



**THE
WOMB
AS A
LIVING
ALTAR**

SACRED WOMB SPACE

For a Womxn, the womb holds the potential to become the altar of our bodies. Through intention, honor, & devotion we can welcome our womb space to manifest into a potent portal for our lives to thrive from. When we focus our energy here, not only are we showing up for the most magnetizing part of our bodies, but we are also giving ourselves permission to enter a more sacred way of be-ing.

Alchemizing the womb into an altar is saying “I worship you” to all of the universe. This physical part of our bodies is directly connected to life’s source. Mystery and magic thrive here, and when we harness this part of us, we harness the full spectrum of our life.

In this e-book we are going to explore the many pathways to invite your womb to structure into a more sacred atmosphere for your spiritual life. This takes place through cleansing & embodiment!

Go sweet, easy, & deep within your sacred womb space!

Xoxo, *Taraney Nicole*

DIMENSIONS OF THE WOMB SPACE



Physical Womb

Hormonal
Health

Emotional +
Spiritual Health

Metaphysical
Womb

De-coding the dimensions of your womb

Attuning your awareness of the physical & metaphysical space of your womb is equally challenging. For many sisters, this space has gone numb, and the only awareness we have of it are the to extremes - sex & bleeding. De-coding the womb space begins tapping into the subtle nature of your life.

Our womb story is a key factor that manifests the state of our womb (well or unwell). From this information, we learn how our womb reacts to change, pleasure, & purpose. All of these factors directly connect to our hormonal health + our emotional/spiritual health. In order to find wellness across our entire being, we must work with the physical & metaphysical womb space.

From balancing our hormones, emotions, & spiritual energy, great harmonization can happen. In order to reach a sacred awakening within our womb space, we must care for her. In the next few pages of this e-book, we will explore questions + practices to unravel deep care for your womb space, so that she can manifest as the altar of your be-ing.

Vaginal + Hormonal Health THE PHYSICAL WOMB

The body will never lie to us, and with our cycle, it is always governed by our hormones, which are a direct reflection of our mental & physical health. When your life is in balance, your hormones & cycle are as well. Answer the following questions to assess how healthy is your physical womb space.

Do you experience painful bleeds?

Is your cycle irregular perfectly balanced?

How is your acne, and does it change depending on where you are in your cycle?

How long is your bleeding phase? 3-4 days is healthiest

What is your PMS experience like?

How do you care for your body? - diet, sleep, substances, & sex. How do these play into your womb health?

Seed Cycling

NOURISHMENT FOR YOUR WOMB CYCLE

Flax and pumpkin promote hormone balance in the first half of our cycle (follicular phase) where estrogen is dominant.

Sesame and sunflower seeds promote hormone balance in the second half of our cycle (luteal phase) where progesterone is dominant.

ADD THESE SEEDS TO YOUR DIET TO SUPPORT EACH PHASE OF YOUR CYCLE FOR AT LEAST 30 DAYS & WITNESS THE SHIFT IN YOUR WOMB RESONANCE.

Emotional & Spiritual Health

THE METAPHYSICAL WOMB

Our vibrational field has an intricate relationship with our physical body. Biofields are created from the physical manifestations of our bodies, which create energy. In the same way, their physical expressions need energy resonance to keep going - therefore, the two live in a symbiotic relationship, which I love to call spontaneous combustion. The womb of course holds its own energy field, known as the Yoni.

The metaphysical womb connects the entire pelvis, including the sacrum. Her energy then runs along the spine into the cerebral cortex to be connected with the nervous system & mind. We can see directly through this in the vagus nerve.

Emotions & Spiritual energy are intimately connected to our womb space through this relationship.

Emotional & Spiritual Health

Through supporting your emotions & energy, you will create a healing ripple throughout your entire womb space.

Intentionally engaging with rituals to cleanse, grow, & heal these elements of your life is the first step to creating emotional & spiritual harmony in your life.

Devote time every week to 1-3 of the following rituals!
Then, track what changes you feel in your resonance!

