

YONI SHAKTI WOMB WELLNESS PRESENTS



THE WOMB ALIGNED PATH

THE DARK SIDE OF
THE WOMB

PORTAL 5



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THE DARK SIDE OF THE WOMB: WOMB GRIEF AND TRAUMA

In the landscape of human experience, the womb stands as a profound locus of creation, embodiment, and transformation. Yet, within the sacred folds of this primordial space, there exists a realm that often eludes mainstream discourse—the enigmatic and shadowed dimensions of womb grief and trauma. As we embark on this journey of exploration into the Dark Side of the Womb, we must first draw upon the wisdom imparted by womb mystics and teachers, those luminaries who have delved into the sacred mysteries of the feminine essence.

In the ancient teachings of womb mystics, the womb is not merely a physical vessel but a gateway to the spiritual and emotional realms. These mystics, steeped in the sacred feminine, guide us toward understanding the intricacies of the womb's energy and its profound influence on a woman's holistic well-being. Their teachings illuminate the subtle nuances of the womb's connection to the cycles of life, death, and rebirth, echoing the eternal dance of creation and dissolution.

Womb mystics emphasize the importance of acknowledging the full spectrum of experiences within the womb, recognizing that this sacred space is not immune to the profound depths of grief and trauma. In their teachings, they unveil the veils that shroud the darker aspects of the womb, inviting seekers to confront, embrace, and ultimately transmute the pain and sorrow that may be embedded within its folds.

These feminine ancient mystics, often marginalized by mainstream narratives, speak to the transformative power of womb grief and trauma release. Through ancient wisdom and contemporary insights, it beckons us to navigate the labyrinthine passages of emotional upheaval and discover the hidden pearls of wisdom that lie within the depths of our shared feminine experience.

As we journey deeper into the teachings, we recognize the interconnectedness of the physical and metaphysical aspects of the womb. It imparts the wisdom that healing is not merely a physical process but a sacred alchemy that requires an integration of mind, body, and spirit. Through ritual, meditation, and sacred practices, it guides seekers in rekindling the flame of divine feminine energy, allowing it to flow freely, unencumbered by the weight of unresolved grief and trauma.

In this profound exploration, we draw inspiration from the courageous women who have stood as torchbearers of the sacred feminine, transcending the limitations imposed by societal norms and cultural taboos. Their teachings resonate as a clarion call for a collective awakening—an invitation to dismantle the veils that have obscured the truth of womb grief and trauma, allowing the radiant light of healing and empowerment to permeate the depths of our shared human experience.

The Dark Side of the Womb emerges not as a mere exposition but as a tribute to the wisdom of the womb, the deep descent into the dark caverns of our own ancient wisdom and womb landscape. It creates a deeper portal into the depths of grief, secretive expositions of our womb psyche, and unspoken pain meandering in the entangled vocal cords of our sacral truths.



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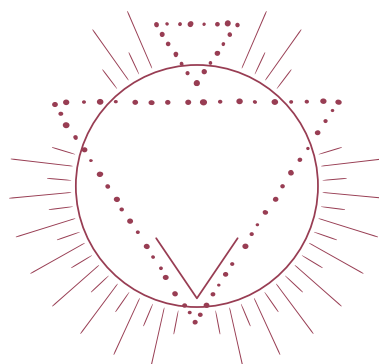
WHY BEGIN THIS PORTAL WITH SACRED INTEGRATION?

Commencing a transformative journey into the depths of womb grief and trauma with the sacred integration of rest holds profound significance, acting as the foundational cornerstone for the entire course.

Sacred integration serves as a sacred pause, an intentional period of respite that honours the need for self-care and introspection before delving into the intricate layers of the feminine psyche. This initial week of rest allows you to create a sacred container, much like a cocoon, where you can gently and purposefully turn inward. It becomes an invaluable preparatory phase, akin to tilling the soil before planting seeds, ensuring that the emotional, spiritual, and physical landscapes are receptive to the upcoming exploration.

The sacred integration provides a space to recalibrate, fostering a sense of safety and trust in the process ahead. It invites you to acknowledge and honour your current state, setting the stage for a more profound engagement with the shadows of womb grief and trauma. Moreover, this intentional rest period serves as a vital foundation for resilience, enabling you to approach the subsequent explorations with a well-nurtured and fortified spirit, ready to unfold the layers of your innermost experiences with grace and presence.

