

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