

*Welcome to
Womb Awakenings*



Module 8

***With
Kathy Forest***



Module 8

MENTAL/EMOTIONAL
CRYSTALLINE 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



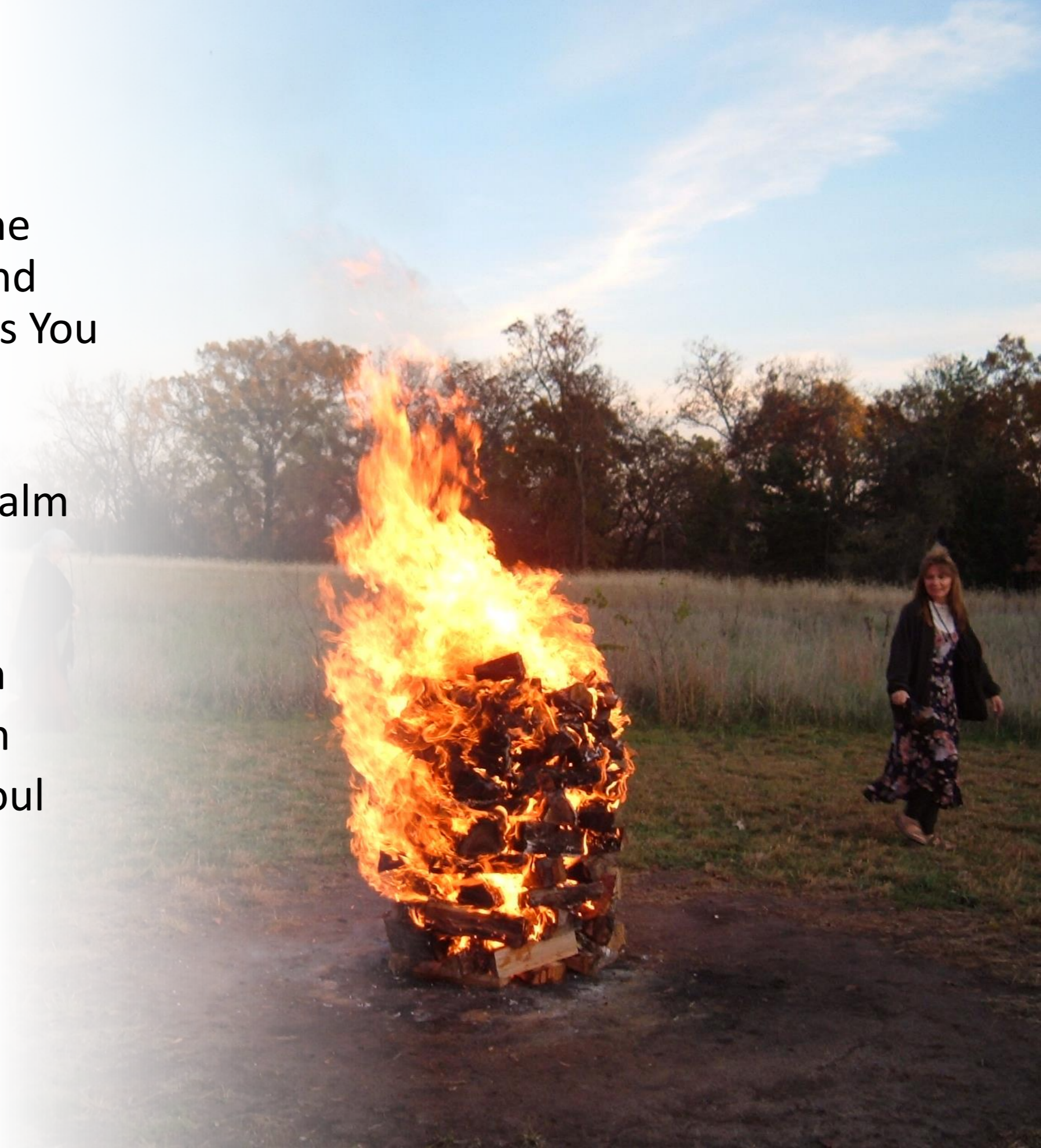
Connect to... the Divine Feminine

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:

