



RITE OF THE WOMB THE 13TH RITE



DIVINE ESSENTIALS BRIDGET RAU
DIVINESSENTIAL.COM

IT IS IMPORTANT TO CREATE AN INVITING ATMOSPHERE FOR THE LINEAGE TO COME THROUGH WHEN SHARING THE RITE. IF THE SPACE FEELS INVITING FOR YOU AND THE WOMEN RECEIVING THE INITIATION, THEN THE PLACE WILL FEEL INVITING FOR THE LINEAGE.

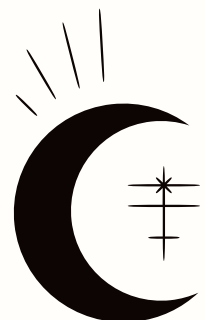
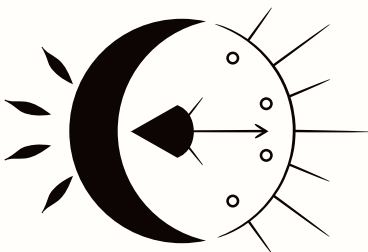
IF THE CEREMONY WILL HAPPEN INDOORS THEN YOU NEED TO BUILD AN ALTAR. IT DOES NOT NEED TO BE BIG OR COMPLICATED, BUT IT NEEDS TO PROVOKE SACREDNESS AND BEAUTY. ON A FLAT SURFACE, LIKE A TABLE OR BENCH, SET A NICE CLOTH AND PUT A BOWL OF WATER IN THE MIDDLE. THIS WATER WILL ABSORB THE PRAYERS AND AT THE END OF THE CEREMONY YOU WILL OFFER IT TO MOTHER EARTH FOR THE HEALING OF HER WATERS. YOU CAN ADD THIRTEEN CANDLES AROUND THE WATER TO HONOR THE THIRTEEN MOONS OF THE YEAR AND ALSO TO ACTIVATE THE ALTAR WITH THE FLAMES. ALSO, YOU CAN ENHANCE THE SPACE AND THE CEREMONY BY HAVING FLOWERS OR PETALS IN THE ALTAR. (AFTER THIS GUIDELINES USE YOUR OWN INTUITION AND CHECK DIRECTLY WITH THE LINEAGE ABOUT ADDING ANYTHING ELSE. ASK A QUESTION AND TUNE IN FOR AN ANSWER REMEMBERING THAT YOU ARE ALSO THE LINEAGE.)

IF YOU HAVE ACCESS TO A PLACE IN NATURE THAT FEELS GOOD AND INVITING THEN YOU MAY PERFORM THE CEREMONY THERE. IT IS ESPECIALLY IDEAL TO BE BY A LAKE AS IT RESEMBLES THE WOMB OF MOTHER EARTH AND WE WANT TO SHARE THIS HEALING WITH HER. NONETHELESS, IT CAN BE UNDER A TREE, IN A FOREST, BY A BIG ROCK, BY A RIVER, A MOUNTAIN, OR ANY PLACE THAT HELPS YOU FEEL THE SACREDNESS OF LIFE.

EITHER WAY, INDOORS OR OUTDOORS, IT IS IMPORTANT TO SHARE THE HEALING WITH MOTHER EARTH. EVERY WOMAN THAT RECEIVES THE RITE CAN OFFER A HEALING PRAYER FOR HER.

INDOORS THE WOMEN CAN USE THE FLOWER PETALS TO BLOW PRAYERS INTO AND THEN PUT THE PETALS IN THE BOWL OF WATER. AT THE END, YOU CAN GENTLY POUR THAT WATER IN A RIVER, A LAKE, OR ON A LITTLE HOLLOW ON THE EARTH.

OUTDOORS YOU CAN ALSO BLOW YOUR PRAYERS ON FLOWER PETALS OR SOMETHING MORE APPROPRIATE (GO WITH YOUR INTUITION) AND OFFER THEM DIRECTLY TO MOTHER NATURE.