In essence, sacred integration becomes the gentle breath before the plunge—a sacred pause that honours the sacredness of the feminine journey, promoting a holistic and sustainable approach to healing and transformation.





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WOMB SHADOWS AND GRIEF

As we embark on the exploration of the womb's feminine shadows and grief, it requires a tender and intuitive approach that delves into the very core of a woman's being.

Within the sacred caverns of the womb, shadows cast their veils, concealing the unspoken narratives of pain, loss, and unfulfilled desires. To navigate these depths is to embark on a pilgrimage into the heart of the feminine psyche, where the echoes of ancestral sorrows and personal tribulations intertwine. The womb, a repository of life and creation, becomes a silent witness to the shadowy imprints of trauma and grief, each nuance a testament to the resilience and depth of the feminine spirit.

As we tread softly into this sacred space, intuition becomes our compass, guiding us through the labyrinthine passages of buried emotions. It invites us to listen with the ears of the heart, recognizing the whispers of grief that may have been stifled by societal expectations and self-imposed silences. The intuitive guidance in this exploration encourages a gentle unveiling, a peeling back of layers to reveal the tender wounds and unacknowledged pain that may reside within the womb.

It calls for a compassionate witnessing of the shadows, allowing them to surface without judgment or haste. This process of deep introspection and intuitive revelation is an act of profound self-love—a courageous acknowledgment of the raw, unpolished facets of the feminine soul. It beckons us to sit in communion with the grief, to honour its presence, and to tenderly cradle the fragments of the self that may have been scattered along the way.

In embracing the intuitive guidance within the womb's shadows, we embark on a transformative journey of healing, acknowledging that the very act of exploring the depths of grief is an alchemical process that holds the potential for profound rebirth and renewal in the sacred crucible of the feminine spirit.





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WHAT IS WOMB GRIEF?

Your womb functions as a natural holding space, patiently awaiting the moments of release through menstruation and birth. This hollow organ possesses the extraordinary capacity to cradle and nurture life and creation. Embarking on a loving journey back into connection with your body and womb space, in a safe and nurturing manner, allows for the release, reconnection, healing, and awakening of your feminine essence.

Womb grief, stemming from various traumas such as miscarriage, abortion, stillborn experiences, the loss of a mother, or a strained maternal relationship, and birthing or pregnancy traumas including C-section scars, can create a profound sense of disconnection from the sacred center of a woman. This disconnection may manifest in physical and emotional ways, such as PMS, bloating, irregular or absent menstrual cycles, womb pain, fertility issues, loss of sexual desire, energy boundary challenges, deep sorrow, fear of intimacy, and the retention of painful emotions within the body. Addressing trauma and grief in the womb space is crucial, as it enables the clearing of energy imprints and emotional residues through a ceremonial honouring process.

By allowing the expression of emotions such as grief, pain, sadness, anger, rage, and anguish, a woman's body and soul undergo a transformative release, lifting the weight of such experiences. This profound healing experience not only clears and restores the womb but also rebalances it, creating a space conducive to new creations. The expression of grief within the womb liberates it to once again weave the beauty of creation.





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ATTRIBUTES OF THE WOMB'S DELICATELY STRONG NATURE

The sacred feminine, often associated with the divine and nurturing aspects of womanhood, brings forth a unique set of qualities when it comes to holding the depth of emotional and physical experiences within the womb:

- Capacity for Compassionate Holding
- Womb as a Sacred Container
- Intuitive Understanding
- Honouring the Cyclical Nature
- Connection to Ancestral Wisdom
- Alchemy of Transmutation
- Reclamation of Feminine Power



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SYMPTOMS OF EXPERIENCING WOMB SHADOWS

Experiencing womb shadows, grief, and trauma in the feminine realm can manifest through various symptoms, encompassing both physical and emotional dimensions. It's essential to recognize that these symptoms may vary among women, and their intensity can fluctuate. Here are some potential symptoms that may indicate the presence of held womb shadows, grief, and trauma in the feminine experience:

Menstrual Irregularities: Disruptions in menstrual cycles, including irregular periods, unusually heavy or light bleeding, or the absence of menstruation, can be indicative of unresolved emotional issues or trauma held within the womb.

