



I AM ALCHEMY

# A JOURNEY TO SOFTEN: RECONNECT TO THE SACRED FEMININE WITHIN



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## A SOFT BEGINNING

Welcome Sacred One,

This is your gentle unfolding. In these pages, may you soften into yourself. May you be guided by your breath, your inner knowing, and the ancient wisdom of the earth. May the sacred feminine rise from within, rooted and radiant.

This is your sanctuary. This is your sacred remembering. The Sacred Feminine is not something outside of you. It is the essence of who you are.

She is the quiet pulse beneath the noise, the cyclical rhythm of your womb, the wisdom in your emotions, and the ancient knowing that lives in your bones.

To awaken the Sacred Feminine is to remember your connection to the Earth, the moon, your breath, your blood, your intuition. She is not linear or rigid - she moves like water, spirals like galaxies, and speaks through dreams, sensations, and synchronicities.

She is the mother, the maiden, the wild one, the healer, the sensual creatrix. She is the space-holder, the truth-teller, the alchemist. She rises through you when you soften, when you listen, when you choose to live in alignment with your cyclical nature.

In a world that praises constant doing and endless productivity, returning to the Sacred Feminine is a radical act of remembrance. It is a return to being, to feeling, to allowing. It is a reweaving of the relationship between your body, your spirit, and the natural world.

This eBook is a guide back to her-through your cycle, your breath, your food, your rituals, your rest. You don't need to become anything.

You only need to remember.

# THE MOON, THE WOMB & THE LINEAGE

## HOW LUNAR ALCHEMY AWAKENS ANCESTRAL HEALING

For thousands of years, women and womb-bearers have lived by the moon's light, aligning their inner rhythms with her phases. The moon is more than a celestial body - she is a keeper of cycles, a mirror of the womb, and a vessel for ancestral memory. Her tides move the oceans, and those same lunar tides move through our blood, our hormones, and our emotions.

In many ancient traditions - from Ayurveda to African, Indigenous, and Celtic lineages - the moon was the timekeeper of fertility, harvest, and ritual. She was honored as a guide for both body health and spiritual lineage work. The new moon marked moments of rest and prayer for the ancestors. The full moon opened portals for celebration, storytelling, and receiving blessings from those who came before. Waning moons were times for cleansing and letting go of generational burdens.

Ayurveda teaches that the moon nourishes *soma* - the cooling, regenerative essence of the body and strengthens *ojas*, the vital life force we inherit from our ancestors. When we honor the moon's cycle in our own bodies, we not only balance our hormones and energy, we also tend to the deep imprints of our lineage carried in our womb and blood.

## WHY ANCESTRAL HEALING FLOWS NATURALLY THROUGH LUNAR ALCHEMY

- The womb is a lineage portal. Science shows that mitochondrial DNA - the energetic blueprint of our maternal line is passed unchanged from mother to child. Our wombs carry the cellular memory of our mother, grandmother, and beyond.
- Trauma and unprocessed grief can be inherited, manifesting as physical symptoms, emotional patterns, or limiting beliefs.
- Moon phases mirror healing stages. The waxing moon builds vitality and strength; the full moon brings visibility and expression; the waning moon supports release; the dark/new moon nourishes renewal.
- Ritual connects body and spirit. By oiling the womb, sipping ancestral herbs, or dancing under moonlight, we bridge the physical with the unseen - healing not only ourselves, but the line before and after us.

When you align your womb with the moon, your body begins to remember an ancient rhythm - one your foremothers once lived by. This rhythm offers hormonal balance, emotional clarity, and an unshakable connection to your roots. It is both personal and collective work: as you heal your own cycles, you shift the energetic blueprint of your family line.

The moon becomes your guide. The womb becomes your altar.  
The lineage becomes your living prayer.

## WHY SYNC TO THE MOON

The moon's 29.5-day cycle mirrors the natural length of the menstrual cycle. In Ayurveda and ancient traditions, aligning with her phases is seen as a way to restore balance, vitality, and intuitive wisdom.

### **Benefits of Lunar Cycling**

**Hormone Harmony** - Natural light rhythms can regulate estrogen & progesterone balance.

**Better Sleep & Energy** - Moon phase alignment supports melatonin & cortisol balance.

**Fertility & Reproductive Health** - Encourages regular ovulation and nourishes shukra dhatu (reproductive tissue).

**Emotional Clarity** - Creates time for release and renewal in harmony with apana vayu (downward flow).

**Intuitive Awakening** - The moon amplifies inner knowing and creative flow.

**Nature Connection** - Restores the ancient bond between body and Earth cycles.

**New Moon Bleed:** Rest, release, restore.

**Full Moon Ovulation:** Glow, create, connect.

## WHERE TO BEGIN

Begin with the Womb Cleanse:

- If your menstrual cycle is already close to the New Moon (few days prior and within 8 days of the New Moon), begin the cleanse 2 days after your menstrual cycle ends. Continue cleanse for 3 days.
- If your cycle does not align with the New Moon, follow the lunar calendar instead. (You can download a lunar calendar app to track your cycle and moon phases.) Start the womb cleanse the day after the New Moon. Continue cleanse for 3 days.

Your body will attune naturally over time. This process can take 1-3 months to synch. Do not use during your bleed.

Use the Elixir and Nourishing Ghee alongside the cleanse for deeper release and renewal. If your cycle is not in synch to the New Moon, follow the lunar calendar.

- Womb Fire Elixir: Use during the Waning and New moon (Luteal and Menstrual Phase)
- Womb Nourishing Ghee: Use during the Waxing and Full moon (Follicular and Ovulation Phase)

Follow the eBook through each phase for guided support with nutrition, breathwork, journal reflections somatic and embodiment practice.

This is not about perfection or exact timing. The moon offers you a rhythm to lean on. Start with the New Moon and trust your body's wisdom to meet you there.

## HERBAL WOMB CLEANSE

This cleanse honors the ancient Ayurvedic Uttara Vasti, a ritual that delivers herbal medicine directly to the yoni (vaginal channel) to purify, tone, and awaken the womb space. It's used during slower phases of the cycle, the luteal and menstrual time, or waning and new moon—when energy naturally turns inward and downward.

### **Why Use It**

- Clears excess heat, dampness, and stagnation
- Supports cycle regularity & healthy flow
- Eases painful cycles, clots & PMS symptoms
- Releases stored emotions & energetic residue
- Preparing to conceive or begin a new creative cycle

### **When to Use**

If your cycle is in Harmony with Moon Phase:

(Bleed with New Moon and ovulate with Full Moon)

- Begin the cleansing practice 2 days after your menstrual cycle ends for 3 days within 8 days of the new moon window — either on alternating days or on three consecutive days.

If cycle is Out of Balance or Menopausal Cycles:

- Begin the nourishing practice the day after the new moon for 3 days within 8 days of the new moon window — either on alternating days or on three consecutive days.

### **Create Your Sacred Space**

- Light a Candle or Incense
- Play soft, nourishing music or simply listen to the rhythm of your breath. Sound helps regulate the nervous system and opens the body to release.

## HERBAL WOMB CLEANSE (CONT.)

- **Set Your Intention.** Place your hands over your womb. Speak quietly, what you are ready to release. This may be old emotions, ancestral residue, physical tension, or stagnant energy no longer serving you.
- **Mantra:** *“I release what weighs heavy. I make space for renewal.”*

### **Preparation For Vaginal Use:**

- Brew 2 tbsp of herbs with 2 cups of water into a strong tea decoction.
- Strain the herbal decoction. The spent herbs can be discarded.
- Cool to body temperature before use.
- Pour into an enema bag for the infusion ritual.

### **Ritual Instructions:**

1. Gently insert the applicator of the enema bag into the vaginal canal.
2. Allow the warm herbal tea to flow slowly into the womb space by releasing the lock or valve.
3. Engage the Womb Muscles
4. While the tea flows, perform a few gentle Kegel holds for several seconds at a time. This helps hold the herbs within and deepens absorption.
5. Complete the Infusion
6. Let the herbal tea flow in completely. Once finished, carefully remove the applicator.

