



WILD WOMB RITUALS



Copyright © Reproduced with permission from Fountain of Life and Seren and Azra Bertrand, M.D.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owners.

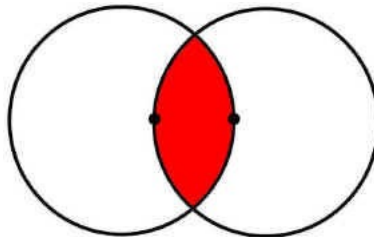
All information in this text is based on the experiences and research of Seren and Azra Bertrand, M.D. and other professional healers. The information is shared with the understanding that you accept complete responsibility for your own health and the health of those you share the information with. Everyone's body and psychology are unique, and any responses to the practices and ideas written in this text cannot be guaranteed, or always anticipated. The information within is not a substitute for professional medical advice for yourself or others. Please consult your own inner guidance in addition to the words presented here, and always recommend that those with chronic health conditions seek professional treatment. The author, publisher and Karen Clothier are not responsible for any adverse health affects resulting from the use of the information in this text.



WOMB RITUALS

SOLAR-LUNAR OVARY BREATHING

- Close your eyes, place your hands on your Womb, and gently breathe into the velvet darkness that lives within. Begin to visualize a pulsating golden Solar light pulsating in your right ovary, allowing it's glow to grow brighter and brighter. Feel the rich warmth of the light that it gives. Now begin to visualize a pulsating silver Lunar light pulsating in your left ovary, allowing it's glow to grow brighter and brighter. Feel the shimmering luminescence of the light it gives. Night and Day inside.
- Now visualize a Vesica Piscis, an ancient symbol of the Divine Feminine and Sacred Union Within, inside your Womb space, each side of the two circles around your left and right ovary, with the magic portal it creates in the center of your Womb.



- Take a deep inbreath and draw both Lunar and Solar lights into the middle portal to merge. on the out breath, release both lights to the respective ovary.
- Keep breathing the Solar and Lunar lights into the center to merge, and then releasing them back to the left and right ovary. Visualize the Two Lights merge and melt into each other to create Sacred Union.
- Continue for at least 3 minutes, or as long as you feel called to. This will activate and balance the energy fields of your ovaries and awaken their Divine Intelligence.



WOMB ANCHORING - CONNECTING TO THE TRIPLE WOMB WORLD

This practice is from the ancient Celtic tradition of Grail Awenydds (Spirit Keepers). It helps us connect into the Web of Life and ground our consciousness in the Feminine Dimension of the Body, the Earth Womb and the Cosmic Womb. This is great to do each morning as a way to start your day.

Technique:

While standing, envision a ball of Silver Grail Light forming inside your Womb. Send this light, connected by a thread of silver light, down into the Womb of Gaia. There, visualize it being infused with Earth Energy, then coming back into the Womb, bringing back with it, the beautiful energy of Gaia.

Next send this cord of light up through the crown into the cosmic womb. Connect, infuse, and return. Repeat and alternate as you feel. Finish the practice with a fiery ball of light emerging in the heart, and staying connected by a golden thread, connecting with the fiery Core of Gaia and the Sun.

LUNARIZED WATER RITUAL

Lunar Essence: Greet the night

- Have a ritual bowl that you can fill with water and leave outside overnight (or inside by a window in the winter months to prevent freezing).
- At night, fill the Ritual Bowl with water and place outside. It doesn't matter if it physically receives the moon's rays, it is happening in the energy realms.
- Greet the mysteries of the night, ask them to infuse you with wisdom.
- Vision a lunar light traveling on a thread from your Womb downward to the Womb of Gaia. Now vision it traveling back to your Womb.
- Now vision the lunar light traveling on a thread from your Womb upward to the Cosmic Womb or moon (your choice). Now vision it traveling back to your Womb.



- Continue with this visualization as long as you feel called to. When you are finished, bring both threads - infused with power - into your Womb.

Solar Essence: Greet the day

- First thing in the morning go out and greet the day, give thanks for the warmth of the sun and what possibilities the day will hold.
- Vision a solar flame traveling on a thread from your Heart downward to the fiery core of Gaia. Now vision it traveling back to your Heart and getting brighter.
- Now vision the flame traveling on a thread from your Heart upward to the Sun. Now vision it traveling back to your Heart and getting brighter.
- Continue with this visualization as long as you feel called to. When you are finished, bring both threads - infused with light - into your Heart.
- Now take a sip from your Lunarized Water, and ask to infuse the magical qualities of the Moon. Then splash some water on your face to baptize the new day.
- Pour the rest of the water away or use it to water plants.