Chronic Pelvic Pain: Persistent pelvic pain that doesn't have a clear physical cause may be a somatic manifestation of held emotions or trauma within the womb. It is important to note that even if there may be a physical cause for these somatic pains, it can still be rooted in a metaphysical or an emotional reason. This pain may not only be physical but can also carry emotional weight.

Fertility Challenges: Difficulty conceiving or recurrent pregnancy loss can be associated with unresolved trauma or grief within the womb. Emotional scars may impact the receptivity of the womb, affecting fertility.

Intimacy Issues: Challenges with intimacy, including fear, discomfort, or pain during sexual activity, can be linked to past trauma or unresolved emotions related to the womb, such as a history of sexual abuse or invasive experiences.

Emotional Disconnect: Feeling emotionally disconnected or numb, especially in the pelvic region, may be a sign of emotional suppression or dissociation related to womb grief or trauma.

Persistent Grief: Lingering feelings of sadness, grief, or melancholy without a clear external cause may signify that these emotions are being held within the womb, affecting overall emotional well-being.



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Fear of Pregnancy or Childbirth: An intense fear or anxiety surrounding pregnancy, childbirth, or motherhood may be linked to past traumatic birthing experiences or unresolved emotional wounds associated with the womb.

Low Libido or Sexual Aversion: A decrease in sexual desire or an aversion to sexual intimacy may be connected to unresolved emotional or physical trauma held within the womb, influencing one's relationship with sensuality and sexuality.

Unexplained Anxiety or Depression: Chronic anxiety or depression that doesn't have an apparent external cause may be rooted in suppressed emotions or trauma held within the womb, affecting overall mental well-being.

Difficulty Establishing Boundaries: A struggle to set healthy boundaries, both energetically and emotionally, may be reflective of unresolved issues held within the womb, impacting a woman's sense of self and autonomy.

Physical Tension or Discomfort: Holding physical tension, such as chronic tightness in the pelvic area, may indicate the presence of held emotions or trauma within the womb, affecting the body's ability to relax and release.

Disconnection from Feminine Wisdom: Feeling detached from the innate feminine wisdom and intuition associated with the womb can be a sign that past experiences have disrupted the natural flow of energy within this sacred space.

Recognizing these symptoms is a crucial step toward initiating the healing process.



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AT THE HEART OF THE WOMB

Grief is a complex emotion and often goes unacknowledged. The extent of the suffering in the world currently in its deep intricacies has entangled into the already repressed grief held in the womb. Grief can arise from many different places, beyond the physical realities of womb misfortunes, it can arise from emotional neglect, past trauma, intellectualized pain and withholding our own story. It can arise from the deep mourning of our inner child, our pains in our lives, the life we envisioned but cannot reach - grief is far extending and can deeply weave into many facets and can translate into a repressed voice, barraged heart and a heavy burden of shame.

In the heart, grief finds its voice. It manifests as a longing for the life that might have been, for the dreams that were woven within the womb's sacred mandala. The heart, a vessel of boundless love and compassion, aches with the weight of unfulfilled desires and unanswered prayers. It is in the heart's yearning that the depth of this grief becomes palpable.

But womb grief does not end there. It rises like a tide and meets the throat, the gateway to expression. Here, the grief may become words unspoken or tears that flow freely. The throat, which carries the voice of our inner truths, may sometimes falter under the weight of unexpressed sorrow. It is a voice that longs to be heard, a voice that seeks acknowledgment and understanding.

Womb grief, the silent sorrow of the womb, the heart's ache, and the throat's longing, is a profound journey of healing and transformation. It calls for tenderness and compassion, both for oneself and for others who carry this unspoken burden. It is a grief that connects women across time and space, a shared experience that transcends words.

In the midst of womb grief, there is an opportunity for healing. It is a healing that begins with acknowledging the depth of the pain, with honouring the dreams that were lost, and with recognizing the resilience of the human spirit. It is a healing that invites the heart and throat to speak their truths, to release the grief that has been held in silence.

As women navigate the labyrinth of womb grief, they find strength in their vulnerability, power in their resilience, and wisdom in their healing. It is a journey that reshapes the contours of the heart and frees the voice of the throat. It is a journey that honors the sacredness of the womb and the profound connection between the heart, the throat, and the depths of the feminine soul.



