



DECODING THE LANGUAGE OF THE WOMB

TEMPLE OF THE WOMB APPRENTICESHIP

DECODING THE LANGUAGE OF THE WOMB

***What if the symptoms you are experiencing are messages from your
body...***

Your body speaks in code, and the code is typically sensational.

Think of your body as a mood ring.

It is always letting you know how it feels, you just need the right kind of skill set to interpret its wisdom.



The majority of humanity is disconnected from the body, which is reflected in our environment and in how we treat the Earth and one another. This is a direct reflection of how we treat ourselves.

When we experience the sensations of the body we usually suppress them and typically push the experience away.

We avoid it, we distract ourselves from it, or we take something to make it go away.

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We don't know how to truly feel, how to listen and how to attune to the body's language.

How many of you have had experiences where you didn't feel safe to say what you really desire or need?

Our society has been designed for you to override yourself, to override your needs, and your experiences.

We typically move away from the uncomfortable sensations rather than towards them.

If you haven't dealt with your experiences if you haven't met them... They can manifest as symptoms or dis-ease.

Symptoms usually start out small, such as a mild headache or a belly ache. When ignored, these can turn into something bigger.



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What if you could understand the language the body speaks, so you can meet those places and give them what they need?

What if those symptoms were calling you and beckoning you to give yourself something?

What if those symptoms were wisdom? What if they were your system calling you to honor a sacred need?



The womb is a hollow, suspensory, detoxification organ that moves in and out of optimal position and is located at the center of your pelvic bowl.

The womb is a hollow organ.

What happens to hollow/empty spaces?

They get filled. The womb becomes filled with your undigested experiences, emotions, and traumas.

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The Womb is more than just an organ. It has emotional, spiritual, and physical components to its health.

You may notice a tendency to resist what is uncomfortable. This is the invitation to bring inquiry into the sensational experience and to explore what is happening beneath the experience of pain.

Many of us have a trauma response that has been built into our system as overriding our needs and overriding these messages.



Your organism and your system built that response in order to protect itself.

You didn't do anything wrong, rather this was inherent wisdom that may now be outdated.

You now need to build a sense of safety inside of yourself.

You need to build a trusting relationship with your body, which is what you are doing here in the Temple of the Womb.

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When you have lived a life of overriding yourself, your body in many ways doesn't trust you, because you have overridden it or allowed it to be overridden.

This means it is going to be more challenging for you to trust your intuition and your inner guidance. This can also manifest as not trusting others too.

This response needs to be healed. If you are held in this pattern, you will misinterpret the symptoms and messages from your body.

You can heal this trauma response through the Art of Inner Alchemy, through attuning to your YES and cultivating practices that support the following of your yes. A Wandering Practice is a beautiful way to start to attune towards the flow state of YES.

It is time for us to change the way we relate to our bodies, and it starts with listening.



A close-up photograph of several pink flowers, likely peonies, with soft, layered petals. The background is a warm, golden-pink hue, suggesting a bright, sunny day. The flowers are the central focus, with some in sharp focus and others blurred in the background.

LISTENING PRACTICE

Let this be the invitation to ask your body what it needs the next time you are experiencing “pain” or symptoms and see what arises.

Remember when you are experiencing symptoms around your menstrual cycle, your womb is speaking to you, you just need to learn how to listen and attune to the messages.

LISTENING PRACTICE

Step One: Ask yourself - **What is my body saying to me right now?**

- ✧ You may notice stories held in your body or in your womb.
- ✧ The womb holds the wounds of the world.
- ✧ As an empath, you may absorb the environment, or you may absorb other people's feelings and experiences.
- ✧ Some of what you are holding inside your womb isn't yours. It can be past lovers, past experiences, undigested experiences, or ancestral wounds.
 - * *What stories are arising? What are you noticing?*
 - * *Who is coming up in your mind?*
 - * *Are you thinking of people or experiences?*

LISTENING PRACTICE

Step Two: Listen... Listen... *Open yourself to listening on all levels.*

- ✧ Hearing nothing is a message.
- ✧ Hearing a story is a message, or seeing an image is a message.
- ✧ Questioning what you are hearing, feeling, or seeing is also a message.
- ✧ Allow yourself to listen.

Step Three: *Honor what you have heard, seen, or felt by saying - **I feel you, I hear you, I see you.***

Step Four: Let yourself receive that. *Let yourself receive being heard, seen, and felt. Breathe.*

Step Five: *Next, ask yourself - **What do I need right now?** Maybe it is more water, maybe it's more sleep, more rest, or nourishing food.*

LISTENING PRACTICE

Step Six: *Give yourself what you need.*

Step Seven: *Thank your body for sharing with you.*

Step Eight: *Seal this in and ground.*

Moving forward, when you experience symptoms implement this practice.

Remember that pain and symptoms are messages from your body and a call to listen to what is going on underneath them.

Use this page for reflections and journaling.

