



## Womb-Heart ~ New-Moon



*“All we can hold on to is our trust that we are held inside the benevolent womb of the Great Mother and that the primordial darkness is fertile.”*

*~ S. Bertrand*

Sister! Here we plunge.

There are many ways to pause, go slower and move inwards.

Maybe you ask yourself deeper questions and take a few minutes to journal. Maybe you dim all inside lights once the sun goes down. Maybe you set a timer for 1 - 2 minutes to take long, slow, deep breaths. Maybe you go to bed a little earlier and sleep just a little bit longer.

The Asana for this cycle will really, really support you in a beautiful way. Take 3 minutes now and sit with it :) Share with us on the facebook page what comes up for you 💜



## **Moon Phase: New** (December 26th, 12:13am)

During this phase, the moon is at her darkest, emptiest, and most receptive. The peak is considered day 1, the beginning of a new cycle. It's a fertile place to start fresh, and this is why "new moon intentions" are so powerful. It's also a reminder that no matter what's happening ~ there is always rebirth waiting on the horizon.

This moon phase corresponds with your bleeding time. The death phase that leads into renewal. The shedding of the previous cycle to reveal a new beginning. Your internal New Moon time is when it's best to rest fully, not do anything, and listen to the messages coming through.

If your cycle does not sync up, it just means you are in a different mindspace, and focussing on different energies. (We will learn about what it means when you bleed at different phases). Whatever the case, start to notice how your body feels during different moon phases, and also how you feel during the different phases of your own moon.

### **Moon Ritual: Planting Seeds**

Right now is potentially the most fertile moment of the entire decade. You have an incredible amount of support and momentum available to you right now to create the life you desire.

Create some kind of intentional space. You could:

- Light a candle (this is always a powerful way to do it)
- Play gentle music
- Sit at your altar
- Burn a little sage or palo santo (a little goes a long way)
- Make some tea

Anything to create an atmosphere of peace and pause.

- Then take your journal and set a timer for 10 minutes. Write down words, sentences, paragraphs, and even drawings, of what you desire for this next 10 year cycle. Write it out however you'd like. Try to get specific with your words, and always use the affirmative.

## Home Practice: Womb Healing Exercise

Please, if there is anything you take away from this program - let it be the deep understanding of how ridiculously powerful you are.

You have the power to magnetize and invite the exact and specific frequency of light that can penetrate, nourish and heal all the organs and tissues of your Womb Centre. It will clear and transform multidimensional energetic imprints, emotional cellular memory, DNA distortion and epigenetic patterning, and even physically stored tensions and traumas that are in your Womb.

- **Hold** out your hands, cupped together in a receiving position
- **Place** a clear intention about what you want to clear or heal within your Womb Centre
- **Ask** to receive into your hands the exact frequency of light that will do this healing work
- **Press** the light into your Womb Centre with your hands
- **Invite** the light into every aspect of your Womb Centre (at the energetic, emotional and physical level)
- What do you notice? Keep softening your belly.
- **Affirm** to yourself with the following proclamation:

[What you intend to clear/heal] ***“is being completely transformed and cleared/healed now and throughout all timelines of creations of this existence. I AM God-Goddess, I AM sovereign, I AM free.”***



## **Wisdom Question**

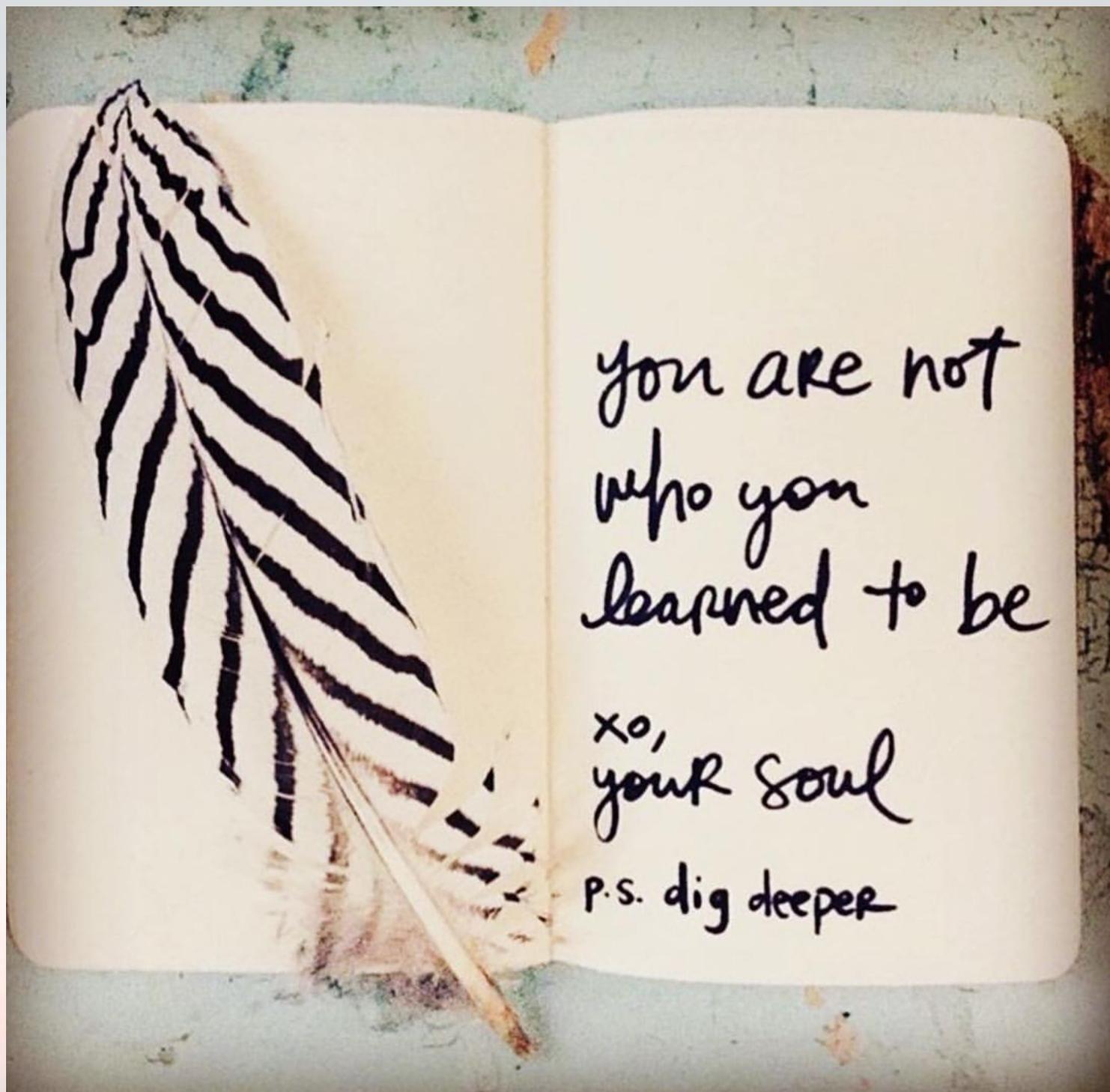
Speak about your visions for 2020-2030 as if they have already happened/or are unfolding in front of you.

## **Mantra**

My dreams are firmly planted and rooted.

## **Bonus Mantra**

I trust & surrender.



Love,  
Jennifer