

*Welcome to
Womb Awakenings*



Module 11

***With
Kathy Forest***



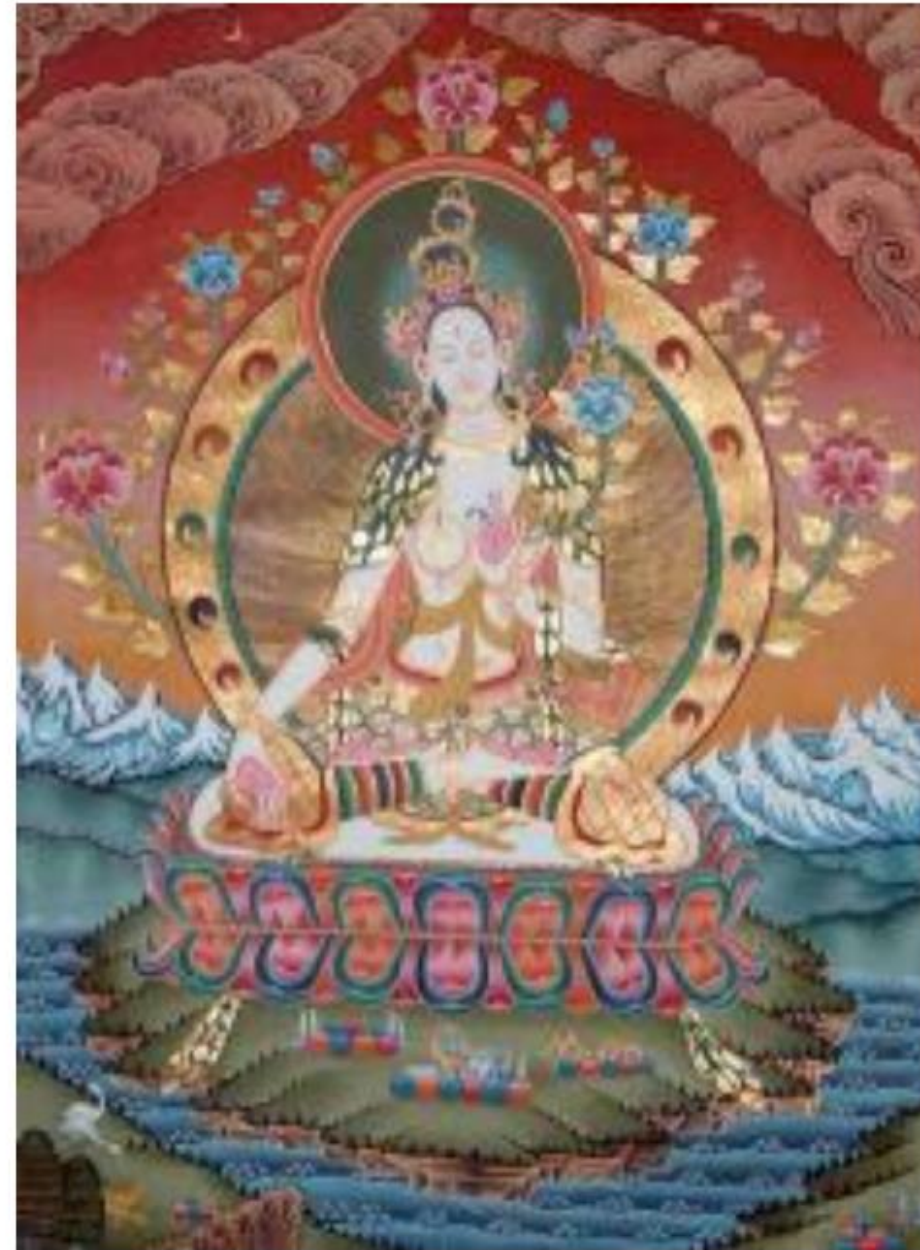
Module 11

CONNECTING MORE DEEPLY TO
THE SEASONS 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