RITE OF THE WOMB THE 13TH RITE

NURTURE THE RITE FOR 13 MOONS

YOU START THE YEAR AS SOON AS YOU DO YOUR FIRST CEREMONY. ONCE YOU HAVE RECEIVED THE RITE OF THE WOMB YOU NURTURE ITS POWER FOR THIRTEEN MOONS OF AN ENTIRE YEAR WITH THE FOLLOWING PRACTICES.

1.

IF YOU STILL HAVE YOUR MENSES THEN ON YOUR NEXT CYCLE YOU FIND AN INTIMATE SPACE AND TIME TO GIVE SOME OF YOUR MENSTRUAL BLOOD TO THE EARTH. YOU CAN BLEED DIRECTLY ON THE EARTH OR YOU CAN COLLECT SOME OF YOUR BLOOD ON A SMALL CONTAINER AND POUR IT ON THE EARTH WHILE REPEATING THE FOLLOWING WORDS:

- I RELEASE MY FEAR, SO I MAY EMBRACE FREEDOM.**
- I RELEASE MY PAIN, SO I MAY EMBRACE JOY.**
- I RELEASE MY ANGER, SO I MAY EMBRACE COMPASSION.**
- I RELEASE MY SADNESS, SO I MAY EMBRACE PEACE.**

AND YOU CAN ADD ANY OTHER WORDS THAT RING TRUE FOR YOU.

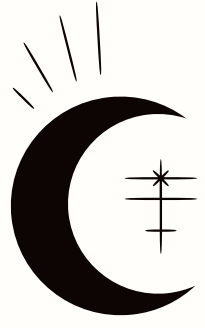
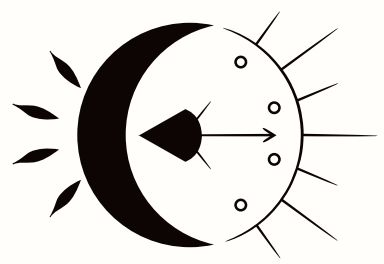
2.

IF YOU ARE IN YOUR YEARS OF PLENITUDE - AFTER MENOPAUSE - THEN YOU'LL DO A RITUAL ON THE NEXT DARK MOON. YOU CREATE AN INTIMATE SPACE TO OFFER RED WINE TO THE EARTH WHILE REPEATING THE WORDS:

- I RELEASE MY FEAR, SO I MAY EMBRACE FREEDOM.**
- I RELEASE MY PAIN, SO I MAY EMBRACE JOY.**
- I RELEASE MY ANGER, SO I MAY EMBRACE COMPASSION.**
- I RELEASE MY SADNESS, SO I MAY EMBRACE PEACE.**

AND YOU CAN ADD ANY OTHER WORDS THAT RING TRUE FOR YOU.

YOU DO THIS AT LEAST ONCE AND UP TO THIRTEEN MOONS TO FULLY EMPOWER YOUR WOMB.





RITE OF THE WOMB

THE 13TH RITE



3

IF A GIRL BEFORE MENARCHE - FIRST MENSTRUAL BLOOD - RECEIVES THE RITE AND SHE WANTS TO DO A RITUAL, THEN SHE OFFERS FLOWERS TO THE FULL MOON. THIS IS BECAUSE HER WOMB IS STILL BLOSSOMING AND HAS NOT YET RELEASE HER FIRST FLOWER. SHE CAN ALSO REPEAT THE WORDS:

**I RELEASE MY FEAR, SO I MAY EMBRACE FREEDOM.
I RELEASE MY PAIN, SO I MAY EMBRACE JOY.**

SHE IS GUIDED TO SAY ONLY THE FIRST TWO SENTENCES SO SHE DOES NOT BECOME OVERWHELMED AND THEN SHE IS GUIDED TO SAY ANYTHING ELSE THAT RINGS TRUE FOR HER.

