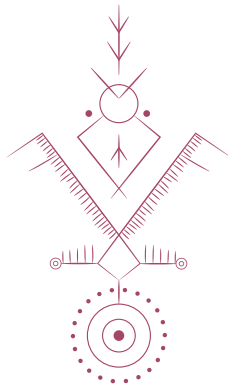


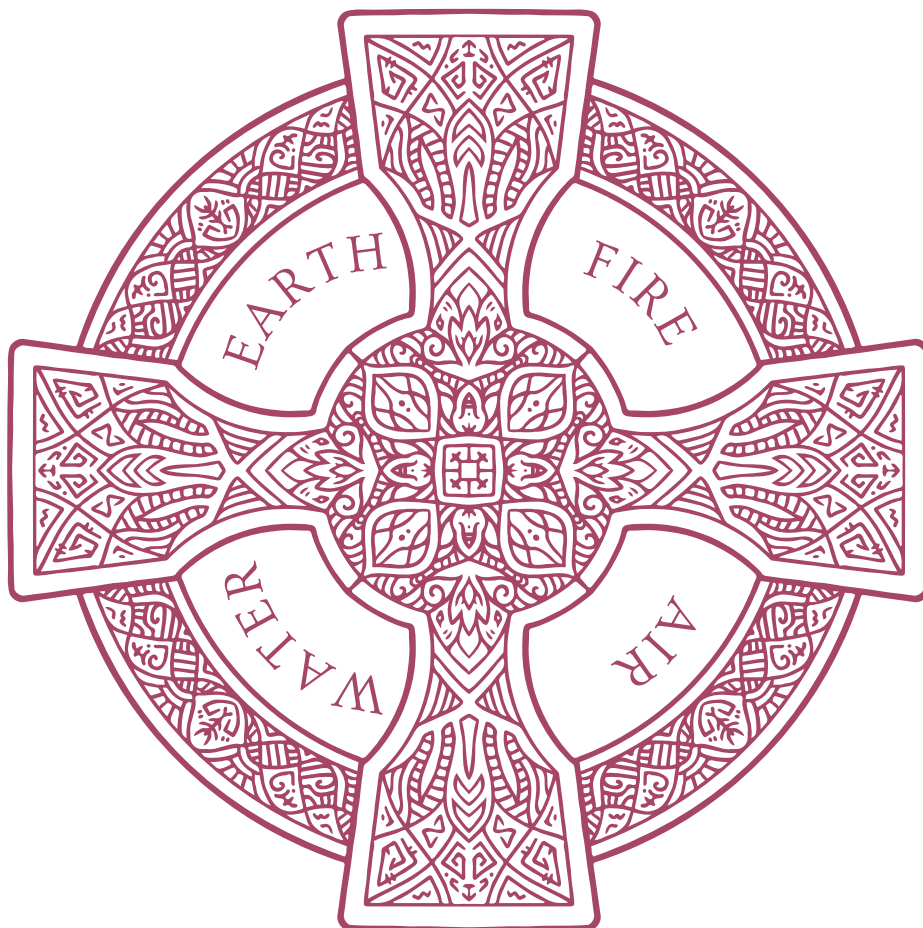
YONI SHAKTI WOMB