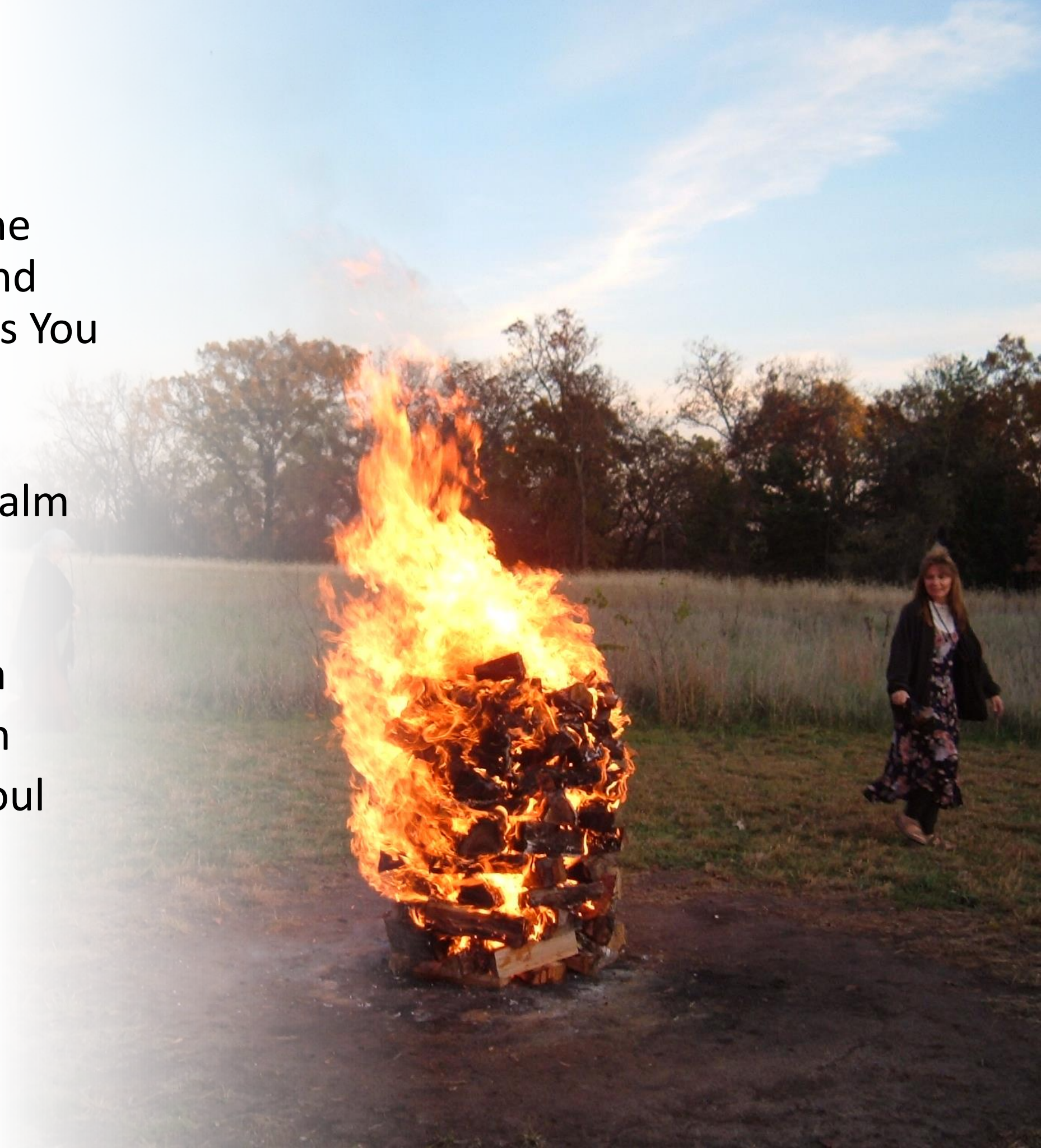
Connect to... the Divine Feminine

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?

OVERVIEW

- We have activated your Crystalline Womb. You were also given practices to help you talk to your womb and communicate with your womb. (It will be important to keep revisiting this information as this isn't something that we always remember to do.)
- We have anchored that connection with a first blood ceremony to "turn on" your womb connection to the elemental forces in a powerful way.
- You have begun tracking your cycle. Just checking in with it everyday.
- We have activated your Womb on the Physical level.
- We have activated your Womb on the Energetic level.
- We have activated your Womb on the Mental/Emotional level.

We also discussed the seasons of your cycle. We now want to dive even more deeply into your cycle and how to work with it.



Pre-ovulatory phase—your inner spring (approx. days 5 to 12)

In this phase your energy is slowly building and expanding, your attention moving away from a deep connection to your inner life to refocusing on your outer work and others. You'll experience greater clarity, focus and motivation.

