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A Handbook of Womb rituals

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SACRED SPACE, RITUALS AND WOMB ALTERS

1. Introduction

Since ancient times, women created around them communities based on the Womb model and cyclic way of living. Red Tent traditions and circle of women are actually a very old model of women community and way of relating with other sisters.

In recent times women struggle in finding their own identities and place in a modern society and many times this is because they are missing the connection with their inner source of Wisdom and Light, their Womb (Hara). The Hara is the place where our Power and ancestral Wisdom reside. Only when the Womb is united with the Heart's wish the magic can happen and many blessings come into our life fulfilling our deepest desires. Even if we are very connected between our Womb (sacral chakra) and the third eye (chakra of inner knowing or intuition), missing the connection with our Heart will always create incomplete experiences of connection from the lower to the upper chakras and towards the Universe and the Life Source.

A way to re-establish this connection and bring more clarity and vision for our own life is the use of sacred spaces and rituals. Since the dawn of humanity women searched for these sacred spaces in nature (near waterfalls, caves, megalithic monuments). Later temples and churches or chapels have been built, but nowadays there is a strong revival of the re-connection with Nature and



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Mother Earth. Thus, the sacredness can be lived as a full embodiment of this connection in our own Body Temple. One way of connecting is also retrieving the ancient wisdom of the Goddesses from mythological tales and reclaiming their qualities in our own ritual practice and life.

A Sacred space is our Grail, the Powerful Container where we safely can perform our daily and monthly rituals of the Womb. It is created for inviting the cosmic energies and universal blessings to come into our life and home environment.

Rituals are needed for giving to our Energy an intention with the power of our mind and also putting in it our Heart and Soul. For the ritual to be effective we need to open a sacred space, and also consecrate an Alter. The rituals we do in this space can be prayers or intention-based practices on special occasions (New and Full Moon, Equinox, Solstice, other celebration in pagan or shamanic traditions).

The Alter can be fixed or portable. It can include symbolic items (sculptures representing Divine Feminine, symbols for elements etc.), personal items (such as pictures or objects that belonged to dear people in your life) and also items you wish to consecrate when performing rituals (like candles, amulets or crystals).





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2. What you need for creating sacred space

- Silent and private space with a small table (wooden, stone - avoid metal surfaces) or where an Alter can be prepared
- Smudging tool of choice (sage or palo santo) and incense
- 7 pillar candles (each one of the colour of each chakra), tea candles, red and white candles
- A bowl with spring water, covered with a lid
- Flower buds or leaves
- Pinch of sea salt in a ceramic plate
- 1 amethyst gently cleaned and other crystals, according the case
- Crystals, Tibetan bowl or other sound-making instrument
- Items as symbol of what you wish to set as intention or to manifest in your life further
- Alter with an image of the Goddess archetype (choose the picture of the archetype among the 13 images provided along a yearly Medicine Wheel) and other items explained in the welcome letter (symbols/objects for each element: earth, air, water and fire; image or photo of one or more of your female/mother lineage members etc.).

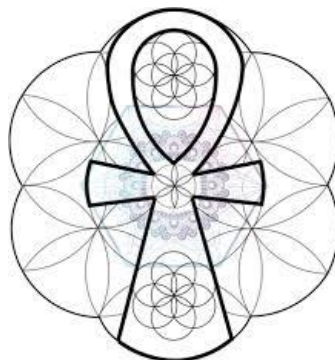




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3. General preparation before the rituals

- Begin by smudging (using dried herbs, sage or palosanto) your aura and surroundings.
- As you smudge your body be sure you don't forget the bottom of your feet!
- As you smudge, repeat the following for three times: *"I cleanse and release the dense energy that flows around me. I cleanse and remove all that keeps me weighted. I release and let go of all pains and emotions that no longer serve me. I am light. I am clear. The energy around me flows with gentle grace. I am light. I am clean. My energy is restored and I feel renewed."*
- As you smudge your surroundings, you say the following three times: *"I remove all stagnant and negative energies. My home is clean and cleared and protected. A fresh new energy may now enter, one that is light and free. Goodness fills every corner of my home, bringing abundance, prosperity, peace, and love. I am grateful. Thank you. Blessed it be."*





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4. How to create a Womb Alter

Items for the Womb Alter (fixed or portable):

- ❖ A table made of wood or other material, but not metal;
- ❖ A piece of cloth, colorful or white, embroidered or not, with sacred patterns or motifs (at least 50 x 50 cm) tuned to your own energy;
- ❖ A stone which will be at the center of the cloth, your Womb;
- ❖ Red and white roses and candles, symbolizing the feminine flows: the menstruation (red) and also ovulatory, receptive phase (white);
- ❖ Crystals resonating with your cycle – set the intention to find the proper crystal for your Alter and you will also see it appearing in your life;
- ❖ Call in spiritual guides by putting photos of being you would like to have in your life as guides or protectors; call in the elements of Nature and Mother Earth (you can use earth from a special place, stones, feathers, fossils etc.);
- ❖ A picture of someone from your female lineage meditating on your Ancestors and their gifts given to you;
- ❖ Honor the Divine Masculine by adding a picture of a male who is close to your Heart (spouse, son, father);
- ❖ A bowl with pure spring water, another one with organic sea salt crystals;
- ❖ You can also add creative handwork, feminine oracle cards etc.

Honoring the New Moon, Full Moon, First Quarter and Last Quarter Moons, and the Dark Moon will help you align to the lunar rhythms of Nature.

Having a bowl with water and red rose petals when you menstruate and one with white rose petals when you ovulate holds deep medicine symbols of the womb.



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Before beginning the creation of the Alter of the Womb, the following **Opening meditation (Meditation with energy column)** should be done:

Sit in a comfortable position, possibly with the legs in the contact with the ground/earth. Close your eyes and breathe deeply for 3 times, inhaling through your nose and exhaling through the mouth. In your mind tell for 3 times your name (first name) and visualize each letter of it.

Visualize a column of golden light forming from the crown chakra towards the whole body down, through the head, throat, chest, belly and legs and arms and finally touching the earth. Imagine that your whole body is a column of light, linking the Sky and the Earth, and penetrating deep down in the core of Mother Earth. You are the Column of Light, positive Energy linking the Universe and the Earth. When you feel relaxed and shining as Light in a Column, you say again your name in your thoughts and the following sentences: *“I am light energy. Nothing and nobody can destabilize me. I am whole and complete”*.