WELLNESS PRESENTS

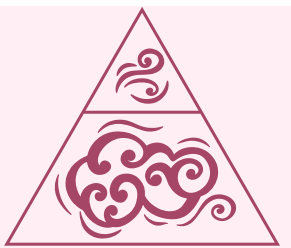
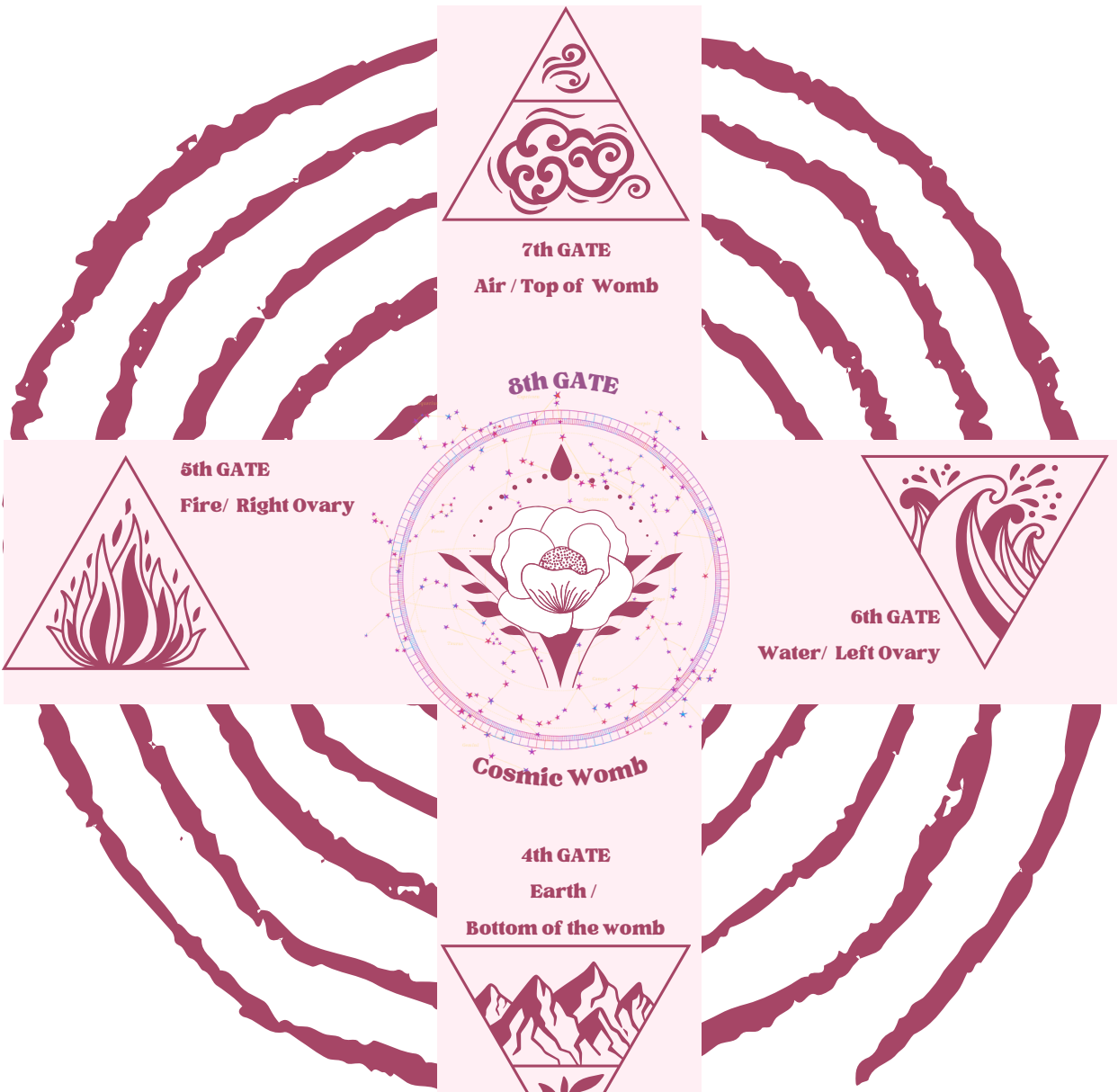


