



WISE WOMB RITUAL CLEANSE

TEMPLE OF THE WOMB APPRENTICESHIP

WISE WOMB RITUAL CLEANSE & SACRED FEMININE NUTRITION

In the Wise Womb Way, there is no belief that the body is dirty or needs to be “purified”. Rather, there is the understanding that we are all unique and all have different requirements for our systems to function optimally.

The Wise Womb Ritual Cleanse is designed to support your body, mind, and spirit - following the Holy Trinity Blueprint of Womb Healing.

On the physical level, give your body the space to reset and recalibrate and deepen your connection to the womb. Tend to your body and rebuild trust with your body by eliminating and implementing foods or habits. You will pick what works best for you and will eliminate and implement only a few things at a time to make this doable and nourishing, this is not a punishment.

On the energetic and psychological level, slow down and evaluate how to best align yourself with what you truly desire in your life.

On the spiritual level, you will connect with the helping spirits of your organs and experience spiritual healing through prayer, affirmations, and resonance attunement.

You will work with the elements in right relationship through daily rituals to support healing on all levels.

WISE WOMB RITUAL CLEANSE



[HTTPS://WWW.WISEWOMBMEDICINEPATH.COM](https://www.wisewombmedicinopath.com)

SACRED FEMININE NUTRITION

MIND BODY & SPIRIT

[HTTPS://WWW.WISEWOMBMEDICINEPATH.COM](https://www.wisewombmedicinepath.com)



FIRE | Heart & Small Intestine

Sound: Haaaaaaaa

Color: Red

Flavor: Bitter

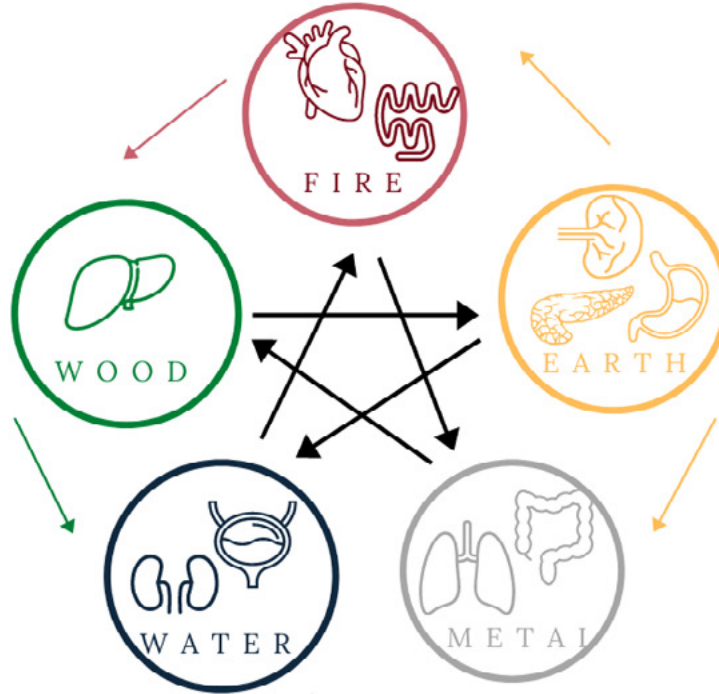
Season: Summertime

Time of Day: High Noon, Middle of day, Daylight

Attributes: Dynamism, Strength, Persistence

Negative Emotions: Hate, Anxiety, Agitation, Aggression, Impatient & Impulsive

Positive Emotion: Joy, Love, Compassion, Enthusiasm & Creativity



WOOD | Liver & Gallbladder

Sound: Shhhhhhhh

Color: Spring Green

Flavor: Sour and bitter

Time of Day: 11pm-3am

Season: Springtime, buds

Attributes: Strength, Flexibility, Expansive, Outgoing and Socially Conscious, Seeks to Grow & Expand, Sensuality

Negative Emotions: Anger, Frustration, Irritability, Jealousy, Envy and Impatience

Positive Emotions: Optimism, Patience, & Altruism

EARTH | Spleen & Stomach

Sound: Whooooooo

Color: Yellow

Flavor: Sweet

Time of Day: 8-10am

Season: Late Summer

Attributes: Inward & centering

Negative Emotions: Anxiety, stubborn, stuck, depression, lethargy, & worry

Positive Emotions: Courage, empathy, trust, grounded, patience, thoughtfulness, practicality, hard work, ambitious, & stability.

WATER | Kidney's, Bladder & Sex Organs

Sound: Chewwww

Color: Dark Blue, Dark Purple & Black

Flavor: Salty (naturally salty and in moderation not excessive)

Time of Day: Night

Season: Winter

Attributes: Intelligence, wisdom, flexibility, softness, and pliancy.

Negative Emotions: Fear, anxiety, Difficulty making decisions and sticking to it.

Positive Emotions: Calm, trust, inner knowing, understanding

METAL | Lungs & Large Intestine

Sound: Ssssssssss

Color: White

Flavor: Spicy

Time of Day: 3-5am

Season: Autumn

Attributes: Firmness, rigidity, persistence, strength, and determination.