Ovulatory phase—your inner Summer (approx. day 12 to 19)

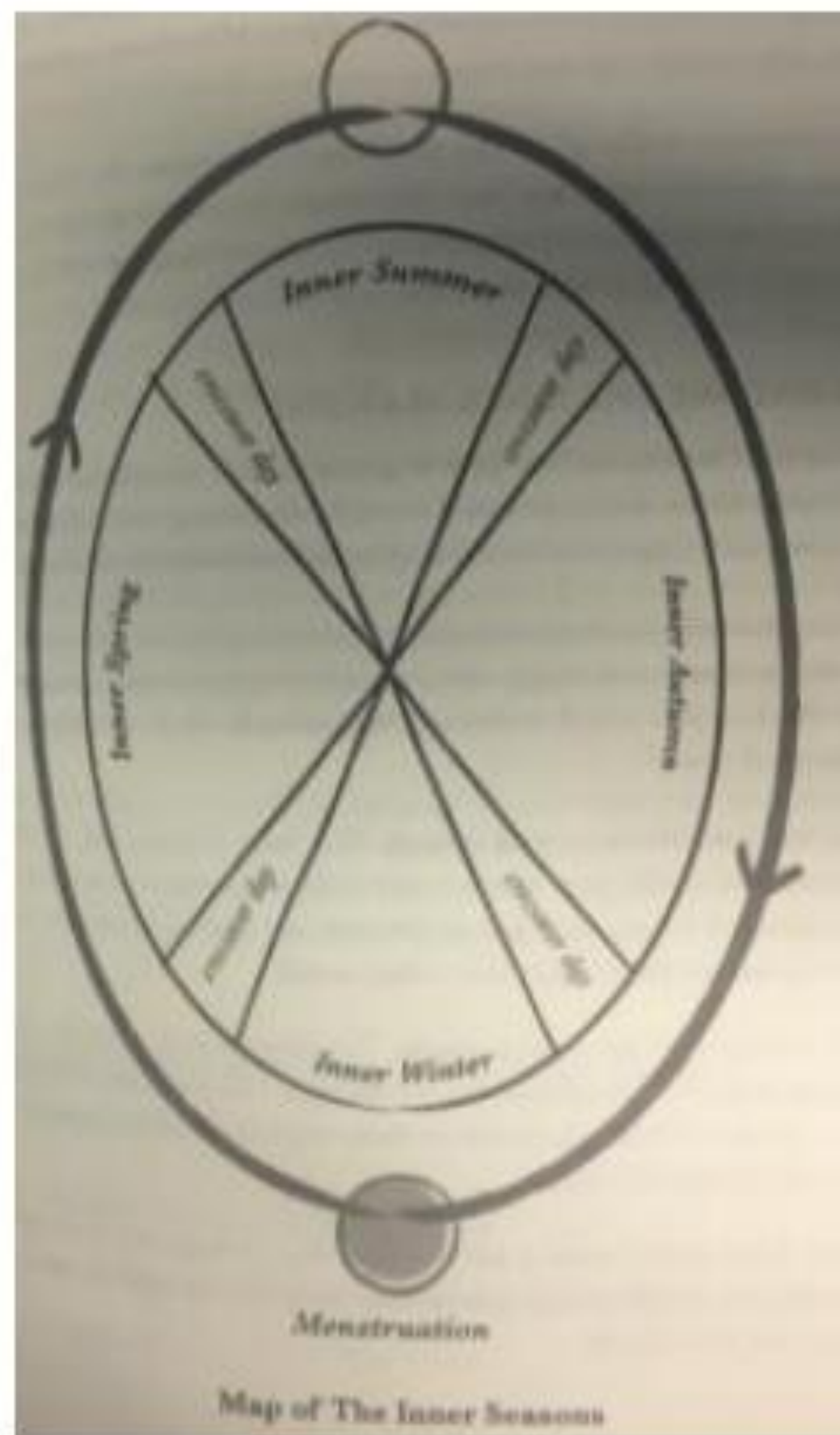
This phase can bring a feeling of 'arrival', of being comfortably in the flow of your life or feeling charged. Generally, you are at a peak of energy. It is a time of confidence and a greater capacity to achieve or manifest things. You may have more time and patience for others and being superwoman feels just about possible.

