

ANCESTRAL WOMB



HEALING

A RITUAL BY ANNALISA DERR, PHD

WELCOME! I AM EXCITED TO SHARE THIS **ANCESTRAL WOMB HEALING RITUAL** WITH YOU. THIS RITUAL IS A GUIDED PROCESS MEANT TO **EMPOWER WOMEN** TO LEARN HOW TO LET GO OF OLD, DEBILITATING, AND EVEN HARMFUL STORIES AND BELIEFS THAT ARE STORED IN OUR WOMBS.

THE WOMB IS AN INCREDIBLE BIOLOGICAL ORGAN WITH SPIRITUAL AND ARCHETYPAL COMPONENTS. QUITE LITERALLY, OUR **MOTHER'S WOMB IS OUR FIRST HOME** WHICH, FOR MOST, NOURISHES AND PROTECTS. **SPIRITUALLY, THE WOMB** CAN BE IMAGINED AS A PRIMARY SOURCE OF OUR **EMBODIED FEMALE POWER**. THE **ARCHETYPAL WOMB** IS ALSO THE TOMB; IT IS THE ORIGINAL *ALPHA* AND *OMEGA*. THE WOMB IS THE SOURCE OF OUR LIFE, BUT IN DEATH, REPRESENTS OUR BODY'S FINAL HOME IN THE GREAT WOMB OF OUR MOTHER EARTH.

WOMB HEALINGS ARE ANCIENT PRACTICES THAT ARE STILL USED IN SOME INDIGENOUS CULTURES TODAY. THOUGH THIS **ANCESTRAL WOMB HEALING RITUAL** HAS NOT BEEN PASSED DOWN FROM AN ANCIENT LINEAGE, IT IS TRULY UNIQUE.

DURING MY FIRST ENCOUNTER WITH **MOTHER AYAHUASCA** IN SACRED CEREMONY, SHE GIFTED ME WITH THIS RITUAL PRACTICE. THE SPIRIT OF THIS SACRED PLANT EXPLAINED TO ME THAT OUR WOMBS STORE

OUR ANCESTRAL STORIES AND BELIEFS. MANY OF THESE STORIES ARE PASSED DOWN TO US BEFORE WE ARE BORN. THEY ARE INHERITED FROM OUR MOTHERS, GRANDMOTHERS, GREAT-GRANDMOTHERS, AND SO ON, UP OUR MOTHER-LINES. STORIES AND BELIEFS CAN ALSO ACCUMULATE IN OUR WOMBS FROM OUR INTERACTIONS WITH OTHERS THROUGHOUT OUR LIFE.

AS WITH MANY THINGS IN LIFE, THIS RITUAL IS PRESENTED AS A FRAMEWORK. FEEL FREE TO MODIFY IT IN A WAY THAT FEELS MOST ALIGNED FOR YOU AND YOUR BODY. ALSO, BECAUSE THE WOMB HAS BOTH SPIRITUAL AND ARCHETYPAL SIGNIFICANCE, THOSE WITHOUT A WOMB CAN PARTICIPATE, TOO.

PLEASE REMEMBER:

