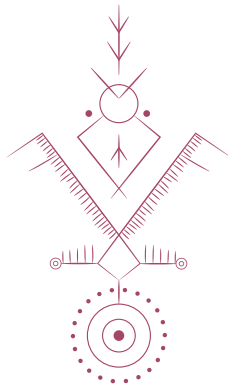


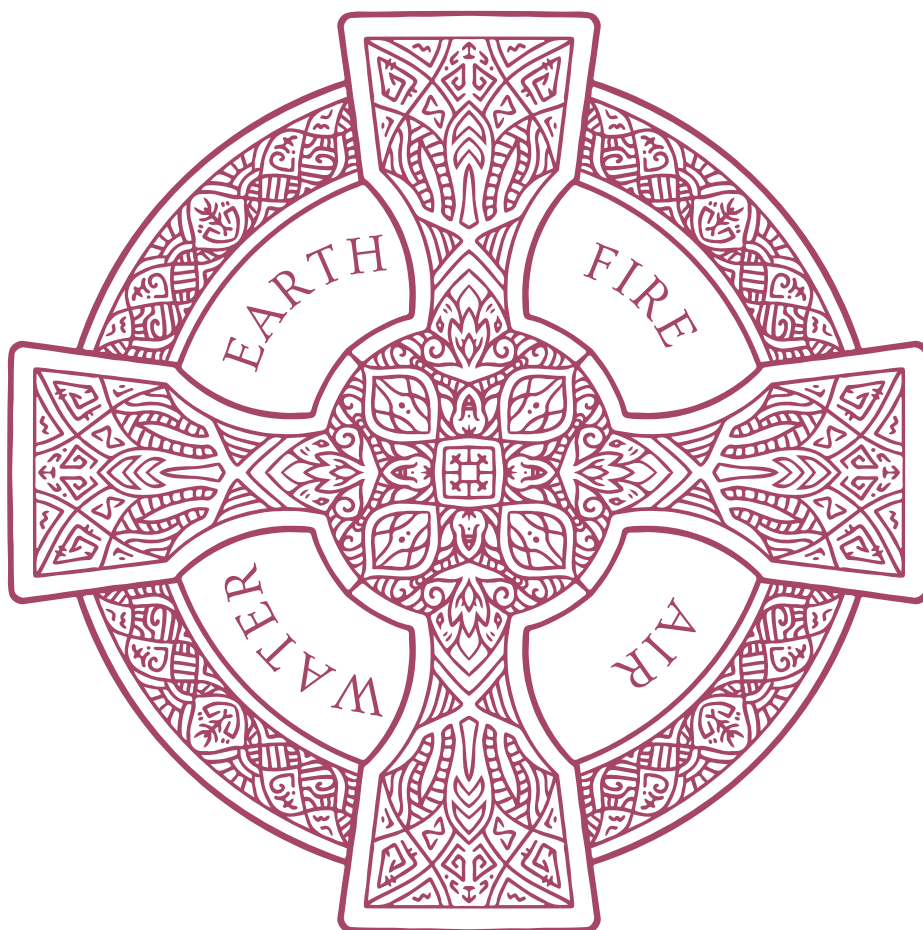
YONI SHAKTI WOMB WELLNESS PRESENTS

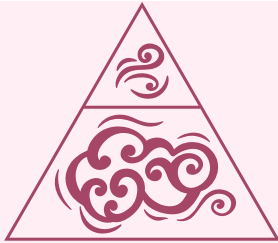
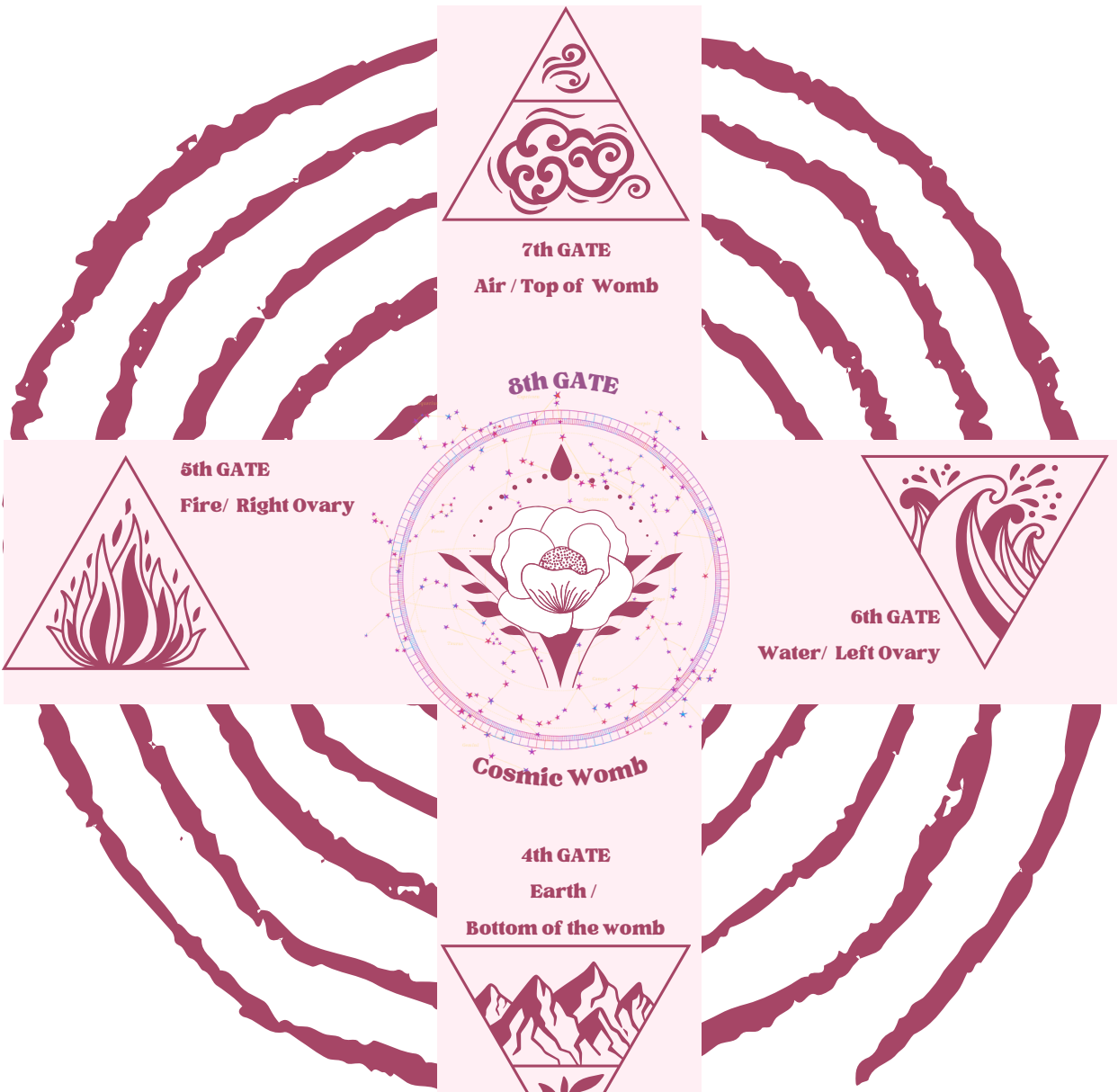


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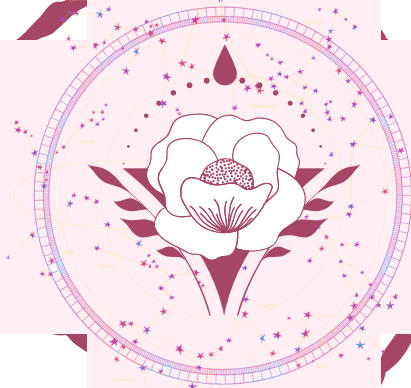
ELEMENTAL MATRIX: WEAVING YOUR WOMB
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7th GATE
Air / Top of Womb

