



The Rite of the Womb

ENERGY TRANSMISSION

“The womb is not a place to store fear and pain; the womb is to create and give birth to life.”

The womb space or hara is our creative centre and a place we tend to energetically hold wounds and traumas from our lifetime and from ancestors. As the world is at a pivotal point, releasing these wounds is how we can create a world of beauty and abundance for ourselves and our children’s children – not a world full of fear, scarcity and aggression. The time to balance the out-of-kilter masculine energy with the feminine is now. We can’t afford to wait.

All journeys start with a single step. And it’s up to each of us to change – not from the outside – but from the inside out.

This energy transmission is adapted from, and inspired by, the 13th Rite of the Munay Ki by Lyn and Paul Thurman of the Quiet Rebel Bureau.

THE BIRTH OF THE RITE OF THE WOMB

The birth of the womb blessing rite was given to Marcela Lobos through a dream in 2002. She saw a lineage of women who had freed themselves from pain and suffering. In the dream, these midwives helped Marcela to birth a 'dead baby' that she was carrying in her womb. Overtime, Marcela realised that the stillborn symbolized the death of women's creative power that had happened when the Divine Feminine was overshadowed by the Masculine.

In 2014, Marcela connected again with the lineage of women when she was working with plant medicine in the jungles of Peru. During a ceremony, the women gave the Rite of the Womb transmission to Marcela and told her to share it. As she received the transmission, she heard:

“The womb is not a place to store fear and pain; the womb is to create and give birth to life.”

FUSING WITH THE MEDICINE OF SHEELA-NA-GIG

The transmission of the 13th Rite in its original form is without reference to any culture (although it was birthed in the jungles of Peru). After receiving the womb blessing, we felt called to step into our own indigenous spiritual culture to bring in the sacred medicine from the British Isles. On a pilgrimage, of sorts, to the Isle of Anglesey (Ynys Môn) in North Wales we visited a holy well next to a 12th century church that held a Sheela-na-gig. We felt Sheela-na-gig calling to be included in the Rite.

Sheela-na-gig is a carving of a naked, female figure displaying her vulva. These carvings can be found mainly in Britain and Ireland, usually on churches and above doorways (the threshold between one reality and another). There is mystery around the origin of Sheela's name and her original function, but it is thought that she's a pagan fertility goddess and protector.

We could feel her energy at the healing well – the sacred waters of life flowing through the land.

Carvings of Sheela-na-gig often show an older woman (crone or hag), sometimes with pendulous breasts. Even though she is beyond her 'fertile' years, she is a potent source of creativity, fertility and feminine power. It was a reminder to us that the creativity held in the womb area can be accessed at any time regardless of age. If one need not be in the menstruation years then one need not have a womb at all to activate the womb energy centre. As the initial Rite by Marcela Lobos is for women

only, we have taken inspiration from Sheela-na-gig to make the Rite for everybody. We all have this energy centre within us regardless of how we choose to identify with gender. Sheela-na-gig doesn't care who receives her blessing and protection – it's literally hanging out there for all to see. She welcomes each one of us through her sacred portal. Life came from the womb and it will return to the divine matrix.

It's time for the Feminine to be seen.

WHY THE RITE OF THE WOMB IS NEEDED NOW

Centuries of overtly masculine energy has taken its toll on individuals, societies, and our beautiful Mother Earth. We are at a crossroads where we can choose to sleepwalk towards further destruction, or we can choose to wake up from the dream and create a new reality. A reality that nurtures and supports all life – a reality in which our children's children will thrive and blossom.

Masculine energy is not negative but without a feminine balance, it can become aggressive, destructive and competitive. The Rite of the Womb is a step to bring balance and harmony back into the world. It awakens the creative centre within each of us and allows us to shed the pain and fear held in the womb-space, on an individual and collective basis.

The womb energy centre holds creative potential. Everything that exists is born from this energy but if we hold fear and pain energetically in that centre then what we create, if we create at all, will be built on suffering. For a new way of being to be born in these challenging, chaotic times, we need to consciously create from a place free of negativity.

THE RITE OF THE WOMB - A MAN'S VIEW

(BY PAUL THURMAN)

Whether you have a womb or not, the 10th rite of the Munay Ki is for you. This blessing connects you to a lineage of medicine women who will help you to heal your sacral energy centre and release any fear that's accumulated there.