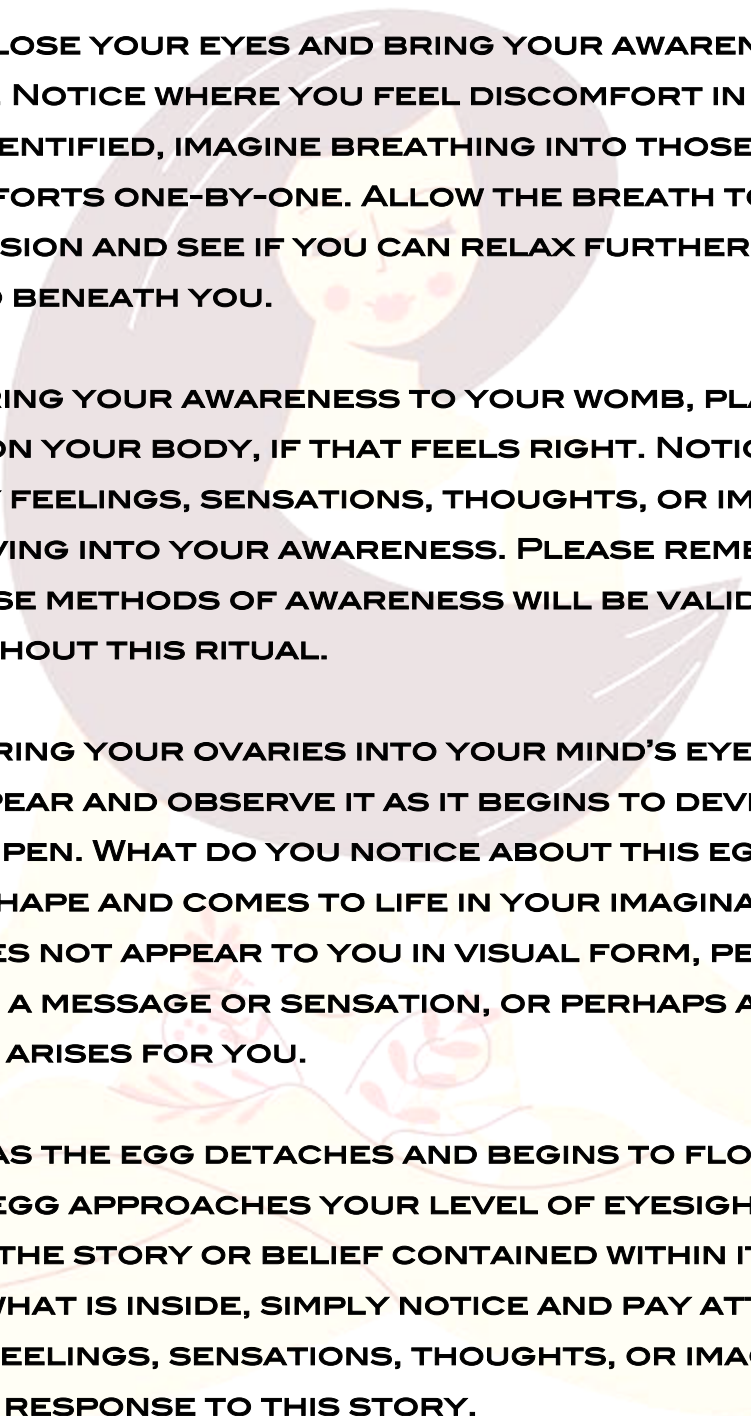
IF YOU FEEL UNSAFE AT ANY POINT DURING THIS RITUAL, STOP WHAT YOU ARE DOING, AND RETURN TO THE PRACTICE OF FOLLOWING YOUR BREATH.



RITUAL STEPS:

BEFORE WE BEGIN, I ENCOURAGE YOU TO HAVE A JOURNAL AND PEN HANDY TO JOT DOWN ANYTHING THAT COMES TO YOU DURING AND AFTER THE RITUAL.

- 1. BEGIN BY PREPARING YOUR RITUAL SPACE, OR *TEMENOS*, AS A HEALING SANCTUARY. SET THE SPACE WITH ELEMENTS SUCH AS CANDLES AND INCENSE. YOU MAY EVEN PLAY RELAXING, NON-VERBALIZED MUSIC. TURN YOUR ELECTRONIC DEVICES TO “DO NOT DISTURB” AND MAKE SURE EVERYONE IN YOUR HOME KNOWS TO GIVE YOU AT LEAST 30 MINUTES OF UNINTERRUPTED YOU TIME.**