Negative Emotions: Grief, attachment, sadness & depression.

Positive Emotions: Courage

SIX HEALING SOUNDS MEDITATION

SUGGESTED FOODS & HABITS TO ELIMINATE OR MINIMIZE

- * Gluten - Corn, Spelt Wheat, Oats, Rye, Kamut, and Barley
- * Dairy
- * Caffeine
- * Tobacco
- * Alcohol
- * Sugar
- * Processed Foods
- * Sugary beverages like Soda
- * Marijuana
- * Other addictions

SUGGESTED FOODS & HABITS TO IMPLEMENT

- * Check in with your body & your womb and ask, “*what would be supportive for me to eat right now?*”
- * Simplify - Make simple meals that feel nourishing to your body
- * Implement **Sacred Feminine Nutrition Principles**
 - ★ Warm lemon water or ACV water first thing in the morning
 - ★ Drink pure water
 - ★ Aloe water
 - ★ Chlorophyll water
 - ★ Lemonade
 - ★ Herbal Teas
 - ★ Take 5- 10 breaths before your begin to eat
 - ★ Mindful Eating
 - ★ Intuitive Eating
 - ★ Eating the Rainbow

RITUAL SUPPLIES & SUPPORT

- ✧ 2-gallon bucket or large bowl for herbal bathing
- ✧ Fresh herbs and flowers for herbal bathing [see **Herbal Bathing Ritual**]
- ✧ Tapered candle or glass candles with no writing
- ✧ Natural string or twine

LIFESTYLE INSPIRATION

- ✧ Power Down : get off the internet an hour before bed
- ✧ Daily Gratitude Journal
- ✧ Refresh your altar
- ✧ Dreamtime Hygiene Practices
- ✧ Meditations
- ✧ Movement
- ✧ Dry Skin Brush (or dry wash cloth) before showering moving from the limbs towards the center of the body
- ✧ Steam and/or Sauna
- ✧ Hot & Cold Shower, end with cold



DAILY RITUAL FRAMEWORK



WISE WOMB RITUAL CLEANSE

EARTH : DAY ONE

Today's Meditation:

THE ART OF INNER ALCHEMY

Cleanse Protocol:

1. *Check in with your womb & body* and ask yourself what foods would most nourish your body and womb.
2. *Eliminate 2 things* from your diet or habits that you want to take a break from during this cleanse.
3. *Implement 2 habits and/or foods* that your womb has asked for.

Drink:

- ✧ Celery Juice / 8-16 oz on an empty stomach
- ✧ If you don't have access to a juicer you can add 1 TBSP of ACV to water and drink throughout the day.

Ritual Practice:

- ✧ Make an offering to Earth Mother via a *nature mandala* representing your goals and intentions for this ritual cleanse.

EARTH : DAY ONE

What will you eliminate and implement today?

Prayer:

Using the Resonance Ritual framework on how to create an affirmation, set your affirmation and speak this throughout each day.

Gratitude:

Each morning and each evening before bed, cultivate the energy of gratitude for all you are grateful for.



**Nature Mandala
Inspiration**

EARTH PLAYLIST

WATER : DAY TWO

Today's Meditation:

COME HOME TO YOUR TRUE NATURE

Cleanse Protocol:

1. *Eliminate 2 more things* from your diet or habits that you want to take a break from during the cleanse.
2. *Implement 2 more habits and/or foods* that your womb has asked for.

Ritual Practice:

- ✧ *Herbal Bathing Ritual* for 3 days (see next page).

Drink:

- ✧ Celery Juice / 8-16 oz on an empty stomach
- ✧ If you don't have access to a juicer you can add 1 TBSP of ACV to water and drink throughout the day.

Ritual Question:

- ✧ What do you need to shed in your life so you can move forward toward your goals and dreams?

HERBAL BATHING RITUAL

- * *Set your intention for healing.*
- * *Pick one thing to focus on and hold that in your heart. It can be one thing to let go of or one thing to bring in. Just PICK ONE at a time.*
- * *Make the water the night before your bath. Fill a large bowl, pot, or bucket with water. As you pour the water into the bowl, hold your intention in your heart. Place the bowl outside in the moonlight overnight to infuse the water with the moon's cool energy.*
- * *Then the following morning, collect the plants while reciting a prayer of thanks to each of them, something like: **I have faith with all my heart that the spirit of the plants have come here to support my healing today.***

- * You can use many herbs, depending on what's available in your area such as marigold, rose, basil, mint, lemon balm, sage, fennel, rosemary, catnip...
- * Place the plants in the water you have made. Squeeze the plants between your hands, breaking them into small pieces, again holding your prayer in your heart. When the water has taken on color and aroma, set it in the sun or moonlight for 2-4 hours.
- * When you are ready to take your bath, I like to kneel on the earth and cup my hands together, placing them into the water.
- * Take a small sip of the water and spit it out.
- * Then begin pouring the water over your head 9 times, with prayer, pouring the rest of the water on you to complete the bath. Remember to keep your intention in your heart and on your lips... (whispering the prayer)
- * You can add herbs on charcoal or incense while you are taking your bath to increase the healing benefits.
- * When you are done with the bath you can rub the plants into the body and lay on the earth until you are ready to get up.