## HERBAL WOMB CLEANSE (CONT.)

### 7. Integration & Stillness

### 8. Rest in sacred stillness. You may choose to:

- Meditate with hand over womb & heart
- Practice soft, conscious breathing
- Journal any feelings, visions, or insights that arise
- Use Womb Ghee to massage the womb space for nourishment

### **Contraindications:**

- During or directly after menstruation (wait 2 days)
- During pregnancy or trying to conceive
- Any vaginal bleeding
- Directly after eating
- Diarrhea
- After emesis, purgation or enema
- Emaciation
- Postpartum: wait 8 weeks and consult Practitioner
- IUD
- Prolapse
- Under the age of 16
- Over the age of 70 (depends on mindset of person)

### **Storage:**

- Cool, dark place
- Shelf life 12 months
- Always use clean spoon

# HERBAL WOMB CLEANSE (CONT.)

## Womb Cleanse Aftercare Guide

### Symptoms You May Feel and Why

After a womb cleanse, the body begins to release stagnation, emotions, and toxins held in the womb–liver–digestive pathways.

This can temporarily show up as:

- Belly bloating
- Emotional heaviness or mood shifts
- Yeast Infection

This is a sign of movement and release — your body’s wisdom making space for renewal.

### Gentle Support for Balance

- Warm Herbal Teas - Sip CCF tea (cumin, coriander, fennel) or ginger tea to soothe bloating and support digestion.
- Belly & Womb Massage - Warm sesame oil or Womb Ghee around your lower belly and lower back. Use soft clockwise circles to move energy and emotions.
- Grounding Foods - Favor warm soups, kitchari, and stewed fruits. Avoid raw, cold, or heavy foods for 1–2 days.
- Movement & Breath
  - Knees-to-chest pose (Apanasana)
  - Gentle twists
  - Deep belly breathing or sighing exhales to soften

## HERBAL WOMB CLEANSE (CONT.)

- Rest & Integration - Create quiet time. Journal, rest, or place a warm compress on your belly to anchor release.

### **When to Pause & Seek Support**

If bloating is severe, painful, or lasts more than 3 days, or if you feel nausea, fever, or sharp pain — pause the cleanse and check in with a practitioner.

**Remember:** Bloating is often the body's way of moving old energy and waste. Trust the process, soften, and return to practices that ground you in your own rhythm.

## WOMB FIRE ELIXIR

This Elixir is liquid alchemy for the woman reclaiming rhythm. When the body slows down in the days before and during bleeding or as the moon wanes into darkness, this Elixir helps open the inner rivers between liver, digestion, and womb.

It supports the natural descent and release process: what the body no longer needs - old hormones, emotions, tension, memory and stagnation is transformed and carried out.

### **Why Use It:**

- “Puffy or heavy” feeling, sluggish bowels, bloat after fatty foods
- Irritability, jaw clenching, shoulder tightness
- Irregular menstrual cycles, reproductive imbalances – Fibroids, PCOS, infertility
- Cycles with clots, painful cramps, fatigue (or post-pill recalibration)
- Creative blocks or feeling emotionally stuck

### **When to Use:**

Luteal Phase / Waning Moon (Cycle days 18-28)

- Your body begins turning inward; energy moves downward and digestion can slow.
- Begin the elixir daily to keep bile, lymph, and emotional flow moving.
- Signs you need it: bloating, irritability, breast tenderness, constipation, PMS, menstrual clots, heaviness.

## WOMB FIRE ELIXIR (CONT.)

### Menstrual Phase / New Moon (Cycle days 1-5)

- The womb is releasing; liver helps clear excess estrogen and old blood.
- Continue gentle doses to support cleansing and emotional softness.
- If bleeding is heavy or you feel weak, pause for 1–3 days, then resume lightly.

### Cycle-Synching Rhythm and Elixir Dosage

Phase	Moon	Focus	Suggested Dose
Luteal (cycle days 18-28)	Waning	Support detox & mood	1-2 tsp AM (add PM if feeling heavy)
Menstrual (cycle days 1-5)	New	Gentle release & flow	1/2-1 tsp AM only
Follicular (cycle days 6-13) & Ovulation (cycle days 14-17)	Waxing & Full	Build & nourish	Pause or reduce to 1/2 tsp every few days

## WOMB FIRE ELIXIR (CONT.)

### Ways to use Elixir during the phases:

1. Upon Rising (before food): Add 1–2 tsp in 1 cup of warm water. Hold the cup at your womb; whisper your intention.
2. Pre-Meal Digestive Awakening: Take 1 tsp in 1 cup of warm water 10 minutes before lunch or dinner to stoke the inner fire and assist bile flow.
3. Evening Unwind: For emotional heaviness, stagnation, feeling stuck or bloating - take 1 tsp in 1 cup of warm water after your last meal.
4. Somatic Alchemy Practice:
  - Place right hand over liver (below right ribs) and left over womb.
  - Sound and Breath: Inhale through nose and long “haa” or “humming” exhale, softening jaw and pelvic floor (5 cycles). (Jaw tightness = womb contraction = flow blocked)
  - Movement: 10 slow hip circles. Finish with shaking the body to complete release and recite Mantra
  - Mantra: *“I release all that no longer serves my creation.”*

**Why this helps:** From an Ayurvedic and psycho-somatic lens, the liver holds unprocessed anger resentment, or boundaries ignored. The womb holds grief, unmet longing, and creativity unexpressed. Breath + touch teaches the body and nervous system to turn tension into flow.

## WOMB FIRE ELIXIR (CONT.)

### **Signs it's working:**

- Easier bowel movements, less bloat after meals
- Calmer mood, less tension and anxiety
- Cycle looks brighter red with fewer clots (if you menstruate)
- Less breast tenderness or head pressure around stressful days

### **Contraindications:**

- **Pregnancy and Breastfeeding:** Consult your Healthcare Practitioner.
- **Trying to conceive:** Best to use this kit prior to conceiving to release stagnation within the body
- **Active ulcers, reflux, gallstones or hiatal hernia:** avoid vinegar or pungent bases.
- **Blood thinners, diabetes, or hypertension medications:** Consult your prescriber
- **Medications and supplements:** allow 60–90 minutes between taking medicines and mineral supplements.

### **Storage:**

- Shake before use; sediment is normal
- Cool, dark place or refrigerate for longer shelf life
- Shelf life: 6 months

## NOURISH THE WOMB

An herbal-infused ghee crafted to replenish the womb, soothe tissues, and deliver deep nourishment through the skin and sacred portals of the body. Rooted in Ayurvedic wisdom, this golden medicine melts into your body's deepest layers - restoring vitality, balancing cycles, and holding you in the ancestral tradition of womb oiling.

### Why Use It:

- If you experience dryness, depletion, or burnout.
- If you hold emotional tension in the womb, belly, or heart and feel disconnected from pleasure or creative flow.
- If you have irregular cycles, painful menstruation, or hormonal imbalance and wish to restore harmony through warmth and nourishment.
- If you are in healing, postpartum, or post-detox phase, rebuilding strength and grounding the nervous system.
- If you feel overextended or constantly giving, longing to reconnect with the feminine art of receiving.

This practice calls in the essence of replenishment, teaching the body and spirit to rest, receive, and flow from fullness.

### When to use:

This ritual honors two expressions of feminine nourishment:

- **Internal (Yoni)** during Follicular & Ovulatory Phases / Waxing & Full Moon — to moisten, tone, and awaken creative energy.
- **External (Womb & Adrenal Massage)** during Luteal & Menstrual Phases / Waning & New Moon — to calm, ground, and restore reserves.

## NOURISH THE WOMB (CONT.)

### Cycle-Synching Rhythm and Elixir Dosage

Phase	Moon	Focus	Method	Frequency
Follicular	Waxing	Build & awaken	Yoni nourishment	During cycle days 6-13
Ovulation	Full	Stablize & tone	Yoni Nourishment	During cycle days 14-17
Luteal	Waning	Ground & calm	Womb & adrenal massage	During cycle days 18-28
Menstrual	New (Dark)	Rest \$ renw	Womb & adrenal massage	During cycle days 1-5

## NOURISH THE WOMB (CONT.)

### **How to Use:**

Follicular & Ovulation Phase (Waxing & Full Moon)

Intention: Awaken vitality, rebuild tissue, and enhance creative & sexual energy.