8th GATE



Cosmic Womb

4th GATE
Earth /
Bottom of the womb



3rd GATE
Crone / Cervix



2nd GATE
Lover / Mother / G-Spot



1st GATE
Maiden / Clitoris



5th GATE
Fire / Right Ovary



6th GATE
Water / Left Ovary

GRAIL GATES OF THE WOMB CROSS



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5th GATE

FIRE/

Right Ovary





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5TH GATE

FIRE / RIGHT OVARY

Attributes

Direction: Right Ovary / West

Embodies: Creativity, Passion, Pleasure

Womb Wisdom: Menstruation, Sacred Sexuality, Death
Doula

Guardian Spirits: Bees, Womb Dragons, Serpents

Feminine Essence: Ishtar, Morgan le Fay, Vajrayogini

Sacred Sound: Tribal Drumming

Invocation: *May the Fire ignite my
passion for transformation*





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As you navigate the intricate roots of the metaphorical tree of life and arrive at the profound juncture of the fifth Grail Gate, an awakening of unparalleled depth unfolds—the stirring of the primal Kundalini Shakti energy. Imagine this as the blossoming of a transcendent flame, a fiery force that courses through your very essence, setting ablaze a symphony of emotions—passion, desire, excitement, and an unrestrained wildness.

In this transformative state, an innate impulse surges forth, compelling you to give life to your innermost self, externalizing the very essence of your being. It is not just a creative impulse; it's a visceral need to swirl, spiral, perform, dance, shine—a calling to express the raw, unbridled energy within.

This initial surge of life force, often likened to the red river for its active, solar nature, converges at the right ovary. Here, the torrent of your wild womb flows—a powerful stream of passion and energy capable of breaking through the barriers of stagnation, dismantling the walls of limiting beliefs, and challenging any lingering constraints or shame surrounding sexuality.

The untamed essence of this energy refuses to be confined; it is an embodiment of primal chaos, a seething river of fiery, creative, and sexual power. It is a raw force, transformative and generative, yet demanding careful navigation to prevent the potential burn that may arise if mishandled.

This power, once harnessed, links you to a lineage of the feminine that has courageously held the wild serpent energy of sexuality without judgment or restraint. Through the ages, Tantric priestesses, sacred prostitutes, and sexual shamans have channeled this energy to initiate profound awakenings, particularly for those disconnected from the womb. Their explorations are imprinted in the annals of history—orgiastic ceremonies, the frenzies of the Greek Maenads, and the unbridled celebrations of Beltane.



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At this sacred Grail Gate, the key lies in dance, rhythmic drumming, and the embrace of sacred sexuality. The flame of life, symbolized by the wild primal pulse, becomes the essential catalyst for any creative endeavor. If the dormant serpent sleeps, the call arises to awaken her—to enchant and gently coax her into a sacred spiral dance that ascends, adding momentum and purpose to your spiritual journey and relationships.

This sexual energy, in its essence, is both an initiator and an activator. It extends a bold invitation to embrace a multiorgasmic, sensual experience—an exploration of life's pleasures and the exquisite form of the feminine. It recognizes that, at times, delving into the realms of madness, untamed wildness, and relinquishing control can lead one beyond the edges of comfort, guiding them into the embrace of life's energy in a sacred union.



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WOMB FIRE ENERGY IN RELATIONSHIPS

The masculine is drawn in, captivated, and fascinated by this energy. It's the kind of energy that both scares and captivates the masculine; he'd go to great lengths to have it, but he might also try to destroy it. Handling this energy is a big responsibility and, for women, it can sometimes be risky. If a woman has too much of this fiery energy in the fifth Grail Gate, it can lead to problems. She might end up burning herself and others with its intensity. Her sexual energy could become too intense or confrontational for the men she attracts. After passionate and uninhibited sexual encounters, she might find herself being judged, abandoned, or rejected. This situation might turn her into a seductress seeking revenge, or she might misuse her sexual energy in ways that harm herself.

In cases where there's an excess of fire, a woman might end up going through men she feels aren't strong or bold enough for her, only to be rejected and discarded by those she actually desires.

On the other hand, if there's a lack of fire, a woman might feel overlooked and unnoticed by men. She becomes afraid to fully express herself or be seen, leading to a cycle of low self-esteem. She might tolerate situations and relationships that aren't progressing, hoping things will change, but lacking the energy to make that change herself or walk away if needed. In long-term relationships, her sex drive might decrease, and she might fear taking charge or prioritizing her own desires. This imbalance can create a victim mentality and bring out negative behaviors in the masculine, like bullying, punishing, and trying to control the feminine.

When this energy is in balance within a woman, the masculine feels inspired and enchanted by the passion of this wild, flowing, dark river within her. It opens up deeper currents of sensuality and sacred sexual exploration, fostering the fuel for progress in both spirituality and emotional intimacy.



