

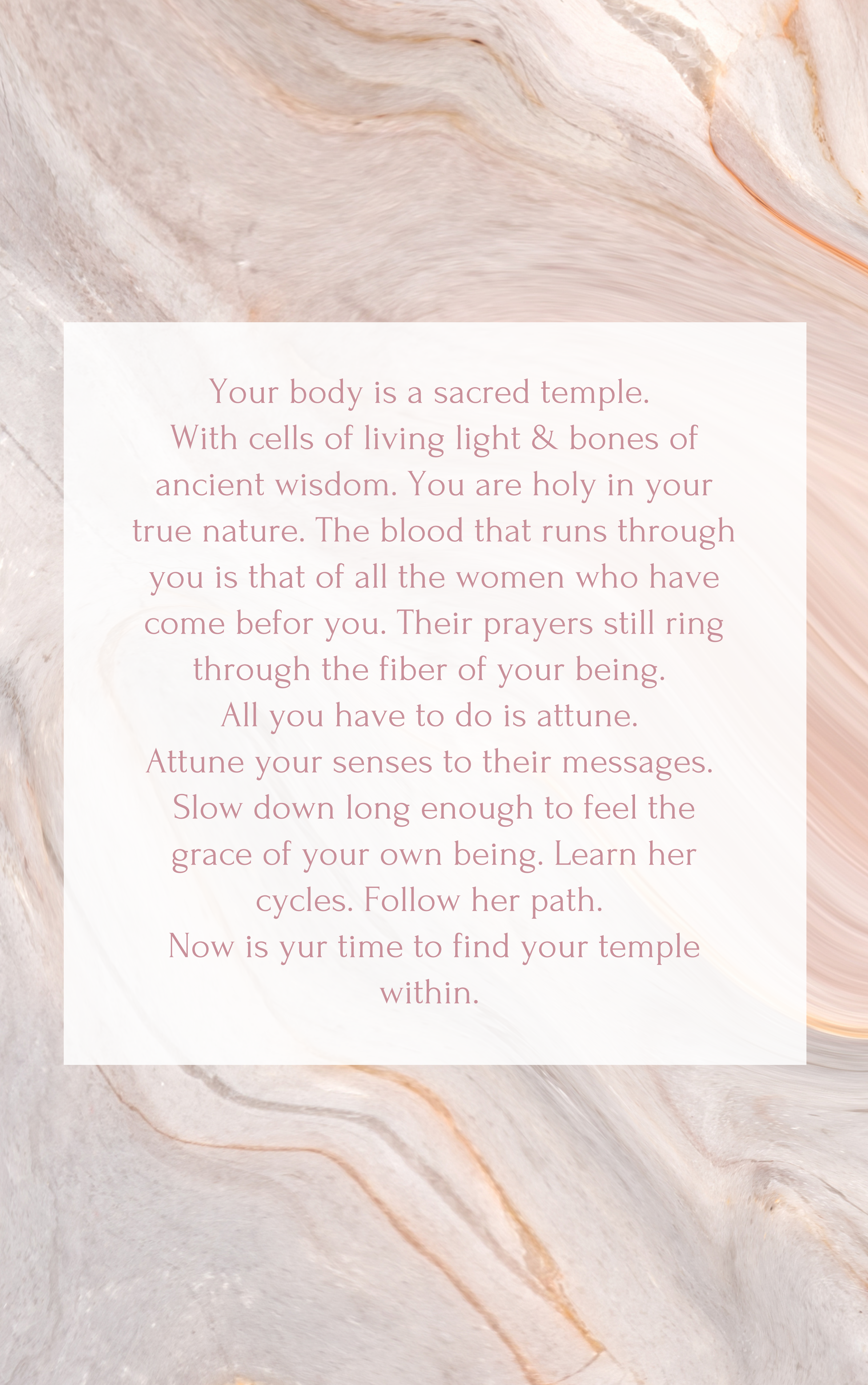
THE FEMININE BODY AS A

SACRED

TEMPLE



LEARNING THE
LANGUAGE OF FEMME
EMBODIMENT



Your body is a sacred temple.
With cells of living light & bones of
ancient wisdom. You are holy in your
true nature. The blood that runs through
you is that of all the women who have
come before you. Their prayers still ring
through the fiber of your being.
All you have to do is attune.
Attune your senses to their messages.
Slow down long enough to feel the
grace of your own being. Learn her
cycles. Follow her path.
Now is your time to find your temple
within.

