

## **Womb Awakening as an Embodied Spiritual Path of Global Healing Activism**

### **What is Womb Awakening?**

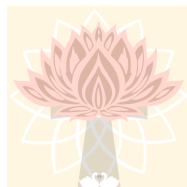
Activating and bringing back to life the natural primordial flow of creative life force energy in our womb, hara, or lower dantien, the energy center of our birthing power, the hearth of our sexual sensual shakti. Allowing this feminine holy grail chalice to fill and overflow, with the living elixir of love, into our every cell and subatomic particle, and expand outward into the universe, connects us with all of life and all that is love, the fabric of existence which is woven throughout all universes, and energizes us to become active stewards of this earth. The non-binary rainbow array of dynamic male-female energies are found in all life. When merged and consciously integrated within, they are catalysts for the continual birth of regenerative life. Becoming receptive to the descending flow of spirit into matter. The alchemical process of embodiment, of embodying the Divine Feminine. Bringing the sacred feminine energies into balance and peaceful unconditionally loving relationship with our masculine energies within. Letting go of our defensive and offensive war armour, shields and weapons as we become receptive to the harmony of our true Nature.

### **The overall purpose of/or essence of Womb Awakening**

Womb Awakening heals and clears our body so that we feel safe enough to return to this nest, so we can feel truly free and unburdened by the shackles of our traumas, shame, historical and generational patriarchal oppressive belief systems of control that bind us and block us from living within our bodies. It is awakening to our life mission and soul purpose - to embrace life within this body on this planet and all its sensual gifts and experiences and birthing potentials. Womb Awakening is reconnecting to the divine feminine in everything. Returning to the knowledge of Her presence in all, throughout time. Uncovering and decoding and reweaving the original fabric torn by the skewed lense of patriarchy... back into the feminine language of a loving mother giving birth to life. Unraveling and letting go of the patriarchal threads that have been woven into our being, deschooling and decolonizing our mind, body, and spirit, in order to let shakti flow as nature intends. Reclaiming our beautiful wild natures. Trusting, letting go and giving ourselves fully to our life, to our partner, to our children, to our friends, to our communities, to our earth, to our wild nature. Trusting ourselves to let go and become fully ourselves, to reveal to each other, our friends and the world, who we truly are and how we can liberate playful joy when we embrace this life - even despite our sorrows and traumatic stories.

### **The basic cosmology of Womb Awakening**

The science of the origin and development of the universe as experienced with an awakened womb or hara is the knowing that all life originated in the primordial void of the Great Mother-Father-Birther. Her essence, her shakti, permeates all life and fuels our creativity. When we merge this Divine Feminine "lunar" energy in loving balance with the Sacred Masculine "solar" energy, our creations are birthed into being from that access to infinite possibilities. It is the direct gnosis that we are born from and return to and are always connected with - a vast, immeasurably deep web of burgeoning life. We are lovingly held in this Cosmic Womb, in the arms of the Great Mother, who has many faces across many cultures. She is also Mother Earth and expressed in everything. Her life-giving milk, menstrual blood and birthing waters anoint us, feed us, restore us and heal us. Divine Mother gives birth to us, and our children and their children and our grandmothers and great grandmothers before them.



### **Some of the key maps/or practices used in Womb Awakening**

Journeying with the Womb Mandala and toning the Grail Gates follow the trail and map of the cross and holy grail from our root up through our yoni or lingham and into our womb or hara and around the wheel of elements stationed in the four directions. The center of this space is the void, the vortex and gateway into gnosis with the cosmic womb or womb of gaia, and a portal for shamanic journeying. We also work with the portion of the cross that is the downward flow from the Galactic Cosmic Womb and Divine Mother, pouring down like a waterfall down through our crown and into our hearts. All these energies intersect and spiral in the womb-heart (also known as The Middle Way in Buddhism) and radiate out in pulsing spinning spiraling waves when our torus is ignited and flowing.

Womb Awakening practices can vary in intensity but all of them have the potential to catalyze deep releases as feelings are embodied, remembered and shakti flows. Dragon Shakti Breathing and Womb Pulsing are a couple of the more intense practices while Dragon-Dove Meditation, Pelvic Presence, Yoni-Root Steam, Seiki and Yoni Gazing are gentler practices that can still evoke tremendous insight, memory and emotion. Soul retrieval, reclaiming the shadow parts of ourselves that became lost and frozen in time as a result of trauma, is a natural result of these deep shamanic or instinctual Womb Awakening practices.

### **Why the world needs to awaken this feminine power**

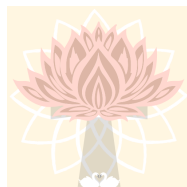
The natural world will die if we keep cutting ourselves off from the source of life. Without a sense of belonging and being a part of nature, one with the earth and all life on the planet, we have destroyed the gift of life. The earth is suffering, out of balance and dis-eased, along with all the people, plants and animals who live here. When we awaken to our connection with the Divine Feminine that continually gives birth to all life, we start acting in loving ways toward Her, toward the planet, toward others and towards our selves - healing the rift in the fabric and repairing our relationship with our wild nature. It is our birthright to feel ecstatic waves of joy, we are meant to feel this embodied joy we were born to experience here on Earth.

### **How can it help people heal, embody and awaken their soul shakti?**

Womb Awakening connects us to our soul in a way that allows us to remember what we came here to do. When we clear the stagnant energetic blocks of trauma and patriarchal conditioning, we allow our shakti - our primordial feminine energy - to flow and flourish, re-igniting our life-creating engagement with the universe, begetting more and more life-giving creations and relations. The veil of self-protective withholding, animosity, anger and despair fade into a deeply embodied sense of connection through the heart and womb or hara into a unified space of being and co-creating with ecstatic waves of pleasure. So it doesn't only heal us, when we heal ourselves this way, we energetically help heal the collective and all living beings that cross paths with the energy that reverberates from our awakened wombs and haras.