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PERSPECTIVES ON FIRE ENERGY IN THE CONTEXT OF THE WOMB:

The concept of fire energy within the context of the womb holds profound symbolic and metaphysical significance, drawing upon various spiritual and cultural perspectives. Here are several perspectives on fire energy in the womb:

- 1. Transformative Power:** In many spiritual traditions, fire is a symbol of transformation and purification. Applied to the womb, fire energy represents the transformative power inherent in the creative and reproductive aspects of femininity. Like fire refines and purges, the energy within the womb is seen as a force capable of catalyzing personal and spiritual metamorphosis.
- 2. Life Force and Vitality:** Fire is often associated with vitality and life force. In the womb, this perspective aligns with the idea that the energy residing within is not just a physical space for reproduction but a sacred reservoir of life force. It symbolizes the generative power that sustains life, linking the womb to the very essence of existence.
- 3. Passion and Creativity:** Fire is inherently linked to passion and creativity. Applied to the womb, it suggests that the creative potential of women extends beyond the physical act of giving birth. The womb becomes a symbolic cauldron of inspiration and innovation, where ideas, projects, and artistic endeavors are nurtured and brought into existence.
- 4. Sacred Feminine Energy:** Fire, in the context of the womb, can be viewed as an embodiment of the sacred feminine energy. This perspective aligns with the concept of Shakti in Hinduism and other similar traditions, where the feminine principle is revered as a dynamic, creative force. The womb, then, becomes a sacred space where this divine feminine energy is honored and celebrated.
- 5. Balance and Harmony:** Fire, when harnessed, provides warmth and light. In the context of the womb, this symbolism may represent the need for balance and harmony within the feminine energy. It suggests that the fire energy, when properly aligned, brings warmth, healing, and illumination to both the individual and the collective, fostering a sense of balance.
- 6. Spiritual Awakening:** Fire is often linked to spiritual awakening and enlightenment. In the womb, this perspective suggests that the energy within has the potential to awaken spiritual consciousness. The process of spiritual ascent, similar to the rising of Kundalini energy, can be seen as a sacred fire within, guiding individuals towards higher states of awareness.
- 7. Destruction and Renewal:** Fire has the dual nature of destruction and renewal. Applied to the womb, this perspective acknowledges that the energy within has the power to dismantle old patterns, beliefs, and limitations. Through this process of clearing, the womb becomes a space for renewal and rebirth, allowing individuals to emerge transformed and empowered.

In summary, the perspectives on fire energy in the context of the womb encompass themes of transformation, vitality, passion, sacred femininity, balance, spiritual awakening, and the cyclical nature of destruction and renewal. These perspectives collectively contribute to a holistic understanding of the profound symbolism associated with the fire energy within the womb.



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GIFTS AND BLOCKS OF THE FIFTH GRAIL GATE

Gifts of the Fifth Grail Gate

Shining, Dynamic, Inspired Passion, Creative Force, Performer, Enchantress, Power of Love, Wild, Sensual, Charming, Transformative, Sacred Sexuality.

This is where your aura, charisma, and radiance are fully embodied. When the fire of the right ovary is flowing you are shining, flowering, bursting out with incredible creativity and magnetism. This is the energy we associate with talent, success, dynamism, power, beauty—to be a star in whatever field you choose. You give birth to your deepest desires and ideas, and present them to the world. You have the confidence and self-love to transform yourself and the world. Your vision and passion inspires others. You are a whirlwind, a true force of nature.

Blocks of the Fifth Grail Gate

You may be creative and full of imagination, but you don't always find the success or recognition you deserve. You are shy and sensitive and feel unsure of presenting yourself in public. There is a disconnection with the power and wildness of your feminine essence. You may have a deep subconscious feeling that it is dangerous to shine and be noticed; retreating into your interior worlds, daydreams, and fantasies. Sometimes this power flows, but disconnected from the heart. This can make you competitive and hard or manipulative—coming from a false masculine attitude. Eventually this will drain your feminine essence and make you feel empty inside. Female power is tender as well as tenacious, flowing with easy abundance and soft grace.