WATER : DAY TWO

What will you eliminate and implement today?

Prayer:

Speak your affirmation throughout each day.

Gratitude:

Each morning and each evening before bed, cultivate the energy of gratitude for all you are grateful for.



**Herbal Bathing
Inspiration**

[WATER PLAYLIST](#)

WATER : DAY THREE

Today's Meditation:

SPIRITUAL WOMB JOURNEY

Cleanse Protocol:

1. *Implement 2 more habits and/or foods* that your womb has asked for.

Ritual Practice:

- ✧ *Herbal Bathing Ritual*

Prayer & Gratitude:

Speak your affirmation throughout each day. Start and end the day cultivating the energy of gratitude.

Drink:

- ✧ Celery Juice / 8-16 oz on an empty stomach
- ✧ If you don't have access to a juicer you can add 1 TBSP of ACV to water and drink throughout the day.

Ritual Question:

- ✧ What is your prayer for yourself?

What will you implement today?

WATER : DAY FOUR

Today's Meditation:

JOURNEY TO THE GODDESS & SPIRIT OF THE ROSE

Cleanse Protocol:

1. Continue your eliminated and implemented habits and/or foods. Eat gentle foods.

Ritual Practice:

- ✧ *Herbal Bathing Ritual*

Prayer & Gratitude:

Speak your affirmation throughout each day. Start and end the day cultivating the energy of gratitude.

Drink:

- ✧ Celery Juice / 8-16 oz on an empty stomach
- ✧ If you don't have access to a juicer you can add 1 TBSP of ACV to water and drink throughout the day.

Ritual Question:

- ✧ What are you ready to receive in your life?

FIRE : DAY FIVE

Today's Meditation:

CALL YOURSELF HOME FROM OUTDATED DREAMS

Post Practice:

Be gentle with yourself.

Avoid contact with anyone that may be holding this old dream for you or that is invested in you holding this outdated dream for a few days to allow this to anchor.

Take a salt bath and when you are done allow the water to drain out of the bathtub while you are still in the tub, imagining what no longer serves, what no longer belongs going down the drain.

As you let go of and call yourself back from outdated dreams, emotions may arise remember it's okay to FEEL... Implement Inner Alchemy Practice.

FIRE : DAY FIVE

Cleanse Protocol:

1. Continue your eliminated and implemented habits and/or foods. Eat gentle foods that are nourishing.
2. Add steamed or sautéed dark leafy greens/broccoli if you desire.

Ritual Practice:

✧ *Candle Magic* for 3 days (see next page).

Prayer & Gratitude:

Speak your affirmation throughout each day. Start and end the day cultivating the energy of gratitude.

Drink:

✧ *Supporting the Liver:* Drink lemon, maple syrup, ginger, and turmeric lemonade with a dash of cayenne.

FIRE PLAYLIST

CANDLE MAGIC RITUAL

- * *Choose a stick or glass candle that represents the color of what it is you are ready to call into your life.*
- * *If you use a stick candle - rub it with a little oil and infuse your intentions into the candle.*
- * *If you have a glass candle - write your intentions onto the candle*
- * *On a piece of paper write your intentions of what you are welcoming into your life and opening towards.*
- * *Place your intention under the candle.*
- * *Light your candle with intentions whispering your prayers...*
- * *If you are called to burn some incense you can also add the element of fire in that way as well.*

FIRE : DAY SIX

Today's Meditation:

Many of us may have unhealthy cords and/or attachments with others.

In the Wise Womb Way, I don't believe it is healthy for us to actually be corded into another.

You are meant to run 100% on your own energy.

It is important to tend to your energetic body and to where you have corded into another or where you have allowed knowingly or unknowingly for another to cord into you.

Often the cords are because of missed understandings, missed opportunities, desires that are unfulfilled, and poor boundaries.

I know for many folks it can be a challenge to release the cords, so be gentle with yourself and go where it feels good to go with these practices.

Please listen to the intro below before doing the practice tomorrow.

CORD CUTTING RITUAL INTRODUCTION



FIRE : DAY SIX

Cleanse Protocol:

1. Continue your eliminated and implemented habits and/or foods. Eat gentle foods that are nourishing.
2. Add steamed or sautéed dark leafy greens/broccoli if you desire.

Ritual Practice:

✧ *Candle Magic*

Prayer & Gratitude:

Speak your affirmation throughout each day. Start and end the day cultivating the energy of gratitude.

Drink:

✧ *Supporting the Liver:* Drink lemon, maple syrup, ginger, and turmeric lemonade with a dash of cayenne.



FIRE : DAY SEVEN

Today's Meditation:

RELATIONSHIP RESOLUTION PRACTICE JOURNEY

Cleanse Protocol:

1. Continue your eliminated and implemented habits and/or foods. Eat gentle foods that are nourishing.
2. Add steamed or sautéed dark leafy greens/broccoli if you desire.