Use: Womb Ghee (Yoni nourishment).

### **Yoni Nourishment Ritual:**

1. Use daily, in the evenings during day 6–13 of cycle after bleeding stops. (follicular & ovulation phase) Ovulation cycle days 14-17
2. Ritual:
  - Wash hands. Use a clean spoon or applicator to scoop about 2 pea size of the Womb Ghee
  - Gently, use your finger to insert the ghee just inside the vaginal canal (1 inch) and massage around the yoni for deeper absorption.
3. Somatic Alchemy Practice:
  - Place your left hand on your womb and right hand on your heart.
  - Sound and Breath: Inhale through nose and long “haa” or “humming” exhale, softening jaw and pelvic floor (5 cycles). (Jaw tightness = womb contraction = flow blocked)
  - Movement: 10 slow hip circles and recite Mantra
  - Mantra: *“I open to receive nourishment and pleasure.”*
4. After: Rest quietly or sleep.

**Benefits:** Enhances lubrication, balances estrogen, tones vaginal tissue, supports libido, and nurtures creativity.

## NOURISH THE WOMB (CONT.)

### **Luteal & Menstrual Phase (Waning & New Moon)**

Intention: Soothe, ground, and replenish adrenal and womb energy as the body slows and releases.

Use: Womb Ghee (External massage)

### **Womb & Adrenal Massage Ritual**

1. Use daily or as needed, in the evenings during day 18–28 of cycle (luteal & menstrual phase) Menstrual phase cycle days 1-5.

1. Ritual:

- Warm ½ tsp of ghee between palms.
- Gently massage lower belly(womb), and lower back(adrenals)

3. Somatic Alchemy Practice:

- Rest palms over adrenals
- Sound and Breath: Inhale through nose and long “haa” or “humming” exhale, softening jaw and pelvic floor (5 cycles).  
(Jaw tightness = womb contraction = flow blocked)

- Movement: 10 slow hip circles and recite Mantra
- Mantra: *“I restore what has been given.”*

4. After: Rest quietly or sleep.

**Benefits:** Reduces PMS, cramping, anxiety, and fatigue; nourishes adrenal reserves; deepens rest during bleed; reconnects womb–heart–adrenal axis.

## NOURISH THE WOMB (CONT.)

### **Signs It's Working**

- Better or deeper sleep
- Improved vaginal moisture and healthy discharge
- The feeling of energy rise from the sacral center up the body
- Reduced hot flashes
- Balanced emotions and reduced anxiety
- Increased creativity and heart openness

### **Contraindications:**

- Pregnancy: Avoid internal use; external massage only.
- Menstruation: Avoid yoni insertion; use only womb/adrenal massage.
- Active infection, IUD, postpartum (wait 8 weeks): skip internal use.
- Dairy or ghee allergy
- Trying to conceive: Best to use this kit prior to conceiving to release stagnation within the body

### **Storage:**

- Cool, dark place or refrigerate for longer shelf life
- Shelf life: 6 months
- Always use a clean spoon

## CLEARING HEAVY EMOTIONS WITH HERBAL SMOKE

Emotions are energy in motion. When they become stagnant—anger, grief, anxiety, fear—they can linger in the body and aura, clouding clarity and weighing down the spirit. Across ancestral traditions, herbal smoke has been used as medicine for purification, release, and renewal. In Ayurveda and sacred feminine practices, smoke acts as prana for the subtle body—lifting what is heavy and restoring balance.

### **When to Use**

- Before womb rituals, menstrual rest, or healing work
- To cleanse your body and aura after emotional heaviness
- In times of stagnation, grief, or pelvic tension
- Before setting intentions or after a cycle completes

### **Ritual Instructions:**

- **Prepare Your Space** - Open a window or door to let energy flow. Keep a heat-safe bowl or shell for the herbs.
- **Light Your Herbs** - Ignite the bundle or burn loose herbs/resins on charcoal until smoke rises. Blow gently to keep embers glowing.
- **Cleanse** - Guide the smoke around your body—starting at the womb/heart, then moving outward. Pause over areas of tightness (belly for grief, chest for anxiety, throat for anger).
- **Breathe & Release** - Inhale the scent lightly, exhale what feels heavy. Visualize smoke dissolving stagnation and carrying it away.
- **Offer Gratitude** - Thank the plant spirits, your body, and your ancestors for their support. Let the herbs burn out naturally or extinguish with sand.

# THE BLOOMING LIGHT

## **Inner Spring – Follicular Phase (Days 6–13)**

Archetype: The Maiden

Ayurvedic Dosha Influence: Kapha

Elemental Energy: Water + Earth

Lunar Phase: Waxing Moon

### **Archetypal + Ancestral Thread:**

The Maiden rises - fresh, curious, and untamed carrying the hopes of the women who came before you. As sap rises in spring and the moon waxes, you step into the fertile space they once dreamed of, planting seeds in soil enriched by their resilience. Each act of creation honors their unfinished stories and shapes a freer path for those yet to come.

**Mantra: *“I bloom with the dreams of those who walked before me.”***

## NOURISHMENT FOR INNER SPRING

**Womb Needs : Cellular hydration, estrogen support,  
blood building, light cleansing, minerals**

### **Best Foods:**

- Fresh Fruits: apples, berries, pomegranate, kiwi, grapefruit, cherries
- Light Veggies: sprouts, leafy greens, cucumber, zucchini, fennel
- Fermented Foods: sauerkraut (small amount), kefir, pickled beets
- Liver-Loving: dandelion greens, artichoke, parsley, lemon water
- Whole Grains: millet, basmati rice, light quinoa, sprouted wheat bread
- Proteins: mung dal, soft-boiled eggs, lentils, bone broth, tofu
- Seeds & Nuts: soaked almonds, pumpkin seeds, chia, flax seed
- Herbal Tea: spearmint, rose, stinging-nettles, CCF (cumin, coriander, fennel)

## BREATHWORK FOR INNER SPRING

Breath becomes an uplifting current-clearing stagnation, energizing the body, and awakening the creative womb within.

- *A spark for energy renewal*
- *A rhythm for mental clarity*
- *A current for creative awakening*
- *A guide into playful embodiment*
- *A breath of fresh intention and forward motion*

### **Nadi Shodhana – Alternate Nostril Breath**

Hormonal balance, mental clarity, nervous system reset, feminine-masculine integration

#### **Ritual:**

1. Sit comfortably; rest left hand in chin mudra.
2. Right hand:
  - Thumb closes right nostril
  - Ring finger closes left nostril
  - Middle/index fingers rest in palm
3. Close right nostril - Inhale left
4. Close left nostril - Exhale right
5. Inhale right
6. Close right nostril - Exhale left

This is one round. Repeat 7–10 rounds with slow, even breath.

## EMBODIMENT FOR INNER SPRING

### **The Sacred Intention:**

To gently awaken energy, nourish circulation, and activate the pelvic floor. Movement supports lightness, creativity, and building ojas (vitality).

Let your body bloom as your hormones rise-think, soft yet alive.

### **Spinal Spiral + Pelvic Circles**

To reawaken energy along the sushumna nadi (central energy channel) and gently move sexual/creative energy upward.

### **Ritual:**

- Sit or stand, knees soft
- Begin slow circular movement of hips—clockwise
- and counter
- Add shoulder and spine spirals
- Inhale through nose, exhale softly through mouth
- Let it become intuitive movement or dance -
- like painting energy with your pelvis and spine

Use a scarf or silk fabric to move with as a prop -  
this awakens play and flow.

## REFLECTION FOR INNER SPRING

### **The Sacred Intention:**

New beginnings, curiosity, energy building

### ***Reflections:***

- What parts of me are beginning to stir awake after a period of rest or release?
- Where am I feeling the spark of curiosity or desire in my relationships, work, or inner world? How can I nurture it?
- Where am I being invited to open, trust, or take gentle risks?
- 
- How can I bring more play and lightness into my life this week?