THE WOMB ALIGNED PATH

PORTAL 4

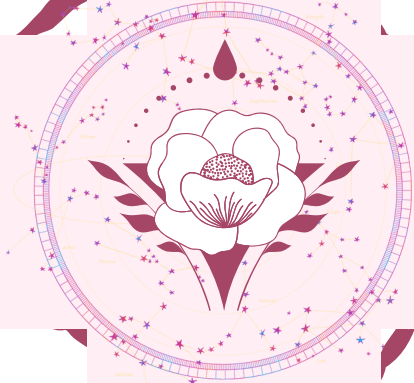
ELEMENTAL MATRIX: WEAVING YOUR WOMB
INTO THE TAPESTRY OF NATURE'S ELEMENTS





7th GATE
Air / Top of Womb

8th GATE



Cosmic Womb



5th GATE
Fire / Right Ovary



6th GATE
Water / Left Ovary

4th GATE
Earth /
Bottom of the womb



3rd GATE
Crone / Cervix



2nd GATE
Lover / Mother / G-Spot



1st GATE
Maiden / Clitoris

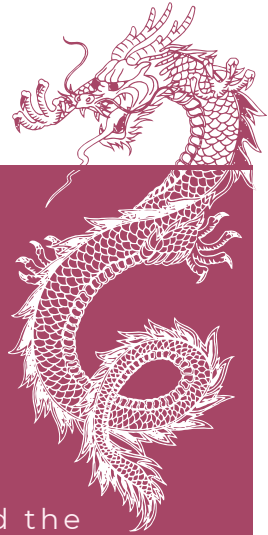
GRAIL GATES OF THE WOMB CROSS



THE WOMB ALIGNED PATH

PORTAL 4

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



The Cosmic Creatrix: The Dragon Mother

In Grail legend, achieving harmony with all four elements bestowed the title of a Dragon. Various ancient cultures depicted Womb Enlightenment through symbols like serpents or dragons entwined around an elemental cross, akin to Christian symbolism. The pursuit of the Holy Grail, or Holy Womb, unfolded as a journey through the four elements, culminating in ultimate rebirth and renewal within the Cosmic Womb. This narrative is encoded in Celtic myth, such as the Welsh Mabinogion, where the magical divine child, Taliesin, embarks on a journey to harmonize the four womb elements and is rebirthed through the Womb of the Goddess, Ceridwen.

In Mesoamerican teachings, the cosmos is symbolized by a four-petaled flower representing the division of cosmic space into four cardinal regions and a center—the womb cross of the four elements. Similar to womb worship sites in Europe, the sacred site of Teotihuacán centers around a symbolic cave (representing the Great Mother's Womb) beneath the Pyramid of the Sun.

In the Egyptian tradition, the four womb elements correspond to the body of Isis, representing multidimensional bodies that awaken and merge as the robe of glory or Christ body is attained. The air element symbolizes the light/ka body descending into the Womb, threading into the flows of fire within blood and the watery rivers of lymph, then grounding into the earth element (matter, the Khat). This process is known as bringing Spirit into matter or heaven onto earth.

Upon achieving this, one spirals into the center point, the vortex of the Cosmic Womb, awakening the Akhu—the shining body—to become a dragoness, a cosmic serpent of Shakti, infused with pure life force. The oracles of Delphi in Greece, known as Dragoness or Serpent, achieved this transformation, becoming One with Gaia and serving as oracles for the Womb of Gaia's voice to speak through them in prophecy.

Becoming a mistress of the web, weaving the four womb elements in a dance of creativity and regeneration, also constituted the Great Work of Sophia. "Sophia may be guarded and transmitted until the time when... the Rose of the World shall bloom upon the cross of the elements, when the Mistress of Life leads us home."



THE WOMB ALIGNED PATH

PORTAL 4

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

INTRODUCTION TO FOUR WOMB ELEMENTS: THE SPIRAL OF THE GRAIL WOMB CROSS

As we step over the threshold of the third gate, an overwhelming sense of renewal and innocence envelops us. The hard-earned wisdom, experiences, and awareness we carried dissolve into the enchantment of new possibilities, leading us to the fourth Grail Gate—an exploration of a new earth, blending the contemporary and ancient within the forgotten realms of the feminine dimension.

In this unfolding journey, we navigate the realms of life-force energy, delving into the mysteries of creative power and the concealed secrets within our lost souls. These secrets communicate through a hidden language, expressed in symbols, synchronicity, magic, dreams, pure desires, intuitions, teachings, guardians, inspirations, and treasures.

Originating from the Dragons of Creation, cosmic intelligences embedded deep within our biology and genetic code, these elemental powers guide our path.

As we awaken to our destiny and purpose on Earth, the dormant dreams of our souls, sown since conception, come to light. Like a human caterpillar unfurling the wings of the heart, we seamlessly traverse between worlds, effortlessly manifesting in the present, embodying the envisioned feminine butterfly within the grand plan of Creation.