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MYSTICISM OF THE RIGHT OVARY

- 1. Energetic Centers and Chakras:** In certain spiritual traditions, the body is believed to contain energy centers known as chakras. The right side of the body is often associated with the masculine or yang energy. The right ovary, being part of the reproductive system, is seen as a focal point for the convergence of this energy, representing a unique energetic center.
- 2. Feminine Creativity and Life Force:** The right ovary links to feminine creativity and the life force residing within. It symbolizes the sacred source of creation and the potential for bringing new life into existence, both physically through childbirth and metaphorically through creative endeavours and spiritual awakening.
- 3. Balance of Masculine and Feminine Energies:** It involves the delicate balance of masculine and feminine energies within the female body. It signifies the harmonious integration of both polarities, fostering a sense of wholeness and spiritual alignment. This balance is often associated with a deeper connection to the divine and the unlocking of higher states of consciousness.
- 4. Sacred Feminine Wisdom:** Some spiritual teachings attribute sacred feminine wisdom to the right ovary. It is considered a repository of ancient knowledge, intuition, and insight that transcends the physical realm. Mystics and practitioners may explore practices aimed at tapping into this wisdom, seeking guidance and clarity on their spiritual journey.
- 5. Tantric and Kundalini Practices:** Within tantric and kundalini traditions, the right ovary is often regarded as a sacred space where the dormant Kundalini energy resides. Awakening this energy is believed to lead to spiritual enlightenment and an elevated state of consciousness. Practices involving breathwork, meditation, and energy channeling are often employed to activate the mystic potential of the right ovary.
- 6. Cyclic Nature of Femininity:** The menstrual cycle, centered around the ovaries, is viewed as a cyclical dance of feminine energies. The right ovary, as part of this cyclical rhythm, symbolizes phases of creation, transformation, and renewal.

It's important to note that interpretations of the mysticism of the right ovary can vary widely across different cultures, spiritual practices, and individual belief systems.



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Womb Mapping: Fire Element

1. Sit in a cross-legged womb meditation, bring your hands into a prayer position in front of your heart, then rotate your joined hands forward, so they are now pointed outward straight in front of you. Bring them slowly apart so only your fingertips are touching. Feel the energy flowing, creating a womb space in front of your heart.
2. Move your energy and awareness to the right side of this womb grid mudra where your right knuckles are. Feel a connection between this point, and the right side of your womb and your right ovary.
3. Begin to feel the energy of this area—any warmth, blocks, coldness, resistance.
4. Ask yourself the following questions, or just allow any insights and visions to arise.

Questions to Percolate in Your Womb Cauldron

1. **What aspect of yourself are you most ashamed to show others?**
2. **Do you have any secret fantasies or judgments about wild sexuality?**
3. **What makes you feel alive with burning passion and commitment?**



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Full Moon + Womb Medicine



The Full Moon is a potent time for womb medicine activation, as it amplifies the energies of intuition, healing, and transformation. This ritual is designed to help you connect with the powerful lunar energies and awaken the sacred medicine within your womb.

Preparation:

Choose a quiet and sacred space where you won't be disturbed during the ritual.

Go to your womb matrix/altar

Have a journal and pen nearby for reflection and recording insights.



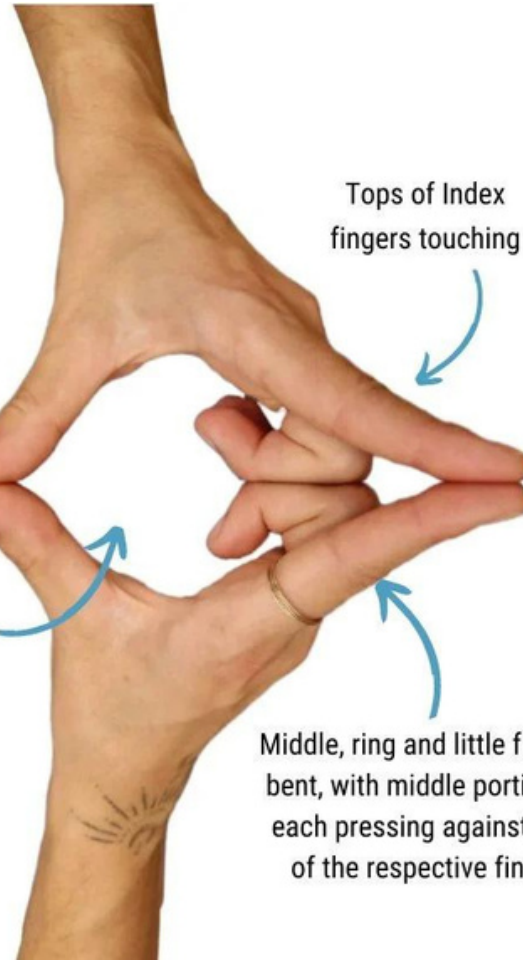
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Yoni Mudra