How to work with this e-book

Before we begin, I ask you to please take a moment & bring one hand to your womb & the other to your heart.

Take a moment to breathe within nine full rounds of exhales & inhales. Intentionally connecting with your sacred femininity.

Now we can begin!

This e-book is a gorgeous work of art created to educate & empower you along the path of embodying your sacred femininity. We will be exploring the correlation between you, the moon, & the four phases of life that exist within your body. The best way to work with this e-book is to read each section & take time to integrate & ponder on its material. Explore how this resonates with you, or how it even relates to your temple with our workbook pages.

I recommend downloading this e-book, or printing it out, so that you can write in the workbook sections. You can also transfer the questions into your journal and explore them in this way. Whichever works best for you is perfect! Please take the time to honor these elements to this book as they will deeper support your integration of this wisdom shared.

I pray this educational material reminds you of the deep service your body holds for you. Your body is a temple. Sending big love to you as you enter it.



Our wombs have come to be a mysterious part of our body. One that often lives in more pain than pleasure. As awakened women we are learning how to shift the relationship with our wombs. This takes place when we remember the ancient mysticism of the wild womxn + the science of how this organ works.

Our wombs are hallow organs. This means that the womb shifts, changes, & holds energy more than any other part of the body. The environment of our wombs is incredibly sensitive, yet it is also very strong. Our hormones, diet, physical environment, stress levels, and the overall quality of life we experience makes a huge impact on the wellness of our wombs. For most women, having a womb can seem like a burden. The truth is, we were simply never taught enough to find awe in its nature. Once we learn about the wombs medicine for our entire life, we are opened up to the beauty of its blood, hormones, fertility, & physiology beyond menstruation & birthing of babies.

Sisters who no longer have a womb due to hysterectomies or other reasons, you still hold a womb on a vibrational level. Even if you do not have a menstruation cycle for any reason, you still hold the vibrational medicine of your cyclical nature. This never goes away. If anything, within this new phase you are in with your womb, tuning into its wisdom on a vibrational level is more important now than ever.

As an energy center, our wombs serve as a multidiplicinary guide through life. It constantly cleanses us on a physical & vibrational level, while also tending to life force energy. Personally, I love to think of my womb as a gateway into the palace of who I truly am. Due to the nature of a womb, womxn are forced to deeply know life and death. This cycle, when used intentionally can guide you into the depths of your soul.

*The Four Stages of the
Feminine Cycle*

THE FOLLICULAR PHASE

THE MENSTRUAL PHASE

THE LUTEAL PHASE

THE OVULATION PHASE

THE FOLLICULAR PHASE

The Follicular phase of your cycle lasts for about 14 days. It begins the first day you begin bleeding, and will end when you meet ovulation. Your whole menstration phase is within the follicular phase.

The Follicular phase is when all your hormones are at their lowest levels and slowly begin to increase to meet your highest hormonal balance for fertility.

FHS (follicular-stimulating hormone) rises to support your eggs growth in your ovaries. In this nature we experience both life & death within this phase.

Follicular time is the ideal phase to begin new projects. These can be something you dreamed of while you were menstruating. Organization, inspiration, & creativity are the key actions during this phase. Trying something new can be greatly supported at this time. The energy of your Follicular phase brings ease & support towards making change in your life and is connected to the new moon & quarter moon phases. Intention setting is powerful during this time, give yourself permission to day dream! Make a vision board, journal, or even talk to others about what you're wishing to create! Your energy is deeply seeded in creativity during this time, and anything you give energy to will manifest with intention!

