



1

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



2

Connect to...
the Divine
Feminine

Open to Receive



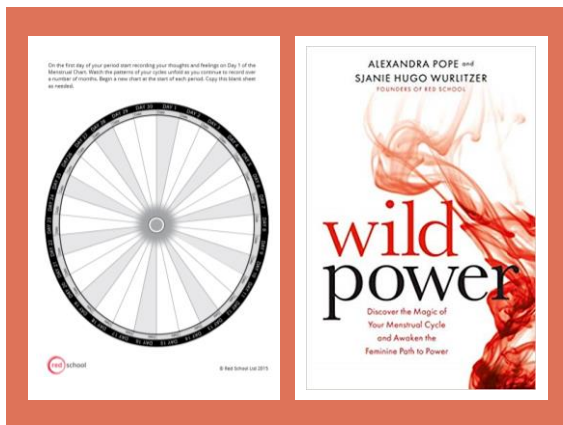
Personal Goddess Creation Vessel Intention Activation

- 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



3

4



5

Check-in



6

- 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 Energetic level.

Today we will activate our womb and anchor it on the Mental/Emotional level.

This is the Meta-intention we will hold:

To anchor and activate our Crystalline Womb on the Mental/Emotional Level.



7

Womb Activation

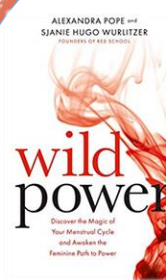


8

Journal any information you received.



9



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.

10

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

- Is your Moondata 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.



11

Womb Activation Dance



12

**Grounding - Closing
Sacred Space**

Next Class March 9, 2020 at
6 pm Central

