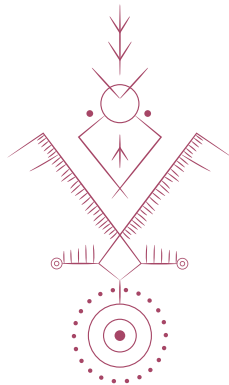


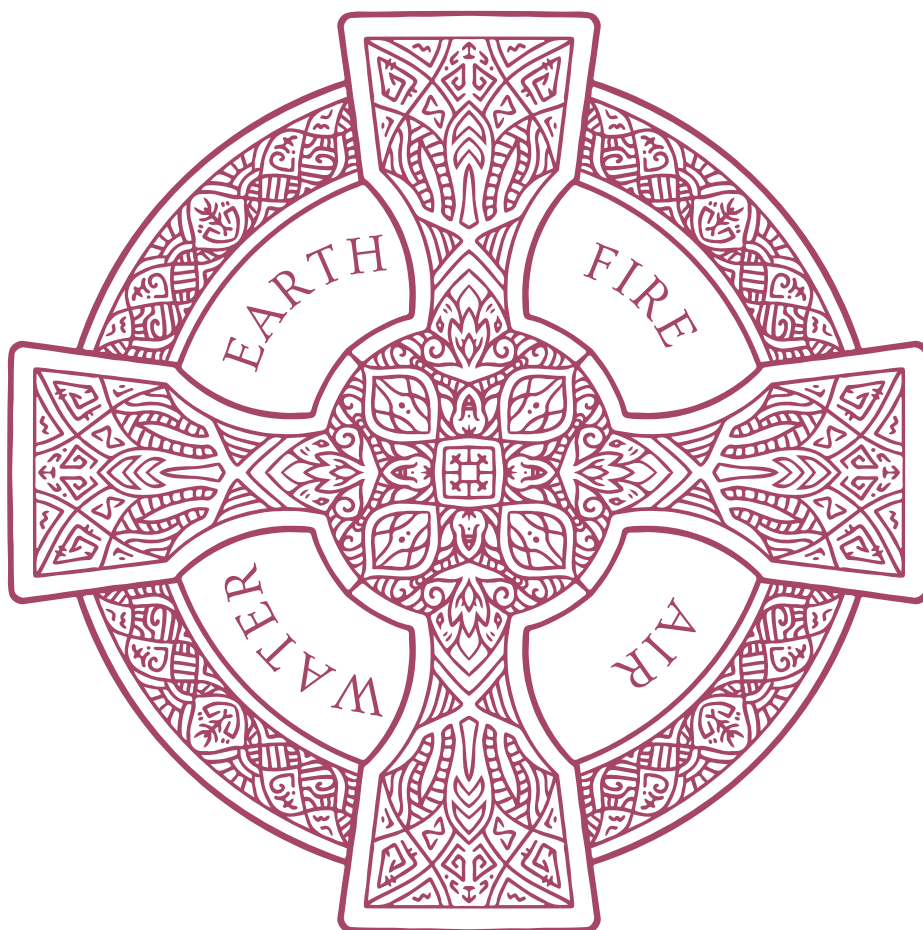
YONI SHAKTI WOMB WELLNESS PRESENTS



THE WOMB ALIGNED PATH

PORTAL 4

ELEMENTAL MATRIX: WEAVING YOUR WOMB
INTO THE TAPESTRY OF NATURE'S ELEMENTS





GRAIL GATES OF THE WOMB CROSS



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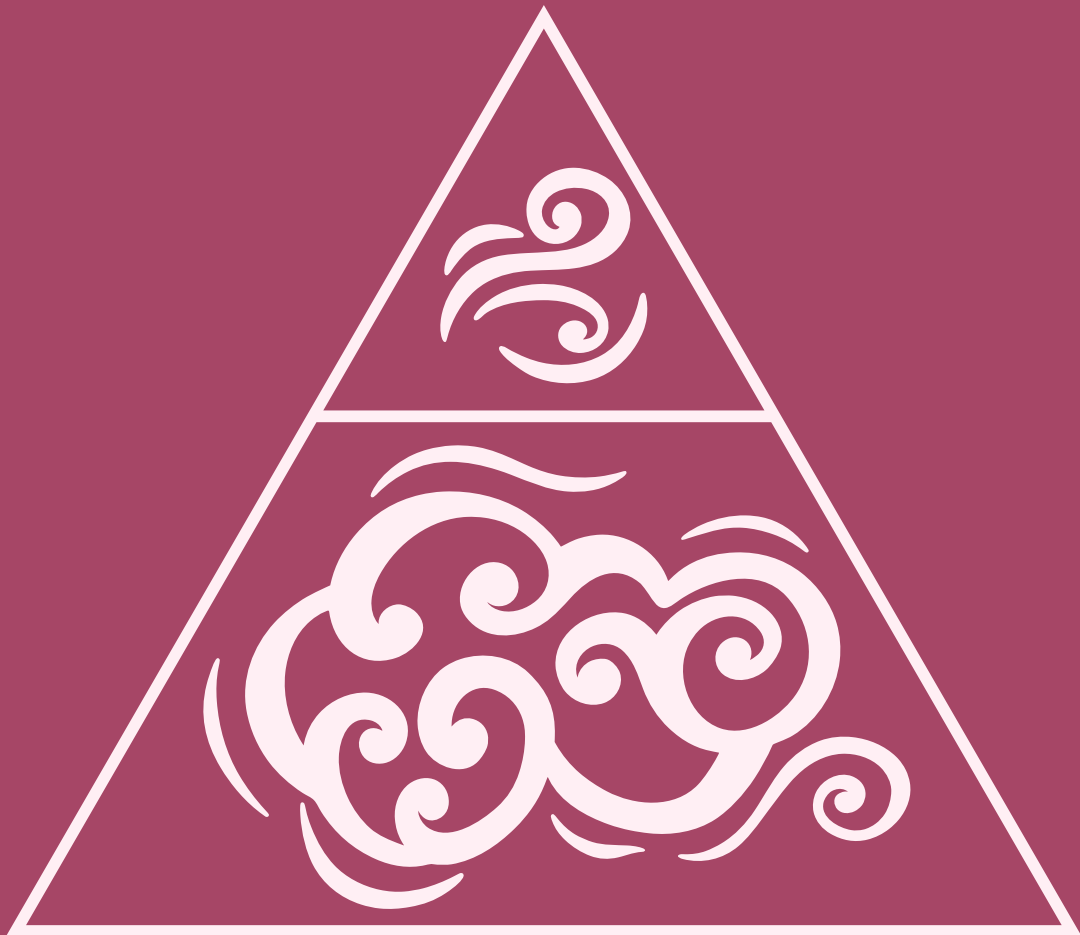
ELEMENTAL MATRIX: WEAVING YOUR WOMB INTO THE TAPESTRY OF
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6th GATE

AIR/

Upper Womb





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6TH GATE

AIR / UPPER WOMB

Attributes

Direction: Upper Womb / North / Ceiling

Embodies: Inspiration, Freedom, Clarity

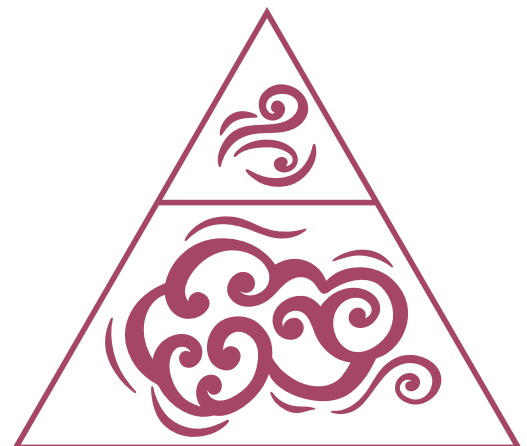
Womb Wisdom: Conception, Soul Doula, Divination

Guardian Spirits: Bird Tribe (Swan, Owl, Eagle), Celestial and
Fairy Beings

Feminine Essence: Artemis, White Tara

Sacred Sounds: Harp, Lyre, Flute

Invocation: *May the lightness of Air lift
me up and inspire me*





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Embarking on the journey of embracing and harmonizing the untamed currents of life, as you engage in a dance of creativity and love, unfolds a connection to the celestial branches of the tree of life. This dance links you to the wise guides of your soul lineage who recognize your readiness to delve deeper into the realms of love and to fulfill a greater purpose on Earth. Infused with the potent energy of the feminine, you gain access to expanded realms of freedom.