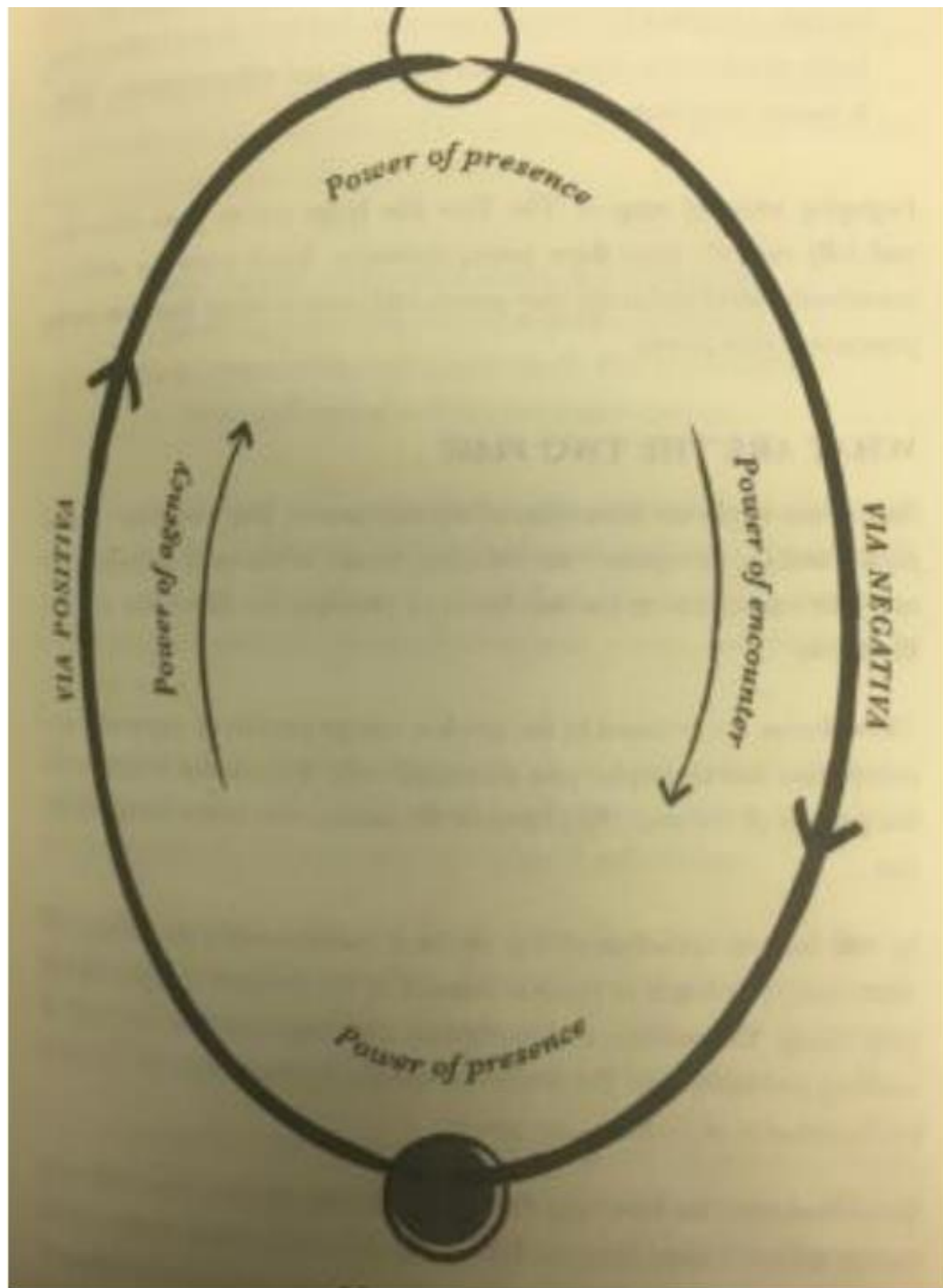
Premenstrual phase—your inner Autumn (approx day 19 -26)

In the second half of the cycle from ovulation to menstruation there is a gradual pulling in of energy, drawing you back into yourself, amplifying your inner life and needs. You have more insight into what's working and what isn't in your life, and a potential drive to sort it out. You may feel more sensitive and vulnerable as you get closer to your period. While this may feel uncomfortable, it isn't a weakness but rather a process of awakening to the deeper You. You may also experience heightened intuition and psychic ability.

Menstrual phase—your inner Winter (approx day 26 to day 5)

Your energy reaches its lowest point just before menstruation. And just as in Winter you might feel you want to retreat from the world and rest so you may at menstruation. This is entirely normal and healthy. For you to experience the abundance of 'Summer' you need the rest and relaxation of 'Winter'. This phase of least energy and most vulnerability provides an opening to a very deep sensibility. It can begin a day or two





The 2 Vias...

