



THE ART OF LIVING IN RESONANCE



LIFE'S HANDBOOK
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This Sacred Handbook is intended for participants
inside of the **Resonance Ritual**.

The contents within this book are not intended to
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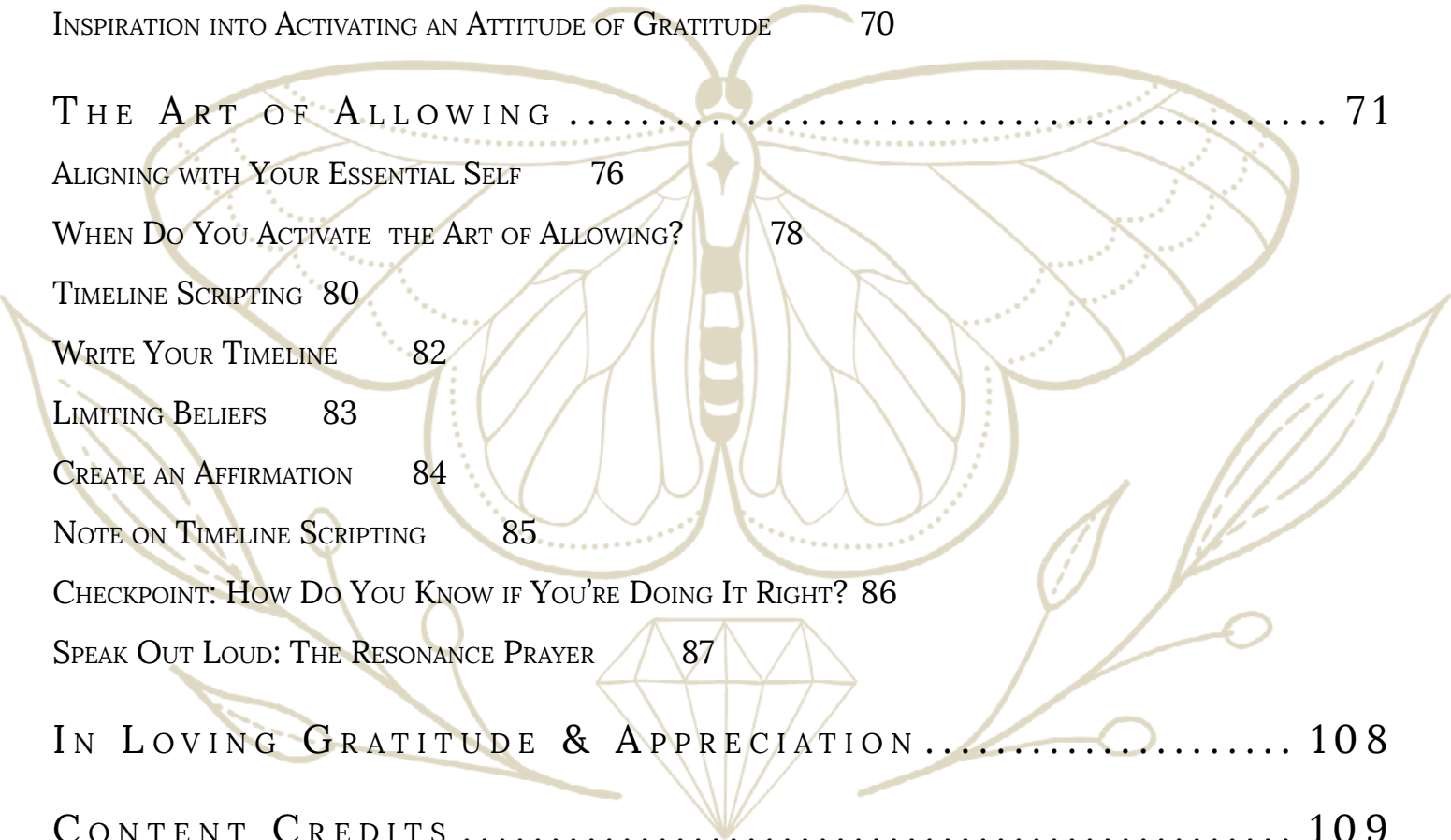
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INTRODUCTION

WELCOME TO THE ART OF LIVING IN RESONANCE





WELCOME BEAUTY,

I am so honored you have been guided to these teachings. Resonance teachings have changed my life in every way.

I invite you to take a breath and honor yourself for following the guidance that brought you here.

Signing up for the Ritual is the easy part, now comes the magical work...

In order to get results, you must take aligned action towards what you are dreaming for yourself and tend to the trail along the way.

I invite you to take this opportunity to set your intentions for how you want to participate in these rituals.

The first 8 modules are KEY to setting the stage for living your life in Resonance.

I would recommend taking a moment and schedule when you want to participate in those first eight rituals and stick to the schedule.

After the first eight modules are completed I would suggest moving through the ritual in order as they are shared in the portal. Each teaching builds upon the previous so it is important to participate with them in order.

Once you complete all of the rituals I welcome you to pick and choose which ones you want to revisit to support your remembrance and your journey into Resonance.

What are your intentions with the Resonance Ritual?



What would you like to see change in your life?

EMBODIMENT PRAYER

SPEAK OUT LOUD:

I am open to receiving the healing and transmission that resonates with my higher vibration.

I am here to remember who I truly am and tap into my unlimited potential.

I am here to expand my perception and to drop into ritual to support and amplify my resonance.

I am grateful to all my teachers, for my life experiences that have led me to this moment.

I am not here to seek perfection, I am here to learn, grow and expand into my true nature.

I am here to honor my sacred needs.

I am here to attune to my truest self and take aligned action.

I understand that all of me is welcome here.

I am a Sovereign Being and that is honored here as I honor others.

I understand that I am responsible for myself and my experiences.

I promise to show up for myself in my deepest capacity.

I am ready to take this journey.

I promise to be gentle with myself.

So be it. So it is.

MODULE ONE

THE ART OF RESONANCE



WHAT IS RESONANCE?



You are an energetic being existing in an energetic environment within a vibrational universe.

Your vibrational offering is your Resonance.

It is the station you are energetically tuned to.

It is unseen, yet it is felt.

Resonance is what you emit out into the world.. It is your radiance, your energy, your vibe.. It is your unique code, the song you sing to the world, it is your energetic signature...

Your Resonance is affected by your life experiences, your thoughts, your beliefs, your habits, by what you eat, by the company you keep, by the environment, by what you watch, what you talk about, and what you listen to...

Your resonance is magnetic, it will draw to you the experiences that match the energetic signature that you're radiating.

Knowing your resonance is empowering because it brings consciousness to something that is unconscious.

Having the power to attune your vibrational signature, to the song you want to emit out into the universe, is what the Resonance Ritual will teach you.

These teachings will shed light onto places that need to change so you can align more with what you desire to experience.

You will begin to see the self-imposed limitations that have been perpetuated.

You will learn specific rituals and practices to shift the narrative and flip the script towards something that is more in alignment with what you are dreaming for yourself.

You will learn how to attune resonance so you can take aligned action towards what you truly desire.

You will clear your energy body of old energetic signatures and outdated holding patterns so you can begin to move towards freedom.



Resonance IS the answer to all of your questions...

You can now ask yourself, **is it or are they in Resonance?**

This will support you in eliminating indecision and in cultivating reciprocal relationships that are in alignment with your true heart song.

Attuning to your resonance helps you understand that you are responsible for how you show up, the energy that you emit, and the vibe that you give off.

These teachings hold the inner knowing that the world is a reflection of YOU. This means that the energy you radiate is reflected back to you through the experiences you have.

If the experiences you are having aren't reflecting what you desire, these teachings will help you to change that.