As you initiate the awakening of the upper womb, you encounter a profound sense of being in the world but not entirely of it. This implies a full grounding in Earth's womb and its energy while detaching from the distorted world matrix prevalent in our current social, cultural, economic, and patriarchal paradigm. Embracing a higher law—the law of Love—becomes your guiding principle.

Upon ascending into the womb's air element, a transformative leap occurs on your spiritual path, revealing radical new wisdom. It is as if the windows of your soul have been cleansed, allowing you to perceive and understand truth with greater clarity. This ascent not only connects you with new mentors and guides who usher you into higher realms but also stirs a calling within you to teach and share your newfound wisdom. Others seek your guidance, leading you to a paradoxical state where, amidst the connections, you crave solitude to integrate the profound wisdom bestowed upon you. Nature, meditation, and gentle introspection beckon to your soul, offering moments of rest.

Simultaneously, heightened sensitivity to everything not rooted in love may stir up old wounds and disrupt existing relationships, creating a perceived chasm between your inner being and the external world, inducing a sense of isolation. It is a delicate balance to resist the temptation to completely withdraw from the world. Some may be inclined to avoid intimate relationships or suppress their sexuality as a means of escape. However, the challenge lies in remaining present on Earth, embodying love rather than escaping into ethereal realms.

The flow of the womb element introduces a heightened consciousness and untainted purity to your sexuality. Within this realm, you begin to experience exquisite energy orgasms of feminine light that cascade through your multidimensional being, bringing forth a new dimension of awareness and connection.



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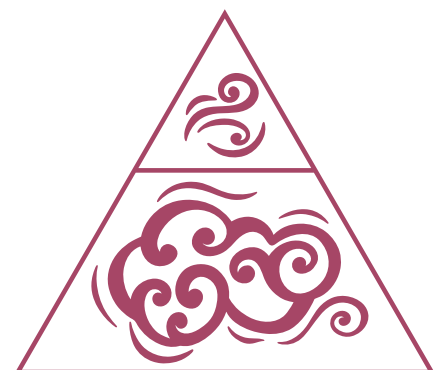
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WOMB AIR ENERGY IN RELATIONSHIPS

As we unfold our sexuality into the realm of womb air, we tap into the enchantment and rarity that evoke the sensitive, protective, and romantic facets of the masculine essence. This domain, reminiscent of the Grail maidens and the swan maidens, embodies a beautifully soulful sexuality. It has the power to rouse the chivalrous knight within, awakening divine qualities of honor and truth. Women who harmonize this element in their being may find themselves receiving marriage proposals wherever they venture, leaving an indelible mark on the sacred center of every masculine heart they encounter.

However, an imbalance in the excess of the womb air element can lead to issues such as sexual shutdown, overemphasis on intellectualism, and a predisposition towards a mental approach that hinders deep sensual and emotional intimacy with others. Manifesting through childhood wounding, this imbalance may give rise to an air of superiority and judgment, transforming an individual into an "ice maiden" who perceives others as beneath her. It can also foster relating patterns where cerebral connections flourish, fueled by extensive spiritual conversations and debates, yet fail to translate into meaningful relationships.

On the contrary, a deficiency in the womb air element may render relationships overly practical, fixating on material considerations, emotional security, or the desire to have children. In such partnerships, growth becomes stifled, turning them into prisons rather than containers for personal development. There exists a profound fear of embracing a greater purpose in life and the implications it carries—fears of what must be accepted or relinquished to open oneself to the depths of the soul.