This frees your creativity and allows you to step out in boldness with right action. It also helps you to enter a right relationship with the divine feminine, the feminine part of yourself and all others. This effect will make a positive shift in a world that's been ravaged by an over excess of masculinity.

In the rite itself, you'll be asked to put your hands in the location of your sacral energy centre and say, "The womb is not a place to store fear and pain. The womb is the place to create and give birth to life."

If you don't personally have a womb and you're not yet comfortable with the feminine in you, simply replace 'womb' with 'sacral energy centre.'" Thus, you would say, "The sacral energy centre is not a place to store fear. The sacral energy centre is a place to create and give birth to life."

There is no shame in not being comfortable with using the word 'womb'. Discomfort points to the areas within you that need to be healed. Once you've received the womb blessing, with the help of the medicine woman lineage, you'll learn to become comfortable with all things feminine in time.

Masculine energy is honoured along with the feminine energy in the womb blessing. All energy centres contain both masculine and feminine energies. It's the balance of the two that bring forth the benefits of the sacral energy centre.

As a man that's received the rite, I can attest to the understanding and power it unlocks. Although I've never been a chauvinist and I've always championed women's rights, the womb blessing fired up my creativity as well as my desire to do all that I can to alter the downhill trajectory we have caused our Earth Mother to undergo.

It's my sincere wish that all genders will unite through this womb blessing to balance the excessive male energy of this time with much needed female energy. If we don't balance these energies soon, we doom our planet and our race along with it.



Receiving the Rite of the Womb

You can receive the Rite of the Womb at any time. For this energy transmission, which is given distantly, you will need a quiet place where you won't be disturbed and a glass of water.

You might like to create an altar to add to the beauty of the ritual but this is entirely optional and not necessary. If you do choose to create an altar, you might like to include fresh flowers, candles, crystals, herbs and images of the Divine Feminine on your altar. If you would like to download and print an image of Sheela-na-gig and the thirteen moons, it can be purchased with the Womb Blessing Journal from [Soulscape Studio on Etsy](#). Follow your intuition and let the altar space be pleasing to you (there is no right or wrong way to set up an altar space).

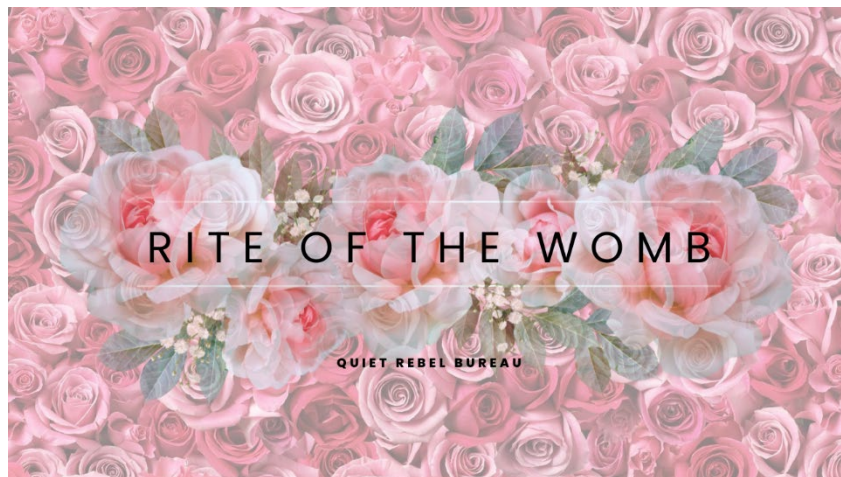
As mentioned, the only two necessary components of receiving this Rite of the Womb are a quiet place and a glass of water, preferably spring water. It's through the water that you'll receive the Rite.

This is the order of the Rite:

- Set up altar (optional)
- Open personal sacred space
- Call in the directions
- Blessing the water
- Receiving the Rite of the Womb
- Sheela-na-gig womb meditation (optional)
- Close the directions
- Close personal sacred space

ORDER OF THE CEREMONY

The ceremony and transmission of the rite is easy to perform by yourself. We do have a [Rite of the Womb video on YouTube](#) that shows the ceremony and from which you can follow along.



Wash your hands before you begin the ceremony. This is not just good ritual hygiene (to remove any negative energy you might be carrying) but you'll also be putting your fingers in the water that you'll drink.

Make sure you have a glass of water within reach easy reach.

You can perform the ceremony standing or seated, inside or outdoors.