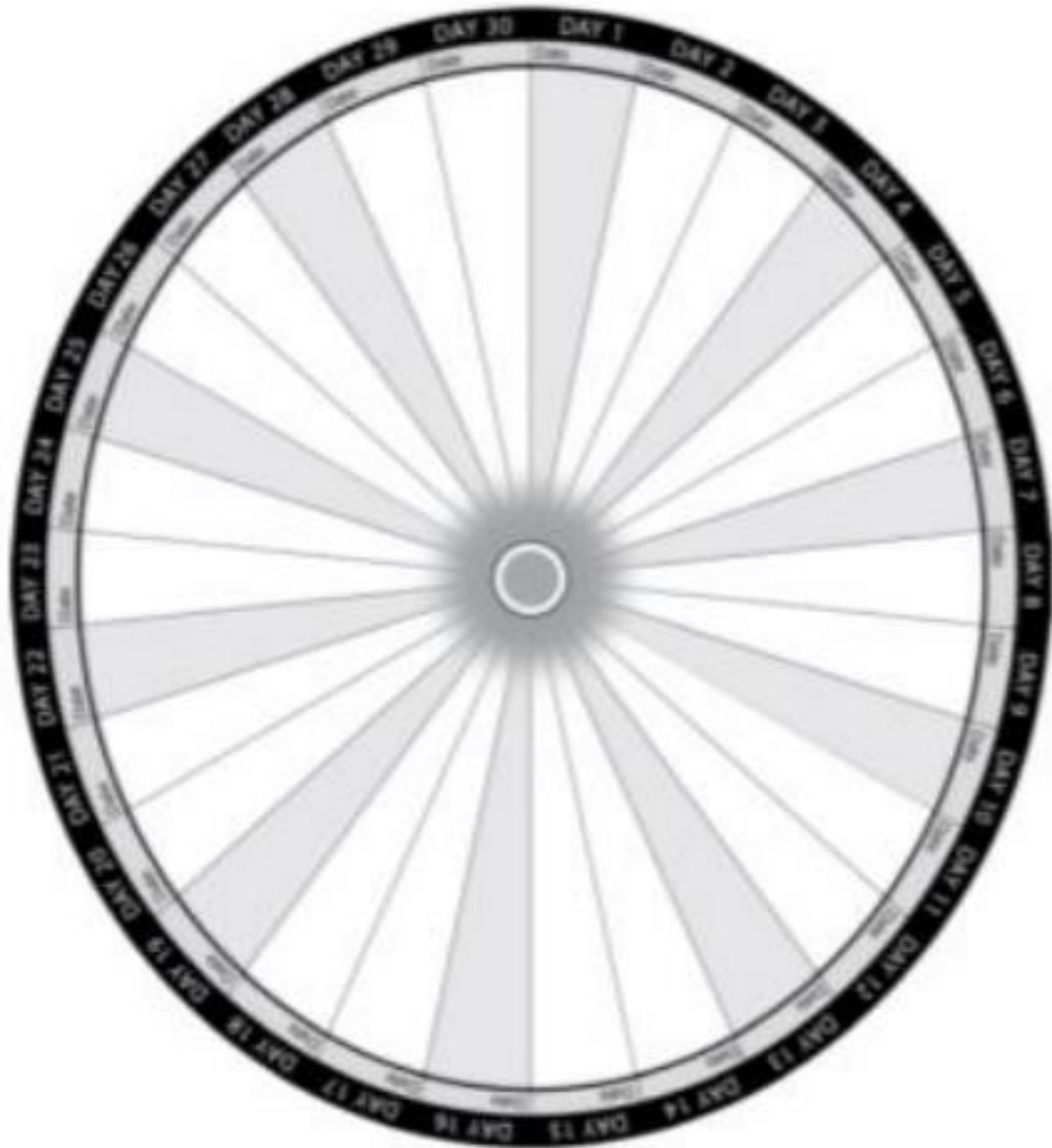
- Physical
- Mental/Emotional
- Spiritual
- Energetic &
- Crystalline

***TODAY WE WILL DO YOUR
MENTAL/EMOTIONAL CRYSTALLINE
ACTIVATION.***



CONTINUE TRACKING YOUR CYCLE!

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

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

- 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.



Womb Activation



Journal any
information you
received.



Gratitude
&
Closure

Ground

Next Class:
June 13, 2023