Resonance gives you the skills in approaching all aspects of life: dharma, love, your physical body, environment, personal well-being, health, wealth, relationships, spirit, and home.

It teaches you how to approach dissonance inside of these aspects of life so you can cultivate more harmony in each of these realms.

When these teachings are embodied you will find more emotional intelligence and freedom.

You will cultivate a healthier response to the world around you, and experience reciprocal relationships, joy, and reflections of kindness and inspiration.



These teachings will support you in aligning more with LOVE and teach you how to navigate your inner realms from a place of honor and power...

It is through Resonance that you will begin to live the life you've always dreamed for yourself, aligned with the loving universe and harmonized with the natural world in which you live.

What is your current state of Resonance?

What's the vibe you give off?

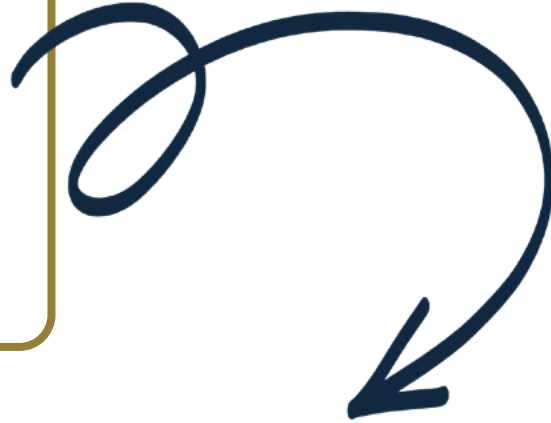
What is the world reflecting back to you?

What are other's experiences of you?

What's the message that you want to be sending out into the world?

What is the energy that you want to bring more forward inside of your life and your relationships?

Does your current state of
Resonance match this energy
you desire to radiate?



What is **one action step** you can take at this moment in order to
support you in singing your heart song?
(This is something you can change **now** - for example drink
more water, go to bed earlier, listen...)

I AM OF A LOVING UNIVERSE

RETURN TO RESONANCE

HOW TO KNOW YOU ARE OUT OF RESONANCE

- * Feeling Confused
- * Overall Exhaustion
- * Feeling Overwhelmed
- * Complaining about People, Life, & Circumstances
- * Experiencing Extreme Stress
- * Avoiding Feeling
- * Mind Just Won't Stop Circling
- * General Irritation, Hopelessness, Anxiety, Worry, Obsessive Thinking, Fear...
- * Feeling Alone, Depressed, Unsupported, Isolated

Steps to Getting Into Resonance

1. **Deep Breaths** : Speak Your **Full Name Out Loud** 3x
2. **Take Time** for Yourself
3. **Breathe** Into Your Heart, Into Your Whole Body
4. **Connect to the Earth** & Celestial Realms : Call Upon Your Guides
5. **Implement** the **Art of Inner Alchemy**
6. **Remember** Who You Are Beyond Your Circumstances
7. **Implement A Spiritual Rx** (Ho'oponopono, Herbal Bathing, Time in Nature, Prayers...)
8. **Self-Assessment** (What have you absorbed that isn't you or yours?)

HOW TO REMEMBER YOUR RESONANCE

You Are Of A Loving Universe

Cultivate an Affirmation & Gratitude Practice

Emotions Are Energy In Motion

Let the emotions move through you.

You are NOT your emotions. You are not your experiences.

You Become What You Believe

What story are you telling yourself?

What limitations or blocks are you caught on?

*Can you shift your perspective to one that allows for the
unlimited possibilities?*

Soften Your Body, Soften Your Mind

Is it ego or is it your Higher Self/Intuition?

We Are Walking A Spiral...

Remember this is a spiral path...

*Can you soften into the remembrance that you are on the
spiral, this too shall pass.*

HONORING YOUR SACRED NEEDS THROUGH RESONANCE

'As with all instruments, you must tune them in order for them to play the song they are meant to play. In the same way, you must tune yourself to the vibrational offering you want to share with the universe. You can't expect your body to be in shape without taking action to get in shape, and you can't expect your voice to sing the perfect tune without exercising it. In the same way, you must attune your resonance, your vibrational offering to what it is you want to truly align yourself with.'

Resonance moves beyond the agenda of the mind and attunes you to your body's wisdom. This stops the cycles of acting from your limiting beliefs and negative subconscious conditioning.

Attuning to your body's wisdom allows you to reconnect to your true nature and act from what is true, rather than what your mind wants it to be or thinks it is.

Through Resonance you can access the greater current of connection to your own sacred needs which are those needs that won't rest until they are met.

By attuning to your body and getting out of the way of your mind and its conditioning, you are better able to listen to and honor your sacred needs.

As you honor your sacred needs, you are also supporting the collective fabric of interconnectedness and global healing.

A close-up photograph of various tropical plants, including palm fronds and broad green leaves, creating a lush, textured background.

HONORING YOUR SACRED NEEDS THROUGH RESONANCE

When you override your Sacred Needs, why are you doing so?

How can you begin to honor your Sacred Needs?

MODULE TWO

THE ART OF INNER ALCHEMY



THE ART OF INNER ALCHEMY



The Art of Inner Alchemy is a step-by-step simple and effective process that encourages you to bring curiosity to your inner experiences, to name them, witness them, and give yourself what it is that you need.

In the Wise Womb Way, we hold the understanding that the body and mind are often separated. Instead of listening, we typically override our body's needs.

As a collective, we have been taught to override ourselves. Trauma and past experiences keep you from being able to **BE** with what arises.

The **KEY** to this work is holding the understanding that each feeling typically has a story attached to it, and as do the sensations that arise inside of your felt experience.

Each of these stories and felt experiences that live inside of you needs to be seen, witnessed, and acknowledged.

When you are able to **MEET** what arises, those pestering repeating cycles begin to shift dramatically.

The point of **Inner Alchemy** is to connect you to your inner wisdom, to your higher self. You don't need anyone else to do this for you. It is the bigger **YOU** meeting the smaller aspects of yourself.

This process helps you to build emotional intelligence and tend to your inner garden. The more empowered you are to tend to your inner landscape the greater capacity you have to be with all of **YOU**.

The result of this superpower is the Art of Listening to all the different aspects of **YOURSELF**... and when you're able to do that, you're able to meet another from a greater capacity of intimacy and vulnerability.

When you're able to amplify your capacity to access those two energetic signatures you have a greater potential for intimacy and vulnerability inside of your relationships and how you relate to the world around you.

You begin to build a trusting and loving relationship with **YOURSELF**. You are then able to trust your gut and your intuition in a way you haven't before...

There is a **POWERFUL** side effect to trusting your gut and following your intuition: you will develop a stronger ability to commune with nature and the unseen realms.

Listen to this guided practice and follow along with the steps on the next page...



INNER ALCHEMY:
HOW TO PRACTICE

7 STEPS TO INNER ALCHEMY

STEP ONE : Notice

Notice the sensations moving through your body & the stories your mind is telling you.

STEP TWO : Speak Out Loud

“I am noticing...”

STEP THREE : Acknowledge

*Acknowledge what you are **noticing**: “I see you, I feel you, I hear you...”*

STEP FOUR : Art of Allowing

Allow yourself to feel what you are feeling. Remember: it’s okay to feel.

STEP FIVE : Self-inquiry

What do I need? What does this part of me need? It must be something YOU can give yourself and is not dependent on circumstances.

STEP SIX : Give

Give yourself what you need. Example: I need love > allow yourself to soften, breathe, and take in what it is you need.

STEP SEVEN : Affirm

Speak out loud what is it you need to hear to feel supported, loved, and held. Example: “I am safe. I am held. I am loved.”

DETERMINING A FULL BODY YES

There is a deep importance of truly knowing what our internal yes is.