For performing the ritual an intention needs to be set and a candle should be lit. Remember that you can adapt your ritual ad intention to your own rhythm and necessities, when more than one New/Full Moon happens along a month you can actually repeat a ritual to enhance the power of its manifestation. Below you will find some examples of ritual for New and Full Moon occasions, but you can also choose to perform them for pagan festivities where you can invite Goddesses energies to bless your Womb and Heart and bring the balm of healing.



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WOMB RITUALS FOR NEW AND FULL MOON ALONG A FULL YEAR





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MONTH 1

New Moon ritual

Ritual for cleaning the chakras

- Lit the 7 candles (you can use each differently colored, according the chakra they represent) on the altar and then prepare the bowl with the water in front of you. Water is essential so you can rinse your fingers between chakra rotations.
- Take your bowl and fill it with spring water. Put the bowl of water in between the 7 candles on the Altar, in the front of the Goddess image.
- Hold your left hand at the base of your spine, and with your right hand three or four inches in front of your pubic bone area, “feel” for your first chakra. A clear chakra will have a tingling, light vibration. In contrast, a dense, congested chakra will feel something like cotton candy.
- Rotating your fingertips in a circle, spin the chakra counterclockwise three or four times. Rinse your fingers in water to wash away the sludge and toxins that adhere to the walls of the chakra.
- Repeat the steps for each of the chakras:
 - for the second chakra, located two inches below your navel;
 - for the third chakra, located at your solar plexus;
 - for the fourth chakra, at the level of your heart, in the center of your chest;
 - for the fifth chakra, at the hollow of your throat;
 - for the sixth chakra, at the center of your forehead;
 - for the seventh chakra, at the top of your head.
- Now go back to your first chakra, and spin it clockwise three or four times to balance the chakra and re-establish its proper direction of spin.
- Repeat again this movement for all seven chakras.
- This exercise allows each chakra to spin at its optimal frequency, unencumbered by the sludge and stale energies that cause disease. A clean chakra is able to draw in the



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energies of nature to nourish your Luminous Energy Field for promoting optimal health.

- After the work on the chakras take a moment to anoint yourself on all the 7 points on your body with the selected essential oil. Breath in its smell/odor and feel the fragrance as a pure blessing of Magdalene.





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Full Moon ritual

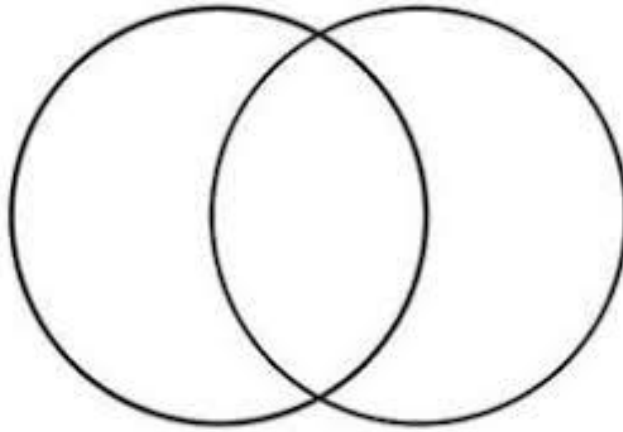
Meditation of the Ovaries and Heart Activation

- Put both hands on the womb creating the shape of the Heart;
- Breath in and out inside the sacred space – Hara;
- Slowly visualize a golden light in the right ovary, growing brighter and brighter, bringing inside the warmth of Sun;
- Then visualize the light of the Moon in the left ovary, allowing it to grow brighter and brighter with each breath. Feel the fusion of the Solar-Moon light magic inside your Womb;
- Now visualize in the middle of the Womb the symbol of *Vesica Piscis* (ancient symbol of Divine feminine – see below), each side of the two circle around each ovary;
- During the deep breath in draw both Lunar and Solar lights into the middle of the symbol (portal) until they merge. While you release the breathing, release also the light back to each ovary;
- Continue for at least 3 minutes the breathing and visualization of the merging of the Solar and Lunar Lights, until the energy fields of the ovaries and their Divine Intelligence are activated;
- Visualize a seed of light that you plant in your womb in between the ovaries and help it grow by pouring lunar blessed water – set the intention to take care of this seed and protect it as a precious gift;
- While you take a deep breath in at the same time squeeze your perineum and imagine the light activated into the womb lifting the seed toward your Heart and stop a second inside your Heart;
- While releasing the breathing and perineum, feel the warmth of your Heart embracing the seed and making it bloom into a beautiful rose;
- Repeat for 3 minutes the breathing with squeezing the perineum and visualizing the seeds turning into a flower.

After the meditation, as the Womb and Heart are activated in the Sacred space of the Alter/Ritual, it is good to also take few minutes to move using music proper for the new energetic state. Below you can find some suggestions of music that can be easily found on youtube. Feel also free to make adjustments to your Altar and the steps given in these guidelines (for example you can light a candle of the color of the chakra that you feel needs more attention during the ritual).



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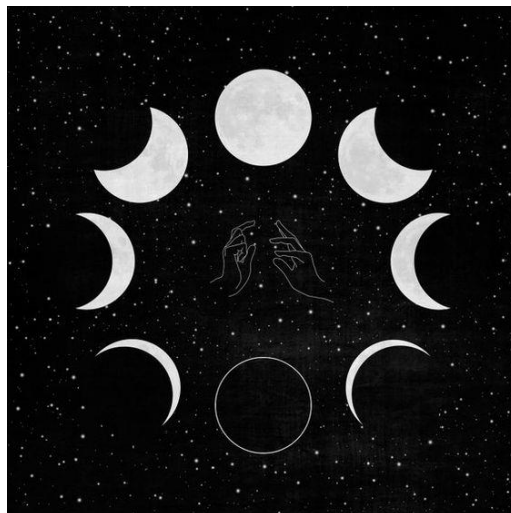
Vesica Piscis symbol

Examples of music for Womb and Heart activation (from youtube)

<https://www.youtube.com/watch?v=384wt6tznwE> (Indian, Persian)

<https://www.youtube.com/watch?v=0EGlcrFiTdo> (Peruquois)

<https://www.youtube.com/watch?v=koQqT0dnq9c> (Hawaiian music)