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ACTIVITY: Womb Activation

- 1) Lie on your back with your feet flat on the floor and knees bent.
- 2) Bring your focus to the womb pelvic floor muscles.
- 3) On a slow rhythmic inhale, squeeze pelvic muscles together and suck the breath into the womb. Feel and see the breath as light coming into the womb.
- 4) Treat the breath with preciousness. Imagine light flowing into the womb.
- 5) Hold your breath in the womb, while squeezing the pelvic muscles and with your hands make slow circles, clockwise and counterclockwise.
- 6) As you make circles, feel the light of breath bathing and suffusing the whole womb.
- 7) On the exhale, relax the pelvic muscles, pushing the breath through the pelvis.
- 8) As you release the breath, feel the subtlety of the light flowing out of the womb cleansing your womb with golden light.
- 9) And again inhale, pulling in the pelvis, holding your breath in the womb, making circles with your hands.
- 10) Repeat for 10 mins.

FOR THIS WOMB ACTIVATION, LISTEN TO THE WOMAN'S MANTRA

ACTIVITY: Candlelight Vigil: Illuminating the Darkness

Instructions: Begin by creating a sacred space with soft lighting. Place a candle in the center, symbolizing the flame of transformation. As you light the candle, visualize it dispelling the darkness within. Speak your grief aloud, allowing the candle to bear witness. Meditate in its gentle glow, feeling the warmth enveloping you. Conclude by expressing gratitude for the light that guides you through the shadows.



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Grief Ceremony: Heart-streaming conscious writing

Stream-of-consciousness writing is an exercise that involves you getting a notebook, picking up a pen, and just writing. You ignore punctuation, style, grammar, format, and anything that stops you from writing. The idea behind stream-of-consciousness writing is that you write in a state of flow.

Stream-of-consciousness writing is a practice that invites you to write down whatever comes to mind. You don't try to stop it, edit it, bypass it, judge it, or re-phrase it in any other way than how it is coming to you. It is a process of completely pouring your heart and soul onto the pages. You can begin this journey by setting up a quiet and safe place, where you know you won't be interrupted. Cleanse your space with oils or sage. You can begin with the breast massage practice to open and activate your heart.

The benefits of stream-of-consciousness writing

This exercise is an extremely powerful source of release. Writing down everything that's on your mind allows you to release the 'stuff' that's weighing you down, this 'stuff' that does not allow you (in that moment) to live your life in the way you want.

A further benefit is that you are making sense of what is in your head and your heart at that moment. Very often, we have a myriad of thoughts and emotions flow simultaneously. Depending on the personal situation you're in you may have thoughts and feelings just going round and round in your mind and your heart with no end. Stream-of-consciousness writing allows you to articulate those thoughts and feelings.

Stream-of-consciousness writing can help you to:

- Gain insights into yourself and the world around you that you may not otherwise have had.
- Articulate, and come to terms with, those thoughts and feelings. Commit your thoughts and emotions to paper. Once you've finished writing, you have the choice as to whether to keep or discard what you have written.
- Use this practice to pour from your heart into the pages. Grief, pain, and sadness you have been carrying. Allow your heart to flow into words with no barriers or guards.
- When you have completed the process, you can hold a fire ritual to burn the pages to signify a release and letting go of the heaviness the heart has been carrying.
- FOR THIS WOMB ACTIVATION, LISTEN TO THE HEART MEDITATION



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PORTAL 4

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

Significant Dates in Portal 5:

Week 1:
11 – 16 January
11 Jan: NEW MOON

Week 2:
17 – 25 Jan
25 Jan: FULL
MOON

Week 3:
26 Jan– 2 Feb

Week 4:
3 – 9 Feb

WEEK 1 & 2 RITUAL PRACTICES:

- Week 1: Sacred Integration
- Read through Week 2 Guide
- Complete the Womb Activation Activity: use audio healing: Powerful Woman's Mantra
- Complete Candelight Vigil Activity
- Complete The Stream of Conscious Writing
- Practice Womb Breathing
- Do Pelvic Presence Meditation as you see fit
- Daily: Use Sacred Womb Healing to meditate before sleep
- Complete activities over the course of the week
- In-person session: 23 January 2024