When you know how a **TRUE YES** feels then you can orient yourself towards that. You are able to make empowering choices when you recognize the difference between the feeling of yes and no in your body.

If you aren't experiencing a full yes, it's time to slow down, notice the sensations in your body and welcome the opportunity for spaciousness for clarity.

Ask yourself the following questions to interpret what is aligned with your inner knowing vs. self-sabotage and fear.

*What is something you **LOVE**?*

Example: I love kittens... The feeling in my body is - light, fluttering and uplifting... Your answer is an example of what a YES feels like in your body.

DETERMINING A FULL BODY YES

What brings you **great joy**?

Example: Sitting at the ocean watching the whales play - That feeling is light, soft with a quality of leaning back... Your answer is an example of what a YES feels like in your body.

What does a **YES** feel like to you? (use sensory language)

EMBODIMENT PRACTICE

Consider a choice you are currently facing in your life.

Start with a simple choice - like how you want to drive to work. As you are driving to work let your system guide you in how to get there (maybe the path won't be the most efficient or quickest route, maybe your system wants the most scenic route).

Take a few deep breaths, think of what is up for you (picture it, feel it) and ask yourself the following:

*What are you noticing
in your body?*

*What sensations are moving
through you?*

EMBODIMENT PRACTICE

What is the pull you are
noticing within yourself?
Is it pulling you in any
particular direction?

Is there a sensation lingering
in your body?

Once you connect to the sensations you can come back to the
sensory language...
What does the **YES** feel like and what were your answers above?
Do they align?

PRACTICAL APPLICATION IN RELATIONSHIP

When choosing people to be around, practitioners to work with - notice how you feel in their presence. This is your tell.

If you feel empowered with them if you are able to speak clearly and from your heart if you are breathing deeply in a relaxed state or a state of joy VS feeling disempowered, unable to speak your heart, notice shallow breathing.

Do I feel empowered when I am in their presence? Or do I notice a power dynamic playing out?

Love Relationships

When you are attracted to something or someone you also want to look at where the attraction is originating within your body.

How do you feel around them? This is the most important aspect to consider...

How do you FEEL in their presence? Do you feel pulled in towards them? Do you feel pushed away? Do you feel nervous etc?

I (Naomi Love) want to feel comfortable, at ease and a bit of joy when I am in the presence of the person I spend the most time with so feeling nervous, unable to find my words, etc wouldn't be someone I would say YES to spending a whole lot of time with.

PRACTICAL APPLICATION IN RELATIONSHIP CONT.

It's also not to say that our sense is the ultimate TRUTH - however, it is a tell - letting you know there is either something there for you to explore within yourself OR something to explore with them that could be a trigger from a past wound.

When it comes to matters of the heart, our brains can confuse the sensations of “butterflies in your belly,” “heart flutters,” or “the full-body flush” as love, or attraction. That deep desire that comes from within and feels magnetic ... and this can be a trigger.

I encourage you to pay close attention to the sensations in your body in any given situation.

The body doesn't LIE. Through these teachings, you are honing your skills in listening to it and interpreting what you notice.



HOW RESONANCE HEALS TRAUMA

Trauma often overrides and scrambles intuitive guidance from your body, which can lead to feeling like your body is betraying you and your intuition can't be trusted.

Resonance can reverse that.

By building a relationship with your body, you begin to cultivate trust and create safety, which are two KEY components on the spiral path to healing trauma held in your system.

The Resonance Ritual is the pathway to building a trusting and safe relationship with your body.

Throughout my life, I have had a lot of crazy-town experiences, from an extremely traumatic childhood to being physically attacked many times, to having disharmonious relationships and unsupportive friends.

The culmination of all these traumas I have experienced throughout the whole of my life led me down the path of overriding the body's intuitive guidance for most of my life. It wasn't until I started to work with my resonance that it all began to change.

Attuning to my resonance has allowed me to once again hear the innate wisdom and guidance of my body and intuition, helping me to be more aligned and at ease in my life.

HOW RESONANCE HEALS TRAUMA CONT.

I have now truly built trust within myself by listening to my body's guidance and am fully able to surrender into that trust more than ever before. It is pretty incredible.

By attuning to your resonance you are listening to **what is**, rather than trying to make it something that isn't. By honoring what you hear, what you feel, asking yourself what you need, and giving yourself THAT, you are meeting the parts of yourself that deeply desire to be met and tended.

It's like being shown a red flag early on in a relationship and convincing yourself that it won't be a problem or ignoring it altogether. Inevitably, it becomes the reason you break up. Or, it's like mistaking the symptoms of PTSD for love and calling it chemistry.

When you attune to your resonance your system innately turns towards what it desires and where there is ease and flow.

It is the path of least resistance we are looking for inside of ourselves. It doesn't mean that the path outside of us isn't challenging, and the work that comes after we have these insights is simple, but when we align with our resonance we have the courage, energy, and resolve to make the needed shifts in our lives.

When you choose your resonance, you are supported by the Universe, and the resistance you often experience dissolves.



My Thoughts Are Prayers



MODULE THREE
REALITY CHECK
DREAM LIFE
ASSESSMENT



REALITY CHECK + DREAM LIFE ASSESSMENT



Reality checks are an amazing way to check-in with yourself and see if you are attuned and aligned with your truest desires.

Through examining what actually IS (your actions and choices), and reality-checking this against how you BELIEVE yourself to be (who you think you are, what you think you want), you are shown where your choices are coming from and why you aren't living the life you desire.

Let's say you wanted to save money for something special. You keep telling everyone you are saving your money. The reality though is that you continue to spend money on frivolous things, and your savings account is empty.

Here you can see that the actions are not aligned with the desired outcome. This is dissonance.

Have you heard the saying, '**Actions speak louder than words**'?

This practice brings your attention and awareness to both your actions and desires.

This is a non-judgmental, no-bullshit self-assessment that brings clarity and harmony to places that are often filled with confusion.

This pattern of dissonance is often associated with self-sabotage. The part of you that is taking the action (spending money) is aligned with one thing, and the part of you that desires to save money is aligned with something else.

Coherence is key to building congruency between ALL aspects of your life.

This practice supports you in bringing clarity to your dreams, to align and harmonize them so you can be truthful, authentic, and aligned with what you truly desire through your actions.

I AM CO-CREATING WITH
THIS LOVING UNIVERSE





DREAM LIFE CHECK

Where do you wish to be within all of these areas of life?

CAREER

HOME

RELATIONSHIPS

YOU

(PHYSICAL BODY: NUTRITION, SLEEP, WATER; LIFESTYLE HABITS; SPIRITUAL; EMOTIONAL)



REALITY CHECK

Where are you at within these categories right now?

CAREER

HOME

RELATIONSHIPS

YOU

(PHYSICAL BODY: NUTRITION, SLEEP, WATER; LIFESTYLE HABITS; SPIRITUAL; EMOTIONAL)



ASSESSMENT

What outcome are your actions aligned with?

What needs to shift in your habits and actions to align your Reality with your Dream Life?



ASSESSMENT

*What is standing in the way of you living the life of your dreams?
What **thoughts, stories, beliefs, and/or obstacles** are keeping you
from aligning with your desired outcome?*

Let's create an action plan.

*What actions can you take to align yourself towards your desired
outcome?*

MODULE FOUR

LIMITING BELIEFS & CREATING AFFIRMATIONS



LIMITING BELIEFS & CREATING AFFIRMATIONS



A good affirmation helps you to reset your Emotional Set Point (see *Module Five*) to a lighter more high vibe set point. It helps to attune your vibrational offering (the energy you emanate), and it supports you remembering that you are a vibrational being supported by the vibrational universe.

Use the **affirmation formula** shared below to reframe self-imposed limiting thoughts, narratives and inner dialogue.