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MONTH 2

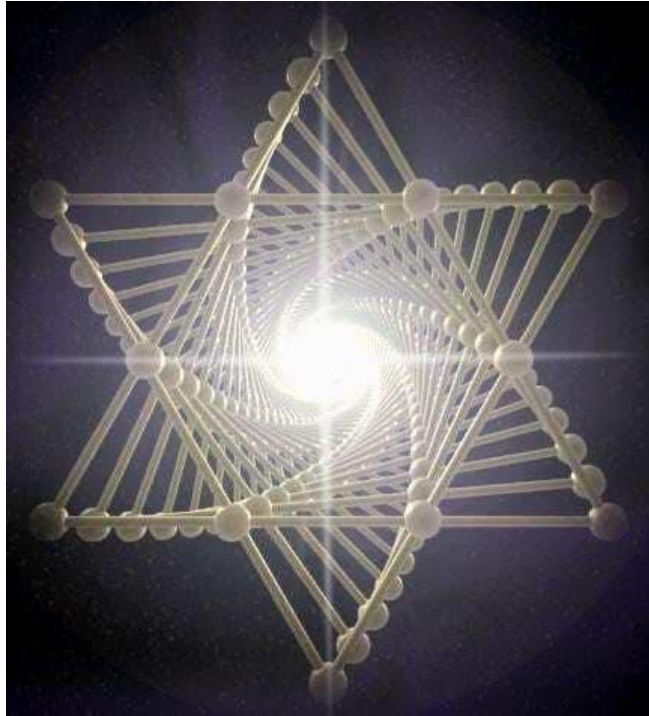
New Moon ritual

Merkabah activation

- Place your feet on the ground and take 2-3 deep breaths, connected with the energy of Mother Earth – when you breath in feel the energy coming up to your body through your Womb, when you breath out release all the energies that do not serve you.
- Place your awareness to your Womb space, if you feel so place your palms on the belly holding the womb stone in your hands. Visualize a light inside your womb, filled with Love and positive energies.
- Visualize and feel a luminous thread of light coming down from your womb through your Yoni and legs and creating deep roots towards the core of Mother Earth.
- Visualize and feel the thread of Light inside your womb going up through your chest to the Heart and then through the Crown chakra up to the Cosmic Womb.
- Feel a tube of light anchoring you both to the Mother Earth and the Universe inside your body, in vertical.
- Breath: through the inhalation feel the energy going up from your feet to your head and on exhaling breath the energy down from the head to your feet.
- With another breathing allow yourself to feel the energy weaving around the left and right sides and on exhalation to spiral around left and right sides of your body.
- Surrender into this spiral movement as you would be completely immersed into a spinning and weaving around the vertical axis created by the Earth- Universe thread of light inside your body.
- Feel yourself rooted deeply into your own WOMB as the Merkabah activates, grounded into the womb of Mother Earth, Gaia.
- When you feel strong and stabilized use the essential oil to anoint yourself on the belly area, in the area of the Heart and wrists. Breathe in its smell/odour and feel the fragrance as a pure blessing of Magdalene.



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Full Moon ritual

Bathing and Anointing Ritual

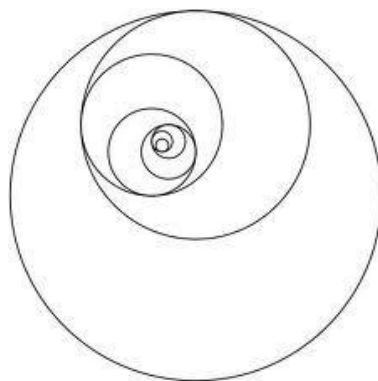
- Light the candle, on your altar in front of the Goddess image. Place the bowl with spring water close to the candle under the Full Moon light.
- Start to prepare your bathing ritual, filling the bathtub with water. You can also use shower but in this case the salt and essential oil will be in less quantity and eventually applied with fingers and then you take the shower gently cuddling your body.
- While you are doing your preparation meditate and say a short prayer thanking for the healing and gifts the salt and oil will bring to you.
 - *«I thank to the Earth for providing me with the salt that will help me ground and connect to the seas, protecting my energy and giving me strenght and confidence for the future journey.»*
- Once the bath is ready, take the essential oil and place a few drops into the water. While swirling the water with a finger, make a wish or set an intention for this bath (*“I ask that this bath helps me...”*, *“I ask that this bath cleanses me of...”*).
- While relaxing in the bathtub, imagine that you are floating in a sea and all around you daulphins and whales are sharing their joy and playfulness with you.
- Once you got out of the bath and dried off, grab a sheet of paper and start to draw without thinking too much. You can also write if you feel inspired.
- When you finished the journaling or the drawing you can go to sleep. But before this say another short prayer and thank to the Moon for the wisdom and ritual.
- You can also drink the water blessed by the Lunar light during the ritual or use it over a plant/flower that you connect most in your home.
- Do not forget also to snuff out your candle when finished.



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Suggestions of *essential oils* to be used and their properties:

- ✚ **Basil:** cleansing, helps break repetitive cycles, purifying
- ✚ **Chamomile:** relaxing, soothing, supports feminine energy
- ✚ **Lavender:** relaxing, restorative, good for sleep
- ✚ **Lemon:** energizing, cleansing, evokes the feeling of Spring
- ✚ **Lemonbalm:** relaxing, good for overthinking, nourishing
- ✚ **Jasmine:** strengthens intuition, invites peaceful dreams
- ✚ **Orange:** energizing, stimulating
- ✚ **Patchouli:** mood-boosting, cleansing, calming
- ✚ **Peppermint:** energizing, restorative, good for grief
- ✚ **Rose:** raises your vibration, opens heart chakra
- ✚ **Rosemary:** cleanses energy, soothes emotional stress
- ✚ **Sandalwood:** opens third eye, cleanses energy, detoxifying
- ✚ **Sage:** cleansing, restorative, cleanses energy
- ✚ **Ylang Ylang:** stimulating, self-love boosting, relaxing
- ✚ **Thyme:** relaxing, great for feelings of burnout.





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MONTH 3

New Moon ritual

BE-COME Ritual

- Light a candle on your altar (preferably the pillar of yellow color to increase the will power in your Solar plexus) or private space in front of your Magdalene pictures. You can also burn some incense after doing it;
- Write a list of what you want to “Become and Be” in your life in the next 7 years;
- Write down the new intentional changes or growth you would like to bring forth in your life. Write it with a green or blue pen to paper with prayerful intention;
- Read and allow what you wrote to absorb and infuse into you, fold it and place next to the candle! Write the one word that summarizes the energy, you would like to create. You can put the word on your list or write it on your candle;
- Take a deep breath and focusing your attention on the light of the candle on the altar speak the words out loud... BeCome! Repeat the word for 3 up to 5 times, loudly;
- Sit meditatively with your candle lit, hold sacred space inside for at least 11 minutes. If you use a tea light you can let it blow on its own or you blow the candle out and watch your prayers rise up to the world;
- Allow and surrender to miraculous manifestations of your prayer, starting to get closer to you every moment and day!