Ritual Practice:

✧ *Candle Magic*

Drink:

✧ *Supporting the Liver:* Drink lemon, maple syrup, ginger, and turmeric lemonade with a dash of cayenne.

Prayer & Gratitude:

Speak your affirmation throughout each day. Start and end the day cultivating the energy of gratitude.

FOR A STRONGER CORD CUTTING RITUAL

- * *Have two tapered candles representing a color that feels true to the energy you are calling in.*
- * *Rub the oil onto the candle. You may also carve a symbol or the names onto each candle.*
- * *Next tie a natural string between the two of the candles representing the cord, the relationship and you.*
- * *When you are ready place the candles with salt around the base, with some cinnamon, rosemary, and/or chili flakes added.*
- * *Light the candles and watch them burn.*
- * *The string will catch on fire (be safe please).*
- * *Then speak: **May all cords, attachments, and unhealthy ties to this relationship be free now and forever. So be it, so it is.***

WATER : DAY EIGHT

Today's Meditation:

COME HOME TO YOUR TRUE NATURE

Cleanse Protocol:

1. Continue your eliminated and implemented habits and/or foods. Eat gentle foods that are nourishing.

Ritual Practice:

- ✧ *Herbal Bathing Ritual* for 3 days.

Drink:

- ✧ *Moon Water*: leave a jar of water in the window at night and drink it the following day. It doesn't matter what phase the moon is in, you will receive the energetic signature of the moon through the water.

Prayer & Gratitude:

Speak your affirmation throughout each day. Start and end the day cultivating the energy of gratitude.

WATER : DAY NINE

Today's Meditation:

Listen to the Water Playlist

[WATER PLAYLIST](#)

Cleanse Protocol:

1. Continue your eliminated and implemented habits and/or foods. Eat gentle foods that are nourishing.

Drink:

✧ *Moon Water*

Ritual Practice:

- ✧ *Herbal Bathing Ritual*
- ✧ Receive the blessing of Resonance Attunement from the herbal bath.

Prayer & Gratitude:

Speak your affirmation throughout each day. Start and end the day cultivating the energy of gratitude.

WATER : DAY TEN

Today's Meditation:

Listen to the Mantra Playlist all day if you can, in your home.

[MANTRA PLAYLIST](#)

Cleanse Protocol:

1. Continue your eliminated and implemented habits and/or foods. Eat gentle foods that are nourishing.

Drink:

- ✧ *Moon Water*

Ritual Practice:

- ✧ *Herbal Bathing Ritual*
- ✧ Receive the blessing of Resonance Attunement from the herbal bath.

Prayer & Gratitude:

Speak your affirmation throughout each day. Start and end the day cultivating the energy of gratitude.

EARTH : CLOSING RITUAL

Closing Meditation:

WISE WOMB MEDICINE JOURNEY

Make an offering to Earth Mother via a *nature mandala* representing your gratitude for this Ritual Cleanse.

Slowly introduce foods that you want to eat back into your life. Be gentle with yourself.

Moving forward, *how do you need to shift your life so you can carry forward the energy you have now cultivated during this cleanse?*

Attune to your womb space and ask how you can best support the womb as you step out of this Ritual Cleanse.

Write your reflections to these questions & from the Ritual Cleanse:



RITUAL CLEANSE ENHANCEMENTS

WISE WOMB RITUAL CLEANSE

TONGUE SCRAPING

One of the best ways to keep the tongue healthy is by scraping it daily. This removes overnight build-up of bacteria and toxins on the tongue. Rather than brushing the tongue, which will only push bacteria and toxins into the tongue, this is done with a tongue scraper or spoon.

Step One: Extend the tongue and place the scraper as far back on the tongue as comfortable.

Step Two: Using one long stroke, gently pull the scraper forward so that it removes the unwanted coating on the tongue.

Step Three: Rinse the scraper and repeat.

[Link to Tongue Scraper](#)

NETI POT

The Starter Kit contains everything needed for a daily nasal wash routine: Ceramic Neti Pot, Neti Pot Salt, 10-ounce jar, and Neti Wash.

The Neti Pot naturally cleanses, refreshes, and protects the nasal passages.

Using a Neti Pot helps to nourish and moisturize nasal passages and provides properties to support the health of your sinuses.

[Link to Neti Pot Starter Kit](#)

Directions are within the kit.

CASTOR OIL PACKS

Castor oil has been used for centuries. Castor oil is a very viscous oil that penetrates deeper into the body than any other oil.

A few external uses for castor oil packs:

- ★ Increases circulation, promotes elimination, and healing of the tissues and organs underneath the skin.
- ★ Stimulates the liver, relieves pain, increases lymphatic circulation, reduces inflammation, and improves digestion.
- ★ Used for inflamed and swollen joints, bursitis, and muscle strains.
- ★ Applied to the upper abdomen to relieve constipation and other digestive problems, placed on the right side of the abdomen to stimulate liver detoxification.
- ★ Applied to the lower abdomen to relieve menstrual irregularities and uterine or ovarian cysts.