Within the tapestry woven with the four elements and directions of the Womb, a captivating feminine light body takes shape. This innocent and enchanting creation coexists with numerous other intricate webs, intricately threading into the womb grid of all life. This interweaving draws us deeper into the heart of the sacred pattern—the Great Womb. Here, within the benevolent heart of Creation, everything finds solace, emerges into existence, and dissolves in the nurturing embrace of the Great Womb. Inspired by Mayan tradition, the Womb of Gaia takes the form of a circle with four quarters and a central disk, symbolizing the intricate grid of womb elements.

Crossing the threshold of the third Grail Gate propels us into the wilderness of womb elements, where we learn to harmonize with the currents of each direction. The unfolding art involves balancing and integrating all elements, guiding us toward wholeness and centeredness—finding our center in the Womb of Creation. This journey is a dance, a quest for equilibrium. When the flows and directions converge, our feminine phoenix, embodied as the swan, emerges, wielding the power of each element.



THE WOMB ALIGNED PATH

PORTAL 4

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

In the sacred core of our womb space, a holographic mirror reflects the grandeur of the Womb of Creation, guiding us along the archetypal tree of life. This journey invites us to engage in the art of co-creation, bridging the lowerworld and our ancestral roots (South Pole) with the upperworld and the wisdom of our guides and mentors (North Pole). Here, the intricate dance of two life force streams—the feminine and masculine, receptive and active (west and east)—weaves a vibrant tapestry of existence.

In the vast canvas of creation, these elements and directions share a profound duality. Earth and air stand as harmonious pairs, as do fire and water. Echoing through diverse traditions, the sacred union of Father Sky and Mother Earth echoes in ancient wisdom. The pinnacle of alchemical fusion is often depicted as the ignition of fire within water, symbolizing the convergence of these four elemental forces and giving birth to the divine child—the embodiment of our untainted soul self.

Within the symbolic tree of life, where the vertical axis forms a sacred cross, air ascends as the ambassador of the upperworld and celestial realms, while earth anchors itself in the lowerworld, connecting with the realms of our ancestors and primordial beings. Each realm bestows unique powers, creating a cosmic container that nurtures and empowers our earthly existence.

The horizontal axis mirrors the co-creative flows of Life, manifesting everything in this realm—the middleworld. The sacred union transpires through the interplay of two life force currents—the active, creative, masculine fire principle housed in the right ovary (or right testes for men) and the receptive, surrendered, feminine water principle dwelling in the left ovary (or left testes in men).

These intertwined life flows, often symbolized as masculine and feminine in an era of perceived separation, encapsulate the essence of life within and manifest externally as male and female genders. In their harmonious union, these flows dance through the tapestry of all existence, embodying the sacred interconnectedness woven into the very fabric of life.