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PERSPECTIVES ON AIR ENERGY IN THE CONTEXT OF THE WOMB:

In the mystical dimensions of the womb and the feminine, the perspective on air energy unveils profound insights into the spiritual and transformative aspects of the womb space. The air element within the womb is symbolic of the ethereal, intellectual, and communicative energies that play a crucial role in the intricate dance of creation and manifestation. Here are some perspectives on air energy in the context of the womb from a mystical guide's standpoint:

- **Intellectual Illumination:** The air energy in the womb signifies intellectual illumination and the power of discernment. It is the realm of thoughts, ideas, and mental clarity. When this energy is balanced, it allows for the reception of higher wisdom and divine inspiration. The womb, as the sacred vessel, becomes a channel for profound insights and spiritual understanding, bridging the gap between the earthly and the celestial.
- **Divine Communication:** Womb air energy serves as a conduit for divine communication. It facilitates a direct link between the individual and higher realms of consciousness. In this sacred space, one may receive guidance, messages, and intuitive insights that transcend the limitations of the material world. The womb, as a mystical container, becomes a temple for communion with the spiritual realms.
- **Expression of Truth:** Air energy in the womb empowers the authentic expression of truth. It encourages individuals to speak their innermost truths and share their wisdom with the world. This energy supports the dismantling of societal conditioning and encourages the embodiment of one's genuine self. The womb, as a source of creative power, becomes a space for the unapologetic articulation of personal and collective truths.
- **Balancing Feminine and Masculine Energies:** The air element within the womb contributes to the harmonious balance of feminine and masculine energies. It allows for the integration of receptive, nurturing qualities with dynamic, assertive qualities. As a result, individuals are better equipped to navigate the dualities of existence, fostering a holistic approach to life that embraces both yin and yang energies.
- **Transformation of Thought Patterns:** Womb air energy has the potential to transform thought patterns and belief systems. It invites individuals to transcend limited perspectives and conditioned thinking, ushering in a higher level of consciousness. The womb, as a cosmic crucible, becomes a space for the alchemical transmutation of mental constructs that no longer serve the soul's evolution.
- **Sacred Union with Cosmic Forces:** In the mystical context, the air energy in the womb establishes a sacred union with cosmic forces. It aligns the individual with the divine rhythm of the universe, fostering a sense of interconnectedness and unity. The womb, as a microcosmic reflection of the cosmos, becomes a vessel for the reception and integration of cosmic energies.



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GIFTS AND BLOCKS OF THE SIXTH GRAIL GATE

Gifts of the Sixth Grail Gate

Inspired, Purposeful, Divinely Guided, Celestial Wisdom, Free- dom, Visionary, Clarity, Discernment, Soul Lineage, Teacher, Radical Truth, Enchantment, Purity.

This space in your womb holds your intuition, your imagination, your discernment, and your inner vision. It's the place where you set your goals, dreams, and desires and where you open up to magical possibilities. It houses your trust in life and your ability to move forward. It embodies your deepest soul wisdom, the ancient knowledge in direct connection to Source. A strong connection to your womb air element will lead you to the perfect teachers, events, friends, opportunities to open your mind and heart to new adventures. Your life will be inspired. It will feel like you have found your soul path and are on a journey into the heart.

Blocks of the Sixth Grail Gate

When this womb element is blocked you will feel confused and stagnant. It might be hard to contact what your heart desires and dreams are, or it may feel difficult to find practical ways to take steps forward. There is a hopeless energy that feels like giving up and staying stuck. Deep down you feel that life, and people, have let you down. Betrayal is a core wound. You also feel disempowered and look to others in authority to guide you. There is a profound sense of isolation, and part of your core being has chosen to not be here.



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SACRED DANCE EMBODIMENT

The womb, being a sacred space of creation and intuition, holds within it the potential for transformative energies, and engaging in sacred movement serves as a channel to unlock and harness the power of the air element. Here's an exploration of the importance of sacred dance for activating the air element in the womb:

Energetic Flow and Balance: Sacred dance enables the free flow of energy within the womb, fostering balance and harmony. Through intentional movement, individuals can release stagnant energy and open pathways for the circulation of vital life force. This rhythmic flow assists in harmonizing the air element, ensuring that intellectual and spiritual energies are in equilibrium with the other elemental forces within the womb.

Embodiment of Divine Wisdom: Dancing in a sacred and intentional manner allows individuals to embody and express the divine wisdom that flows through the air element. The movements become a language through which the wisdom of the higher realms is translated into a physical and visceral experience. This embodiment serves as a direct connection to the intellectual and spiritual insights that the air element brings to the womb.