Limitations come from societal conditioning, from your parents, and from your upbringing. The painful experiences you have had throughout your life are the places where limiting beliefs originate.

The purpose of the limitation is to keep you safe and to keep you from getting hurt again. It is important to acknowledge these places where the limitations have come into play.

After you acknowledge the root of the limitations you can then shift the story you are telling yourself, or the stories you are telling others, which keep you from living the life you are meant to live.

We all have limiting beliefs. You may have them around money, relationships, health, friendships, and how you think the world works...

The goal of the formula is to see the limitation and to then create a statement that will leave room for a greater possibility.

Limiting beliefs create blocks at every turn, thus keeping you caught in a spiral of disharmony and struggle with no way out.

These stories are often tales that have been held throughout your ancestral lineages and through the collective consciousness. The beautiful thing about this work is that as you become aware of the self imposed limitations and you begin to heal those places, the rest unravels. You begin to heal the great living web of creation.

BY YOU AWAKENING : The Collective fabric begins to heal, and the World Awakens.

The Affirmation Formula is the way out of this cycle of suffering.

There are many ways to use affirmations. You can create an affirmation to speak daily that supports attunement to your overall desired feeling, or emotional set point.

You can also use affirmations to work with specific limiting beliefs, as we have shared here. It is important to take it slow. Choose one or two limitations you are noticing for the affirmations practice, and then work with one at a time.

The deeper you go into the practice, the deeper your awareness and insights of self will come to light. The more that comes to light within your awareness, the more freedom will be created in all aspects of life.

What if this reality was shaped by what you believed it to be?

LIMITING BELIEFS

Examples of Limiting Belief

Statements:

I can't

There is no way

This is how it is

It is what it is

They won't

I am not

I never

They never

That always happens

I always

You always

It's just so hard

I will never

Everyone else...

I am...

It is just unavoidable

Creating a strong affirmation creates a pathway towards freedom and possibilities. Removing some keywords from your vocabulary in how you speak and share what is present for you is a great place to start.

What limiting words do you say often?

LIMITING BELIEFS

What *Limiting Beliefs* are you aware of within yourself?
List at least 5

How can you reframe these beliefs to ones that support what your desired outcome is?

Example: I am never supported
This statement fundamentally shows that I don't feel connected to source, and it means I have forgotten that I too am a part of the universe. Also, bring curiosity to how it feels in your body to say "I feel unsupported".

Example: I am fully supported and an integral part of this living web of creation.
What DOES support you?
Where are you supported?
What does being supported feel like?



AFFIRMATION FORMULA

Pick 1 of the 5 limiting beliefs from the previous page, copy and paste here.

Creating Your Affirmation Formula:

- * Start with the words “I am.”
- * Use the present tense.
- * State the desired outcome in the positive.
- * Affirm what you want, not what you don’t want.
- * Be specific & Concise
- * Include at least one dynamic emotion or feeling word.
- * Feel it as though it is. Affirmations must be felt.
- * Imagine how it would feel if it were true.
- * Repeat : Repeat : Repeat. Repetition is Key!
- * Speak them, write them, think them over & over & over again.



AFFIRMATION FORMULA

Write your affirmation for the Limitation on the previous page.

Example: I am supported, I am an integral part of this living web of creation. When I am supported it feels deeply nourishing to my system. I feel a sense of ease and flow.

When you feel unsupported or when the limiting belief comes into play, come back to **what does support you** and **speak this out loud.**

It is not to ignore that sometimes you do feel unsupported. That can be a truth and it is not something we also want to focus on, because **where our attention goes, energy flows,** and our thoughts are prayers.

If we are constantly focusing on where we aren't supported we will NOT feel supported. If we start to shift the focus to where we do feel supported, we are opening to more of that coming into our lives.



I am a Physical
Extension of
the Vibrational
Universe.



MODULE FIVE

EMOTIONAL GUIDANCE SCALE



BUILDING EMOTIONAL INTELLIGENCE



Your emotions are a self-assessment tool, an internal guidance system for where you are within the microcosm of your experiences.

Your emotional state deeply affects your vibrational offering.

Your emotional state will heavily influence where and what you focus your attention on.

Becoming aware of your emotions builds emotional intelligence.

When you build emotional intelligence you can start to attune yourself towards what you truly want to be feeling and want to focus your attention on.

This practice requires a self-empowered concept: ***“where your attention goes, energy flows”***.

You have the **POWER** to shift what you are focusing on and build the **CAPACITY** to immediately turn your attention towards a new direction that allows for possibilities rather than limitations.

This practice is a way to **feel** your way through to well-being... It is a way to self-check to see where you are within your vibrational offering, within your connection to life force energy, to shakti.

In this practice, you are encouraged to feel how your body responds to specific thoughts and narratives (stories your mind tells you).

Sometimes you may not have the space to truly feel what is happening inside of your body. You may spend most of your time in your head, thinking your way through life.

This practice requires that you explore how your body feels in relation to your emotional experience.

When you think a thought, ask yourself :

- ◆ *How do I feel? (Looking inward to your body's sensations)*
- ◆ *What am I noticing?*
- ◆ *Do I feel tension?*
- ◆ *Do I feel heavy, light?*
- ◆ *Does it make me feel more or less pain?*
- ◆ *Do I feel more afraid or more scared?*
- ◆ *Do I feel more relaxed?*

Once you are connected to your physical experience you can begin to attune your emotional set points. From here you can move towards what it is you want your vibrational offering to be.

The practice is to look at the emotion you are experiencing and see how that emotion makes you feel inside your body.

EMOTIONS ARE ENERGY IN MOTION

The Emotional Guidance Scale shows you where within your emotional experience.



The **lower** the number, the more **connected** you are feeling and the more you are aligned with your true nature and with source. The **higher** the number, the more **disconnected** you are from your true nature.

If the thoughts you are thinking about or the stories you are telling yourself are creating a higher numbered (lower vibe) emotional experience, you can shift the narrative towards aligning more with the lighter emotional experience (lower numbered).

The higher numbered (lower vibe) emotional experiences are not to be avoided, as they hold wisdom within them. This isn't a practice to **BYPASS** your emotional experiences, rather this is a tool to **assess** where you are in your connection to source.

Based on the range you are experiencing, you can use this tool to let you know when it may be time for a Spiritual Prescription, time for a tune-up to come back to your true nature which IS aligned with LOVE.

The lower the numbered (higher the vibe) emotional set points connect you to source, to your true nature, to your heart, and to the remembrance that we are all a part of this living web of creation.

It is this remembrance that will bring you back from the higher number (lower vibe) emotional states of being.