During this time it is important to support our cycle through rich and nourishing foods that support our hormone levels. Flaxseed are amazing to support your hormones at this time. You can add them to your smooties, or as a garnish to your meals!

THE OVULATION PHASE

This is your magic time! You can imagine your ovaries like two sparkling crystals suspended in your pelvis. Their electricity is potent & deeply intentional. During this time we are fertile, which is great for baby making, but even without children, we can conceive new projects, relationships, and even versions of yourself at this time! Ovulation comes with BIG energy & inspiration.

This is a divine time to take all that you were dreaming about during the follicular phase, and begin building it into reality. This is a great time to launch a new project, or even dive into a new life. The whole universe is seduced by your desires at this time, and it is in your best service to make the most of it!

You are the creator of your reality! Mentally, physically, and emotionally, this time is about stepping into your most wildly abundant life. With this, it is vital to track and take note of your natural rhythms & beliefs about your life during this time. Our cycles are always evolving, and when we track these shifts, MAGIC happens. At this time, your hormones will be at their most balanced level, so you will typically be in your happiest & most empowered state of being. Take this energy and run with it! Let these codes of abundance, peace, & inner trust ground into your being, so that they can fuel you during the next weeks.

This cycle lasts for about 3-5 days when you are fertile, and can get pregnant. This means your sexual energy is at its peak & it is your birthright to play with it! This can be explored through creative projects, sales, launches, and of course some good sexual pleasure. Ovulation is aligned often times with the Full Moon, as it is when you are in your fullest self. Full spectrum nutrition is important at this time! Be sure to not over-do coffee, or other stimulants, rather invest in veggies & light proteins, with healthy fats & antioxidants.

THE LUTEAL PHASE

The Luteal phase dances with ovulation, days 11-17 of your cycle, and right before the onset of bleeding time. The progesterone hormone peaks, as estrogen & Testosterone fall post ovulation. With the strong shifts in these hormones, it is natural to witness a shift in self belief, anxiety, & sadness.

Progesterone is a wonderful hormone, and guides us at this time to cut the bull shit, & see clearly. This makes the Luteal phase a perfect time to clearly look at what is working, & what is not working in your life. This will evoke a strong urge to find balance in life, conclude lessons learned in this moon phase, and where your energy needs to flow for the future. Nesting mode will turn on during this time, making it a great opportunity to nourish yourself from head to toe.

During this time it is okay to dive deep into your darkness, and begin preparing for menstruation. As we get closer to bleeding, your intuition will grow stronger and stronger. Becoming more intuitive will tune you into your body. Remember to pay attention to her needs, the more you listen now, the more intentional your menstruation will feel.

This is also a time to celebrate that which you have created. Welcome yourself to hold special time for reflection. Baring witness to life is key to keep yourself centered. Through tuning into this, you can touch your consciousness in depths that normally feel so far. Be aware of tendencies that push you to escape during this time. Practice staying present.

For nourishment of your temple, carbohydrates, vitamin B, & minerals are important to focus on. These will help stabilize your energy. Cacao is a great treat to enjoy during this for for this reason!

THE MENSTRUATION PHASE

The Bleeding time of menstruation may just be the only phase of this cycle that all womxn know. This is an aspect that defines our femininity & has been historically why womxn were perceived as inherently suffering. Little do they know, bleeding is a symbol of holiness. This part of you, my love is here to keep you pure. Every month (in most cases), you are gifted devotional time to let go, tune in, & find your true self.

This time corresponds with that of winter and the New Moon. Your first day bleeding marks the first day of your full cycle of 28-38 days. The three to eight days a woman bleeds per month are key to her mental, physical, and spiritual health. As the Endometrium sheds so does all that we have constructed & carried in our wombs. Estrogen begins to drop which welcomes ease & relief when compared to the days prior. Through the contractions forced through our body to move the blood & tissue out, we are learning the immense power of our minds. The deeper we bare witness to all that comes up at this time, the more easeful your bleed become.