Womb Seal



Tops of thumbs touching

Tops of Index fingers touching

Diamond shaped space between index fingers and thumbs

Middle, ring and little fingers bent, with middle portion of each pressing against that of the respective finger



Ayurvedic Element: Fire and Air

Physical Benefits: Thought to improve fertility and blood circulation, supports detoxification and brain function

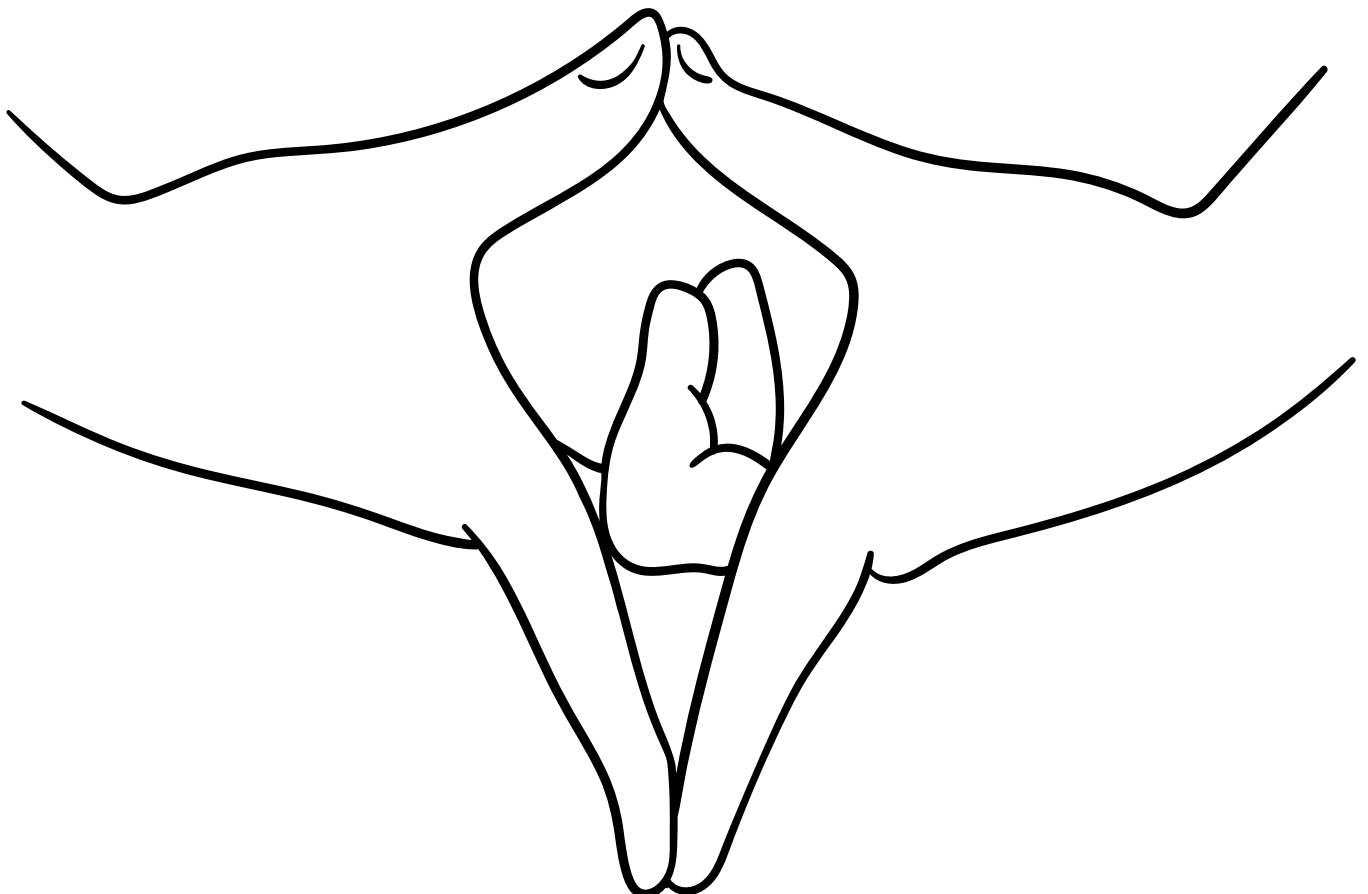
Emotional Benefits: Fosters presence and stability, activates female energy, supports deeper meditation state

Meridians: Lung, Large Intestine

Chakras: Root and Sacral



yogajala.





