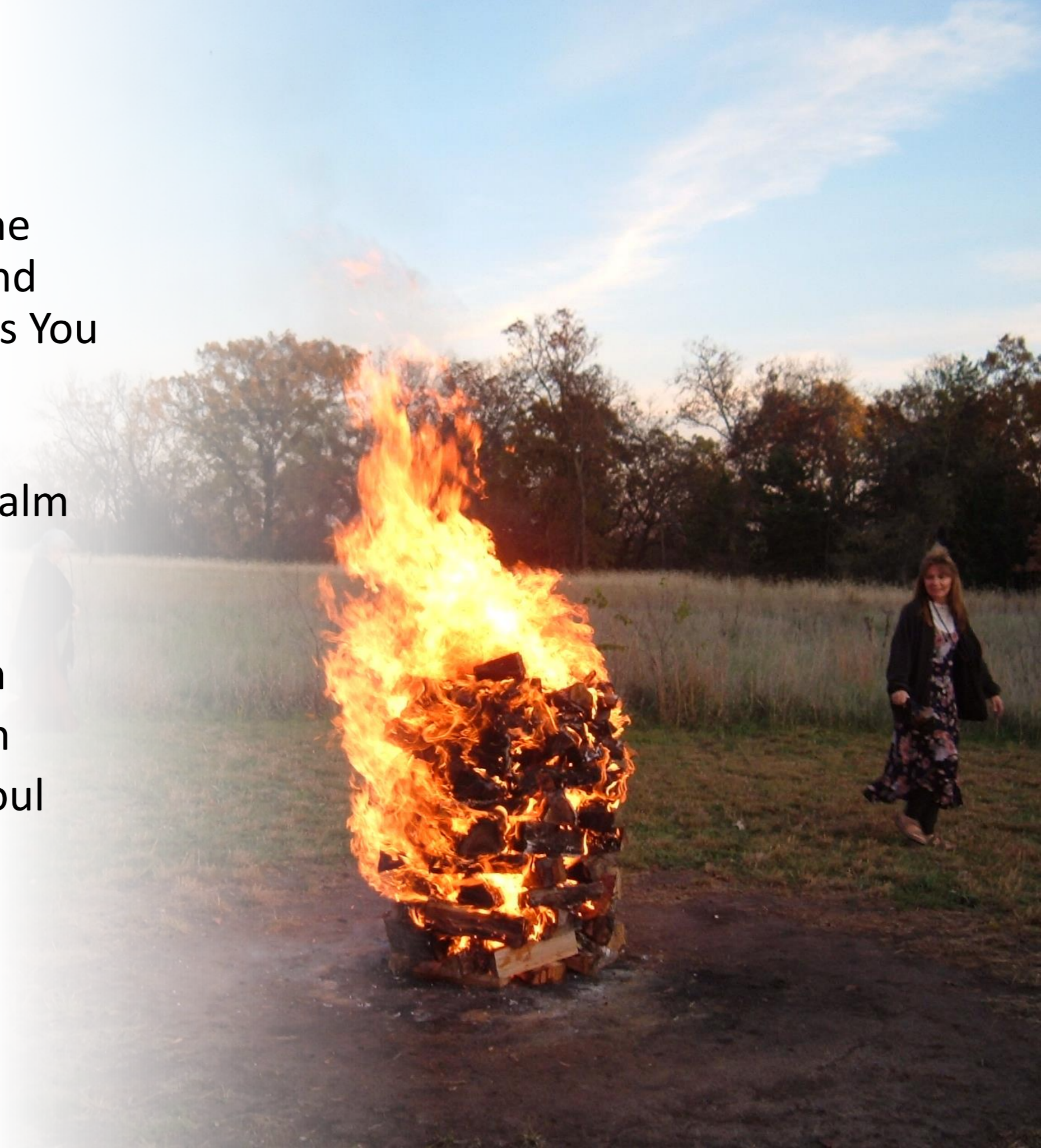
# Connect to... the Divine Feminine

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



# The Way of the Womb

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*Do you find a part of your life to be unfulfilled, lacking in something you cannot quite put your finger on?*

The way of the womb is for the woman who wants to be totally empowered as a woman, manifesting her soul mission, and being able to have intimate, fulfilling sacred relationships, actively participating and engaging fully in the spontaneous joy and wave of life. It is for the woman who wishes to fully claim her authentic self as a live and flowing experience and live her womanhood totally, without reservation or hesitation, without having to compromise. It is for the woman who wishes to have an open and fulfilling relationship with her sexual energy and use it to dynamically fuel her evolution, health, and lifestyle.

~Womb Wisdom



- 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





At this stage in our development, it is so very important that you begin to actively Connect with your womb on a daily basis.

For most women today, a womb is an organ just like the rest of the organs that give life to our bodies and minds. Just like the heart and kidneys, we know the womb is there but we don't give any thought to it except at menstruation or pregnancy.

We may never ask the question:  
What else besides children does my womb want to give birth to?

Or

What is the wisdom and power in my womb?