## RITUAL OF CREATIVE BLOOM

As your body shifts from the stillness into the light, creative energy begins to stir within the womb. This ritual channels that fresh vitality into self-expression, linking your womb's life force to your voice and hands. By engaging your senses, activating your throat chakra, and giving form to your intentions through art, you call your dreams into being and anchor them into the physical realm.

In ancient traditions, women marked this time with acts of beauty - painting, weaving, or adorning - as a way to honor the fertile ground within and around them.

By drawing your intentions now, you not only seed your own growth but also contribute to the blossoming of your lineage's creative spirit.

### **Center & Breathe:**

Clear space with herbal smoke. Light a candle. Place one hand on your womb, one on your heart. Breathe deeply.



### **Awakening Sip:**

Slowly drink lemon-mint water or your choice, feeling the cool freshness enliven your senses and tissues. Imagine this hydration reaching the womb, "watering" the seeds of your creative cycle.



### **Womb-Voice Connection:**

Sit comfortably, hands over your womb. Take a deep breath in, and on the exhale, hum gently. Repeat for 5 breaths, feeling the vibration travel from womb to throat, activating the vagus nerve.

### **Draw Your Seeds & Activate The Creation:**

On your paper, draw shapes, colors, or symbols that represent what you want to grow this cycle. Don't overthink, allow your hand to be guided by sensation and intuition. Hold your object of new beginnings over your drawing. Say aloud: "I plant my visions in fertile soil. They grow in beauty, ease, and perfect timing."



### **Close in gratitude**

Place your drawing somewhere you'll see daily. Keep your chosen object on your altar or in a special place until the cycle completes.



## THE RADIANT BLOOM

### **Inner Summer – Ovulation (Days 14–17)**

Archetype: The Mother

Ayurvedic Dosha Influence: Pitta

Elemental Energy: Fire + Water

Lunar Phase: Full Moon

### **Archetypal + Ancestral Thread:**

The Mother stands in her fullness, radiant and magnetic, embodying the living prayer of her lineage. Your joy, love, and creative expression are medicine that ripples through time - healing what was lost and magnifying what was sacred. In your bloom, your ancestors are seen, celebrated, and restored.

**Mantra: “*I embody abundance,  
and my joy heals generations.*”**

# NOURISHMENT FOR INNER SUMMER

**Womb Needs:** Cooling, liver cleansing, gut support, hydration, aphrodisiac, sensuality

## **Best Foods:**

- **Cooling Fruits:** watermelon, grapes, cantaloupe, pears, mango
- **Bitters:** arugula, dandelion greens, endive, turmeric
- **Mineral-Rich:** cucumber, celery, seaweed, spirulina, coconut water
- **Proteins:** mung beans, tofu, white fish, soft eggs, soaked walnuts
- **Whole Grains:** rice, barley, bulgur, oat groats
- **Oils:** sesame seed oil, coconut oil (internally & topically)
- **Spices:** coriander, mint, dill, fennel, cacao
- **Herbal Tea:** hibiscus, rose, damiana, mint, burdock root, CCF (cumin, coriander, fennel)

## BREATHWORK FOR INNER SUMMER

Activate life force, expand heart energy, express emotion, and awaken your sensual presence through breath.

- Activates prana and sensual energy
- Opens the heart and emotional flow
- Enhances connection, creativity, and radiance
- Grounds high energy into presence
- Supports hormonal flow

### **Breath of Pleasure (Soft, Wave-Like Breath)**

A gentle, sensual breath that awakens sensation and feminine flow.

#### **Ritual:**

- Sit or recline with relaxed spine and soft music (optional).
- Inhale slowly through the nose for a count of 4.
- Exhale with a gentle moan through the mouth (count of 6–8).
- Let the sound vibrate through the chest and pelvis.
- Add pelvic rocking or circles if it feels natural.
- Repeat for 5–7 minutes with eyes closed, tuned in to bodily sensation.

Optional: Breathe through slightly parted lips to awaken sensuality.

# EMBODIMENT FOR INNER SUMMER

## **The Sacred Intention:**

To expand heart and womb energy outward, activate sensuality and confidence, and express embodied pleasure. Movement is open, flowing, and magnetic.

## **Ritual:**

- Light a candle or wear something that makes you feel alive, radiant, and feminine. Invite pleasure into the space through scent, music, or soft fabrics.
- Womb-Hearth Awakening (2–3 min)
  - Stand or sit. Place one hand on your womb, one on your heart. Begin slow, circular breaths into the pelvis and chest. Inhale through the nose, exhale through the mouth with a soft sigh. Feel your inner bloom expanding.
- Pelvic Pulse Activation (3–5 min)
  - Start gentle hip circles, imagining energy spiraling at the base of the spine. Sync breath with subtle pelvic floor pulses — engage on the inhale, soften on the exhale. Let the rhythm build.
- Sensual Flow Dance (5–10 min)
  - Put on music that stirs your sensual essence. Let the body move freely — hips, belly, chest — in waves and spirals. Touch your skin with reverence. This is a sacred dance of feminine expression.
- Magnetism Mudra + Stillness (2 min)
  - Sit or lie down. Bring palms to your lower belly thumb/index fingers touch creating upside down triangle. Visualize glowing light radiating from your womb center. Repeat silently: “I radiate joy. I express love. I am magnetic.”

## REFLECTION FOR INNER SUMMER

### **The Sacred Intention:**

Expression, sensuality, radiance, connection

### **Reflections:**

- What am I ready to share, give, or pour into the world from overflow rather than depletion?
- What does pleasure mean to me right now and how am I allowing it to flow through my body?
- What emotions rise when I am most visible and how can I tend to them with compassion?
- In what ways can I connect with others in authenticity and joy, without losing my center?
- What boundaries or grounding rituals help me stay embodied as I expand outward?

## RELEASE UNDER THE FULL MOON

### A RITUAL TO LET GO OF WHAT NO LONGER SERVES YOU

"The Full Moon magnifies everything - your joy, your truth, and your burdens. It is the perfect moment to witness what no longer serves, bless it, and let it dissolve into light. As you release, you are also clearing the weight carried by those who came before you, creating space for new blessings to flow through your lineage in the cycles to come."

#### **Center & Breathe:**

Clear space with herbal smoke. Light a candle. Place one hand on your womb, one on your heart. Breathe deeply.

#### **Write & Reflect:**

In your journal, write:

- What am I ready to release?
- What emotions or patterns no longer serve my joy, sensuality, or power?

Write down all emotions, stories, or attachments that feel heavy or outdated.

#### **Burn & Release:**

On a small piece of paper, write what you're releasing. Burn it safely in the candle flame or fire bowl. As it transforms, whisper: "I release with gratitude. I open to receive."

#### **Close in gratitude**

Thank yourself for the courage to release. Place your hands over your heart. "I am free. I am renewed. I am open to what serves my highest good."



## THE INNER ALCHEMY

### **Inner Autumn – Luteal Phase (Days 18–28)**

Archetype: The Enchantress

Ayurvedic Dosha Influence: Vata + Pitta

Elemental Energy: Fire + Air

Lunar Phase: Waning Moon

### **Archetypal + Ancestral Thread:**

The Enchantress moves inward, her fire glowing low but strong, illuminating the truths that must be faced. In this descent, you have the power to name and release patterns carried through your bloodline. By honoring your raw emotions and fierce boundaries, you transform inherited pain into wisdom and self-trust.