SET UP YOUR ALTAR

This is done before the ceremony begins and is optional. You don't need to create an altar to receive the rite but you may find it helps bring you into alignment with the

intention of receiving the Rite of the Womb. Make the altar space pleasing to you – there is no right or wrong way to create an altar space.

OPEN PERSONAL SACRED SPACE

With your hands in prayer position at your heart centre, slowly raise your hands (still in pray position) above your head. When your arms are fully extended, separate your hands and gently sweep your arms to your side and all the way down to the ground (if possible). Then raise your hands back up and come back to prayer position at heart centre.

As you open your personal, sacred space imagine taking the beautiful energy from your heart up to above your head and then sweeping it down to the ground. You might want to visualise this as a white light enveloping your physical body and aura.

CALL IN THE DIRECTIONS

The Rite of the Womb was conceived in South America and, as such, when calling in the directions it brings in animals of that culture. We use animal spirits that are indigenous to the British Isles as this is where our roots lie. If you have a particular way of calling in the directions (or quarters), please use whatever you feel comfortable with.

Calling in the directions extends your sacred space. It invites helpful spirits or archetypes to participate, protect or watch your sacred space.

You may sit or stand to call in the directions. If you are standing, you can face each direction as you call it into your sacred space. If you choose to remain seated, you can point to the directions or simply welcome the directions with your palms outward and open to receive them.

Work within the space and environment you have.

We begin in the East.

With your hands in prayer position, turn to the east. Rest your left hand over your heart and extend your right arm with your right hand open and fingers pointing up.
Say:

Greetings East, I welcome in the element of air and all helping spirits that wish to give their aid.

Raven, thank you for teaching me to fly into the realm of the Creator.

I use this skill to share the healing knowledge of the Creator with my brothers and sisters on earth.

Return your hands to prayer position and turn to face the south. Place your left hand over your heart and extend your right arm with your right hand open and fingers pointing up. Say:

Greetings South, I welcome in the element of fire and all helping spirits that wish to give their aid.

Adder, thank you for teaching me to glide gracefully and magically through life

By easily shedding my past when the time is right.

I use this skill to live in the present moment with clarity and purpose

Bring your hands back to prayer position and turn to face the west. Rest your left hand over your heart and extend your right arm with your right hand open and fingers pointing up. Say:

Greetings West, I welcome in the element of water and all helpful spirits that wish to give their aid.

Salmon, thank you for teaching me to swim with the currents of life so I can reach places that exist beyond the memories of time.

I use this skill to gain ancient wisdom, inspiration, and youthfulness.

Bring your hands back to prayer position and turn to face the north. Rest your left hand over your heart and extend your right arm with your right hand open and fingers pointing up. Say:

Greetings North, I welcome in the element of earth and all helpful spirits that wish to give their aid.

Badger, thank you for teaching me to connect with my ancestors and to always stand up for what's right.

I use these skills to discover my roots and purpose for being.

Return your hands to prayer position and turn to face the East once more. Bend or kneel down to place both palms on the ground. Say:

Earth Mother, I have come for the healing of all my family.

The stone and plant people

Those that have two or more legs

Those that crawl

And those with fins or fur

Standing tall once more, return your hands to prayer position. Then lift both arms above your head with hands open and palms facing the sky. Say:

*Creator, you who are beyond all labels
Thank you for calling me to arrange and participate in this meeting*

Bring your hands to prayer position once more.

BLESSING THE WATER

Place your hands on the glass of water and take three deep breaths from the Universe.

With your left hand, trace your finger around the rim of the glass three times. This is to honour the Divine Feminine.

With your right hand, trace your finger around the rim of the glass three times. This is to honour the Divine Masculine.

Swirl the water three times with your fingers then rub your hands together.

Place a finger in the water and then touch your third eye.

Place a finger in the water and then touch your heart centre.

Place a finger in the water and then touch your womb/hara centre.

Hold the glass in both hands and say:

*Ancient one, Mother of all
Bless this sacred water
Remove any suffering it may hold
Remove any pain it may contain
Let this water be pure
Let it be healing
Let it be love*

RECEIVING THE RITE OF THE WOMB

Put the glass in front of you then raise your hands above your head. Summon the lineage by saying:

*The womb is not a place to store fear and pain; the womb is to create
and give birth to life.*

Take the glass of water in both hands and visualise the energy of the Rite entering the water as you say three times:

The womb is not a place to store fear and pain; the womb is to create and give birth to life.

The womb is not a place to store fear and pain; the womb is to create and give birth to life.