[Link to Castor Oil Pack Kit](#)

CASTOR OIL PACKS

How to make a castor oil compress:

- * Soak flannel in castor oil so that it is saturated, but not dripping.
- * Place the compress over your liver which is located on the upper right quadrant of the abdomen.
- * Place a washcloth over the flannel
- * Place the hot water bottle over the pack
- * Leave it on for 45-60 minutes
- * When complete rub the castor oil into the skin and wipe off excess
- * Store the pack in the refrigerator
- * Each pack may be reused up to 25-30 times

ENEMAS

Enemas are used as a supportive therapy for intestinal cleansing and reproductive wellness. Enemas are helpful when you are doing a cleanse or experiencing reproductive pain associated with your menstrual cycle.

Enemas truly saved me from the cycle pain I was experiencing while intense pelvic and digestive pain episodes.

I encourage you to use enemas in conjunction with self-massage, castor oil packs, exercise, and healthy eating habits.

Healing Formula:

- * 1/2 Cup Aloe Juice
- * 1 tsp Apple Cider Vinegar
- * Distilled Water

[Link to Enema Bag](#)

ENEMAS

How To:

- * Warm the water on the stove, the temperature should be warm, but not too hot.
- * To test the water: Place your elbow in the water if it's just warm enough, then that's your temp.
- * Add Ingredients.
- * Set up space on the floor.
- * Lay on your left side.
- * Apply coconut oil or another lubricant to the nozzle and anus.
- * Insert nozzle into the anus.
- * Release the flow of water.
- * Take in as much liquid as you can, this can be done also by gently moving around if it is uncomfortable. It may take some getting used to.
- * Empty your bowels.
- * Drink plenty of water and eat very gently on the days before and after you do enemas.

Warning:

Do not do more than 2 a month and if you are on a cleanse I suggest a maximum of 3 within the 10-day cleanse.



RITUAL CLEANSE RECIPES

WISE WOMB RITUAL CLEANSE

BASIC CHINESE CONGEE

Ingredients:

- ✧ 1 cup raw organic basmati white rice : soaked for 4 hours and rinsed
- ✧ 7 cups vegetable stock
- ✧ 1/2 teaspoon kosher or sea salt, plus more for seasoning
- ✧ 1 TBSP Olive oil
- ✧ One-inch knob of ginger, peeled and sliced thin
- ✧ Sliced green onion, cilantro for garnish

How to Make:

In a large pot add stock, rice, salt, and ginger. Bring the mixture to a boil, then reduce the heat to a low simmer. Stir occasionally so that the rice doesn't clump or stick at the bottom.

Simmer the congee for about 1 hour or until the congee is thickened and creamy.

Add salt to taste. Serve the congee hot with sliced green onion and cilantro as garnish.

Note: *As the congee cools, it will become thicker. Add additional stock or water if necessary to make the congee to your desired thickness.*

QUICK & EASY MISO SOUP

Ingredients:

- ✧ Water (however much you desire to make)
- ✧ Miso paste to taste
- ✧ Sliced green onion for garnish

How to Make:

Boil water, remove from heat and stir in miso paste to taste – DO NOT BOIL MISO PASTE.

Garnish with green onion.

DETOX MISO SOUP

Ingredients:

- ✧ 1 TBSP olive oil
- ✧ 1/3 cup diced onion
- ✧ 1/3 cup chopped celery
- ✧ 1 sliced green onion
- ✧ 1/2 bundle of chopped flat leaf parsley
- ✧ 5 cups water
- ✧ 1 cup chopped beet
- ✧ 1/2 chopped carrot
- ✧ 1 TBSP minced ginger root
- ✧ Sea salt to taste
- ✧ Minced chili pepper to taste
- ✧ 3 TBSP miso paste
- ✧ 1 cup chopped asparagus

How to Make:

Heat the oil in a large pot over medium-high heat. Add the onion and sauté for a few minutes until it begins to brown.

Add the celery, green onions, and half the parsley and sauté for another minute.

DETOX MISO SOUP

Add water, beet, carrot, ginger, salt, and chili pepper to taste and bring to a boil.

Reduce the heat to medium/low, cover and simmer for 10-15 minutes.

While that cooks, remove a ladle of the broth from the pot and add to a small bowl.

Add miso paste to the small bowl and stir/mash until fully dissolved.

Add the dissolved miso to the soup pot.

**You can't skip this step and just add the miso directly to the main pot of soup – it will clump and never fully incorporate.*

Add the asparagus and cook for another 5 minutes. Remove from heat when asparagus are bright green and still firm.

Stir in remaining parsley.

Serve warm.