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- 2. LIE DOWN ON YOUR BACK WITH YOUR LEGS BENT OR FULLY EXTENDED ON THE GROUND.**
 - 3. NEXT, CLOSE YOUR EYES AND BRING YOUR AWARENESS TO YOUR BREATH. NOTICE WHERE YOU FEEL DISCOMFORT IN YOUR BODY. ONCE IDENTIFIED, IMAGINE BREATHING INTO THOSE PHYSICAL DISCOMFORTS ONE-BY-ONE. ALLOW THE BREATH TO RELEASE ANY TENSION AND SEE IF YOU CAN RELAX FURTHER INTO THE GROUND BENEATH YOU.**
 - 4. NOW, BRING YOUR AWARENESS TO YOUR WOMB, PLACING YOUR HANDS ON YOUR BODY, IF THAT FEELS RIGHT. NOTICE IF THERE ARE ANY FEELINGS, SENSATIONS, THOUGHTS, OR IMAGES THAT ARE MOVING INTO YOUR AWARENESS. PLEASE REMEMBER THAT ALL THESE METHODS OF AWARENESS WILL BE VALID THROUGHOUT THIS RITUAL.**
 - 5. NEXT, BRING YOUR OVARIES INTO YOUR MIND'S EYE. NOTICE AN EGG APPEAR AND OBSERVE IT AS IT BEGINS TO DEVELOP AND FULLY RIPEN. WHAT DO YOU NOTICE ABOUT THIS EGG AS IT TAKES SHAPE AND COMES TO LIFE IN YOUR IMAGINATION? IF THE EGG DOES NOT APPEAR TO YOU IN VISUAL FORM, PERHAPS YOU RECEIVE A MESSAGE OR SENSATION, OR PERHAPS A PARTICULAR FEELING ARISES FOR YOU.**
 - 6. WATCH AS THE EGG DETACHES AND BEGINS TO FLOAT UPWARD. AS THE EGG APPROACHES YOUR LEVEL OF EYESIGHT, ASK IT TO REVEAL THE STORY OR BELIEF CONTAINED WITHIN IT. DON'T JUDGE WHAT IS INSIDE, SIMPLY NOTICE AND PAY ATTENTION TO OTHER FEELINGS, SENSATIONS, THOUGHTS, OR IMAGES THAT ARISE IN RESPONSE TO THIS STORY.**
 - 7. ASK THIS EGG WHO THE STORY OR BELIEF BELONGS TO. IF IT DID NOT BEGIN WITH YOU, FEEL FREE TO ASK WHO GAVE YOU THIS**

STORY. AGAIN, TRY NOT TO JUDGE WHERE OR WITH WHOM THIS STORY ORIGINATED.

8. NOW, ASK IF THERE IS A LESSON FOR YOU TO TAKE AWAY FROM THIS STORY.

9. IF IT IS A STORY THAT YOU NO LONGER WANT TO HOLD ONTO, THANK THIS STORY AND THE PERSON WHO GAVE IT TO YOU, AND, WHEN YOU ARE READY, SEND IT INTO THE LIGHT FOR TRANSMUTATION. IF YOU CANNOT VISUALIZE THE LIGHT, TRUST THAT THE BLESSING AND INTENTION IS POWERFUL ENOUGH TO TRANSMUTE AND RELEASE THIS STORY FROM YOUR BODY.

10. ONCE YOU'RE COMPLETE WITH THE STORY, YOU CAN GO BACK AND WORK WITH MORE STORIES, ONE EGG AT A TIME. TO FULLY EXPERIENCE THE EMBODIED RICHNESS OF EACH STORY AND IT'S HEALING, I SUGGEST ENGAGING WITH UP TO THREE STORIES DURING ANY GIVEN HEALING SESSION.

11. AFTER YOU'VE SENT THE FINAL STORY INTO THE LIGHT, BRING YOUR AWARENESS BACK TO YOUR BODY. ALLOW THE WEIGHT OF YOUR BODY TO FULLY RELAX INTO THE GROUND BENEATH YOU. NOTICE IF YOU HAVE ANY RESIDUAL ENERGY LINGERING AROUND YOUR WOMB SPACE THAT YOU'D LIKE TO BE CLEARED. ASK MOTHER EARTH TO TAKE AND TRANSMUTE THIS ENERGY IN HER WOMB. AFTER THIS FINAL CLEARING, AGAIN NOTICE HOW YOU MAY BE FEELING. ARE YOU LIGHTER? MORE RELAXED? RELIEVED?

12. FINALLY, BRING YOUR AWARENESS BACK TO YOUR BREATH. WHEN YOU'RE READY, BEGIN BY GENTLY MOVING YOUR FINGERS AND YOUR TOES, AND THEN YOU CAN BEGIN TO MOVE THE REST OF YOUR BODY. WHEN IT FEELS RIGHT, YOU CAN OPEN YOUR EYES. YOU CAN SIT OR CONTINUE TO LIE ON THE GROUND.

13. GRAB YOUR JOURNAL AND BEGIN TO WRITE DOWN WHAT CAME UP FOR YOU DURING THIS RITUAL. ALTERNATIVELY, YOU MAY PREFER TO DANCE, SING, DRAW, OR PAINT THE IMAGES, FEELINGS, OR MESSAGES THAT CAME UP. MAKE SURE TO PAY ATTENTION TO YOUR DREAMS OVER THE NEXT COUPLE OF DAYS AS NEW MESSAGES OR INSIGHTS MAY ARISE FOR YOU AS WELL.

THANK YOU FOR JOINING ME IN THIS WOMB RITUAL TO HEAL ANCESTRAL STORIES.

GODDESS BLESSINGS ON YOUR JOURNEY!