The energy of this time is an intense blend of gaining maturity, exploring your mysticism, & learning your sensitivities. How we face this time is the code to how we release & recreate all of our life. Intuition is enhanced during this time, which allows introspection & even dreaming to be at the forefront of your mind. Menstruation is an essential time to tend to healing yourself rather than others.

Caring for your temple at this time truly makes this whole process a lot easier. Meals rich in iron, minerals, & vitamin c are key. Seaweed, seafood, greens, root veggies, & herbal infusions/tea feel very supportive to the bleeding temple. Keep your movements light & intentional as you navigate the first three days, as these are your most sensitive days.

Integrating the wisdom of your womb

"One of the most inspiring accounts of menstrual beliefs and practices that I have read comes from a woman of the Yurok people of Northern California, paraphrased by Thomas Buckley: "A menstruating woman should isolate herself because this is the time when she is at the height of her powers. Thus the time should not be wasted in mundane tasks and social distractions, nor should one's concentration be broken by contact with the opposite sex. Rather, all of one's energies should be applied in concentrated meditation 'to find out the purpose of your life' and towards the 'accumulation' of spiritual energy. The menstrual shelter, or room, is 'like the men's sweat house', a place where you 'go into yourself and make yourself stronger'. The blood that flows serves to 'purify' the woman, preparing her for spiritual accomplishment. A woman must use a scratching implement, instead of scratching absent-mindedly with her fingers, as an aid in focusing her full attention on her body by making even the most natural and spontaneous actions fully conscious and intentional: 'You should feel all of your body exactly as it is, and pay attention.'"

Her Blood is Gold by Lara Owen.

MORE WOMXN THEN YOU THINK HAVE
IRREGULARITIES IN THEIR CYCLE.
IF YOU FACE ANY IRREGULARITIES, I
INVITE YOU TO ASK YOURSELF THE
FOLLOWING QUESTIONS:

+HOW DOES CHANGE RELATE TO MY LIFE

- DO I EXPERIENCE TOO MUCH?

+WHAT IS MY RELATIONSHIP TO LETTING GO?

+WHAT IS INCONSISTENT IN MY LIFE, & HOW
DOES THAT CONNECT TO MY WOMB?

+HOW CAN I LOWER THE AMOUNT OF STRESS I
EXPERIENCE IN MY LIFE?

+HOW DOES MY CYCLE LINK WITH THE MOON?

+HOW CAN I BETTER NOURISH MY MIND &
BODY TO CREATE BALANCE WITHIN ME?

IF YOU HAVE LESS THEN 3 DAYS OF
BLEEDING, OR MORE THEN 8, PLEASE
CONSULT WITH YOUR DOCTOR.

