

## *8 Sacred Secrets Keys to Unlock Your Holy Womb - 21 day Sadhana (practice)*



*Divine Woman,*

*Yes, You opted in! Let me begin by sharing with you the biggest truth you will ever come to know.*

*“ YOU have a magic show in your pants!”*

*Yep, you heard me clearly. Within your feminine landscape you have the ability to rebirth your own soul, give birth to another life and create and magnify your dreams into a lived experience.*

*You are a powerful Creator and the Universe lives inside of YOU!*

*When we awaken our original womb consciousness, our inner quantum field completely transforms us, and our experience of life as we know it. It activates our full human potential and heals our epigenetic ancestral trauma. The Holy Womb is the Mystery at the heart of all spiritual traditions. This is why you may have heard the saying, it's an inside job!*

☺ *"It's time to get inside"* ☺

*This is a 21 day sadhana to unlock your Holy Womb*



*This practice is for woman with or without physical wombs. Our energetic womb is always present.*

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*This is ancient wisdom returning  
to the modern woman!*

## *Start Here!*

*I invite you to create a sacred space where you won't be disturbed. You may choose to play soft music and light a candle to soften the ambiance. Get seated in a soft & comfortable position. If you prefer to lie down, feel free to do whatever feels right for you. This is your time to let go of the mind and soften into your intuitive feminine nature. In softness, we open and access your sacred keys.*

*You can gently begin to breathe in while setting intention to connect deeply with your feminine soul and activate your Holy Womb.*

### *Heart and Womb activation*

*Step 1 -Begin to breathe deeply into your heart while infusing her with your love. Affirm aloud, I love myself, I am loveable.*

*Step 2- Imagine an energetic thread from your heart dropping down into the center of your womb. Now feel the breath igniting the womb.*

*Step 3- Place your left hand on your heart and the right hand on your womb. Now feel the heart and womb breathing in harmony. The two are now one, Lovers!*

***“Now you are ready to activate your keys”***

*As you bring your awareness to each key, allow your body wisdom to guide you. Please take a few minutes in each space to be with any feelings, sensations or memories that may arise.*

***Lovingly Breathe Life into your 8 Sacred keys.  
After each step, feel visualize and listen.***

***Key 1 ~ Soft Mound ~ Place both of your hands gently on your pubic area. We rarely pay attention to this lush and tender space. Offer yourself a gentle massage while breathing into this soft tissue. Feel and Listen!***

***Key 2 ~ Clitoris & Yoni lips ~ Breathe into your soft flesh and connect with your sensitivity. Feel all the nerve endings and the sensuous soft tissue. See if you can touch into your playful innocence. Feel & Listen!***

***Key 3 ~ Yoni entrance and gateway ~ Bring your attention to the opening of your yoni. Breathe deeply through this dark gateway. Feel into the lining of your sugar walls, and sense its warmth. This space is a source of pleasure and also births children. Breathe in reverence. Listen for any messages!***

**Key 4 ~ G Spot** ~ Let your body show you where this sacred spot dwells. Simply breathe and invite pleasure to open in your awareness. Connect with your depth and desire. Feel and listen!

**Key 5 ~ Sacred Cervix** ~ Breathe deeply and slowly, inviting your bodies wisdom and wonder to infuse you. As she begins to pulse, be present and listen to the inner voice. This sacred organ tends to be very chatty. Feel & Listen!

**Key 5 ~ Right Ovary** ~ Breathe into this sensual firey space. There is a creative life force longing to be met. Feel into your deep erotic passion and its dynamic vibration. Feel and listen!

**Key 6 ~ Left Ovary** ~ Breathe into this watery and intuitive space. Soften your breathing and open your heart allowing her soft pulse to reveal herself. Sense the ovary adulating with presence. Feel & Listen!

**Key 8 ~ Mother Uterus** ~ Extend your breath deep into this sacred space. She is the epicenter of life, feel her fragrance, her resilience and her holiness. You are woman! Bow to your womb in gratitude and commit to honoring your female body moving forward.

*\*Through presence, breath and a wild open heart you activate your body temple and unlock your Holy Womb. You touch that place inside where your soft power opens like a lost love song and Divine presence emanates through your entire being.*

*AFFIRM - I Am a Holy Woman, I Am Love!*

*AFFIRM: I activate My Holy Womb Now!*

*AFFIRM: I Activate My Womb Power Now!*

*Take a moment to notice any feelings that may have arisen. Maybe there was some sensitivity or you felt emotional during the practice. This is a very healthy sign. It's time for feminine self-care and the full awakening of our wombs.*