The womb is not a place to store fear and pain; the womb is to create and give birth to life.

Then sip the water. Feel the sacred water that connects all life flowing down your body. Imagine it cleansing and healing you from your throat, through your heart centre and finally in your womb/hara space. Drink as much of the water as you want then put the glass back down.

When you have finished drinking, activate the rite within yourself by placing both hands over your womb area and repeating:

The womb is not a place to store fear and pain; the womb is to create and give birth to life.

You conclude the transmission by saying:

Let's heal ourselves; let's heal our mothers, fathers, sisters, brothers, daughters, and sons. And in this way bring healing to our Mother Earth and all beings.

I am the lineage. We are becoming people who freed themselves from suffering. I will keep nurturing the rite until there is no more fear or pain in my womb area.

If you have any water left from the Rite, give it back to Mother Earth.

SHEELA-NA-GIG WOMB HEALING MEDITATION (OPTIONAL)

This healing meditation is part of the Rite of the Womb pack (Journal, Sheela-na-gig printable and a guided visualisation) available from the [Soulscape Studio on Etsy](#). This is an optional part of the Rite. You can also listen to the guided visualisation any time after receiving the Rite of the Womb to strengthen/activate the seed transmission and to help heal your womb area.

CLOSE THE DIRECTIONS

Place your hands in prayer position. Lift your arms above your head with your hands open and palms facing the sky and say:

*Creator, upon your request I formed a sacred circle
Inviting all those you selected for this work
As you've witnessed, we've accomplished what you asked
Bless me as I close this circle and bid farewell to my fellow
participants
Once I'm done, I'll hasten to share your words with my community*

Bring your hands back into prayer position. Bend down or kneel so that your hands touch the earth and say:

*Earth mother we've done what we can at this time to bring about
some much-needed healing
I promise to walk sensitively, always keeping your welfare and that of
your children in mind*

Stand up straight and put your hands in prayer position. Turn to the north. Rest your left hand over your heart and extend your right arm with your right hand open and fingers pointing up. Say:

*Farewell to the direction, element and helping spirits of the north
May the Creator bless your paths as you fulfil your destinies*

Return your hands to prayer position and turn to the west. Rest your left hand over your heart and extend your right arm with your right hand open and fingers pointing up. Say:

*Farewell to the direction, element and helping spirits of the west
May the Creator bless your paths as you fulfil your destinies*

Return your hands to prayer position and turn to the south. Rest your left hand over your heart and extend your right arm with your right hand open and fingers pointing up. Say:

*Farewell to the direction, element and helping spirits of the south
May the Creator bless your paths as you fulfil your destinies*

Return your hands to prayer position and turn to the east. Rest your left hand over your heart and extend your right arm with your right hand open and fingers pointing up. Say:

*Farewell to the direction, element and helping spirits of the east
May the Creator bless your paths as you fulfil your destinies*

CLOSE PERSONAL SACRED SPACE

Place your hands in prayer position at the heart centre. Slowly separate your hands and bring them down to touch the ground (if it's possible for you) then sweep your arms upward at your sides until both palms touch in prayer position above your head. Gently move your hands down so they come to rest in prayer position.

You have now received the Rite of the Womb.



What to do after the Rite

The Rite of the Womb is a seed. It is up to each individual to nurture the transmission so that full potential can manifest. It's suggested that you honour your Rite of the Womb journey by setting aside time each lunar month for a year to give gratitude to Mother Earth, and to reaffirm your Rite.

You can purchase via Soulscape Studio on Etsy a downloadable 13 Moon Womb blessing journal to guide you through a lunar year of working with the Divine Feminine. Also included with the journal is a printable of Sheela-na-gig and a guided visualisation. This is totally optional and not a requirement of the Womb Blessing.

Whichever way you choose to nurture this transmission, each lunar month include the following:

WOMEN IN THE MOTHERING YEARS

On your next bleed, offer the blood back to Mother Earth. As you do so, repeat:

I release my fear, so I may embrace freedom.

I release my pain, so I may embrace joy.

I release my anger, so I may embrace compassion.

I release my sadness, so I may embrace peace.

WOMEN IN THE WISDOM YEARS AND PEOPLE WHO DO NOT HAVE A PHYSICAL WOMB SPACE

If you have reached menopause, no longer have a menstrual cycle or do not have a physical womb space then perform a ceremony on the new or dark moon. Instead of offering menstrual blood to Mother Earth, offer Her red wine instead.