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Full Moon ritual

Water blessing ritual

- Collect rainwater or snowmelt water in a glass or ceramic vase or jar;
- Connecting through meditation with the Goddess of water of the land where you live or spirits of water from fairy realm;
- Place a quartz crystal in the container and allow the water to sit for 10 days starting with the day of Full Moon. During this time, keep the vessel on your altar or a place where it will be undisturbed completely.
- Each day, light a candle and pray, sending your healing blessings into the water morning and evening;
- At the end of the 10 day period, carry the vessel to a major water course in your community that may be polluted or carry some toxins (just about all of them do);
- If you want, you may let the crystal flow out of the vessel into the water and become part of your offering. If you wish to retain your crystal, place a silk cloth over the vessel and pour the water through the silk. Pour the water with great joy and imagine that you are pouring the water of compassion into the public watercourse;
- This container of water became healing medicine and will immediately begin to transform the public watercourse. Visualize the blessed water spreading out like a huge cloud, transforming all the toxic water it mixes with downstream;
- If you want to do this in a more public way, invite friends or other women from your community to participate. Each should bring a jar and collect a sample of the water from the place you wish to heal. Each person will take their jar of water home and pray and send love into the water.
- In ten days, call the group together again at the same site or same body of water and release all jars of blessed waters at the same time. This is incredibly effective as a healing ritual for the entire community as the power of intention is amplified exponentially each time more than two people are gathered for the same intent.



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MONTH 4

New Moon ritual

Seeding an intention

- Light two tea candles (white and red) on your altar, one for your left ovary and one for your right ovary, bipolarities in our own body, blessed by the Moon and the Sun.
- Meditate on the attributes that the Maiden image shows to you, they are already inside you but maybe you need to manifest them fully yet.
- Take the stones (representing your Womb and your Heart) and place them over your belly and your chest (independently on the position you are, you can find a comfortable position to place it – either in vertical or in horizontal, holding the stone with your hands).
- Take 13 deep, continuous breaths and focus on the intention of what you wish to create or manifest in the future (remember the main theme of the Vision Quest - Foundations), breathing inside your Womb and Heart channel, slowly moving your Stones at the same time, while breathing.
- In a pot you've prepared previously with a little bit of earth place 4 seed of a flower that you like, a plant or medicinal herb, cover it with the earth and pour few drops of water while you are saying the following invocation:

"I call in the Heart of the Goddess,

To guide me into the infinite possibilities of my own Heart.

I call in the Voice from the Womb of the Goddess

To sing along with my own Womb and connect with the Cosmic Womb.

Bless me and all my Sisters,

Anointing my third eye with the Balm of Forgiveness



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And pouring down over us your Pure Light.

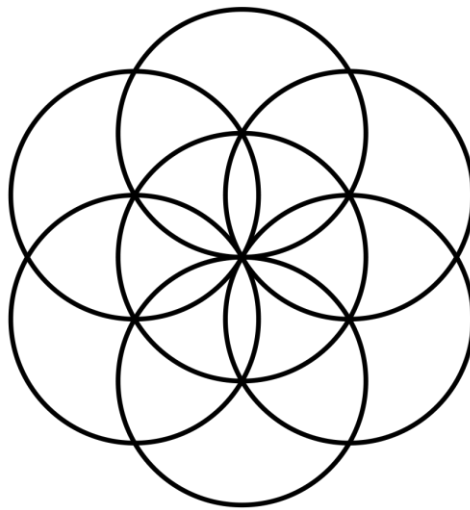
We are here to honor your presence,

Remembering your Legacy in our Wombs and Hearts.

We choose now to create our Future

By seeding a pure intention to grow further during spring time”.

- When you finished the invocation take other 3 deep breaths and meditate few minutes on the intention you have seeded.
- Finally switch off the candles.





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Full Moon ritual

The Light sword consecration

by Archangel Michael

- Lit a white pillar candle on your altar in front of the Mother Image of M Magdalene.
- Meditate on the attributes that the Mother image shows to you, they are already inside you but maybe you need to manifest them fully yet.
- Take 13 deep, continuous breaths and focus on the intention of what you wish to create in your life and how to better manifest your creative potential (remember the main theme of the Vision Quest - *Creativity*), breathing inside your Womb and Heart channel, slowly moving your Stones at the same time, while breathing.
- Take a sheet of paper and a pen and start to draw a symbol that your Heart want to manifest – do not think too much, just leave your hand to go by itself and make this representation. You have finished you can observe the drawing or the symbol and place the crystals that you brought/prepared where you feel drawn to. If there are words or images coming to you while you do this you can write their meaning on those places. You can also use colors or glitter for this drawing.
- When finished you can say a prayer to Archangel Michael (such as: *Saint Michael, Beloved Archangel, I pray to you to show me the truth and the light about my heart desires and the purpose my Soul is called to fulfill in this life. I pray to you to guide me*



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into humbleness and on the love path. I kindly ask you to protect and guide me by cutting the cords and ties that hold me back form expressing myself fully and authentically. Thank you. Thank you. Thank you.).

- Close your eyes and focus to the image or symbol that you drew and visualize the Archangel Michael and his light sword in front of you blessing your drawing and then making over your body a consecration gesture in form of a sacred geometry pattern (it can be a 5 or 6 pointed star).
- When you finished the ritual take other 3 deep breaths and meditate few minutes on the drawing and the clues it shows to you.
- Finally switch off the candle.





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MONTH 5

New Moon ritual

Ritual for attracting abundance

- Prepare your alter with the Goddess Image and all the items needed;
- With pen write on the candle the word Money or Abundance (depending on what you feel you need mostly) and write the same word on a piece of paper A4;
- Try to put as much detail regarding the type of abundance or the reason for which more money are needed (bills, rent, loans, school expenses, projects, vacation, etc) – you can use capital letters to enhance the significance of the words;
- As you write down your need pour also your emotions into the paper;
- Place the 5 coins on top of the paper and light the green candle next to it;
- Say the following spell for 7 times: «*Like the trees growing free, Prosperity there shall be*»;
- Keeping the coinage inside the paper, start to fold the paper toward you, turning and folding the paper around the coins until you cannot fold it anymore;
- Take a green ribbon (giftwrapping style is fine) and wrap it around the packet. With every 3 rotations of the ribbon-wrapping turn the packet towards you and chant these words 7 times. «*Money flowing free, Prosperity there shall be, Money worries gone from me!*»;
- When the packet is almost completely covered with the ribbon, use what's leftover to secure it with a knot. Drip wax from the candle into the knot to seal the spell;
- Let the candle to burn down and bury the remains from it at the root of a tree near your home.
- Place the packet in your wallet or purse, or carry it in your pocket every day;
- Keep the packet with you until the money issues at hand have resolved and then dispose the packet at a cross roads or under a tree near your home.