Integration of Mind and Body: Sacred dance facilitates the integration of the mind and body, bridging the gap between cerebral and physical experiences. As individuals move consciously and with intention, they align mental clarity and spiritual insights with the physical vessel of the womb. This integration is crucial for activating the air element, as it involves both the receptive and expressive aspects of the feminine.

Expression of Authentic Self: The dance becomes a form of authentic self-expression, allowing individuals to move beyond societal conditioning and tap into their genuine selves. The air element, associated with truth and clarity, is invoked as individuals express their unique essence through movement. This authenticity enhances the resonance of the womb as a sacred space.



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Communion with Spiritual Realms: Sacred dance serves as a means of communion with the spiritual realms. Through intentional movements, individuals create a bridge between the earthly and the divine. The air element, being linked to higher consciousness, is accessed as dancers attune themselves to spiritual frequencies, inviting insights and guidance from the cosmic intelligence.

Enhanced Intuition and Insight: Engaging in sacred dance enhances intuitive capacities and insights. The air element, when activated through movement, amplifies the intuitive channels within the womb. This heightened intuition becomes a valuable guide on the spiritual journey, aiding in the interpretation of subtle energies and messages received through the dance.

In essence, sacred dance and movement are powerful gateways to activate the air element within the womb. Through intentional and mindful movement, individuals not only energize and balance the womb but also invite the transformative qualities of the air element, leading to a deeper connection with divine wisdom, authentic self-expression, and communion with the spiritual dimensions.



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SACRED DANCE EMBODIMENT INSTRUCTIONS

1. Begin by creating a sacred space for your practice. Clear the area of any distractions and set an intention for connecting with the air element within your womb.
2. Stand with your feet shoulder-width apart. Take a few deep breaths to center yourself. Inhale deeply through your nose, drawing the breath down to your womb, and exhale slowly through your mouth, releasing any tension.
3. Set a clear intention for the dance. This could be to activate the air element within your womb, connect with divine wisdom, or express your authentic self through movement.
4. Start with gentle, mindful movements. Allow your body to sway, twist, and flow intuitively. Keep your focus on the sensations in your womb and the breath entering and leaving this sacred space.
5. Engage your arms in expressive movements. Imagine that your fingertips are drawing in the energy of the air around you. As you move your arms, visualize yourself weaving threads of wisdom and clarity.
6. Incorporate spinning or twirling motions to symbolize the spiraling energy of the air element. Feel the lightness and expansiveness of the air as you turn, connecting with the higher realms.
7. Intersperse the dance with grounding poses. Connect with the Earth by placing your hands on your lower abdomen, feeling the rootedness while maintaining awareness of the air circulating within.
8. Gradually slow down your movements and come to a still stance. Close your eyes, place your hands over your womb, and enter a brief meditation. Visualize the air element infusing your womb with transformative energy and wisdom.





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Womb Mapping: Air 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 top of this womb-grid mudra where your thumbs meet. Feel a connection between this point, and the upper realms of your Womb, opening into your heart space.
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 do you feel your deepest soul purpose on earth is?**
2. **How do you shut down your feelings and truths to please others?**
3. **Who is your current soul guide—and what is their message today?**



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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 3 Guide on the Sixth Grail Gate
- Complete the Womb Mapping Activity: Air Element
- Listen to the Air Meditation Daily
- Do the Sacred Dance Embodiment
- Do the Dance of the Moon Meditation practice
- 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

As I move in the sacred dance of life, I am attuned to the gentle whispers of the air element within my womb. In the sacred space of my being, I am a vessel for divine wisdom and clarity. With each breath, I draw in the transformative energies of the higher realms, and with each movement, I express the authenticity of my soul. My womb is a sacred cauldron of alchemy, where the air element weaves threads of profound insight and spiritual awakening.

I affirm the balance of intellect and intuition within me. I am a conduit for the cosmic intelligence that flows through the breath of life. As I dance, I harmonize with the rhythm of the universe, spiraling in the sacred union of earthly and celestial energies. My womb is a temple, and I honour it as the seat of my intuitive wisdom and the source of my authentic power.