I release my fear, so I may embrace freedom.
I release my pain, so I may embrace joy.
I release my anger, so I may embrace compassion.
I release my sadness, so I may embrace peace.

WOMEN IN PREGNANCY

For women during pregnancy, the Rite of the Womb can be honoured on the full moon with flowers as an offering to Mother Earth.

I release my fear, so I may embrace freedom.
I release my pain, so I may embrace joy.
I release doubts, so I may embrace truth.

GIRLS BEFORE MENARCHE

If a girl who has not yet had her first period would like to take the Rite of the Womb, she can honour the rite by performing a month ceremony on the full moon. She can offer flowers to Mother Earth as she repeats:

I release my fear, so I may embrace freedom.
I release my pain, so I may embrace joy.



Sharing the Rite

After receiving the rite, please share the rite with others in your community. Every transmission strengthens your own healing and adds power to the collective womb healing.

You may share this guide to receiving the Rite of the womb in your own offerings (however, the journal, printable and meditation are not to be given away if you have purchased a copy --- they are for your own personal use only).

SHARING THE RITE ONLINE

If you wish to share the Rite of the Womb online, you may follow the Receiving the Rite of the Womb sequence in this guide (this is how the Rite was transmitted to you).

SHARING THE RITE IN PERSON

You can share the energetic transmission of the Rite of the Womb in person, outdoors or indoors.

Create a sacred space to pass on the Rite – a place that is inviting and feels sacred.

It is a good idea to cleanse the area if performing the Rite indoors as stagnant energy can build up and that won't be conducive to the ceremony. This is more important if you intend to share the Rite in a public building such as a community centre. You don't want to have residual energy interfering with the transmission.

There are many ways to cleanse a space but using salt to cleanse an area forms a bond between the place you're cleansing and Mother Earth. A pinch of salt in each corner of the room, as well as a sprinkling along thresholds, can bring the environment back to neutrality.

If you intend to share the Rite outdoors, there is no need to cleanse the area. However, do choose your location with care and intuitively assess whether the area is welcoming to the Rite. If you feel there is something off about the area, find a different location. This is true for any ritual work, not only for this Rite.

To make your location feel more beautiful and sacred, you can create an altar. You might want to include rose petals, fresh flowers, a candle (or 13 candles to represent the lunar cycle) or images that represent the Divine Feminine or positive femininity. You don't need to have an elaborate setup. If you don't have an altar, that's okay too – it is the intention that counts the most.

Before you transmit the Rite to your participants, please seek approval to touch them. Transferring the Rite in person involves placing your hands on the participant's womb area. If a participant is not comfortable with being touched, place your hands near his or her body to transfer the Rite.

TO GIVE THE RITE

- YOU Raise your hands and summon the lineage by saying:
- “The womb is not a place to store fear and pain; the womb is to create and give birth to life.”
- YOU Activate the rite within yourself by placing both hands over your womb area and repeating:
- “The womb is not a place to store fear and pain; the womb is to create and give birth to life.”
- YOU Transmit the wisdom from your womb to the recipient by placing your hands on their womb area and saying:

“The womb is not a place to store fear and pain; the womb is to create and give birth to life.”

PARTICIPANT They affirm that have received the wisdom into their womb. They place their hands on their womb area and say:

“The womb is not a place to store fear and pain; the womb is to create and give birth to life.”

YOU Conclude the transmission by saying:

“Let’s heal ourselves; let’s heal our mothers, fathers, sisters, brothers, daughters, and sons. And in this way bring healing to our Mother Earth.”

“And now you are the lineage as much as I am the lineage. We are becoming people who freed themselves from suffering. Keep nurturing the rite until there is no more fear or pain in your womb area.”

“You have now received the Rite of the Womb.”



A Note about the 13th Rite of the Munay Ki

The Rite of the Womb is now often included as the 10th Rite of the Munay Ki (the Munay Ki are energetic transmissions brought from the medicine men and women of the Andes to the West by medical anthropologist Dr. Alberto Villoldo) but it was initially offered as a standalone transmission, Rite of the Womb; the 13th Rite of the Munay Ki. The name gives reference to the 13 moons that fall within a year, and the link between the lunar cycle and menstrual cycle.

You don't need to have taken the Munay Ki rites to receive the Rite of the Womb. You don't need any special knowledge or any skills. All that's required is a willingness to release the stored energy of fear and pain so that you can heal your own creative centre. By doing this you are also healing the energy of seven generations before you and seven generations after you.