RE-MINERALIZING SOUP BROTH

Ingredients:

- ✧ 6 unpeeled carrots, cut into thirds
- ✧ 2 unpeeled yellow onions, cut into chunks
- ✧ 1 leek, white and green parts, cut into thirds
- ✧ 1 bunch celery, including the heart, cut into thirds
- ✧ 4 unpeeled red potatoes, quartered
- ✧ 2 unpeeled Japanese or regular sweet potatoes, quartered
- ✧ 1 unpeeled garnet yam, quartered
- ✧ 5 unpeeled cloves garlic, halved
- ✧ 1/2 bunch fresh flat-leaf parsley
- ✧ 1 8-inch strip of kombu
- ✧ 12 black peppercorns
- ✧ 4 whole allspice berries
- ✧ 4 dried or fresh shiitake
- ✧ 2 bay leaves
- ✧ 8 quarts cold, unfiltered water
- ✧ 1 teaspoon sea salt

How to Make:

Rinse all of the vegetables well, including the kombu.

RE-MINERALIZING SOUP BROTH

In a 12-quart or larger stockpot combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves.

Fill the pot with water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours.

As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted, at least another 1-2 hours.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container to pour into), then add salt to taste.

KITCHARI

Kitchari is unique because it falls under both the neutral and medicinal categories.

It not only provides nourishment for the body but the spices also benefit digestion.

This makes kitchari an ideal food of choice during times of stress on the body, such as during an illness, periods of overwork, or the change of seasons.

It is also an especially good food to use while on a mono diet as part of an internal cleansing regime.

Ingredients:

- ✧ 2-3 TBSP coconut oil
- ✧ 1/2 tsp cumin seeds
- ✧ 1/2 tsp mustard seeds
- ✧ 1 tsp Himalayan salt
- ✧ 1 tsp turmeric powder
- ✧ 1 tsp cumin powder
- ✧ 1 tsp coriander powder
- ✧ 4-5 thin slices of fresh ginger root
- ✧ 1/2 cup split mung beans, rinsed
- ✧ 6 cups water or vegetable broth
- ✧ Coconut Rice (pg. 314)
- ✧ Chopped cilantro, lime for garnish

KITCHARI

How to Make:

Using a large pot heat the oil on low to medium heat. Saute the spices until mustard seeds pop.

Add split mung beans and stir infusing the dahl with the spices then add water or broth.

Cook until the mung beans are soft. You want it to be a bit soupy - add more broth if needed.

Pour Kitchari over the Coconut Rice and cover with more broth or water.

This keeps the kitchari from getting mushy.

Garnish with fresh cilantro and lime.

COCONUT RICE

Ingredients:

- ✧ 1 ½ tsp. coconut oil
- ✧ 1 cup of basmati rice – soaked, rinsed, and strained
- ✧ 2 cups of water
- ✧ 3-5 fresh ginger slices

How to Make:

Add all ingredients to a pot.

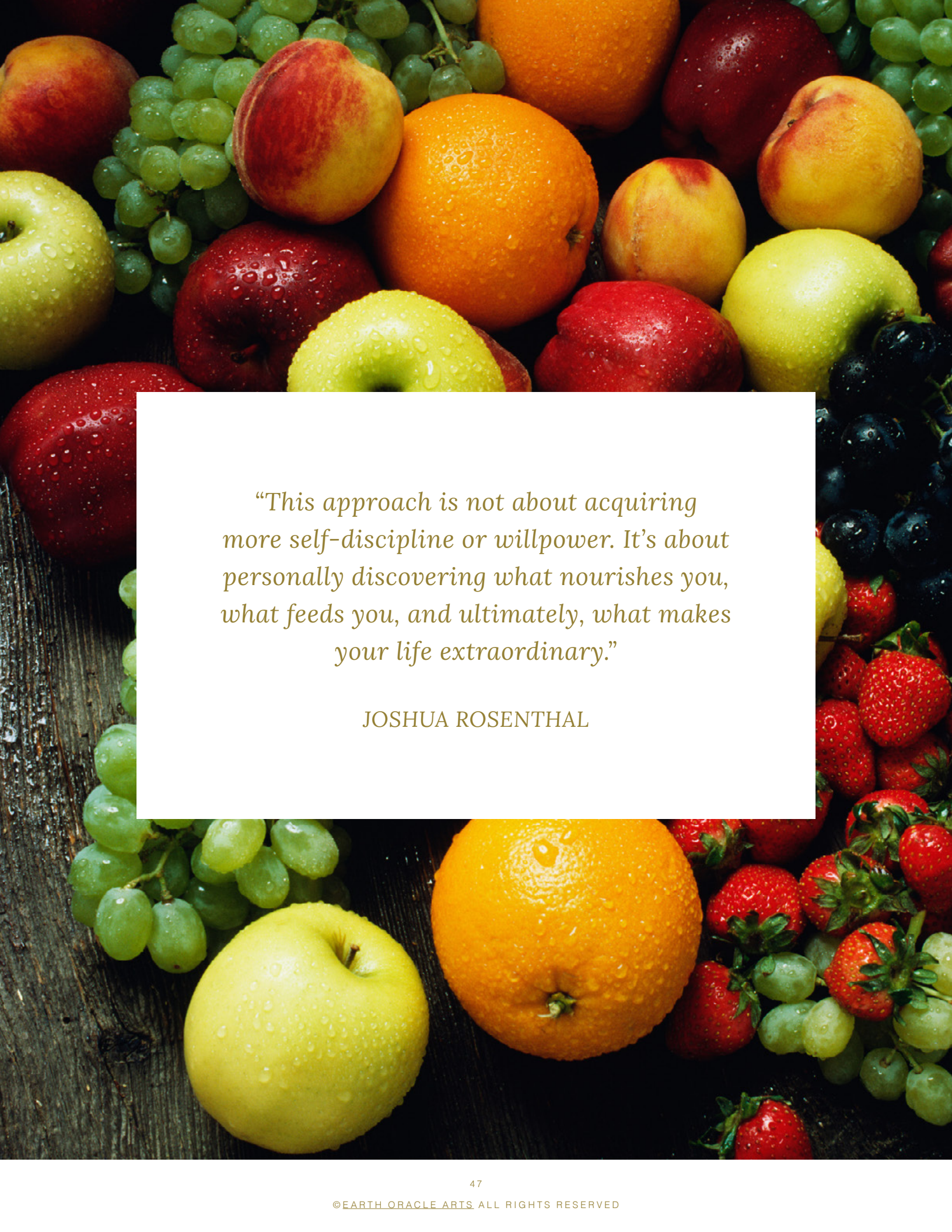
Cook rice until done adding more water as needed - RINSE thoroughly when the rice is tender.