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Full Moon ritual

Ritual of the 3 wishes

- Lit a red pillar candle on your alter in front of the Goddess Image;
- Meditate on the attributes that the image shows to you, they are already inside you but maybe you need to manifest them fully yet;
- Take 13 deep, continuous breaths and focus on the intention, breathing inside your Womb and Heart channel;
- Take a sheet of paper A4 and a pen and write down 3 wishes that you would like to see fulfilled in the next 3-4 months - do not think too much, just leave your hand be guided by your inner Child and your Heart energies;
- You can also use colors or glitter, different for each of the wishes;
- Then you place a crystal on each of the Wish sentence, you can do it with your eyes closed, letting the hand to choose the position of the crystal on the sheet of paper (you can take a picture of it once done, to remember and reflect on the position of each crystal);
- Start to repeat each sentence/wish, holding each crystal in your hand and then you say the spell: *«May my wish come true, as I learn to love within and love without, letting go of false expectations and illusions»*;
- When you finished all the sentences/wishes, you look again to the words and you choose one word (or max 2) from each sentence and reformulate an unique sentence or wish, repeating it 3 times. This will be the sum of the 3 wishes and can be used as a mantra during the following 3-4 months;
- When you finished the ritual take other 3 deep breaths and meditate few minutes on the final wish that you have formulated (you can also make a drawing if you want to become more visible in front of you and place the 3 crystals on that final sentence);
- Finally switch off the candle.



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MONTH 6

New Moon ritual

Ritual for manifestation

- Prepare a bowl with spring water, an organic essential oil that you like (wild orange, myrrh or frankincense) and 6 tea candles (3 white and 3 red) placed in the shape of a 6 pointed star (David Star) on a small metal plate. Use a big white candle on your altar while doing the ritual.
- Close your eyes and take 13 deep breaths in and out to settle your mind.
- Anoint yourself with the essential oil that you used on the belly, on your chest (heart area) and on your forehead (third eye area).
- Place the 6 candles in the shape of a 6 pointed star representing the merging of feminine and masculine, the alchemy of the fire and water, the union of Heaven and Earth. Light the 6 candles and then place the bowl with water in the space in the middle of the geometrical shape created by them.
- Focus your awareness on this 6 pointed geometrical shape and start to say the following Invocation:

«Ancient Mother of Healing and Life,

Please send me Your blessing and share Your wisdom

Opening my heart to the gift of understanding and mindful communication.

And teach me to listen to my body's rhythms and needs.



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Show me how to heal myself,

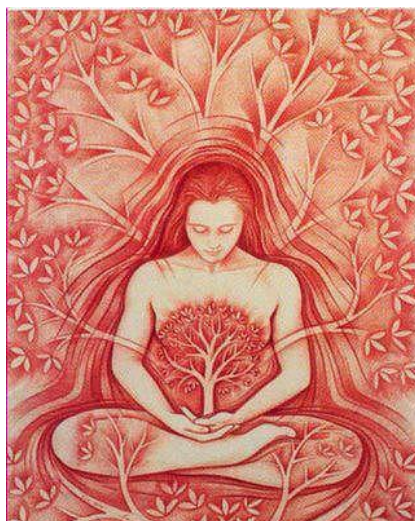
Show me how to love myself,

Show me how to tell my truth

And honor my Highest Self.

So be it. Ashe! AHO!»

- Take a deep breath and imagine you are sending your wish as manifestation out into the Universe.
- Come back to your bowl of water. Holding it in both hands, recite the following three times: *“I am ready to enter into the new. Mind, body, soul are in balance and healed. I feel aligned.”*
- Then take a sip of the blessed/energized water. The water that is still left in the bowl can be poured in the pot with the seed that you planted in the first day ritual.
- Thank to the Goddess for all the gift she shared with you in this journey.





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Full Moon ritual

Prayer to the inner Goddess

- Prepare a crystal (amethyst, pink quartz or any other crystal resonating with you), a flower (rose, ylang-ylang, orange flowers or any other type that represents your feminine essence) and a mirror. Use a big red candle while doing the ritual.
- Place your body in a comfortable position, close your eyes and take 13 deep breaths in and out, to settle your mind.
- Take the crystal and place it at the level of your heart and breathing inside, imagine its internal organized structure expanding through your heart outside your body and creating a protective shell of light and bliss.
- Take in your left hand the flower you chose, bless her with a kiss and then start to tell the following prayer, while looking to yourself in the mirror:

*“My Body is a Sacred Temple,
My Heart is a Beautiful Cup filled with Nectar of the Gods,
My Womb has the wisdom of the ancient Ones,
I am here as a whole Woman and Goddess,
Cherishing my Body, my Heart and My Womb,
I call in the Goddess attributes,
Envisioning my Present and Future Self full of Light.
I am aligned with my Higher Purpose.
The Infinite Source of Light and Wisdom to which I reconnect
Sends me the Blessings, the Protection and the Love I need.
I am One with the Whole,*



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I am a Full Circle and I keep riding the Wheel of my own Fortune.

I AM HERE and NOW,

Grateful for everything and to everyone”.

- Finally switch off the candles.
- You can place the flower in a bowl with water and keep her close to your bed, to accompany you in dream time.
- When she starts to dye, take her back to Mother earth, and say good bye, thanking for her presence and blessing.