**Mantra: *“I honor my truth and release what is not mine to carry.”***

# NOURISHMENT FOR INNER AUTUMN

**Womb Needs:** Blood sugar balance, warming comfort, detox, mood stability, grounding

## **Best Foods:**

- **Complex Carbs:** root vegetables, buckwheat, oats, roasted squash
- **Slow-Cooked Stews:** kitchari, sweet potato dal, lentil curry
- **Magnesium & B vitamins:** sunflower seeds, sesame, avocado, brown rice
- **Mood Support:** saffron or golden milk, cacao with almond milk & cinnamon
- **Womb Fats:** herbal ghee, flax oil, sesame oil
- **Sweet Veggies:** carrots, beets, pumpkin, yams, sweet potatoes
- **Proteins:** mung dal, chickpeas, miso, tempeh, pasture-raised eggs
- **Herbal Tea:** ginger, lemon-balm, ashwagandha, CCF (cumin, coriander, fennel)

## BREATHWORK FOR INNER AUTUMN

As progesterone rises and energy begins to turn inward, the breath becomes a sacred tool to:

- Soothe irritability and anxiety
- Slow mental spirals
- Regulate mood shifts
- Guide emotional release
- Connect with your intuitive, descending wisdom

### **Breath + Sound: “HA” Womb Exhale**

This practice combines intentional exhalation with vocalization to release premenstrual tension and emotional stagnation.

### **Ritual:**

- Sit or lie down, one hand on heart, one on womb.
- Inhale through the nose slowly and feel your belly expand.
- Exhale through the mouth with a deep “Haaaaaaa” sound stimulating the vagus nerve.
- Let the sound come from your womb or low belly.
- Imagine you are exhaling stuck energy or emotion.

Repeat 10 times. Allow emotion, tears, or yawns to come. This is an emotional detox through breath.

## EMBODIMENT FOR INNER AUTUMN

### **The Sacred Intention:**

To balance rising inner heat, soothe the nervous system, and support inward reflection while grounding scattered energy.

Movement focuses on rooting, releasing excess fire, and preparing for rest.

### **Somatic Womb Dance or "Emotional Shaking"**

Let your body speak the unspoken through freeform, primal movement.

### **Ritual:**

- Begin in stillness, kneeling or seated. Tune into any emotion arising (frustration, grief, irritability).
- Start shaking your limbs, hands, hips, and head in erratic, organic rhythms.
- Let your breath release through sound: sighs, moans, groans, tones.
- Shift into fluid pelvic spirals, figure-eights, or hip circles.
  - Dance as your wild feminine, not for performance, but for release.

End in stillness, lying on the ground in Savasana, holding your womb gently.

## REFLECTION FOR INNER AUTUMN

### **The Sacred Intention:**

Inner awareness, emotional truth, preparation

### **Reflections:**

- What is asking to slow down or be simplified in my life right now?
- What emotions have I been avoiding that now rise to the surface?
- How can I express anger, irritation, or grief in a healthy and embodied way? Describe location and sensation within the body.
- Where do I need to say “no” so that my “yes” becomes sacred again?
- What am I ready to shed before entering the stillness of Inner Winter?
- What lessons is my body teaching me about letting go with grace?

## FORGIVENESS RITUAL – RELEASING THE WEIGHT OF THE HEART & WOMB

Forgiveness is not about condoning harm - it is about setting yourself free from the energetic and emotional bindings that weigh down the womb, heart, and nervous system. This ritual creates a sacred space to acknowledge pain, honor lessons, and release what no longer needs to be carried, so your energy can flow freely again.

### **Center & Breathe:**

Clear space with herbal smoke. Light a candle. Place one hand on your womb, one on your heart. Take 10 slow, deep breaths. With each inhale, draw light into your heart. With each exhale, release tension from your womb.



### **Name What You're Forgiving:**

In your journal, write:

- A name or situation you're ready to forgive -this can include yourself, others, or even ancestral patterns.
- Beside each one, write the lesson or strength it gave you.



### **Water Blessing:**

Hold a bowl of water in both hands. Whisper your what you are forgiving into the water, imagining the emotions flowing out of you and into the liquid. Let tears flow.



### **Release Into The Earth:**

Pour the water into the earth or a potted plant, giving the emotions back to nature to be composted.



### **Close in gratitude**

Thank yourself for the courage to release. Place your hands over your heart and womb. "I free myself from this weight. I honor the lessons. I choose peace."

## THE SACRED BLEED

### **Inner Winter – Menstruation (Days 1–5)**

Archetype: The Crone

Dosha Influence: Vata

Elemental Energy: Air + Ether

Lunar Phase: New Moon (Dark Moon)

### **Archetypal + Ancestral Thread:**

The Crone descends into the dark womb of the Earth, carrying the wisdom of all who bled before you. Here, in the quiet void, you rest in their embrace and release what no longer serves - for yourself and for your lineage. Each drop of blood becomes an offering, cleansing inherited heaviness and making space for renewal.

**Mantra: *“I rest, I release, I return  
to the wisdom within.”***

## NOURISHMENT FOR INNER WINTER

**Womb Needs :** Warmth, easy digestion, iron replenishment, grounding nourishment, releasing stagnation

### **Best Foods:**

- Cooked Root Veggies: carrots, beets, sweet potatoes, turnips
- Stewed Fruits: prunes, dates, figs, cooked apples with ghee & cinnamon
- Whole Grains: oats, quinoa, cooked rice, amaranth
- Soups & Stews: lentil soup, kitchari with ghee, vegetable broth, bone broth
- Iron-rich: black sesame seeds, molasses, beetroot, stinging-nettles tea
- Healthy Fats: ghee, sesame oil, avocado
- Warming Spices: ginger, cumin, cinnamon, fennel, turmeric
- Herbal Tea: ginger, lemon-balm, tulsi, mugwort, CCF (cumin, coriander, fennel)
- Avoid caffeine & icy drinks

## BREATHWORK FOR INNER WINTER

Just as the womb sheds, the breath supports the shed of physical tension, emotional residue, and mental overstimulation. Exhale into the void.

- Grounding and inward focus
- Emotional softening
- Womb-awareness
- Pain or cramp relief
- Accessing altered states of inner wisdom

### **Oceanic Ujjayi Breath (Victorious Breath)**

Soft and rhythmic, Ujjayi breath mimics the sound of waves, helping you enter meditative, dream-like states.

#### **Ritual:**

- Sit or lie down in stillness.
- Inhale through the nose, slightly constricting the throat.
- Exhale through the nose with the same constriction, creating a soft ocean sound in the back of your throat.
- Keep the breath slow and steady, letting it rock you like a tide.

Practice for 7–10 minutes during bleeding while resting or meditating.

## EMBODIMENT FOR INNER WINTER

### **The Sacred Intention:**

To slow down, ground into the womb, support downward flow (apana vayu), and release tension and emotional stagnation. Movement here is minimal and meditative.

### **Walking Meditation (Earth-Womb Connection)**

Womb-focused breath invites release.

Let the energy flow downward and clear what is ready to go.

### **Ritual:**

- Walk slowly, barefoot if possible
- With each step, silently repeat: “With this step, I return to myself.”
- Keep your awareness on your pelvis, feet, and breath
- This stabilizes the Vata energy (apana vayu) that rises during bleeding

## REFLECTION FOR INNER WINTER

### **The Sacred Intention:**

Letting go, inward stillness, deep listening

### **Reflections:**

- What am I ready to release physically, emotionally, or energetically with my bleed?
- Where in my body do I feel spaciousness when I soften and let go?
- How can I honor my intuitive knowing instead of seeking external validation?
- How can I honor my body's need for deep rest without guilt?
- What does my body crave for comfort, warmth, and replenishment right now?
- As my body releases, what new energy or inspiration wants to be seeded within me?

## NEW INTENTIONS FOR THE NEW MOON A RITUAL TO PLANT YOUR INTENTION INTO THE EARTH

"The New Moon is a fertile, unseen womb space - perfect for sowing intentions that will grow with the lunar cycle. Using plantable paper connects your dreams to the Earth and to the hands of the women who planted before you, allowing your intentions to root, bloom, and carry healing through your lineage in divine timing."

### **Center & Breathe:**

Clear space with herbal smoke. Light a candle. Place one hand on your womb, one on your heart. Breathe deeply.



### **Write your intention:**

On the plantable paper, write 1-3 heart-led intentions or mantras. Keep them present tense and soul-nourishing.



### **Infuse intention with energy:**

Hold the paper to your heart and visualize it glowing with light and love. Whisper your intentions into it and feel the positive emotion as if it has already come to life.