EMOTIONAL SET POINTS



EMOTIONAL SET POINTS

EMOTIONAL EXPERIENCE : EXAMPLES OF EXPERIENCED SENSATIONS

1. **Love:** Freedom, Light, Open, Soft, Present, Connected, Interconnected, Unconditional, Inclusive
2. **Compassion:** Open. Vast, Transcendent, Boundaries, Inclusive
3. **Euphoria:** Connected, Light, Surrendered, Supported
4. **Joy:** Light, Free, Soft, Effervescent , Bubbly
5. **Excited:** Uplifted, Elated
6. **Hopeful:** Light, Supported, Trusting
7. **Peaceful:** Trusting, Soft, Light, Present
8. **Grateful:** Supported, Light, Connected
9. **Powerful:** Supported, Light, Connected, Universal
10. **Inspired:** Connection, Supported, Free, Joyful
11. **Curious:** Free, Open, Trusting, Light, Flowing
12. **Content:** Trusting, Soft, Light, Present
13. **Bored:** Neutral, Unsupported, Disconnected
14. **Disassociated/Ambivalent:** Numb, Dark, Floating, Isolating, Spinning
15. **Uncertain:** Alone, Disconnected, Lost, Separate, Muddled
16. **Frustrated:** Tense, Tight, Holding Breath
17. **Overwhelmed:** Unsupported, Spinning, Unfocused
18. **Anxious:** Heavy, Forward, Tight, Unsupported, Isolated
19. **Angry:** Separate, Tight, Uplifted, Forward Leaning, Powerful, Justified
20. **Hateful/Rageful:** Separate, Projecting, Forward, Propelling,
21. **Jealous:** Separate, Upward, Outward, Isolated, Penetrating
22. **Discouraged/Disappointed:** Separate, Heavy, Dense, Disconnected, Isolated
23. **Guilty:** Heavy, Sharp, Spiral Downward, Sunken
24. **Fearful:** Anxious, Tense, Unsupported, Mistrusting
25. **Doubtful:** Separate, Not trusting, Heavy
26. **Worried:** Heavy, Distrustful, Unsupported
27. **Grief:** Sad, Heavy, Dark, Dense, Separate, Alone
28. **Depressed/Lonely/Hopeless/Sad:** Separate, Comparing, Unsupported
29. **Despair:** Separate, Heavy, Lethargy, Deep, Dark, Dense
30. **Shameful:** Heavy, Sad, Dense, Spiral Downward, Desperate, Alone
31. **Suicidal:** Separate, Heavy, Looping, Deep, Dark, Unsupported, Unloved, Disconnected



EMOTIONAL EXPERIENCE INQUIRY

Where are you on the emotional scale shown above?

Example: 22 Discouraged / Disappointed

Close your eyes, and check in with your body - how do you feel in your body?

Example: Heavy, Dense, Lethargic, Disconnected

What story or narrative is present in the mind?

What thoughts are you thinking?

Example: I am not supported, I have tried everything and nothing works.



EMOTIONAL EXPERIENCE INQUIRY

Have you visited this storyline before? If so, when?

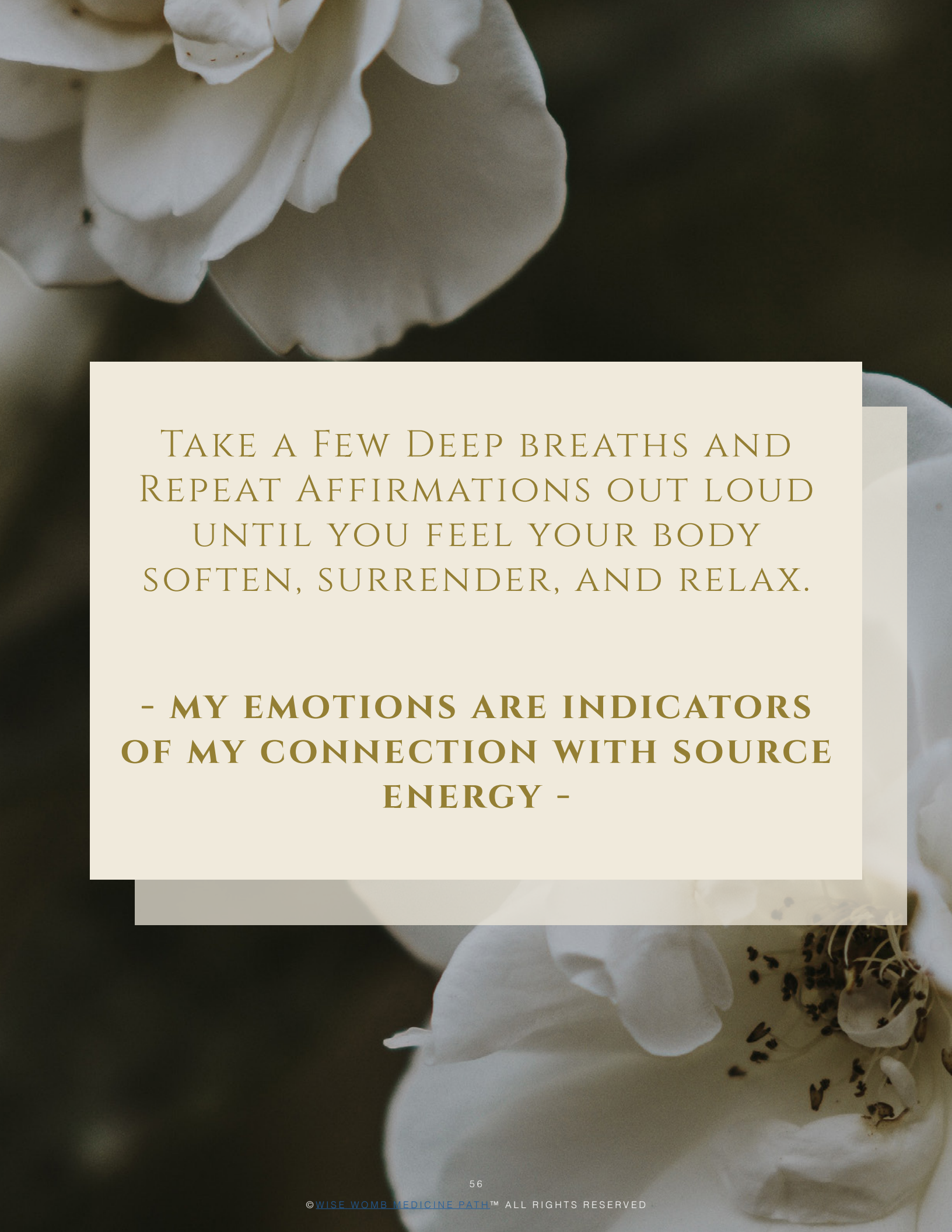
Example: Yes, This story has been told before, it comes in when I am afraid or worried about not having enough.

Write down the story's main points:

Example: I try so hard with no real results. I am so unsupported. There is something wrong with me, why does this always happen.

How can you reframe the narrative to shift the focus and change the desired emotional set point?

Example: I Am Supported. I Am Loved. I Am Grateful for all that I have.



TAKE A FEW DEEP BREATHS AND
REPEAT AFFIRMATIONS OUT LOUD
UNTIL YOU FEEL YOUR BODY
SOFTEN, SURRENDER, AND RELAX.

**- MY EMOTIONS ARE INDICATORS
OF MY CONNECTION WITH SOURCE
ENERGY -**

MODULE SIX

EGO VS INTUITION



EGO VS. INTUITION



In the Wise Womb Way, we define the **Ego** as that which gave you form.

This is the metaphor I was given by the Wise Womb Oracle: *imagine you were light and you came onto earth and you needed form or a vehicle...*

The Ego is what gave you your form - it gives the distinction between you and others.

The illusion the Ego holds so powerfully onto is that we are separate. We came here to have individual experiences which couldn't happen if we weren't individuated AND we are each a part of this living web of creation.

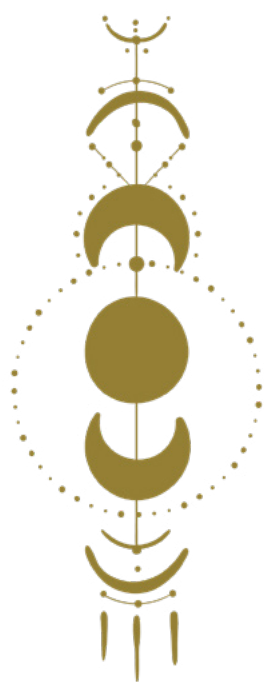
The Ego, in my perceptive experience, just hasn't had an update as to its role. We have allowed the Ego to run wild and its wildness has created the world we live in today.

The Ego overrides the inherent gifts we all have, which are our true humanity... the gifts of attunement, listening to nature, and the perception of the greater macrocosm.