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MONTH 7

New Moon ritual

Ritual for awakening Shakti fire

- Prepare a cozy spot, it can be in front of your alter or another place where you feel safe and protected. If you are close to the alter, have a red candle and some incense at hand while doing the ritual.
- You lit the candle and the incense and can also smudge yourself gently around the body.
- You can do the ritual standing on your feet in vertical position, it is actually more effective to circulate the Shakti energy this way, but if you prefer to lay down, you can also do this.
- Relax the body and start to breath in air with your mouth open (and also rhythmically and with short pace - as a fire breathing through the mouth) and also through the opening of your Vagina (you can actually contract the muscle of Psoas together with the breath in and release it when exhaling), imagining that at the same time you take this energy from Mother Earth - you can visualize the energy as a flow of bright light entering into your body through the first chakra between your legs inside the vagina, your Womb and following up;
- Feel the breath circulating from this place up to all the other energetic points of your body (chakras) and when arrives at the top, at the level of the crown chackra, returns down, through the same points - it the image of an electric light snake is easier to visualize while the energy goes up and down inside the body, do it.
- Keep the breath inhaling through the mouth and releasing also through the mouth while this circulation of the energy is done inside the body, through the energy points.
- Inside your mind say this for 3 times when the energy snake goes up from in between your legs: *I am ready for Life, I welcome the Shakti fire inside my body, I am blessed.*



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- Do this breathing and also circulation of energy from bottom to the top and then from top to the bottom at least 5 times.
- When you feel that the energy state changed inside of you and you can vibrate with the activation, calm down the breath to a normal peace.
- You can place one hand on your womb and one on your chest at the level of your Heart and feel gratitude for this experience and sacred activation.
- Stay for few moment like that and enjoy the energy inside the body.
- When ready to return to your routine, shut down the candle and close the sacred space.





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Full Moon ritual

Magdalene Prayer

(best to be done on 22nd July for Mary M feast)

Holy Mother Mari-Isis,
Holy Spirit,
Shekinah,
Maria Alaha,
Haramara,
Great Grandmother Ocean,
Cosmic Mother of Creation,
We are your vessels of life,
Pour through us into the world,
Make our waters flow crystal clear,
Make our voices sing for all to hear,
Make our wells run deep and true,
Make us the rainbow bridge back to you,
We invoke the light within matter,
Birthing heaven here on earth
Give us the courage and the grace to be the Grail of healing balm,
That anoints our hearts with love.

In the mystery of the Dove.
Ah-Moon.
May it be rooted in the earth,
And birthed through the womb.
Kadosh, Kadosh, Kadosh.

by Seren Bertrand



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MONTH 8

New Moon ritual

Ritual for manifestation of the best way to communicate

- Prepare a bowl with spring/mineral water, an organic essential oil that you like (wild orange, myrrha or frankinsense) and 6 tea candles (3 white and 3 red) placed in the shape of a 6 pointed star on a small ceramic plate.
- Use a big white candle on your altar while doing the ritual.
- Close your eyes and take 13 deep breaths in and out to settle your mind.
- Anoint yourself with the essential oil that you used on the belly, on your chest (heart area) and on your forehead (third eye area).
- Place the 6 candles in the shape of a 6 pointed star (see the symbol below) representing the merging of Feminine and Masculine, the alchemy of the Fire and Water, the union of Heaven and Earth. Light the 6 candles and then place the bowl with water (covered with something) in the space in the middle of the geometrical shape created by them (in the drawing would be in the middle of the Flower of Life).
- Focus your awareness on this 6 pointed geometrical shape and start to say the following Invocation:

«Ancient Mother of Healing and Life,

Please send me Your blessing and share Your wisdom

Opening my Heart to the gift of understanding and mindful communication.

And teach me to listen to my body's rhythms and needs.

Show me how to heal Myself,



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Show me how to love Myself,

Show me how to tell my Truth

And honor my Highest Self.

So be it. Ashe! AHO!»

- Take a deep breath and imagine you are sending your wish as manifestation out into the Universe.
- Come back to your bowl of water. Holding it in both hands, recite the following three times: “I am ready to enter into the New. Mind, body, soul are in balance. I feel aligned.”
- Then take a sip of the blessed/energized water. The water that is still left in the bowl can be poured in the pot with the seed that you planted in the first day ritual.
- Thank to the Goddess for all the gifts and blessings She shared with you in this journey.





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Full Moon ritual

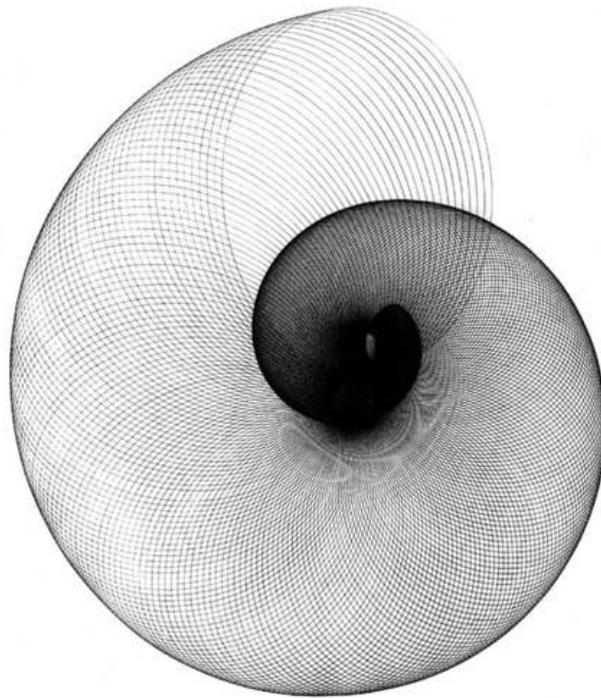
Ritual for Releasing Anger

- Lit a red pillar candle on your alter in front of the Goddess Kali image or statue representing the Sacred Anger.
- Take the stone representing your womb qualities and place it appropriately on your body (womb) 2 fingers below your belly button, while laying down.
- Take few breaths through the nose, the inhaling shorter than the exhaling, trying to monitor the state of your body, and continuously focusing on your womb/belly.
- Observe your inner energy and connect with the last memory when you felt anger inside yourself. Notice what happens to your belly and the whole body when you do this. If you have difficulty in connecting with the Anger, invoke the name of Kali to activate it.
- Place your attention to the spot or part of the body where you feel more tension and try to focus your energy in that one place, while you breathe.
- Continue to inhale and exhale at your pace, and when you feel ready draw with your right hand two circles above your womb in the shape of the Vesica Piscis symbol (see at the beginning, page 9) for 3 times saying: *I am safe, I am ready, I listen to my Body.*
- Visualize now that from your stone placed near the belly button a light thread of red-orange color goes up and connects with the middle space between the 2 circles of Vesica Piscis (the Portal space) like in a spiral movement.
- With your left palm open you start to make movements between this Portal (and spiral movement linked to your belly) and the place of your body where the Anger energy is stored. You do it in the form of the infinite (8) shape, imagining at the same time an energetic exchange between the two spaces. You can also visualize the red orange thread creating this shape of 8 while your left hand guides the connection. While you do this say for 3 times: *I reclaim my Womb wisdom, as I wish to transform my Anger, I am able to alchemize it and release it from my body.*



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- Visualize the energy release through the movement in the infinite shape guided by your left hand and observe the change in energy flux between your body parts. You can repeat the whole movement several times, up to 21;
- Re-connect with the breath and this time make the inhaling longer than exhaling. Do it at least for 3 times and then return to a normal breath and state, integrating the whole experience.
- If you take time write down about the sensations in your body or the insights you received during the ritual;
- Finish the ritual by switching off the candle and giving thanks to the Goddess Kali for supporting you.