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Ritual Steps:

1. **Ground and Center:**

- Begin by grounding yourself through womb breathing.

2. **Invoke Divine Feminine Energy:**

- Light a candle on your womb matrix and set the intention to call upon the energies of the divine feminine.

3. **Lunar Connection:**

- Step outside or sit near a window where you can see the full moon. Take a moment to gaze at the moon's radiant light and feel its energy washing over you. Allow yourself to merge with the lunar energy.

4. **Womb Meditation:**

- Close your eyes and place your hands gently over your womb. Visualize a luminous, silvery light glowing within your womb, representing its sacred energy and connection to the moon.

5. **Womb Activation Affirmations:**

- Speak or silently repeat womb-affirming affirmations, such as "My womb is a vessel of divine wisdom and healing," or "I embrace the power of my womb to create and manifest my dreams."
- Repeat several times the affirmations of the **Sacred Woman as Holistic Medicine**

6. **Full Moon Visualization:**

- In your mind's eye, imagine the full moon's light infusing your womb with its healing energy. Feel the cosmic connection between your womb and the moon, igniting the sacred medicine within.

7. **Releasing and Healing:**

- Take a moment to release any emotional or energetic blockages stored within your womb. Imagine the full moon's light gently cleansing and healing your womb space, allowing you to let go of anything that no longer serves you.

8. **Gratitude:**

- Express gratitude to the Divine for blessing us with the full moon, the divine feminine energies, and thank your womb for her presence and guidance.

9. **Journaling and Reflection:**

- After the ritual, take time to journal your experiences, emotions, and insights. Reflect on the activation process and any messages or visions you received during the ritual.

10. **Closing and Integration:**

- Take a few moments to ground yourself and integrate the energies of the ritual. Close the ritual with a final affirmation or prayer.



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Significant Dates in Portal 4:

Week 1:
13 - 20 Dec
13 Dec: NEW MOON

Week 2:
21 - 28 Dec
27 Dec: FULL
MOON

Week 3:
29 Dec - 5 Jan

Week 4:
6 - 10 Jan

WEEK 3 RITUAL PRACTICES:

- Read through Week 2 Guide on the Fifth Grail Gate
- Listen to the embodiment practice: meditation Divine Needs and Sacred Boundaries
- Complete the Womb Mapping Activity: Fire Element
- Listen to the Womb of the Tribal Ambient - Music for Purification and Deep Cleansing meditation for at least 30min - 1 hour daily
- Daily read the sacred affirmation below
- Practice Womb Breathing
- Do Pelvic Presence Meditation as you see fit
- Use Sacred Womb Healing to meditate before sleep
- Do a Full Moon activity between dates 26 - 29 Dec

As I breathe, I connect with the ancient wisdom residing within the sacred sanctuary of my womb. In the divine dance of feminine energies, my right ovary holds the flame of creation, a radiant fire that balances the cosmic forces within.

Today, I affirm my connection to this sacred fire, acknowledging its transformative power and intuitive wisdom. I trust in the cyclical rhythm of my femininity, embracing the cycles of creation, transformation, and renewal. With each breath, I awaken the dormant Kundalini energy, allowing it to rise and illuminate the pathways of spiritual enlightenment. I honour the delicate balance of masculine and feminine energies, embracing the profound dance within. My womb is a sacred vessel, a cosmic portal to higher states of consciousness, and I am a guardian of this divine flame. In this affirmation, I ignite the passion of my wild, flowing river, opening deeper currents of sensuality and sacred sexual exploration. I am the embodiment of the sacred feminine, and my right ovary is the keeper of the eternal flame, guiding me on the mystical journey of womb healing and spiritual awakening