In the Wise Womb Way, the Ego isn't bad and it isn't wrong. It is just that it isn't healthy when it is the one driving the bus and when it is the guidance system that you follow in making life choices.

Through self-talk, the Ego perpetuates the patriarchal indoctrination of societal conditioning. It believes in competition, in better than, in winning, in being worse than, uglier or prettier than.

It judges things based on a linear microcosmic perspective, which keeps itself caught tangled in a web of struggle, separation, and isolation. It often fears the future, the unknown, and holds onto past hurts and wounds as proof of why you may not want to take that leap of faith. **The Ego works with resistance and is loud, convincing, and repetitive.** It is constantly looking for safety.



The Ego often keeps you from taking leaps and from being vulnerable. Its greatest fear is ultimately death. Most of you will say, “I am not afraid of death”... But to the Ego vulnerability can be death, being rejected can be death, and being hurt can be death.

It sells you convincing stories to try and keep you safe and keep you protected. Which is brilliant, really. We just need to learn how to navigate what it truly needs so we can stop allowing it to be the driver of the proverbial bus.

When one has experienced consistent trauma, especially in childhood, the intuition and instincts may have been overridden by parents or by the care providers. This is another inherent mechanism that is built in by the Ego to ensure survival. There is wisdom in these mechanisms as they were built to keep you safe.

You need the Ego, as you need your form. It's not to make it wrong - rather it is to know when it is taking over your mind and to know how to give it what it needs so it is not the gatekeeper of your heart or your life.

The Ego and the mind often work in cahoots through convincing stories that keep you playing small, that keep you feeling isolated and separate.

Your **intuition** is beyond rational thought and is connected to your **Higher Self**.

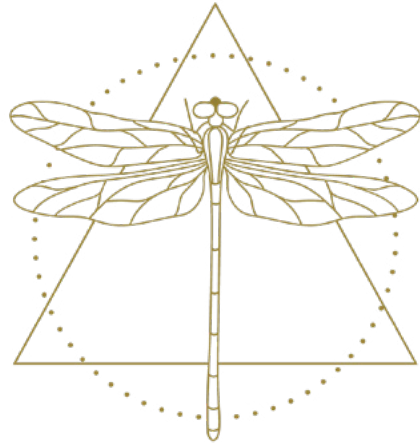


A healthy intuition is a sensory experience, connected to your inner wisdom and your inner navigational system. Your intuition has a softer voice and can be harder to hear as it speaks to each human differently.

To truly hear your intuition, you need to be skilled in the Art of Listening and attuning to your senses. Intuition is deeply informed by your bodily sensations.

Have you experienced a time when you had a strong feeling that you should do something, but instead of doing it, you justify reasons why it wouldn't make sense and so you don't do it?

Have you ever wanted to take a class you have never taken before, but the voice in your head told you that you aren't good enough, that everyone else will know how to do it, but you won't... This is an example of the tug-of-war between your Ego and your intuition.



Clarifying what is happening within your inner space, and learning how to navigate your internal dialogue is a critical skill when building emotional intelligence. This allows you to know which voice is speaking and relieves you of the incessant internal conflict between the two.

Your **instincts** are formed based on the biology of your body and are conditioned by the circumstances of your life.

Instincts are not a feeling, they are an action you take and are hardwired based on your experience of your life. They are also considered more automatic reactions to your environment.

If you have experienced consistent traumatic events your instincts can also be overridden - for example, when you may have instinctively chosen one action and were told you were wrong consistently - you may question yourself or not trust yourself, thus overriding your instincts.

The key to this process is TRUST - you must learn how to navigate your inner space so you can cultivate trust within yourself. Without this trust, you will live a life that is full of struggle both externally and internally.

When you have overridden or been taught to override your instincts and your intuition, then the Ego may run wild.

Coupled with a mind filled with self-doubt, shame, and beliefs of unworthiness, you won't have fulfilling relationships. You will experience constant indecision, difficulty with relationships, and challenges with vulnerability, and intimacy.

You will struggle to take leaps, believe in yourself, trust yourself and others, and potentially even trust life itself.

The goal here is to be able to differentiate the Ego from the intuition so that you can make decisions and choices from a place of empowerment, and know when you are caught in an egoic mental narrative.

The Art of Inner Alchemy practice helps you to begin to attune to your body and the language it speaks.

To be able to give the Ego what it needs and when the Ego gets what it needs the voices calm down and there is then space for the intuition to be heard and the experience to be felt, met, acknowledged, and honored.

Knowing who is driving the bus and whose voice you are listening to is a key aspect of building emotional intelligence and cultivating a higher Resonance.



SIGNS THE EGO IS DRIVING THE BUS...

- * Do you spend a lot of time worrying about future events?
- * Do you have times where you feel bad for no apparent reason?
- * Do you struggle with repetitive thoughts of unworthiness, shame, or fear?
- * Do you choose abusive types of relationships?
- * Do you have a deep fear of vulnerability or intimacy?
- * Do you keep wondering why you keep making poor choices?
- * Do you find yourself sitting on the proverbial fence when it comes to making decisions?
- * Do you often regret your decisions?
- * Do you struggle with depression or lack of motivation?
- * Are you hot-tempered?
- * Are you making excuses or justifications for not doing something you really want to do?
- * Are you holding some part of yourself back in your work or social interactions?
- * Are you thinking about a past event & can't seem to stop thinking about it?

For example, when you have a breakup and you just can't stop thinking about the person, why they broke up with you or why they don't love you, or that you will never find love again...

INTUITION

The intuition speaks through your senses. The thoughts of the intuition have a softer quality.

Thoughts are in alignment with:

- △ Togetherness
- △ Supported
- △ A Quieter Mind
- △ Connection
- △ Whole
- △ Ease
- △ Flow
- △ Inclusive

Sensory / Experiential (felt sense in your body):

- △ Soft
- △ Leaning Back
- △ Slow
- △ Present
- △ Quiet
- △ Light
- △ Subtle

EGO

When the Ego speaks the thoughts are repetitive, convincing, and LOUD.

Thoughts are aligned

with separation:

- ▲ Repetitive Narratives
- ▲ Resistant / Resistance
- ▲ Convincing
- ▲ Protective
- ▲ Victimized
- ▲ Competitive
- ▲ Dualistic
- ▲ Worthy
- ▲ Comparing
- ▲ Indecisive
- ▲ Impatient

Emotions:

- ▲ Shame
- ▲ Unworthy
- ▲ Hopeless
- ▲ Despair
- ▲ Isolation
- ▲ Fear
- ▲ Blame
- ▲ Holds onto things
- ▲ Defensive

Sensory / Experiential (felt sense in your body):

- ▲ Hard
- ▲ Tense/ Tight
- ▲ Dense
- ▲ Heavy
- ▲ Fast
- ▲ Forward Leaning

MODULE SEVEN

THE ART OF GRATITUDE



CULTIVATING AN ATTITUDE OF GRATITUDE



The Art of Gratitude helps you to shift the focus from what's wrong to what's right.

When you focus on what's wrong you draw to yourself more of what's wrong because it is all you can see and that affects your energetic signature, it affects your Resonance. Not only are you attracting it - you aren't looking for what's right so you can't see it even if it is right in front of you.

This practice holds the understanding that perception is relative, meaning you see what you are looking for. When you start to shift what you perceive from what's wrong to what's right you open your perception to begin to see the blessings that are under the struggle.

When you look up, you only see what is up, when you look down you only see what is below.

When you understand that when you are looking at one thing you can only see what is there you now have a more macrocosmic worldview. This supports you in building *neuroplasticity* empowering you to have a wider perspective on your situation or life experience.

Many of you have experienced a life of struggle and trauma which creates ways in which you experience and see the world. **Shifting this will take time** and the more you do it the greater result you will have.

