

*Welcome to
Womb Awakenings*



Module 10

***With
Kathy Forest***



Module 10

ENERGETIC 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



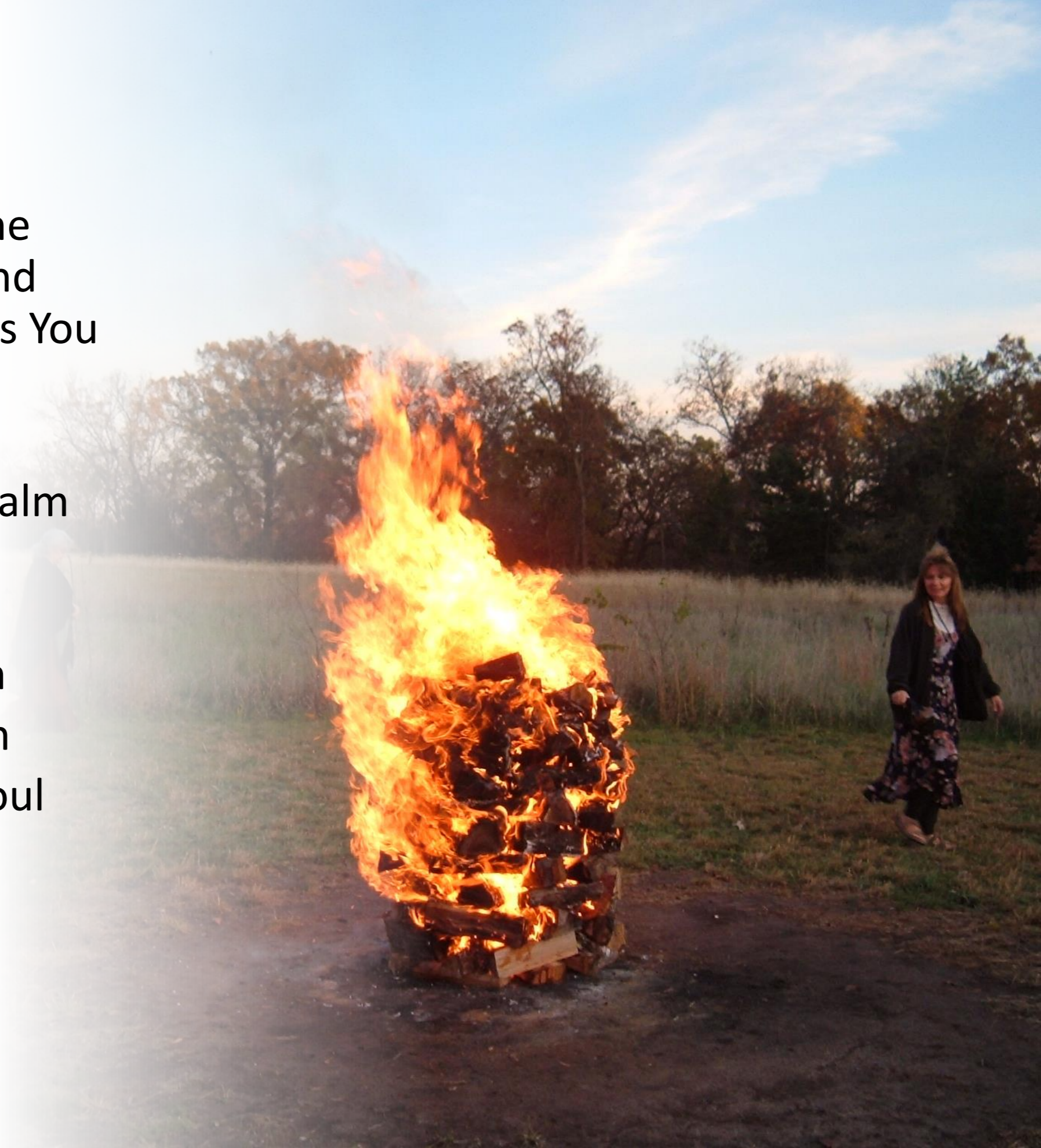
Connect to...
the Divine
Feminine

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.
- We have activated your Womb on the Physical level and the Mental/Emotional Level.

Today we will activate our womb and anchor it on the Energetic Level.

This is the Meta-Intention we will hold:

To anchor and activate our Crystalline Womb on the Energetic Level.



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.



ALEXANDRA POPE and
SJANIE HUGO WURLITZER
FOUNDERS OF RED SCHOOL

wild power

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

Homework:

- Continue Tracking your menstrual cycle.
- Track things like emotional state, energy level, and what happens during the day. When get your book you will learn more!
- Check to see if you start to notice your cycle ups and downs
- Continue talking to your womb! Use the questions from module 2.

Womb Activation



Journal any
information you
received.



Gratitude
&
Closure

Ground

Next Class:
July 11, 2023