# Womb Relationship

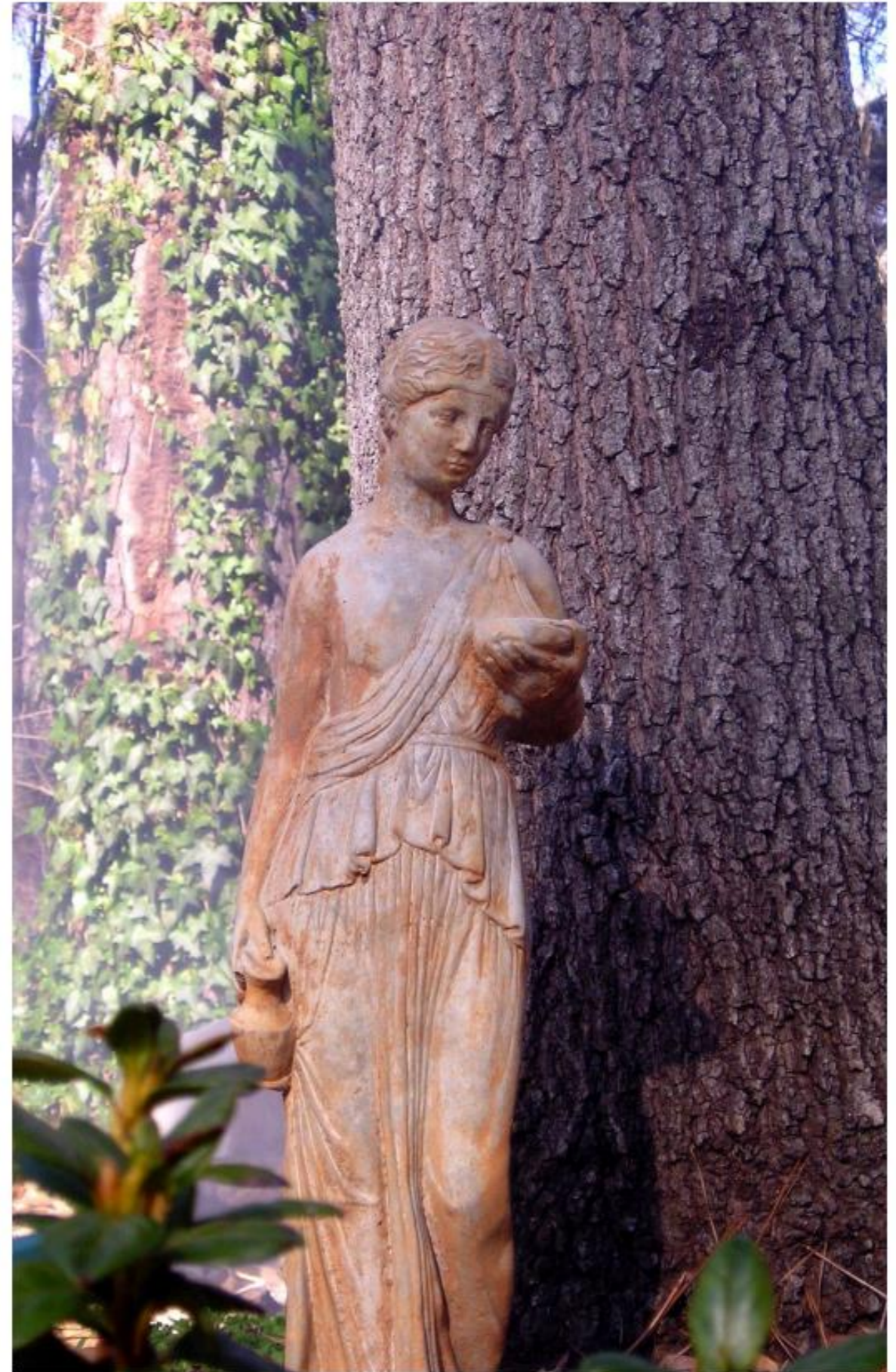
Do you dialog with your womb regularly?

If not, why not? Are you afraid of what you will hear?

The womb begins to open further when you consciously embark on this journey into the feminine self and your own empowerment. *This happens when you fully acknowledge and accept that you are not a victim, and have never been a victim, but a powerful creator of ALL your experiences. It is the first realization that nothing has been done to you.* This is a humbling experience.

Self-responsibility and self-empowerment go hand in hand. *Once you accept you have created all that has happened to you in order that you might learn and grow,* then you can truly unravel and heal both personal and collective wounds. *It is here that we can tap in to our real feminine strength* and access the will to feel what was previously rejected within. ***When we become willing to face and feel our shadows, our dormant womb can flourish and empower us.***

In Module 1, you were given a set of questions to ask your womb. Have you done those questions?



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# Womb Meditation and Dialog



Journal any  
information you  
received.



# *The Care and Feeding of the Crystalline Womb Take the Challenge!!*

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- Is 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. Use the questions from module 1 now.
- 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.



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# Womb Commitment Activation Dance



Gratitude  
&  
Closure

Ground

Next Class:  
May 9, 2023

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