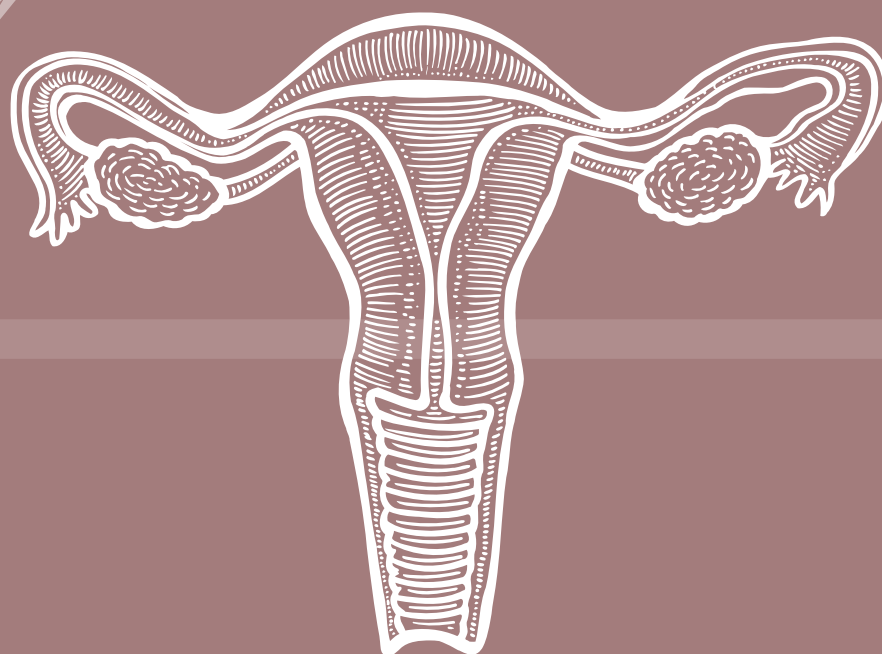
Fem Cycle Flow

FOLLICULAR



MENSTRUATION

VISIONARY



ENCHANTRESS

MAIDEN

MOTHER

OVULATION



LUTEAL

“THE PSYCHES & SOULS OF
WOMEN ALSO HAVE THEIR OWN
CYCLES & SEASONS OF DOING
& SOLITUDE, RUNNING &
STAYING, BEING INVOLVED &
BEING REMOVED, QUESTING
AND RESTING, CREATING &
INCUBATING, BEING OF THE
WORLD & RETURNING TO THE
SOUL-PLACE.”

CLARISSA PINKOLA ESTES



Sacred Feminine

Embodiment



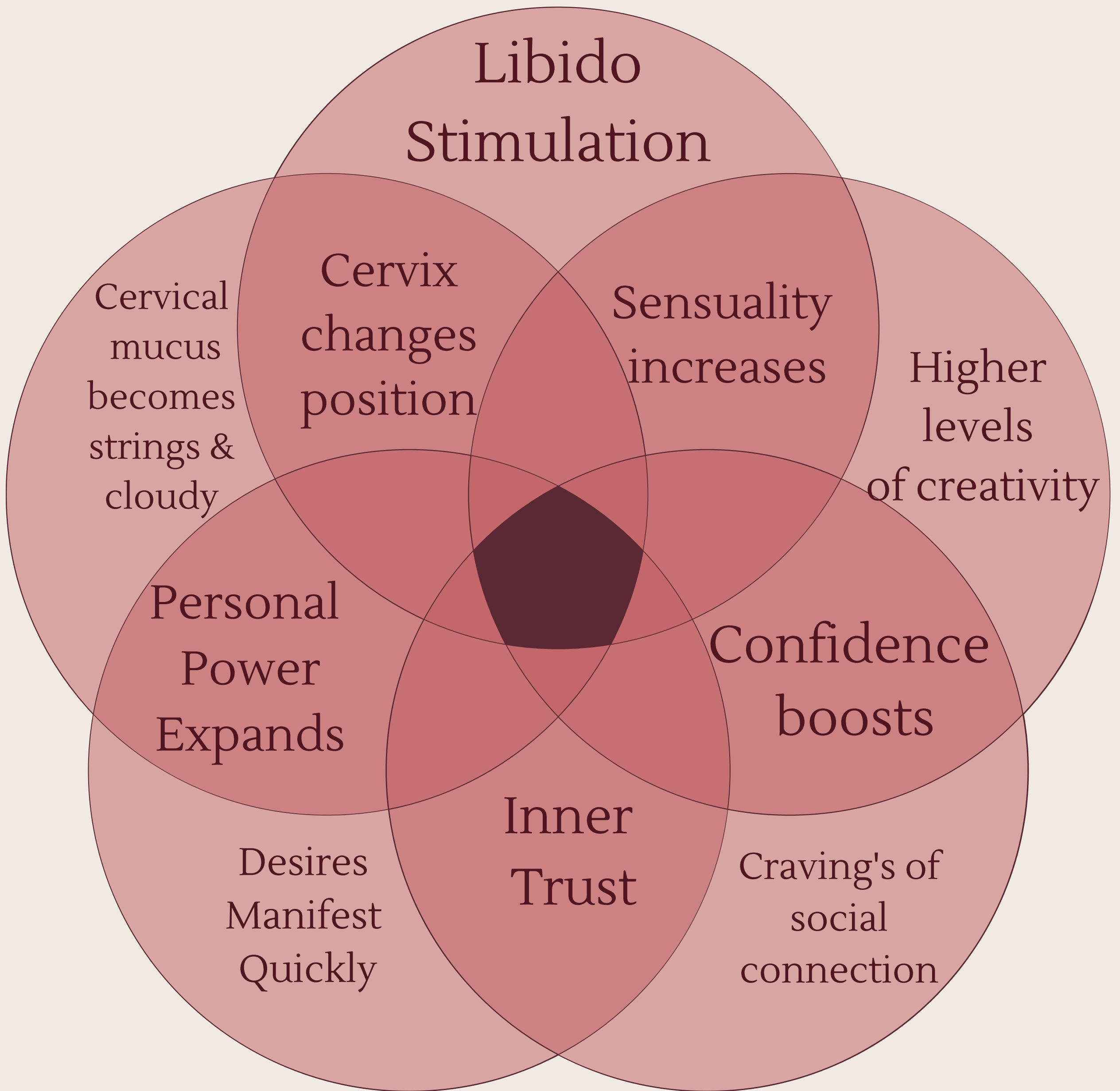
When a womxn learns the seasons of her body, and chooses to work with them from a space of devotion towards personal growth - BIG magic happens! Simply learning these four phases of menstruation will guide you deeper into embodiment of your full self.