### **Plant it:**

Place paper into soil. Cover gently.

Close your eyes. Feel the Earth receive your prayer.



### **Close in gratitude**

"May these seeds grow in harmony with the cycles of nature and the desires of my heart."

# EMOTIONS AS SACRED PROTECTORS

Your body is the first temple of healing. Emotions are not meant to stay trapped in the mind - they live in the body, and they ask to be felt, moved, and released. Somatic practices are simple, embodied pathways that help you listen to what your emotions are protecting, give them safe expression, and then return to balance. Through the lens of Ayurveda, somatic wisdom, and the Sacred Feminine, every emotion carries a purpose - a shield, a warning, or an invitation to open deeper.

## **Ayurvedic Lens on Emotional Protection**

- Emotions are expressions of the doshas (Ayurvedic constitution)
  - Pitta = anger, intensity = protects integrity & truth.
  - Kapha = grief, sadness = protects by grounding & slowing us down to heal.
  - Vata = fear, anxiety = protects by keeping us alert & adaptive.
- **When expressed and moved through, they restore balance. When suppressed, they create disease (dis-ease) in tissues, especially in the womb, liver, and heart.**

## **Anger: The Fire of Boundaries**

- Protects integrity, personal truth, and sacred space.
- Arises when something feels unjust or unsafe.
- Without it, we risk losing our voice or giving our power away.

How anger shows up in the feminine body

- Where it lives: Liver, blood, jaw, womb.
- Feminine body expression:
  - Pelvic tension or cramping.
  - PMS, clotting, heavy bleeding (Pitta heat).
  - Jaw clenching, teeth grinding, headaches.
  - A “hot” womb or burning sensations.
- Sacred message: Anger rises to protect boundaries and reveal where your truth is being silenced.

## EMOTIONS AS SACRED PROTECTORS

### **Sadness & Grief: The Waters of Release**

- Protect the heart by dissolving heaviness.
- Tears are a sacred cleansing - a cooling, watery medicine that prevents us from burning out.
- They connect us to ancestors and lineage release.

How sadness & grief shows up in the feminine body

- Where it lives: Lungs, chest, heart, breasts, womb.
- Feminine body expression:
  - Breast tenderness or heaviness.
  - Constriction in chest or heart palpitations.
  - Infertility or irregular cycles (Kapha stagnation).
  - Pelvic heaviness, fluid retention, lethargy.
- Sacred message: Grief softens us, asking us to release what is too heavy to hold alone. Tears are medicine that cool the fire and open the heart-womb channel.

### **Fear & Anxiety: The Winds of Awareness**

- Protect life by sharpening the senses.
- Keep us alert to danger or misalignment.
- Fear is the nervous system whispering, “Be aware.”

How fear & anxiety shows up in the feminine body

- Where it lives: Nervous system, adrenals, kidneys, pelvis, digestive tract.
- Feminine body expression:
  - Irregular or absent menstruation (Vata imbalance).
  - Cold womb, low libido, vaginal dryness.
  - Digestive unrest — bloating, constipation, loss of appetite.
  - Shakiness, insomnia, overthinking, disconnection from the body.
- Sacred message: Fear arises to keep us alert — but it invites us to ground, root, and return to the body when it overwhelms.

## EMOTIONS AS SACRED PROTECTORS

### **Joy & Love: The Blossoms of Connection**

- Protect connection and trust.
- Keep the womb–heart channel open for vitality, fertility, and creativity.
- Without them, we fall into isolation.

### How love shows up in the Feminine body

- Where it lives: Heart, breasts, womb, skin.
- Feminine body expression:
  - Soft, open chest and relaxed shoulders.
  - Flow of oxytocin = increased fertility, milk flow, and heart–womb connection.
  - Warmth in the pelvis and breasts.
  - Desire for connection, touch, and intimacy.
  - Skin glowing, eyes shining.
- Sacred message: Love is the nectar of the feminine body — it heals, bonds, and protects by keeping us open to giving and receiving.

### How joy shows up in the Feminine body

- Where it lives: Solar plexus, womb, nervous system.
- Feminine body expression:
  - Lightness and fluidity in movement.
  - Increased blood and prana circulation (radiant glow).
  - Healthy libido, creativity, and playful energy.
  - Balanced cycles — ovulation is often the peak of joy in the body.
  - Laughter and vocal expression flowing easily.
- Sacred message: Joy is the expansion of life-force (ojas) - it nourishes tissues, stabilizes hormones, and restores vitality.

# I AM ALCHEMY

## EMOTIONAL MAP OF THE FEMININE BODY

Emotion	Where It Lives	How It Shows Up in the Feminine Body	Sacred Message
<b>Anger</b>	Liver , Blood, Jaw Womb	Pelvic tension/cramping, PMS & clotting, Jaw clenching, Heat in womb/head	Protects boundaries; asks you to speak truth and claim your sacred space
<b>Sadness / Grief</b>	Lungs, Chest, Heart, Breasts, Womb	Heavy chest, Breast tenderness, Pelvic heaviness, Fluid retention, Lethargy	Softens the heart; invites release through tears and surrender
<b>Anxiety / Fear</b>	Nervous system, Adrenals, Kidneys, Pelvis, Digestion	Irregular/absent cycles, Cold womb, Digestive unrest, Shakiness, insomnia, overthinking	Protects life by sharpening awareness; calls you to ground + root
<b>Love</b>	Heart, Breasts, Womb, Skin	Open chest, Oxytocin flow, Pelvic warmth, Glow of skin & eyes, Desire for intimacy & connection	The nectar of the feminine; bonds heart and womb, opens giving/receiving
<b>Joy</b>	Solar plexus, Womb, Nervous system	Fluid, playful movement, Radiant glow, Healthy libido, Creativity, Laughter and expression	Expands life-force (ojas); nourishes tissues, balances hormones, restores vitality

## SOMATIC PRACTICES FOR EMOTIONAL RELEASE

Emotion	Quick Somatic Path	Why It Helps
<b>Anger</b>	Stomp + Push: Stomp feet firmly, exhale “No!” Push palms into a wall or pillow, then release	Channels fiery energy outward, resets boundaries, grounds excess Pitta
<b>Sadness / Grief</b>	Pillow Hold + Rock: Hug a pillow to chest, rock side to side, allow tears/sighs. Place a bowl of water to “catch grief”	Rocks soothe nervous system; Tears as sacred water release heaviness from chest & womb
<b>Anxiety / Fear</b>	Butterfly Tap + Hum: Cross arms over chest, tap left-right while humming low; Gentle bouncing in knees	Bilateral tapping regulates the nervous system; Vibration + rhythm ground scattered Vata
<b>Love</b>	Heart-Womb Breath: One hand on heart, one on womb. Inhale into both, exhale whisper “I am safe to receive”	Expands oxytocin flow; Strengthens heart-womb channel and trust in connection
<b>Joy</b>	Dance + Laugh Release: Sway hips, circle arms, shake body freely; Smile and laugh out loud	Movement frees prana; Laughter tones vagus nerve, nourishes ojas and creativity

## A GUIDE: SOMATIC PATHWAYS FOR EMOTIONS

This guide offers step-by-step rituals - grounding, breath, sound, touch, and movement - that you can call on when emotions arise. Each practice is designed to bring you back into connection with your womb, heart, and nervous system, so that anger can transform into clarity, grief into softness, fear into rootedness, and joy into expansion.

Think of these practices as tools for remembering: when you allow the body to move with your emotions, you alchemize them into wisdom, creating more space for peace, flow, and vitality.

**“Name”** - Begin by naming the emotion and noticing where it lives in your body.

**“Nourish”** - Breathe into it, honor it, and give it safe space to move.

**“Surrender”** - Use somatic practices - breath, sound, movement, touch - to release, soften, and return to balance.

### 1. Name it out loud (or whisper)

“This is anger.” / “This is grief.” / “This is fear.” / “This is numbness.”

Why: Naming turns on the thinking brain and lowers intensity.

### 2. Locate it in the body

- Ask: “Where is it most alive?”
- Point to the exact spot (chest, throat, belly, womb, jaw).
- Rate the intensity 0–10.