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MONTH 9

New Moon ritual

Ritual of psychic protection

- Lit the 2 tea candles on your alter in front of the Mother Image of M Magdalene, to represent the Solar and Lunar lights in your life (and also the two ovaries in your womb).
- Take the stones representing your womb and heart and place them appropriately on your body, while laying down.
- Take few deep breath through the nose, relaxing your body and focusing on your womb/belly and heart/chest.
- Visualize that inside your womb you have a rose blossoming with every breath you take and glowing brighter while expanding inside your body, reaching the heart.
- Feel the opening and blossoming of this channel between the womb and heart and start to repeat inside yourself for several times: *«I am light, I am love, I am protected inside and outside my body»*.
- Then recite for 3 times the following: *«Everything and everyone in my face, in my aura or in my space I send them (their energies) back to their guides and where they belong. I take back all my energies that I left with other people, in other places and situations. I take back to me what it is mine and belongs to me»*.
- Visualize now that you place violet light around you and in your space and aura, to protect against any interference or energies that might hook up on you (you can also place, before starting the ritual, an amethyst on top of your head, where the crown chakra is).
- Allow few minutes these energies to integrate and at the end take the oil and annoint yourself on the belly and the heart area, invoking also the protective energy of the plant or blend you are using.
- Finally switch off the candles.



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Full Moon ritual

Releasing the Old

- Lit a candle, on your altar in front of the Goddess image.
- Close your eyes and take 10 deep breaths in and out to settle your mind.
- Use the singing bowl or crystal to produce sound and focus on your higher chakras (like the crown and third eye chakras) to shift your energy from a visceral emotional place to a more thoughtful and measured one. Pay attention to any thoughts or ideas that arise and let them flow through you.
- After the sound bath, spend some time journaling about any feelings or impulses that came up during the sound bath. Commit to a spirit of experimentation, and write down three things that you would like to release over the next month.
- Imagine that you take each of the thoughts, ideas, patterns, beliefs you identified through journaling in your hands and you start to model them like a clay until each of them becomes something else, that you can offer to the Full Moon;
- Spend the time needed to envision the Moon blessing each of the small creations and then send them to the sky, like small wish stars;
- Thank to the Moon for the blessings and take in the light inside your womb and heart;
- To close the ritual by snuffing out your candle.





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MONTH 10

New Moon ritual

Ritual of the Sacred Union

- Place on your alter two candles to represent the Twin Flame energy - you can also use an image of it to enhance the meaning, also two buds of flowers (roses).
- Lit the candles and start to breathe in slowly inside your belly, expanding the air inside the body and following it through up to exhale.
- Allow your body to feel relax and enjoy the movement of expansion and decompression.
- On a sheet of paper draw the symbol of Divine Union of Masculine and Feminine energies that suits mostly to your own energy while you hum with your Voice a mantra or a song that you like as an Invocation.
- Place your left palm over this drawing and breathing deeper inside connect with the energy of the drawing, then focus your eyes with the flames of the two candles and take in this fire and light.
- Imagine that the two flames (masculine and feminine) embrace each other inside your heart and place the other palm (right hand) over your chest to feel the beat and warmth of this union.
- Continue to hum and notice if the vibration of your voice can synchronize with the vibration of the flames united in one inside your body.
- Tune your voice to this vibration and allow it to develop in a song and allow this song to become a Love song.
- If you wish to enhance the clearing and activation of the sound energy use an instrument to accompany this song (it can also be a drum or maraca or another shamanic instrument)
- After finishing the song, stay in silence for a while to integrate the experience and then switch off the candles.
- Spend some time journaling about any feelings, images or ideas that came up during the song and sound bath.



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Full Moon ritual

Awakening the Witch within

- Use the image of the Crone as a wise, compassionate old woman instead of a Goddess image on your altar.
- Lit a candle and connect with the Fire of the flame and also place some incense or smudge the altar space and your own body, while reciting the following for 3 times: *I allow the sacredness and my Womb's wisdom to inspire and infuse this space and I open myself to the miracle of the inner knowing.*
- Breathe in for 13 times, making the inhaling longer than the exhale and monitoring the inner rhythm of your energy.
- Call inside your womb the sacred Fire (you can focus your eyes on the candle's fire if you prefer) and visualize it invading all the darkness of your Womb, while you say this Incantation:

- ✚ *I connect with my own self*
- ✚ *I have and manifest my own will*
- ✚ *I am be able to use all the senses*
- ✚ *I connect and understand my emotions*
- ✚ *I am in contact with my body*
- ✚ *I have my own thoughts and words*
- ✚ *I live in constructive relationships*
- ✚ *I am wise and compassionate Witch.*

Allow few minutes these energies to integrate and at the end take the oil and anoint yourself on the belly area, invoking also the protective energy of the plant or blend you are using. It is recommended to use rose, frankincense or myrrh essential oil.

Finally switch off the candle.



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MONTH 11

New Moon ritual

Ritual for “planting” the menstrual blood

In matriarchal civilizations, it was common to use this menstrual blood for rituals, offerings and even tributes to the Goddesses, the Moon and the Sacred Feminine. Menstrual blood contains three electrolyte nutrients that are important to both human and plant metabolism: nitrogen, phosphorus, and potassium—the very same combo you'll find in store-bought fertilizer.

Besides nourishing your plants, this practice can also help nourish your relationship with your period. Generally speaking, the menstrual cycle is life-promoting and also serves to rejuvenate the endometrium and prepare it for nesting/pregnancy. Menstrual blood can nurture another living thing (plants, herbs, flowers) and reminds us of the connection between the earth and ourselves.

On your alter you can lit candles, your favorite incense and crystals, do a ritual where you give thanks to the earth, chant songs or invoke the Mother Earth energy, while keeping your feet on the ground, to connect even more to the energy of the element.