Embodiment is the blessing of knowing, trusting, and evolving yourself. When a womxn is embodied, she knows herself. She is in tune with how she is feeling - mentally, physically, and spiritually. Her intuition is on point, bringing her in deeper connection with all of life.

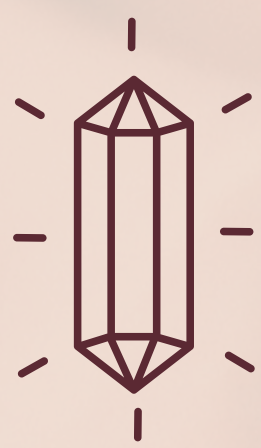
You can learn all there is to know about being a womb-bodied human, but that doesn't mean you will be fully embodied. Embodiment comes from a state of actively anchoring yourself in your body through awareness and practices that guide you into resonance.

In this next phase of our work together in the Sacred Womb Path, I will be sharing with you rituals, archetypes, and techniques that will bring you a practical + magical way to invite in Sacred Feminine embodiment! Within this work, you are totally invited to make this work for you! Tread as deep or light as best serves you. Be willing to explore your own intuitive practices of embodiment

How to know if you're Ovulating



@earthney_energy



RITUALS TO *Deepen* YOUR EMBODIMENT

1. SACRED SELF LOVE DATE

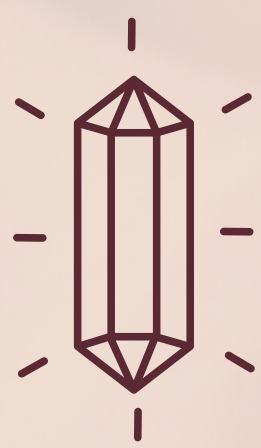
This ritual is a potent activation for welcoming deeper happiness & pleasure into your life! Carve out one night a week 3-4 hours where you nourish yourself with an at-home date night. Light candles, read, take a bath, dance, make yourself dinner, whatever sets your heart on fire!

2. BODY TESTS

This practice reminds you that your body will never lie to you! Bring your arms out straight from your shoulders and ask yourself a Yes or No question. Then in a horizontal plane, bring your hands together. If your fingers are all aligned that is your Yes, and if they are not aligned, that is your No.

3. ROSE RITUAL

In meditation visualize a Rose of any color blooming in your womb. Allow it to activate pleasure, power, and purpose in your womb space. Then, grow another Rose of a different color in your heart space. Allow it to cleanse and activate your entire body. This practice should take 10-30 minutes.



RITUALS TO *Deepen* YOUR EMBODIMENT

4. INTUITIVE MOVEMENT

Often times it is so easy for us to follow movement practices from an instructor. In this practice, you are invited to awaken intuitive movement for physical & emotional release. This can be in yoga, dancing, and even an aerobic practice.