THE WOMB ALIGNED PATH

PORTAL 4

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

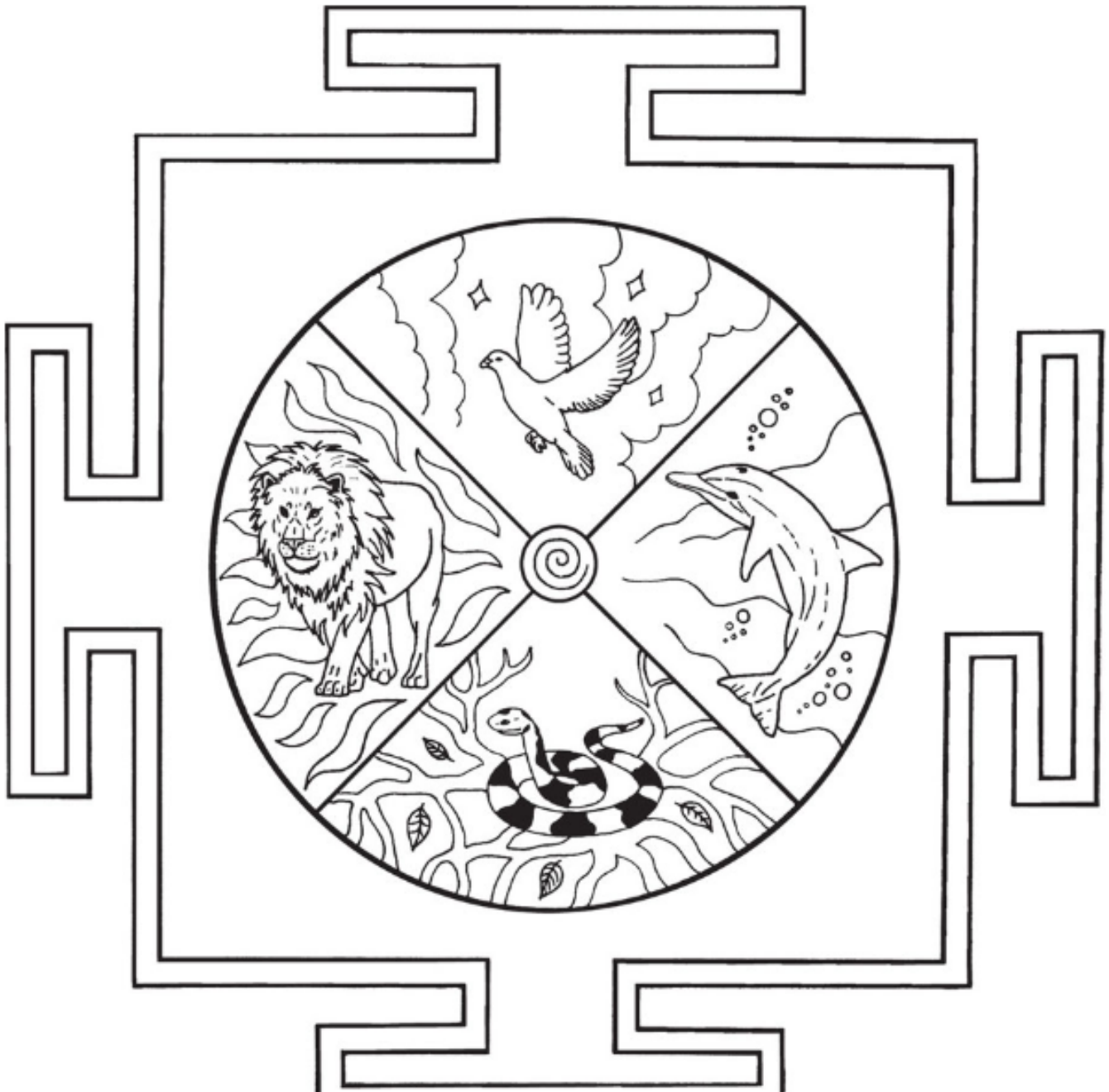


Fig. 30.2. Mandala of the four elements
(Illustration by Natvienna Hanell)



THE WOMB ALIGNED PATH

PORTAL 4

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

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

4th GATE

EARTH /

Bottom of the womb





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PORTAL 4

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

4TH GATE

EARTH / BOTTOM OF THE WOMB

Attributes

Direction: Lower Womb / South / Foundation

Embodies: Grounding, Sensuality, Knowing

Womb Wisdom: Birthing, Herbal Lore, Healing

Guardian Spirits: Crystals, Dragons, Bear

Feminine Essence: Hera, Elen of the Ways, White Buffalo
Woman

Sacred Sound: Earth's Heartbeat (Schuman Resonance)

Invocation: *May I root into the
support and grounding of Earth*





THE WOMB ALIGNED PATH

PORTAL 4

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

Within the intricate tapestry of the third Grail Gate, you step into a dimension resonating with the profound energies of the ancient ones, your ancestors, and the primordial Mothers and Fathers. This mystical space, identified as the Womb of the World, emanates a deep, nurturing essence, adorned with the radiant glow of crystal earth stars—an embodiment of the deeply embedded feminine light. Here, you'll find access to the grammarye, an ancient lore synonymous with the Akashic or karmic records, unlocking boundless wisdom and gifts.

Venturing further, you connect with the ethereal realms of a shimmering crystalline earth, a realm of living light that defies our conventional understanding of matter. Recognized as Malkuta D'shmaya or the queendom of ecstatic light and vibration, this is the new earth—a reawakening of the original creation blueprint. Here lies an invitation for humanity to awaken, transfigure, and rediscover the essence of true reality within the heart of matter—a reality intricately linked to the collective feminine consciousness.