Follow the instructions below, adding an intention to fertilize an idea or project while you also fertilize the earth for your plants or flowers:

- Collect your blood in as soon as possible after it leaves your body, and start with small amounts. Two very practical ways are the menstrual collector or absorbent cloth, which are also more sustainable.
- In a glass or clay container, mix with about $\frac{2}{3}$ of water to $\frac{1}{3}$ of blood. Keep this container covered with a cloth, in a ventilated environment, until planting.
- Apply as evenly as possible, and mix the blood in with your potting soil a bit to help the good soil microbes do their thang. Remember not to take too long to do this, as the blood is organic and starts to decompose as soon as it comes in contact with the air.
- Use only on ornamental plants, not ones you plan to eat, like fruits, veggies, or potted herbs.



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Full Moon ritual

Ritual of Womb Grief

- Lighting a candle at certain, special times of the day (or week) to remind you of your lost one (for example, if you lost a child or had a miscarriage you can do it at bedtime remembering those moments that you spent in connection with the lost one, before going to sleep) and sitting in silence to gather your energy and intention for the ritual.
- Take a sheet of paper, it can be a A3 format, and draw or write memories that come to you in relationship with the grief you hold inside your Womb – if you have pictures that represent your energy and the relationship with the lost one, you can add them.
- You can also put some soothing music or a music you love and remind you of this loss, comforting you also.
- If you feel the need to release energy in your ritual space, you can do it as it comes (crying, screaming, singing, sobbing etc.) allowing to the energy to move through your body and womb too.
- Then you can place a hand on your belly and the other one on your chest and wait for few minutes to calm down after the release
- Breathe in and out for 3 times at your pace and say the following: *«I allow myself to connect with my Womb grief. I allow myself to be moved through my grief and to release it so I can grow a new intention for Life and joy. I am grateful for the time spent in this grief process and I take what I need from it. So it is».*
- You can choose, before closing the ritual, to burn the sheet of paper as a final act of liberation.
- Shut off the candle if you used one and then return to your own life and routines, grateful for this ritual.



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MONTH 12

New Moon ritual

Ritual of Re-birth

- Lit a candle, and sit quietly, breathing in and out until you get to a place of calmness and stillness;
- Start to do fire breathing (take air deeply through the mouth and release through the nose, also deeply) at least 13 times;
- Then place your hands on your belly and imagine that inside it a portal opens through the belly button with every breath you take;
- When you feel this portal opened enough start to do with your right hand, with your pointing finger, movements in spiral in front of your belly, rotating anti-clockwise for 3 times;
- Then you place your left hand on your chest at the level of your heart and imagine that a bright pink ray comes from inside this space and becomes a scalpel of light and high frequency that you hold in your hand;
- You take this scalpel, connecting with your drum beat, and point it towards your belly button imagining that with every heart beat the scalpel cuts inside your womb all energetic cords, attachments or believes that kept you stuck in old patterns;
- When the pink colored scalpel finished the energetic surgery you place your right hand in front of your belly and you repeat the spiral movement 3 times but this time in clock-wise direction;
- You take your left hand and the scalpel back to your heart and ask to the Moon to bless your re-birth ritual with silver light;
- You see this pink light merging with the silver lunar light and invading all your body, that starts to glow and vibrate at the frequency of love;



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- You embrace yourself with your both arms and breath in the pink and silver colors at your own pace, imagining them dancing in spiral and creating in front of you and inside your body a beautiful geometric pattern, that is unique to you and to your re-birth process;
- Connect again with your body by breathing in and out and open your eyes.
- Stay quiet few minutes to integrate the experience and this moment. If you feel so you can draw the pattern that you visualized on a paper and use it for your future intentions;
- Finally switch off the candle.





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Full Moon ritual

Past - present - future

- Light 3 candles and prepare all your ritual ingredients in front of you for easy access.
- Hold your amethyst crystal (if using), and sit in a comfortable position.
- Close your eyes and take 13 deep breaths in and out to settle your mind.
- Pick up one of your flowers, hold it in your hands, and recite the following or feel free to say whatever you feel in the moment: *“The past has shaped me, it has made me strong. I honor my past and who I have become. The memory from my past that stands out the most to me right now is (Insert whatever first comes to your mind). I honor that this memory came to me. I honor that it has something to teach me. I release it and let it go, I release it so I can grow. The time has come for me to move on. I thank the past, but now my work here is done.”*
- Take a deep breath in and on your exhale, imagine you are releasing all of your past that you no longer wish to carry. If you feel the need, you can take more than one breath! When ready, place the flower into the bowl of water.
- Take your next flower and hold it in your hands. When ready, recite the following or feel free to say whatever comes to you in the moment: *“My present it is who I am. I love myself. I no longer have to accept things that don’t fill me up or make me feel aligned. I honor my responsibilities, but I also honor my heart. I am so proud of myself for (Insert proud moment here) but I also know I need to stop (insert here-go with whatever comes to your mind first!). Dear Universe/Spirit/Godess, please guide me to release this from my life. Please reveal to me the next steps so I can bring closure/healing to this situation.”*
- Take another deep breath in and on your exhale, imagine you are bringing joy and healing into your life right now. If you feel the need, you can take more than one breath! When ready, place the flower into the bowl of water.
- Take your final flower, holding it in your hands, recite the following: *“My future is bright. My future is a dream come true. I ask the Universe’s help in bringing into my life the solid ground I need. I ask the Universe to guide me to the steps I need to take in order to make this dream a reality. I trust that all I desire will unfold in the perfect timing and in the perfect way.”*



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- Take a deep breath and imagine you are sending your wish out into the Universe. When ready, place the third and final flower into the bowl of water.
- Take your bowl of water with the flowers in it and add the pinch of sea salt and your cleaned amethyst if using. Place the bowl of water outside or by the window under the light of the Moon for at least 15 minutes or longer. If you are placing the bowl outside, feel free to cover it.
- While you wait for your water to charge, meditate on your own.
- Come back to your bowl of water. Holding it in both hands, recite the following three times: *"I am ready to enter into the new. Mind, body, soul is balanced. I feel aligned."*
- Take a sip of the water and feel the energetic effects soaking into your body. If your water looks a little suspect and you don't want to drink it, dab the water over your third eye instead or gently splash it over your face. You can also do this with the remaining water as well.
- To close the ritual, take the amethyst out of the water and dry it off. Keep it by your bedside for the next 3 nights. You can keep the flowers till they are ready to be returned to the earth.
- Snuff out your candles!