5. SELF LOVE PLEASURE CEREMONY

Self Pleasure is something many womxn dont feel inspired or even safe practicing. In a ceremonial environment we can evoke our own sexual healing nature for our own embodiment. Make it sacred, light candles, begin with channeling energy healing, and flow wherever your temple guides you to from there. That doesnt have to be pleasuring through your Yoni, it could be a body massage, or sensual breathing.

Whatever works best for you, make it happen!

6. YONI STEAM

This is an ancient healing ritual for feminine bodies. Working with specific herbs, you can create a steam that you squat over for deep nourishment of your vagina. There are an abundance of health benefits from this practice that I invite you to look into! I also create custom steams upon request.

BEING
CYCLICAL
ALSO MEANS
HONORING
SEASONS
OF REST

Taraney Nicole

☾☾● Womb + Moon magic ●☾☾

The cycle of our womb and the moon align in similar cycles. When a womxn tracks how her cycle aligns with the moon, big magic happens. Irregular periods seem to heal, and your cycle experience can easily be deepened simply through moon magic.

This practice invites you to track your cycle, which is great for fertility awareness. Simply track the day of your first bleed as day 1, and then note what phase the moon is in. Day by day track this movement, and witness how much more connected you will feel with all of life.

On the next page is a chart that you can print out to easily see how your cycle aligns with the moon. I love to practice this every few months, and keep teh pages to see how my cycle as evolved over the seasons.

Legends states that most womxn bleed under the Full Moon, and that this will change as she steps in our out of service. I notice that in times when I am working a lot with womxn, hosting gatherings, doing sessions, retreats, and all that there is, my moon switches to the New Moon phase. No matter where it lands, it is perfect for wherever you are at in life.

Yoniverse (Y)

ALL FEMALE BODIES ARE POWERFUL

THE NAME USED TO EXPLAIN THE ENERGY
CENTER OF THE VAGINA / WOMB IS THE YONI.

THE YONI CAN BE SEEN AS YOUR CREATRIX
CENTER

- LIFE EXPANDS FROM HERE, EVEN YOUR
WILDEST DREAMS.

WITH INTENTION + INTUITIVE CONNECTION,
YOU CAN MANIFEST FROM YOUR
YONIVERSE

HERE IS A GUIDED JOURNEY INTO YOUR
SACRED CREATRIX..



LISTEN NOW

The Four Archetypes of
the Feminine Cycle

VISIONARY
MENSURATION

MAIDEN
FOLLICULAR

MOTHER
OVULATION

ENCHANTRESS
LUTEAL

VISIONARY :: MENSURATION

Our intuitive abilities are strengthened when we bleed.

Our Temple asks us to rest, and slow down.
In these fluid ways, our minds tend to wander aimlessly. Paid with our intuitive we can tap into our greatest desires + needs when bleeding.

The visions you get while you bleed are powerful, and when intentionally worked with for soul searching, can offer a potent doorway into your hearts calling.

We are embodied in our wise women energy.

When we bleed, all of life feels it.

The pure magnetic pull of our iron rich blood gavitates energy our way.

When practicing vision work, harnessing the energy of your blood will deeper your psychic gifts + expand the beauty you create with your bloody.

You blood is sacred.
It is a time to go inward
imagine,
invite,
and witness
your life shape-shift.

The visionary dances with all the possibilities presented when we open our minds to pure divine guidance.

MAIDEN :: FOLLICULAR

The Follicular phase reminds us of all the beauty
present i
in our everyday life.

Our hormones, the tissue in our wombs, the energy
flowing through our temple
all points towards creation.

Creative life force glows in the eye of the maiden,
Life praises to meet her actions with abundance.

Working with the archetype of the maiden is
very powerful if you want to dive into your creative
nature.

The 14 days of your follicular cycle are your time
when
taking action will be at its peak power.

Creative projects, collaborations, and all endeavors
can be amplified when you work with the
awareness
+ nourishment of this phase.