4

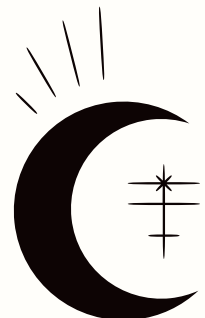
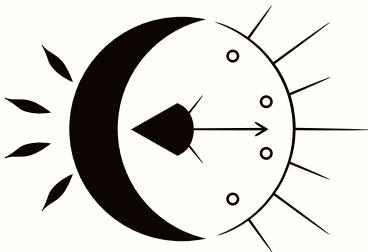
IF YOU ARE PREGNANT YOU ALSO OFFER FLOWERS DURING THE FULL MOON -- CELEBRATING THE LIFE YOU CARRY ON YOUR WOMB JUST AS A FERTILITY GODDESS. YOU CAN REPEAT THESE WORDS:

I RELEASE MY FEAR, SO I MAY EMBRACE FREEDOM. I RELEASE MY PAIN, SO I MAY EMBRACE JOY. I RELEASE DOUBT SO I MAY EMBRACE TRUTH.

AND YOU CAN ADD ANY OTHER WORDS THAT RING TRUE FOR YOU. ONCE YOU HAVE YOUR BABY YOU CAN OFFER THE PLACENTA TO THE EARTH AND SPEAK YOUR HEART'S LONGING. INTUITIVELY CULTIVATE A YEAR OF CEREMONY CONSIDERING THE STEPS ABOVE.

5

SHARE THE RITE OF THE WOMB WITH THE WOMEN OF YOUR COMMUNITY. EVERY TIME YOU TRANSMIT THIS INITIATION YOU STRENGTHEN ITS POWER IN YOUR WOMB.





RITE OF THE WOMB

THE 13TH RITE



SHARE THE RITE OF THE WOMB WITH THE WOMEN OF YOUR COMMUNITY. EVERY TIME YOU TRANSMIT THIS INITIATION YOU STRENGTHEN ITS POWER IN YOUR WOMB.

THIS LINEAGE OF WOMEN FREED THEMSELVES FROM SUFFERING AND WANTS US TO REMEMBER: THE WOMB IS NOT A PLACE TO STORE FEAR AND PAIN; THE WOMB IS TO CREATE AND GIVE BIRTH TO LIFE.

AFTER RECEIVING THE RITE AND NURTURING ITS TRUTH, THE WOMB NO LONGER CARRIES THE MEMORIES OF PAIN AND SORROW. THE FORGOTTEN WISDOM OF THE WOMB IS RESTORED AND WE BECOME THE CREATRESSES OF THE WORLD WE LONG FOR OUR CHILDREN'S CHILDREN.

ANY WOMAN EAGER TO REMEMBER IN HER BODY THIS VITAL TRUTH CAN RECEIVE THE RITE. ONCE SHE RECEIVES THE RITE OF THE WOMB SHE BECOMES ONE WITH THE LINEAGE OF WOMB KEEPERS.

IN BECOMING WOMB KEEPERS WE ALSO BECOME STEWARDS OF LIFE. OUR CHILDREN ARE NO LONGER THE CHILDREN OF FEAR AND CONFLICT, BUT THE CHILDREN OF LIGHT WITH A NATURAL INCLINATION TO BE AN EARTH KEEPER.

THE RITE OF THE WOMB IS PART OF THE MUNAY-KI INITIATIONS. THE MUNAY-KI ARE TEN RITES WHICH PREPARE US TO BIRTH OURSELVES WHOLLY INTO THE TIMES TO COME. IS A BODY OF WISDOM COMING FROM THE SPIRITUAL ANDES.

THE WOMB KEEPER'S LINEAGE INVITE US TO HEAL OUR WOMB. LET'S HEAL OUR WOMB; LET'S HEAL OUR MOTHER'S, SISTER'S, AND DAUGHTER'S WOMBS. IN THIS WAY, LET'S OFFER HEALING TO MOTHER EARTH AND ALL LIVING BEINGS.

THE RITE OF THE WOMB WAS BESTOWED BY A LINEAGE OF WOMEN THROUGH THE SPIRIT OF THE AMAZON JUNGLE TO A LADY SHAMAN WHO WOULD BE RESPONSIBLE FOR SHARING IT. THIS GIFT OF HEALING AND LIFE BELONGS TO EVERY WOMAN IN THE WORLD WHO WANTS TO RECEIVE IT. TOGETHER WE ARE A LINEAGE OF WOMEN WHO REMEMBERS THAT WE DID NOT COME TO SUFFER IN THIS LIFE, BUT TO BE THE CREATRESSES OF OUR DEEPEST LONGINGS AND DESTINIES.