Rituals:

1. Morning & energy clearing rituals
2. Yoni Steams
3. Movement Medicine - dance, yoga, running, & swimming
4. Earthing - walking with the earth barefoot
5. Intuitive Eating
6. Remove stressors from your life
7. Give your temple what she needs; nourish her



Resonance Creates Radiance

When working with womb healing, we are looking for resonance.

Resonance is the manifestation of sensitizing our womb through attunement of our mind, body, & spirit. Attunement is the purity of tender care for your temple. Your diet, self-care, cleansing rituals, stress reduction, & even relationships play a big role in whether or not you will achieve resonance.

This is why womb healing is a daily practice. Each day we explore a variety of emotions, vibrations, foods, & even thoughts that impact our ability to feel balances & ultimately in harmony with ourselves.


Tending to your physical womb & the emotions that flow through it will create a ripple of vibrational ease throughout your entire life. The recipe for womb resonance is exactly that; care for your body + mind, & your cycle + spirit will be at peace.

Begin now.

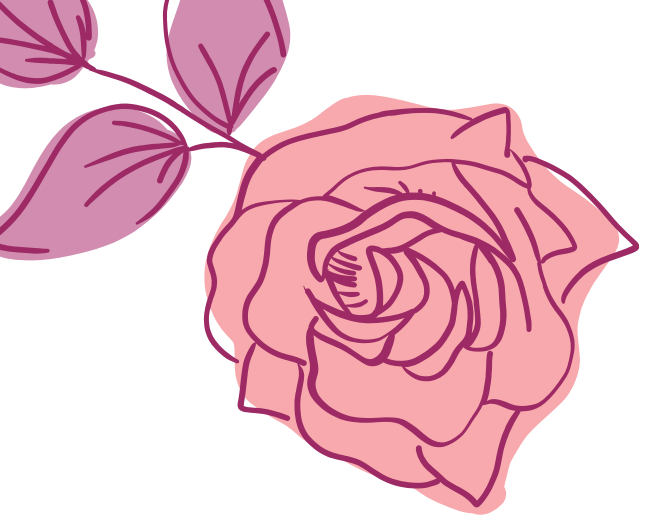
Begin today.

Hold her.

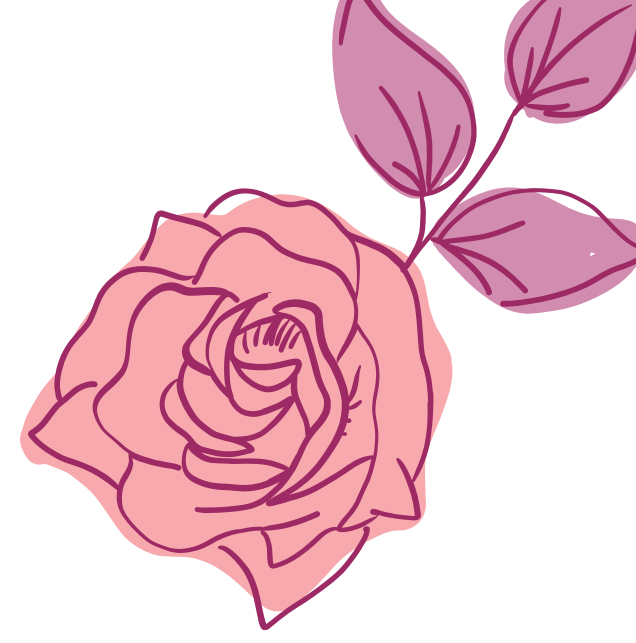
Honor her.



THE
ENERGY
FIELD OF
OUR
WOMB IS
THE ALTAR
OF OUR
TEMPLE



WOMB ALTAR



An Altar is a sacred space that you go to for purification, connection, & depth.

For our bodies, the Womb is this.

Each temple holds an altar, from which great presence is evoked.

Welcoming your womb to evolve into a living altar invites your most embodied, resonant, & well self to exist at the forefront of your being.

The Womb Altar manifests from great self-healing & care for our temples. When you support the full spectrum of your being, great harmony happens.

This may look like devoting 1 day a week to your self-healing, or maybe even 30 minutes a day. Whichever pathway serves you now, may you welcome it into your life now.