### 3. Validate the protector

- Say: “Thank you for trying to protect me.”
- Optional: add the function. “Anger protects my boundaries.” “Grief protects my heart.” “Fear protects my life.”

## A GUIDE: SOMATIC PATHWAYS FOR EMOTIONS

### 4. Orient to safety (30–60 sec)

- Slowly look around the room and name 3 things you see, 3 sounds you hear, 3 points of contact your body has with support.
- Let your exhale lengthen slightly.

### 5. Ground the body (30–60 sec)

- Press your feet into the floor; feel weight in heels and toes.
- Press palms into thighs or a wall; feel steady resistance.

### 6. Choose the right breath for the emotion (1–2 min)

- Anger (Pitta heat): Cooling tongue breath (Sitali) or long open-mouth “haa” exhale.
- Fear/Anxiety (Vata wind): Box breath (inhale 4-hold 4-exhale 4-hold 4) or hum on exhale.
- Grief/Sadness (Kapha heaviness): Wave breath-inhale heart lifts, exhale fold slightly and sigh.
- Numbness/Freeze: Sniff-inhale + long sigh (2 short sniffs in, slow sigh out) to re-spark aliveness.

### 7. Move it (1–3 min—pick 1 path)

Anger = Boundary Path

- Stomp rhythmically; on each exhale say “No.” or “Enough.”
- Push into a wall/pillow with a strong exhale; release.
- Inhale deeply, then exhale with a strong lion’s breath (mouth open, tongue out, sound released). Try 3 rounds of shaking—shake your arms, hips, and legs while exhaling with sound (growl, sigh, hum).

Grief = Softening Path

- Hug a pillow to chest; rock side to side; let tears/sighs move.
- Place a bowl of water nearby as an “offering” for your tears.

## A GUIDE: SOMATIC PATHWAYS FOR EMOTIONS

### Fear/Anxiety = Containment Path

- Cross arms over chest (butterfly hold) and tap alternately L/R.
- Gentle bouncing through knees; hum low in chest or womb.

### Numbness = Re-activation Path

- Rub arms/legs/face; shake limbs 30–60 sec.
- Hip circles, then bigger whole-body shaking.

### 8. Voice it (30–60 sec)

- Choose sound that matches the sensation: growl, moan, sigh, or hum.
- Keep the jaw loose; let the tongue relax.

### 9. Complete + soothe (1–2 min)

- Place one hand on womb and one on heart.
- Say: “I heard you. I’m safe now.”

### 10. Integrate (1 min)

- Re-rate intensity (0–10).
- Journal one line: “This emotion was protecting \_\_\_\_\_.”
- If charge remains >4, repeat Steps 6–9 once.

### Safety Notes

- Stay within your window of tolerance - reduce intensity if you feel dizzy, numb, or overwhelmed.
- If trauma memories arise, pause at Steps 4–5 (orient & ground) and return to soft, slow exhale.
- Practice in a private, safe space; barefoot grounding helps.

# MANGO-COCONUT CHIA BOWL WITH SAFFRON & ROSE

## **Follicular & Ovulation Phases**

This recipe is light, cooling, and hydrating, making it perfect for keeping Pitta balanced during high-energy, high-hormone phases. Coconut, chia, and mango work together to nourish tissues, enhance cervical fluid, and sustain energy without heaviness. Rose and saffron add a sensual, heart-opening element that aligns with the outward, magnetic nature of ovulation.

## **Ingredients**

- 1 cup coconut milk (light) (hydrating and tissue-lubricating, supports ojas and cervical fluid)
- ½ cup coconut water (mineral-rich hydration for vitality and fertility)
- 3 Tbsp chia seeds (cooling, lubricating, and rich in plant-based omega-3s for hormone balance)
- 1 cup ripe mango, cubed (sweet, juicy, and Pitta-soothing while providing beta-carotene for reproductive health)
- 1 tsp rose water or 1 Tbsp dried culinary rose petals (heart-opening, mood-lifting, and cooling)
- 3–4 saffron threads (circulatory tonic, mood enhancer, and aphrodisiac)
- 1–2 tsp raw honey (builds ojas and supports reproductive vitality) (add after chilling)
- Pinch of cardamom powder (aromatic, digestive, and mildly cooling)

## **Instructions**

1. In a bowl or jar, whisk coconut milk, coconut water, chia seeds, cardamom, and saffron. Let sit 10 minutes, then stir again to prevent clumping.
2. Cover and refrigerate at least 1–2 hours or overnight until chia seeds form a gel.
3. Just before serving, fold in mango cubes, drizzle with honey, and sprinkle with rose petals.

# MINT-BASIL ZUCCHINI NOODLES WITH LEMON TAHINI DRIZZLE

## **Follicular & Ovulation:**

This dish is light, hydrating, and Pitta-soothing, ideal when hormones are peaking and energy is vibrant. Zucchini, mint, and basil prevent overheating, while tahini and avocado provide healthy fats that support fertility and ojas.

Lemon juice gently supports the liver in metabolizing estrogen, keeping hormones balanced during the fertile window.

## **Ingredients**

- 2 medium zucchini (light, cooling, hydrating, and easy to digest)
- ¼ cup fresh mint leaves (cooling, digestive, and mood-lifting)
- ¼ cup fresh basil leaves (aromatic, antioxidant-rich, and gently cooling)
- 1 ripe avocado (optional) (healthy fats for cervical fluid and ojas)
- 1 Tbsp sesame seeds or black sesame seeds (mineral-rich for reproductive health)

## **Lemon-Tahini Drizzle**

- 3 Tbsp tahini (nourishing healthy fats, supports hormone balance and hydration of tissues)
- 2 Tbsp lemon juice (gently detoxifies the liver for healthy estrogen metabolism)
- 1 Tbsp raw honey or maple syrup (builds ojas and adds natural sweetness)
- ¼ tsp mineral salt (replenishes electrolytes and balances flavors)
- 2-4 Tbsp water (to thin to desired consistency)

## **Instructions**

1. Prepare noodles: Spiralize zucchini into noodles (or use a vegetable peeler to make thin ribbons). Place in a bowl.
2. Add herbs: Tear or chop mint and basil leaves and toss with zucchini noodles. If using avocado, slice and add now.
3. Make the drizzle: In a small bowl, whisk tahini, lemon juice, honey/maple, salt, and water until creamy and pourable.
4. Assemble: Drizzle dressing over noodles, toss lightly, and sprinkle with sesame seeds before serving.

## MOON NECTAR COOLER RECIPE

This drink keeps heat in check while hormones are peaking, preventing excess Pitta from building up during your most radiant phase. It hydrates tissues for optimal cervical fluid and fertility while supporting the liver in gently processing estrogen.

### Ingredients (Serves 1-2)

- 1 cup coconut water (deeply hydrating, electrolyte-rich for cervical fluid and energy)
- ½ small cucumber, peeled & chopped (cooling, mineral-rich, and Pitta-soothing)
- 2–3 Tbsp food-grade aloe vera juice/gel (anti-inflammatory, supports cervical mucus and skin glow)
- 6–8 fresh mint leaves (gently cooling, aids digestion, and refreshes the mind)
- 1–2 tsp raw honey or maple (light sweetness builds ojas (vital essence) and uplifts mood)
- 1–2 tsp fresh lime juice (supports gentle liver detox and estrogen balance)
- Tiny pinch cardamom powder (aromatic, cooling spice that aids digestion without heat)
- Optional: 1 tsp soaked chia seeds (cooling, lubricating, and mineral-rich for tissue hydration)
- Optional: ½–1 tsp rose water (food-grade) or 1 tsp dried culinary rose petals (heart-opening, cooling, mood-lifting)
- Pinch of mineral salt (balances electrolytes and supports hydration at a cellular level)

## MOON NECTAR COOLER RECIPE (CONT.)

### **Instructions**

- Blend coconut water, cucumber, mint, and cardamom until smooth.
- Strain (optional), then stir in aloe, sweetener, and lime.
- Fold in soaked chia seeds and rose water/petals.
- Serve cool (not ice-cold) and sip slowly.