### **What are some of my own personal experiences?**

My journey is still unfolding, layer by layer, petal by blossoming petal these days. I am always learning. Before exploring the Womb Awakening practices as taught by Azra and Seren Bertrand, I was spiraling through and healing layers upon layers of trauma and belief structures that did not support my expansion but the insights and healing was only very slowly being embodied. When I fell into the path of their apprenticeship at The Fountain of Life, everything I studied and practiced resonated with what I was already doing and learning. It felt so right I intuitively knew it was safe enough to go deeper and shed



more layers, more armor, and move major blocks of energy in my hips, knees and ankles, as I quickly opened to the descending flow of embodied Divine Feminine energy and connected to the supportive love of Mother Earth, my beloved Pachamama.

Every journey is different and personal for every individual and every couple. Depending on the trauma we hold in our body and the resistance we have to opening, the process can be a gentle blossoming or a bit of a rollercoaster, or some combination of both terror and ecstasy.

Some of the hardest moments of working with opening this awareness in my body occurred when faced with deep-seated fears or feelings that are difficult to face and sit with - either within myself or holding that space for a partner, child, friend or stranger. In those situations it helped when I have asked myself or my partner: Are you okay to just be with this feeling? Or when I have asked for space - or demanded a boundary - if it didn't feel safe or okay to be present with another's intense feelings for any reason as they or I process some deep personal stuff that is wanting to surface, be seen and be released.

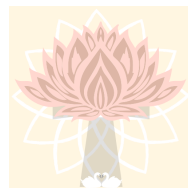
Another point in my personal journey in Sacred Union with my beloved that was very difficult and sad was when we just weren't on the same page and the relationship didn't feel like a partnership - we were almost living in two different universes. This was incredibly painful - and felt like such a loss of potential, and those days were filled with darkness and grief and seemingly irreparable despair. My mentor gave such great advice then: Move closer. In gently opening and being vulnerable and sharing my truth, I was able to extend a tentative thread that bridged the divide, and the gap diminished little by little over the years as we kept returning to this space of listening and embodying and feeling ourselves supported by and connected with the Divine Feminine, and moving our shakti and awakening our being with the practices and journeys of Womb Awakening, and a deeper learned understanding of our core traumas. Sometimes, as in some of my past relationships, the healing occurs when we honor the womb wisdom to draw a loving boundary and live separate lives. I am grateful my partner and I were willing to do the work - on our selves as individuals and in partnership.

### **What does Womb Awakening mean to me?**

Womb Awakening means closing my eyes and falling backward into a feminine dimension. Opening my access to the hidden feminine consciousness and making love to life. It is seeing and being the sacred geometry in all life and having an embodied experience of my connection to this feminine primordial elixir. It is a return to the wellspring, the fountain of life, to the knowledge that the Goddess lives within me and in all matter. And that everything else that was laid over this essential feminine wisdom like a suffocating blanket can dissolve into rich mulch as it dies away and is shed like layers and layers upon generations of memories and beliefs mis-woven into the fabric of my being and encoded in my DNA. Womb Awakening is shining a light so powerful it melts through and shifts the entire blueprint of life back into its natural life-supporting alignment.

### **How would I share about this with others?**

Depending on who I am speaking with about Womb Awakening, I have different ways in which I will share its essence. My main concern when communicating about Womb Awakening is creating an accessible bridge in order to not turn anyone away who comes seeking. If they have asked me about it, the door is unlocked - even if only tentatively opening. One of the many ways to speak in this subtle way is to use more universal understandable words like "balance" and "centering" and "grounding". I will speak about "the parts of ourselves that became frozen with trauma" rather than use language like "soul retrieval". If I



know they are very much embedded in the mainstream world of “acceptable” science then I approach it from the scientific viewpoint. How we are learning more and more about the science of shamanism, why and how the practices work and about the epigenetics of our cells being imprinted with memory, and about the discovery that our grandmother held the seed of our essence in her womb, in our mother’s womb. Then, if a person I am speaking with is very much in tune with the Goddess and connected to the Earth womb already, I can dive in completely, opening wide the doors of perception. I feel open and able to talk about the deeper spiritual, shamanic and instinctual aspects of Womb Awakening. And then again sometimes it feels right to blow the doors wide open even if I know the person I am speaking to isn’t at all aware of the Divine Feminine. Give them a good jolt! Haha:) Mainly, I follow my intuitive knowing and the guidance of my ancestors and spirit guides, when and how and with whom to even mention it at all.

**What touches me most or is most important to me about Womb Awakening?**

What touched me most deeply and has been constantly significant with my experiences of Womb Awakening as taught by Azra and Seren Bertrand during my apprenticeship was the all-encompassing envelope of Love and integrity that it was held in. Not only is nothing left out - in terms of all the variety of teachings I have studied over the years, from cerebral western therapeutic techniques to the more esoteric eastern disciplines like mindfulness and aspects of meditation, and the variety of indigenous shamanic wisdom and treasured insights - Womb Awakening is most importantly infused with such a connection to the loving feminine energies of the Divine Mother, the Galactic Cosmic Womb and Womb of Gaia Pachamama, and keeps returning us to our direct connection with these energies through our own womb (or hara in men), that we feel safe enough to exist as we are meant to, to be seen and heard and feel unconditionally loved in a way that allows us to release so many layers of unnecessary baggage that have kept us in shackles, separate from this Source of life, and controlled by others rather than able to feel the power of our authentic, autonomous, integrated selves in communion with the Divine and in connection to the network of people in local and worldwide communities. This has blown my world - and my heart - wide open. I stand taller now and sit on the throne of my embodied sovereign power.