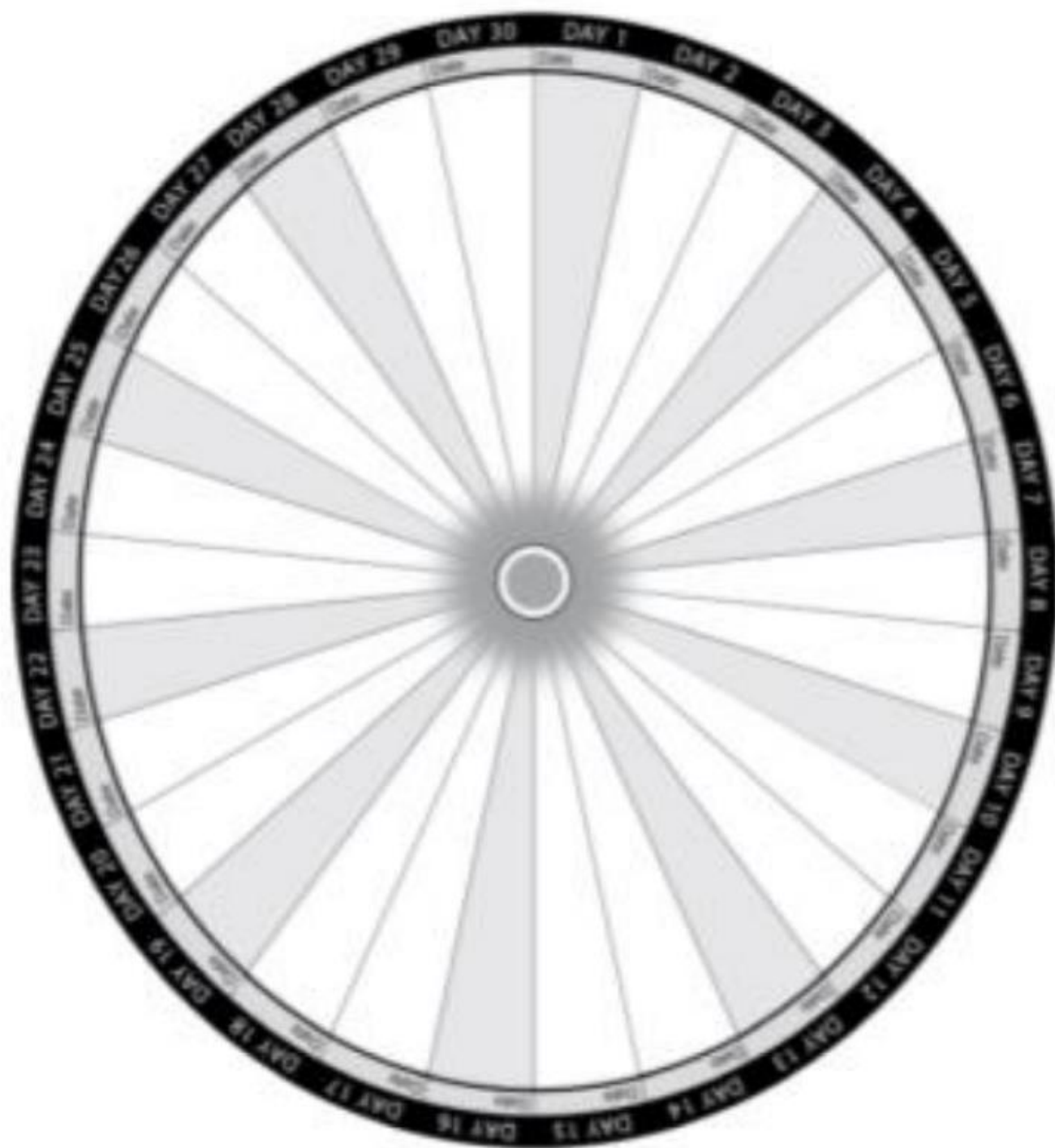
Your Inner Feminine & Inner Masculine
OUTPICTURED!

Via Positiva – the impulse to step forward and assert your will—take control, shape your conditions. It's your core feeling of agency: a sense that you are in charge of your life and can make things happen. It is characterized by a sense of urgency. As you go out into life as a young person, this is the energy you need most. It supports you to initiate and realize your ideas.

Via Negativa – awakens your ability to come into relationship with life and co-create. It is restraint NOT CONSTRAINT. Rather than asserting your will, you drop down into something: **depth**. It's no longer about your needs or ego, but the needs of something greater than you which is expressing through you; it's not your timing but the mysterious force called **Timing**. You move from imposing your own will, to being willing. There is room now for the unknown to speak and be heard.

So lets just have a real conversation...

- If you are bleeding, do you make time for your bleed time?
- If you are not bleeding, do you, or can you give yourself 1 day around the new moon for a moon lodge day? Why or why not?
- Have you made time to chart your cycle?
- Have you been able to find the rhythm of your Masculine time and your Feminine time?
- If you have had difficulty with this process, why do you think that is and what can we do to support you?



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.

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.

*"It's really not just about us!
It truly never was!"*



Dance and Integrate



Gratitude
&
Closure

Ground

Next Class:
July 18, 2023
Spiritual Crystalline
Womb Activation!