When you focus on what's wrong your body is also having an experience of holding this feeling inside of itself. The same goes for when you focus on what's right, your body has a response to the perception of the mind.

My love, life will bring you plenty of challenges, and it's how you navigate them, how you internalize them that matters. The more you can see from a wider perspective the greater your worldview is the greater capacity you have to navigate life with grace.

Activating the energetic signature of gratitude will support you in building a beautiful inner garden and will be the water and nutrients your garden needs to flourish.

Activating this energy is not about bypassing what it is, because you know by now that the Art of Inner Alchemy is the practice you repeat over and over again to tend and weed your inner garden. Gratitude is the nutrients you give to the inner terrain.

This practice is NOT meant to override your feeling of pain or hurt, sadness, etc. Rather it is to be activated so that you are more able to navigate the experiences of the life you live.

When activating this energy of gratitude you must imagine what it feels like to FEEL grateful.



EMBODIMENT PRACTICE

For 40 Days in a row, you are invited to tap into the energetic signature of gratitude.

Do this by speaking out loud and writing down that which you are grateful for.

*When you feel like you can't be grateful, take a moment to look around for what is going well, **what is going right in your life.***

When you tell your stories about your life can you begin to share what is going well more than you share the struggles you are experiencing?

INSPIRATION INTO ACTIVATING AN ATTITUDE OF GRATITUDE

- ❖ For the food that nourishes your body
- ❖ Grateful for what is going well
- ❖ For the running water
- ❖ For good sleep
- ❖ For a comfortable bed
- ❖ For a hot shower
- ❖ For all that you have
- ❖ For your body
- ❖ For your abilities
- ❖ To the trees, plants, mother earth, nature
- ❖ To the Universe
- ❖ To your neighbors
- ❖ To your beloved
- ❖ To your children
- ❖ To those that are supportive and kind
- ❖ You may be inspired to also share with people special to you that you are grateful for them.

MODULE EIGHT

THE ART OF ALLOWING



THE ART OF ALLOWING



This is a powerful practice in softening into surrender.

You have an innate ability to allow the loving universe to flow steadily and unrestrictedly through your existence.

It is the Art of Allowing that allows Shakti, life force energy, to move through you.

The Art of Allowing is the art of alchemizing resistance, egoic and mental patterns that keep you caught in the illusion of separation.

When you activate the energetic signature of allowing you are stepping out of the way to allow the work to work, or the magic to transpire.

Imagine a flowing river. The water flows downstream and gently navigates the stones and branches that are on its course. It doesn't think about what is in its way, it doesn't take their presence personally rather it finds a way to flow.

In the same way, you must learn how to flow. To not take things personally, to get out of the way of life so the magic that is awaiting you can flow into your life. This is both passive and active action.

You have to soften and surrender AND align yourself and your actions towards the desired outcome...

In the Ego VS Intuition module, you learned the difference between these two aspects of yourself.

If the Ego and mind are allied, they often have a story, they would be upset at the stones and branches being in their way and wonder why me, why are there always obstacles to my joy. Because they (ego and the mind) don't desire joy necessarily, they desire most to stay inside of the way they believe things to be because this is comfortable.



It takes great courage to shift out of these patterns to step into the new energetic signature that is your true Resonance.

When you are more allied with your intuition, with your heart, with your Resonance, you are in a flow state. You are navigating the terrain without the mind and Ego's narrative of why me or why not me.

Most humans are living from an ego-forward place, it is being asked of you now to live more from a heart-forward state.

When you are more heart-centered, you are able to allow energy to flow, to come and go.

The Art of Allowing supports a heartfelt alignment with this loving universe, with yourself, with the nature around you.

Example: In order for me to actually be able to support you, you must allow me the space to do that. In order for me to love you there would have to be a way for love to get in...

Many of you find that challenging because you would have to let go of control.

You would have to feel safe enough inside of yourself and with me in order to surrender, in order to allow love in.

Cultivating a loving relationship with yourself requires a few ingredients to activate its energy and one of those ingredients is **trust**. Cultivating trust requires small consistent actions where you give yourself what YOU need.

This means you need to know how to listen to yourself, not just the mind, not the stories, but your truest essence.

This requires the remembrance that you are something more than the sum total of your experiences, that you are something more than this physical form, that you are a part of this living web of creation.

WHEN YOU ALLOW YOURSELF TO FEEL...
YOU ALLOW YOURSELF TO HEAL



Creating and building an access point to your Essential Self is the point of the Resonance Teachings.

The access points you build are the places in which you return to when you are caught in the web of limited perception and they take repetition and consistency to be strong enough to find when you are lost.

Your true nature, your Essential Self, is the part of you that is connected with the living web of creation.

It is not informed by the struggles or experiences you have had as your human self. It is the remembered self, the part of you that knows you are part of the whole.

Allowing your true nature to come forward is essential to your ability to truly thrive here on earth and as a spiritual being having a human experience.



ALIGNING WITH YOUR ESSENTIAL SELF

How does it feel when you are aligned with your Essential Self?

What does it feel like in your body?

What thoughts are aligned with your Essential Self?



ALIGNING WITH YOUR ESSENTIAL SELF

How do you know when you aren't aligned?

Do you experience symptoms or patterns that are clear enough to let you know it's time to re-align and come home to your Essential Self?

How do you KNOW that you are responding or acting from your Essential Self VS your conditioned self?

WHEN DO YOU ACTIVATE THE ART OF ALLOWING?

The thoughts you think are the tell.

If your thoughts are aligned with struggle, separation, isolation - they and them, you vs me then this is the CLUE that you aren't seeing from a place of wisdom.

If your body is aching and your spirit feels deficient, this is a sign that you are not aligned with your essential self and it's time to RE-SOURCE which also requires the energetic activation of the Art of Allowing.

The question then becomes, ***how can I align more with my Essential Self?***

Does this (insert your question here) support the alignment with my Essential Self?

The Art of Allowing will ask you to surrender to the unknown. To do so with some grace, you need to build a direct relationship with your Essential Self, with this living universe. You need to know yourself.

The more you embody the Resonance Ritual teachings the more able you will be to activate the Resonance of each of these Master Energies.

WHEN DO YOU ACTIVATE THE ART OF ALLOWING? CONT.

In order to surrender you need **TRUST**, which gives you the capacity to let go into the Art of Allowing. In order to **trust** you need to activate the energetic signature of **FAITH**.

Faith and Fear can't live in the same place at the same time.

Faith is an offering up, it is letting go of control, surrendering into the unknown, the possibilities.

Faith holds greater knowing that you are of a loving universe. That you are an integral part of creation...

Faith has an energetic signature that when activated helps your body to soften, it helps the cortisol levels to drop and inspires connection to the heart which means you are now in a state to receive, which means the art of allowing can come in fully and offer you it's medicine.

Where inside of your mind can you soften around what you think, or how you are thinking?



TIMELINE SCRIPTING

Many of us struggle with indecision and tapping into our gut instinct, or our intuition when it comes to different possibilities that may arise inside our lives.

This powerful ritual will help you tap into your felt sense given the different timelines you script for yourself.

Thus helping you know where to ally yourself, based on where you feel a sense of flow or where you feel dissonance or blocks as you co-create your dreams with this loving universe.