FOOD JOURNALING PRACTICE



WISE WOMB RITUAL CLEANSE



“This approach is not about acquiring more self-discipline or willpower. It’s about personally discovering what nourishes you, what feeds you, and ultimately, what makes your life extraordinary.”

JOSHUA ROSENTHAL



FOOD JOURNALING PRACTICE

Use this journal to get real, open, and honest with yourself about how you feel emotionally and physically throughout the day and your relationship to food, cooking, nourishment, and eating.

Use this opportunity to commit to listening to your body and the messages it sends. Remember why you are doing this practice.

Daily Intentions

Instead of just setting your intention in the morning for the whole day, try to set your intention for parts of the day.

For example, set your morning intention: *“I intend to get out of bed with a gratitude in my heart and take a shower while singing a song.”* Then on your way to work: *“I intend to have a lovely open heart today.”* Once you get to work: *“I intend to notice how I am feeling emotionally and physically during work today and nourish my body as needed.”* etc.

Keep the intentions short and simple and remain in the moment. This makes them easier to maintain.



FOOD JOURNALING PRACTICE

Evening Reflections

Take time to contemplate the day. Reflect on the choices you made and how you spent your energy.

How did you feel about those choices?

What could you have done differently?

What did you learn?

Do you feel grateful for something or someone?

Track your Progress

Track your progress through the practice.

What's easy for you?

What's difficult?

Try to notice these points without needing to add a storyline or judgment, just observations.



NOURISHMENT

Nourish your cells optimally and the old cells and other waste will be cleared away easily.

The liver is replaced, every cell of it, in six weeks. Nourish each new liver cell optimally, and the liver will clean the blood with ease.

The kidneys are replaced, every cell, in a month. Nourish each new cell optimally, and the kidneys will clean the blood with ease.

The blood volume itself is replaced, every cell, in three weeks.

Partake of optimal nourishment and soon every cell of your body is healthy/whole/holy - the nervous system functions more smoothly, the hormonal system is better regulated, the liver and kidneys are more effective, the immune system is better organized, and the digestive system makes better use of all available nourishment.

Nourishment encourages expansion and growth. Nourishment supports each being as a unique individual. Nourishment encourages love for all parts of ourselves.



NOURISHMENT CONTEMPLATION

*What does nourishment
mean to you?*

*In what ways do you
nourish yourself?*

How would you like to include more nourishment in your life?

SACRED CONTRACT

Take a few moments to write a letter to yourself, a sacred contract. Include the goals you have set and the level of commitment you expect from yourself.

With all of my heart, *(please sign & date)*

FOOD JOURNAL

Take the time to be specific, include all food intake.

DATE:

TIME			
EMOTIONAL/PHYSICAL STATE BEFORE YOU ATE How you feel: bloated, tired, hungry, starved, sad, pain in shoulder, etc.			
MEAL: BREAKFAST, LUNCH, DINNER, SNACK, DESSERT Include: What you ate/drunk, quality of food, quantity and condiments used			
HOW YOU ATE quickly, slowly, watching a movie, driving, etc.			
EMOTIONAL/ PHYSICAL STATE AFTER YOU ATE Satisfied, want more, tired, angry, heart palpitations, bloated, gassy, etc.			

ADDITIONAL NOTES

FOOD JOURNAL

Take the time to be specific, include all food intake.