The womb element, a conduit to deep womb gnosis, invites an intimate communion with the plant, animal, and crystal realms, as well as the Spirit of the Earth (Gaia) herself. This awakening allows for telepathic or empathic communication with animals and attracts guardians, teachers, and familiars (totems/power animals) into your journey. The bestowed gifts range from the ability to influence a profound communion with plants, flowers, and herbs, harnessed for purposes of healing and balance.

This womb element is intricately linked to menstruation, motherhood, and the rhythmic cycles of Earth. As you approach the fourth Grail Gate, the radiance of your feminine crown halo begins to emanate—a symbol often overlooked in the context of Womb Enlightenment. This luminosity acts as a grounding force within your physical incarnation, aligning harmoniously with the overarching purpose of your soul's journey. Active participation in menstruation rituals, the ceremonial offering of moon blood to Mother Earth (if so you are called), and attuned navigation of the dream paths dictated by the ebbs and flows of your blood become essential practices in this transformative phase.



THE WOMB ALIGNED PATH

PORTAL 4

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

WOMB EARTH ENERGY IN RELATIONSHIPS

In the dynamics of relationships, the masculine seeks a particular energy in a woman—an energy that grounds and nurtures him while serving as a feminine anchor into the profound depths of Earth's womb energies. Achieving a harmonious balance in this womb element triggers a sense of commitment and safety within a man. In response, he feels an innate desire to build a home and family with a woman embodying these feminine qualities. He seeks to nest himself in her grounded energy field, creating a bond that transcends the superficial.

However, when this delicate balance is disrupted, and there is an insufficient infusion of Earth energy, a woman may inadvertently activate unresolved mother-related issues in a man. This imbalance often manifests in relationships as an intense initial connection, characterized by heightened romantic and sexual energy. Unfortunately, this connection tends to fizzle out due to the man's hesitancy or lack of commitment, leading to unfulfilled long-term relationships where settling down and building a family becomes a daunting prospect.

Conversely, an excess of Earth energy can result in a man feeling weighed down and confined by an excessively practical and "down to earth" dynamic. While he may seek advice, companionship, and comfort, the relationship lacks the essential elements of sexual intimacy and a profound soul connection. In such a scenario, the bond may exhibit a deep friendship, but the absence of sexual fire or a shared spiritual path becomes apparent.

Ultimately, the interplay between masculine and feminine energies within the context of Earth's womb element is a delicate dance. Striking the right balance allows for a symbiotic connection that nurtures both individuals, fostering commitment, intimacy, and a shared journey towards building a meaningful life together. Yet, when this balance is disrupted, whether by an excess or deficiency of Earth energy, the potential for misalignment and unfulfilled relational dynamics emerges, revealing the intricate interdependence of the masculine and feminine in the tapestry of human connection.



THE WOMB ALIGNED PATH

PORTAL 4

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

PERSPECTIVES ON EARTH ENERGY IN THE CONTEXT OF THE WOMB:

The concept of Earth energy about the womb often draws upon the symbolism and interconnectedness between the Earth, as a foundational element, and the feminine aspects associated with the womb.

1. **Grounding and Stability:** Earth energy is often linked to grounding and stability. Similarly, the womb is seen as a source of grounding energy for women. This connection emphasizes the stability and rootedness that both the Earth and the womb provide, forming a foundation for growth and nourishment.
2. **Fertility and Nurturing:** The Earth is often regarded as a symbol of fertility and abundance. Likewise, the womb is associated with fertility and the capacity to nurture and sustain life. Both Earth and the womb are seen as life-giving forces, fostering growth and development.
3. **Cycles and Rhythms:** Earth has natural cycles, such as seasons, and the womb is closely tied to menstrual cycles and the reproductive rhythm. The cyclical nature of both Earth and the womb underscores a connection to natural patterns and the flow of life.
4. **Sacred Connection:** Some spiritual and holistic traditions view the Earth as a sacred, living entity. Similarly, the womb is often considered a sacred space, associated with the creation of life. This shared sacredness emphasizes the reverence for life and the interconnectedness of all living things.
5. **Healing Energy:** Earth energy is sometimes associated with healing properties. In a similar vein, practices like womb healing or womb energy work aim to tap into the body's natural ability to heal and restore balance. There's an acknowledgment of the body's innate wisdom and its connection to the Earth's healing energies.
6. **Connection to Elements:** The Earth is composed of various elements, and some traditions associate specific elements with the womb. For example, the connection between Earth and the element of earth, representing stability and fertility, is mirrored in the symbolism of the womb.
7. **Cocreative Energy:** Earth is often seen as a cocreative force, supporting and nurturing life. Similarly, the womb is recognized for its cocreative role in bringing new life into the world. This perspective underscores the idea of partnership with the natural world in the processes of creation and sustenance.