There are MAIN GUIDELINES to timeline scripting:

- 1. Activate the energetic signature of Gratitude.**
- 2. What area of life are you questioning? (Dharma, Home, Relationship, Wealth, Health, etc.)**
- 3. What is it that you desire to experience in this area of your life?**
 - Welcome the **Art of Inner Alchemy** process.
 - Get into a state of connection with your body.
 - Take a moment to feel the timeline you are curious about manifesting...
 - Once you feel ready, write the story from the future looking back, including all the characters in your story and experiences you want to call into your life. You are the main character in your story.
 - Write the story of what you desire.
 - **Write it as though it has already happened.**

TIMELINE SCRIPTING

Example Timeline:

I had such a successful launch for the Resonance Ritual that I was able to purchase a home! I am so grateful after all these years to have a special spot to call my home. A place to be a steward for mother earth. This land is so beautiful the views are insane and I can't even tell you how it aligned with every desire I had on my wishlist. I was completely amazed that I got such a good deal on it. My beloved just finished building me an outdoor sauna which you know I am so happy about. He loves cooking in the new kitchen with the gas stove. It even has a bathtub with a view!! I feel so grateful.

Now it's your turn! Use the next page to write your timeline.

- As you are writing, notice what is happening in your body. Feel into how your body responds as you write the timeline story.
- After you write the story - take a deep breath and ask if this feels Resonant. Do you feel flow here?
- If it doesn't feel good, or lighter, try another scenario and see how that feels.
- Make sure you are clear in your desire.
- Notice your mind's tendency to get caught up on a self-imposed limitation.
- On a separate page highlight those places where the limitation comes up so that you can create an affirmation around it.



WRITE YOUR TIMELINE

Write the story of what you desire. Remember to write it as though it has already happened.

Take a deep breath. Does this feel Resonant? Do you feel flow here?

LIMITING BELIEFS

Let's say as I was writing the example there was a part of me that felt like it wasn't possible...

→ That could be a place in my mind that holds a self-imposed limitation

OR

→ It could be that the story doesn't match my true desire (this will help you clarify your desires also)

If that is the case then change the story until it flows more and feels more aligned.

Write the limiting beliefs that show up for you below:



CREATE AN AFFIRMATION

Once you have the timeline that lights you up and brings you joy, **create your affirmation.**

Reframe any limiting beliefs as affirmations.

Example Affirmation:

I am supported and financially able to purchase a plot of land with the beautiful home of my dreams. I have the financial ability to tend to and care for this land and build it as I am guided. I trust that spirit will support me in making this dream a reality. I trust that the beloved meant for me will show himself when spirit is ready to bring him into my life. My heart and soul are open and ready to receive this. So be it.

NOTE ON TIMELINE SCRIPTING

Sometimes I have written out 3-4 timelines to see which one feels most possible, most resonant, most aligned.

This is a powerful practice when you are in a place of BIG decisions.

For example, where you want to live, if you want to marry someone or move in with someone, where you want to travel or if you want to study something specific.

It is important to remember that this is a spiral path so you can bring in what you have learned in the previous rituals to support this one.

Activate reality check teachings here also, the more you clarify your desires and take aligned action towards the desired outcome the more successful timeline scripting will be.



CHECKPOINT: HOW DO YOU KNOW IF YOU'RE DOING IT RIGHT?

The most important aspects of these practices are to:

1. Reframe your thoughts from limiting beliefs to positive potentials that amplify your desires.
2. Use the Formula below to ensure you are creating a positive potential outcome!
3. Speak, Write, and Think your affirmations throughout the day.

Creating A Positive Affirmation

...makes room for a positive outcome that is aligned with your desires...

'I am of a loving Universe. I am supported and surrounded by loving beings.'

- ☺ Start with the words "I am."
- ☺ Use the present tense.
- ☺ State the desired outcome in the positive.
- ☺ Affirm what you want, not what you don't want.
- ☺ Be specific & Concise
- ☺ Include at least 1 dynamic emotion/feeling word.
- ☺ Feel it as though it is. Affirmations must be felt.
- ☺ Imagine how it would feel if it were true.
- ☺ **Repeat : Repeat : Repeat.** Repetition is Key!
- ☺ Speak them, write them, think them over & over & over again.

THE RESONANCE PRAYER

Deep breaths into heart and belly...
Place hand on heart and one on lower belly...

SPEAK OUT LOUD:

My Higher Self is connected to this living web of creation... to a
state of remembrance...

I welcome in the guidance of my Higher Self...

I am always guided by Divine Love...

I trust the process of life...

I am protected and supported...

I am open to receive healing on all levels... along all timelines...

My needs are always taken care of...

It is safe to be me...

It is safe to feel...

It is safe to express myself...

It is safe to experience joy...

It is safe to change and grow...

I trust in Divine timing...

I am a co-creator with this Loving Universe...

I am open to receive the magic and miracles that await me...

I love life... and life loves me...

Thank you...

So be it. So it is.

DEAR ONE,

You did it!

Here you are at the completion of a very powerful life changing remembering journey!

I am celebrating you and my wish is that you are too!

I am honored you have trusted me to hold space and walk this spiral path with you, and forever grateful to you and to all that had to transpire in order for you to arrive here.

The journey has just begun, my love.

Now it is time to implement all that you have taken into your life, body, mind, and spirit. It is time to LIVE it!

With jLove,

Naomi Love





CELEBRATE YOURSELF

What has shifted for you and your life, in both subtle and profound ways?

What would you like to continue to commit to for yourself and for your womb?



THE ART OF LIVING LIFE AS CEREMONY

If you'd like to continue to journey with me visit the website
earthoraclearts.com

Or click one of the offerings on the following pages.

Find me on Instagram [@LivingLifeAsCeremony](https://www.instagram.com/LivingLifeAsCeremony)

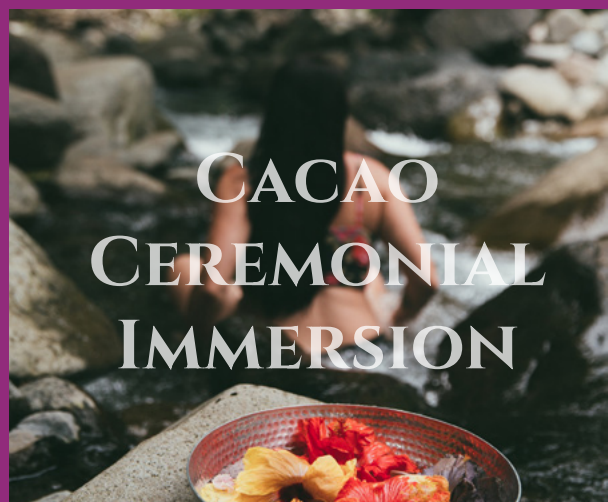
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PERSONAL HEALING



CEREMONIAL APPRENTICESHIPS



IN LOVING GRATITUDE & APPRECIATION

I would like to first give thanks to Emma Lischwe for helping me design and organize this beautiful handbook. I would also like to thank our artist [Guiliana at Ododua](#) and the photographers at [Boone Studios](#).

I would like to give thanks and honor to all of my teachers, healers, and masters who have shared their medicine and gifts with me over my lifetime.

I honor the Native American, Hawaiian, Hindu, Buddhist, Hoodoo, Maya, Tao, Zen, Celtic, Norse, and Druid lineages and teachings all of which have deeply influenced my work and life.

To the seen and unseen that have supported me along my journey, I thank you.

I give thanks to my Ascended Masters.. to the ones in the shadows... to the grandmothers and grandfathers, mothers, fathers, sisters, brothers, sons, daughters & lovers.. to the truth seekers, wisdom keepers, and stewards of the Earth...

I honor Mother Earth, Father Sky, Grandmother Moon, the Four Directions, the Elementals, the Plant, Insect and Animal & Winged Kingdoms, the Primordial Mother...

I bow in reverence to you Mother Earth, Great Mystery, Great Spirit...

I dedicate this work in loving honor to the awakening and remembrance for all.

With Grace, Naomi Amaya Love

CONTENT CREDITS

IMAGES

- * **Art Commissioned for Wise Womb Medicine Path by Ododua:** Pg 6 & 108
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