



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

Check-in



- 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 begin with the Physical Activation.



5

6

Womb Activation

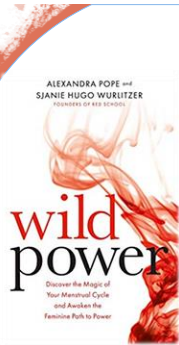


7

Journal any information you received.



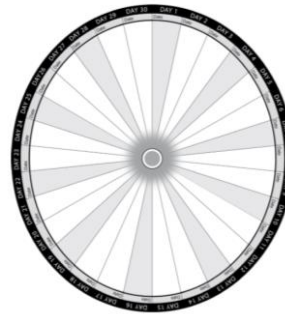
8



- Homework:**
- Get this book!
 - Begin Tracking your menstrual cycle.
 - Day 1 is the first day of bleeding.
 - If you are no longer bleeding, start at New Moon this Friday, January 24.
 - Track things like emotional state, energy level, and what happens during the day. When get your book you will learn more!

9

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.



This is the tracking sheet from Red School. It is in your classroom and will be emailed to you. This is a good start. It may also be time to get a womb journal for the new year if you haven't already done so!

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 February 3, 2020 at
6 pm Central