Dedicating this time of your month towards
action & change is recommended.
Plan projects, gatherings, & change
during this time!

MOTHER :: OVULATION

Fertility - the time of the great spark.

All of life have its eyes on you as your manifestations are at their highest point of support.

Ask & you shall receive.

Ovulation is a perfect time to put something out in the world. Let the hard work you put in during your follicular phase be seen.

What you choose to share with folx during this time will be heard. When we are in ovulation, it is our nature to persuade. This makes it a perfect time to practice sales, ask for a raise, a date, or anything you want! The world will be less likely to resist you at this time - make it work for you, queen!

It is typically during this time that we feel most embodied, and essentially connected with our authentic self. Self trust seems to resonate more and our actions tend to align deeper with our intentions.

Take note of how you feel during this time, and remind yourself when your hormones begin to change & ripped questioning into your awareness.

ENCHANTRESS :: LUTEAL

Self Discovery, Inner Tending, Mindset Shifts, & Sacred Remembrance are embodied ways of being in the enchantress phase.

The Enchantress is the archetype that tends to seem more edgy than rounded.

She feels it all.

This time in our cycle is where we feel the weight of all that took place since the beginning with our first bleed. all that we have experienced is resting right there, in our wombs all to be felt.

Once ovulation ends, testosterone and estrogen begin to decend brining on confusion, deeper stillness, & in some moments sadness or anxiety.

These embodied experiences have often been classified as "PMS - Pre-menstrual Symptoms" Yes they are indeed & they serve a deep purpose. It is here that we are faced with our own duality; when we have to see what needs to be shed.

This is a holy time that is to be respected. Show up for yourself, nourish, & trust the deep alchemy that is taking place within your temple.



PRACTICING
SELF-LOVE
IS A DEVOTION
TO YOUR
PERSONAL PEACE.
MAKE TIME FOR
YOURSELF & SEE
HOW LIFE SHIFTS.

@earthney_energy

Change the way you live & THE LIFE YOU LIVE WILL CHANGE

My intention with harnessing my menstrual cycle is:

I am going to change my approach to living as a bleeding body by:

Right now my menstrual cycle feels...

I want to experience my cycle as...

My greatest work will be within:

Write a letter about your first bleed

WHAT NEEDS TO *Shift*

Create your ideal self care devotions for your womb



IDENTIFY YOUR PRIESTESS INITIATIONS

1.

2.

3.

WHAT THRESHOLDS HAVE YOU CROSSED IN YOUR WOMB STORY?

1.

2.

3.

WHEN WE ARE ENGAGING
WITH HEALING OUR WOMB,
WE ARE DOING THE WORK OF
THREE GENERATIONS
BACK & FORWARD.

Womb Healing

Womb Healing begins with the acknowledgment of your womb story, as well as all of those who came before you. Integration of purification practices for the womb is the highest service for your wellbeing.

Witness the womb as an organ, energy center, & emotional sponge. Once you bring in healing rituals, you will witness yourself come home to your authentic nature.

VS

Womb Embodiment

Womb Embodiment is when the healing of our womb solidifies with our being, and the evolution begins to ground into our reality. Everyday moments are handled with grace as you know where you are in your cycle + in tune with your energy.

Control, overthinking, & judgement have fully transmute into trust, harmony, & honoring rise in your life. Everyday moments evolve into everyday magic. You are in your creative power & one with all of life.

HOW WE APPROACH *Caring for our temple's* CULTIVATES OUR QUALITY OF LIFE.

The rituals, the tracking, the herbs, and even the self love dates are all tools to be worked with for purification to keep our temple well & nourished.

Embodiment shows up in your everyday. The way you react to life is what the outcome will be. How you show up for yourself defines how devoted you are to the highest good.

If we wish for change in the world, we much first begin with caring for ourselves. Only from here can the world gain sustainable care.

As you heal, embody, and cope with the systems of the Sacred Feminine way, i remind you that this work expands from honoring your relationship to the grand creator. Fore you two are one in the same, & from here infinite portals to healing are open.