### **Follicular Phase (Inner Spring)**

- Keeps heat in check while hormones begin to rise, hydrates for fertility, and supports gentle liver cleansing.
- Modifications: Add saffron threads for mood and circulation; replace some coconut water with a cooled nettle infusion for extra minerals.

### **Ovulation Phase (Inner Summer)**

- Maintains optimal hydration and cervical fluid quality, prevents overheating, and enhances heart-centered connection.
- Modifications: Add extra rose water for emotional cooling, or skip lime if you're prone to acidity.

## WOMB-NOURISHING KITCHARI

This kitchari is crafted for warmth, grounding, and easy digestion, making it the perfect womb-nourishing meal during the luteal and menstrual phases. Its gentle spices, soft texture, and mineral-rich ingredients replenish energy, soothe cramps, and support the body's natural rhythm of release and renewal.

### Ingredients (Serves 2-3)

- ½ cup split yellow mung dal (light, protein-rich, easy to digest for rebuilding strength)
- ½ cup white basmati rice (grounding and gentle on the digestive system)
- 1 Tbsp ghee (deeply nourishing, supports hormone balance, eases dryness)
- 1 tsp ground cumin seeds (aids digestion and balances Vata)
- 1 tsp ground coriander seeds (cooling to the liver, gently detoxifies)
- 1 tsp ground fennel seeds (soothes bloating and supports hormone metabolism)
- ½ tsp turmeric powder (anti-inflammatory, supports healthy uterine lining release)
- ½ tsp ginger powder or 1 tsp grated fresh ginger (improves circulation and relieves cramps) (reduce if Pitta is high)
- ½ tsp cinnamon powder (warming, grounding, and supports blood sugar balance)
- 4 cups water (or more for a soupier texture)
- ½–1 tsp mineral salt (replenishes electrolytes lost during bleeding)
- Optional vegetables: carrots, sweet potatoes, zucchini, leafy greens, celery (choose seasonal, easy-to-digest veggies)

## WOMB-NOURISHING KITCHARI (CONT.)

### Instructions

1. Rinse mung dal and rice thoroughly until water runs clear.
2. In a pot, melt ghee over medium heat. Add cumin, coriander, fennel, turmeric, ginger, and cinnamon. Stir until fragrant.
3. Add rice and mung dal, stirring to coat with the spices.
4. Pour in water, bring to a boil, then reduce heat and simmer 30–40 minutes, stirring occasionally. Add more water as needed for your desired texture.
5. Add chopped vegetables halfway through cooking so they become tender but not mushy.
6. Salt to taste. Serve warm, topped with extra ghee if desired.

### Luteal (Inner Autumn):

- This warming, grounding meal calms Vata, steadies mood swings, and prevents PMS bloating.

### Menstrual (Inner Winter):

- Gentle on digestion, replenishes minerals, and soothes cramps with anti-inflammatory spices.

### Modifications:

- If you run cold, add a pinch of black pepper or extra ginger for warmth.
- If overheated or inflamed, reduce ginger and cinnamon, and add more coriander and fennel for cooling balance.

## SPICED STEWED FRUIT FOR THE WOMB

### **Luteal & Menstrual Phases**

Soft, warm, and easy to digest, stewed fruit soothes the digestive system, supports gentle elimination, and replenishes minerals lost during bleeding. The natural sweetness builds ojas (vital essence) and comforts both body and mind during times of rest and renewal.

### **Ingredients (Serves 2-3)**

- 2 apples (grounding, fiber-rich, and supportive for digestion)
- 2 pears (hydrating and gentle on the gut)
- 4–6 dried figs or dates (iron-rich, building for blood and energy)
- 2–3 dried prunes (support healthy elimination and reduce bloating)
- 1–2 tsp ghee (deeply nourishing and supports hormone balance)
- ½ tsp cinnamon powder (warming and blood-sugar balancing)
- ¼ tsp cardamom powder (aromatic, digestive, and calming)
- 1 small slice fresh ginger or ¼ tsp ginger powder (boosts circulation and eases cramps) (omit if Pitta is high)
- 1 cup water
- Optional: pinch of saffron for mood and circulation, or a small handful of raisins for extra sweetness

### **Instructions**

1. Chop apples and pears into bite-sized pieces.
2. Add all fruit, spices, ghee, and water to a small pot.
3. Bring to a gentle simmer and cook over low heat for 15–20 minutes, stirring occasionally, until fruit is soft and infused with spices.
4. Serve warm, optionally topped with a little extra ghee.

## GOLDEN MILK RECIPE

Golden Milk is warming, grounding, and restorative - perfect for phases where the body craves nourishment, repair, and calm.

### Ingredients (1 serving)

- 1 cup milk (cow's milk, almond, or oat)
- ½ tsp turmeric powder (fresh grated turmeric is even better)
- ⅛ tsp black pepper (to activate turmeric's curcumin)
- ¼–½ tsp cinnamon powder (warming, sweet, and grounding)
- ¼ tsp ginger powder (optional, for circulation)
- 1–2 tsp ghee (deep nourishment)
- 1–2 tsp raw honey or jaggery (add after cooling slightly)

### Instructions

1. Warm milk in a small saucepan over low heat - do not boil.
2. Whisk in turmeric, black pepper, cinnamon, and ginger until well combined.
3. Stir in ghee or coconut oil until melted.
4. Remove from heat, allow to cool to a drinkable temperature, and then stir in honey/jaggery.
5. Sip slowly and mindfully.

## GOLDEN MILK RECIPE (CONT.)

### **Menstrual Phase (Inner Winter)**

- Soothes cramps, replenishes blood, and supports warmth in the womb.
- Ghee and turmeric help reduce inflammation and support gentle detox of the uterine lining.

### **Luteal Phase (Inner Autumn)**

- Calms the nervous system, reduces PMS irritability, and grounds fluctuating energy.
- Warming spices help balance Vata and Kapha, which can rise in the premenstrual time.

*If you're overheated (high Pitta), especially in summer, reduce or skip the ginger and cinnamon, and use cooling spices like cardamom.*

## CCF TEA (CUMIN-CORIANDER-FENNEL)

CCF Tea is considered an everyday Ayurvedic tonic—gentle enough for daily use, yet deeply balancing across all doshas and menstrual phases.

### **Ingredients (makes 2 cups)**

- 1 tsp cumin seeds (warms digestion, reduces bloating, and kindles agni (digestive fire) without overheating)
- 1 tsp coriander seeds (cooling, gently detoxifying, and supports liver & hormonal balance)
- 1 tsp fennel seeds (sweet, cooling, relieves cramps, reduces water retention, and soothes digestion)
- 2 cups water
- Optional: squeeze of lemon juice or drizzle of raw honey (added after cooling slightly)

### **Instructions**

1. In a small pot, bring 2 cups of water to a gentle boil.
2. Add cumin, coriander, and fennel seeds.
3. Simmer uncovered for 5–10 minutes until fragrant.
4. Strain and serve warm. Add lemon or honey if desired.

## CCF TEA (CUMIN-CORIANDER-FENNEL) (CONT.)

- **Supports Digestion:** Balances agni (digestive fire) strengthening without overheating, reducing gas, bloating, or sluggish digestion.
- **Detoxifies & Balances Hormones:** Coriander and fennel support liver function and estrogen metabolism, helping regulate cycles.
- **Reduces Water Retention & Bloating:** Fennel and coriander act as natural diuretics while keeping tissues cool and hydrated.
- **Soothes Cramps & PMS Symptoms:** Fennel relieves uterine spasms, while cumin warms and improves circulation.
- **Calms the Nervous System:** The blend of sweet (fennel), cooling (coriander), and warming (cumin) creates balance for body and mind.
- **Cycle-Synching Uses:**
  - Luteal Phase (Inner Autumn): Reduces PMS bloating and irritability.
  - Menstrual Phase (Inner Winter): Soothes cramps and supports gentle detox of uterine lining.
  - Follicular/Ovulation (Spring/Summer): Keeps digestion light and cool, supports hydration, and prevents overheating.