DATE:

TIME			
EMOTIONAL/PHYSICAL STATE BEFORE YOU ATE How you feel: bloated, tired, hungry, starved, sad, pain in shoulder, etc.			
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ADDITIONAL NOTES



OPTIONAL : LIVER CLEANSE

WISE WOMB RITUAL CLEANSE

LIVER CLEANSE

Simplify and minimize toxic overloads on the liver and body.

To support this process you will **Minimize** or **Eliminate**:

- * Gluten (corn, oats, rye, wheat, spelt)
- * Dairy (minimize or eliminate)
- * Caffeine (minimize or eliminate)
- * Alcohol
- * Marijuana
- * Sugar
- * Preservatives
- * Foods from a Box or Can



LIVER CLEANSE

You will **Implement:**

- * Fresh water and plenty of it
- * Fresh pressed juices
- * Liver supportive dressing for veggies (olive oil, ACV, garlic, lemon)
- * Congee (a cooked rice soup that helps the body through simplification)
- * Kitchari
- * Fresh foods, green foods, sour and bitter foods

LIVER CLEANSE

Supplements:

- * Triphala 2x a day to support the digestive system function and elimination
- * Digestive bitters taken before meals (10-15 drops on the tongue - 15 min before meals, can still take after if you forgot)
- * Additional supplements listed on the Liver Cleanse Supplies
- * Lemonade - ginger, turmeric, lemon, maple syrup dash of cayenne
 - * Optional to ADD ½ cup Aloe Juice to lemonade
- * Chlorophyll water
- * Apple Cider Vinegar in the morning

LIVER CLEANSE

Self-Care Support:

- * Epsom Salt Baths in the evenings
- * Castor Oil Packs (3-10 packs throughout the cleanse)

Optional:

- * Neti Pot each day to cleanse sinuses
- * Tongue Scraping daily after brushing teeth
- * Dry Skin brushing daily
- * Hot Showers / bath end with cold rinse
- * Oil the body after your shower daily

LIVER CLEANSE SUPPLIES

- ✧ Tri-Cleanse Complete Intestinal Cleanser
- ✧ Epsom Salts 2 - 3 Lb Bags (if you have a bathtub)
- ✧ Vegetable Juicer
- ✧ Aloe Juice
- ✧ Castor Oil Pack Kit & Hot water bottle
- ✧ Optional : Enema Bag
- ✧ Body Oil for self-massage
- ✧ Dry Skin Brush
- ✧ Tongue Scraper
- ✧ Neti Pot Starter Kit
- ✧ **Supportive Supplements:** Omega 3's + Probiotics + Full Spectrum B Vit + Milk Thistle + Digestive Bitters + Chlorophyll

GENERAL GROCERY LIST

***Choose Organic when possible**

- * Herbal Detox Tea
- * Bulk herbs like: Holy Basil, Nettles, Dandelion Leaf, Milky Oats, Burdock Root.
- * Raw Apple Cider Vinegar
- * Triphala
- * Apple Juice (for triphala)

For Juicing:

- * Lemons
- * Green Apples
- * Fresh Turmeric Root
- * Fresh Ginger Root
- * Cucumber
- * Parsley
- * Beets
- * Celery

GENERAL GROCERY LIST

Kitchari:

- * Organic Basmati Rice 4 Cups
- * Split Mung Dal - 1 Cup
- * Veggie Broth (or you can make your own)

Spices you may want to have on hand:

- * 1/2 tsp cumin seeds
- * 1/2 tsp. mustard seeds
- * 1 tsp turmeric powder
- * 1 tsp cumin powder
- * 1 tsp coriander powder
- * Chili Peppers
- * 4 allspice berries
- * 2 bay leaves
- * Celtic Sea Salt
- * Peppercorns



LIVER CLEANSE DAILY ROUTINE FRAMEWORK



WISE WOMB RITUAL CLEANSE



DAILY ROUTINE

Morning:

- * Drink 1 TBSP ACV (apple cider vinegar) in water

Supporting the Liver:

- * Drink Lemon, Maple Syrup, Ginger, Turmeric Lemonade with a dash of Cayenne.
- * You can add Chlorophyll Water to your beverage and to your water, this supports the healing of the digestive system and also helps to stimulate the ileocecal valve which is often congested.
- * Take recommended supplements.

Evening:

- * Drink 1 tsp triphala with a little apple juice & water



DAILY FRAMEWORK

Juice Day One - Three

- * 1 - Medium Beet
 - * 1 - 4 inch Piece of Fresh Ginger
 - * 1 - Bunch of Celery
 - * 1 - Lemon
- (add water to taste)

Juice Day Four - Seven

- * 2 bunches of Celery drink 8-16 oz per day

Juice Day Eight - Ten

- * 1 - Green Apple
- * 2 - Cucumber
- * 1 - Bunch of Celery
- * 1 - Lemon



DAILY FRAMEWORK

For your Meals: Eat Simple!

- ★ Make a dressing with Lemon, Garlic, Olive Oil, Apple Cider Vinegar
- ★ Steamed & Raw Veggies
- ★ Cooked Soups, Kitchari, Congee
- ★ Simple, Clean and Nourishing