It's important to note that these interpretations may vary across different cultural, spiritual, and holistic practices. The symbolic connection between Earth energy and the womb serves as a metaphorical framework to understand and honor the deep, inherent relationship between the feminine and the natural world.



THE WOMB ALIGNED PATH

PORTAL 4

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

Gifts and Blocks of the Fourth Grail Gate

Gifts of the Fourth Grail Gate

Powerful, Grounded, Keeper of Earth, Crystal and Plant Wisdom, Interconnected, Guardian of Gaia's Womb, Ancestral Records, Menstrual Mysteries.

This is the space where your being is grounded into the wisdom of earth and life itself. Your root connection to the Womb of the World means you feel completely safe and at home on Earth, knowing you will always be looked after. Your energy resonates with the hum of the Earth, giving you a sensual stillness as you move through life. This is your seat of strength, your protective "she-wolf" who knows her boundaries, and defends them with love. You feel very connected to your body and are supple, strong, and open—energetically and physically.

Blocks of the Fourth Grail Gate

You don't feel supported by life, or other people. You often find yourself giving more than you receive, and feel drained as a result. Feeling low on energy and enthusiasm is a constant. Sleep doesn't make you feel refreshed and there is a deep desire to just stop and rest. You may have some repressed anger that you don't feel safe to express. You fear saying no, and find it hard to stand up for your true desires and set boundaries. This element is often blocked in women who have been abused in the past. You feel abandoned by life—and yourself.



THE WOMB ALIGNED PATH

PORTAL 4

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

Womb Mapping: Earth 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 bottom of this womb-grid mudra where your fingertips meet. Feel a connection between this point and the lower/bottom half of your Womb reaching down to your anus/perineum. Begin to feel the energy of this area—any warmth, blocks, coldness, resistance.
3. Ask yourself the following questions, or allow any insights and visions to arise.

Questions to Percolate in Your Womb Cauldron

1. How do the qualities of patience, slowness, and rooting feel to you?
2. How safe did it feel in your mother's womb and to be born on earth?
3. What is Mother Earth's message "from the deep" to you in this moment?



THE WOMB ALIGNED PATH

PORTAL 4

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

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 1 RITUAL PRACTICES:

- Read through Week 1 Guide on the Fourth Grail Gate
- Listen to the embodiment practice: meditation WOMB GARDEN JOURNEY
- Complete the Womb Mapping Activity: Earth Element
- Listen to the Womb of the Mother Earth frequency meditation for at least 30min - 1 hour daily
- Practice Womb Breathing
- Do Pelvic Presence Meditation as you see fit
- Daily: Use Sacred Womb Healing to meditate before sleep
- Do a New Moon activity to activate the Maiden Gate: 1. Do the Right Nostril Breathing from Portal 2 and Write your own affirmation ritual

"I am deeply rooted in the fertile soil of Mother Earth, grounded in her wisdom and nurtured by her embrace. With each breath, I draw in the strength of ancient mountains, the resilience of mighty trees, and the enduring power of flowing rivers. I am a harmonious part of the intricate dance of nature, and my existence is a sacred expression of the Earth's elemental grace. As I walk upon this sacred ground, I carry the energy of the Earth within me, radiating stability, balance, and connection. I honor the cycles of life, and in every step, I celebrate my profound unity with the Earth, a living manifestation of her divine essence."