



MEDICINE WOMAN HANDBOOK

SACRED RITUALS TO AWAKEN
YOUR WOMB WISDOM

BY SANJA HUREM



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*All information given in this book is based
on the personal experiences of the author.*

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“WOMAN,
YOU BELONG TO THE NIGHT.
YOU HAVE BLOOD ON YOUR THIGHS
AND FUHRZE IN YOUR HAIR.
YOU SMELL OF LOAMY FERTILE SOIL.
YOUR BREASTS GIVE LIFE,
YOUR SEX IS A MYSTERY SCHOOL
LEADING TO THE HOLY OF HOLIES.”

~ AISHA WOLFE



WELCOME TO THE WOMB WISDOM PATH OF THE MODERN MEDICINE WOMAN



The womb is a magical center of creativity, life force, conception and birthing of new paradigms, beings and ideas. It is the zero point where life begins, traveling from spirit realm into physical.

This energy is calling us back into the womb, into our own power as women and as weavers of a new reality. Many ancestral traditions that existed all across the world saw the womb as the holy of holies, a sacred space filled with the pulsing river of the divine feminine, and as the heart of medicine woman practices that brought healing to the community.

This "second heart" of the female body has been hidden and forgotten, as many of the feminine mystery schools were forced underground in order to survive.

These teachings are now making their way back into our collective awareness as we shift into a new paradigm that honors the intuitive feminine wisdom that brings healing balm to a world out of balance- a massive wave awakening women around to world to their innate powers.

You are part of this Great Womb Awakening. This Awakening activates our health, our highest purpose in life and our soulmate relationships.

As you awaken your Womb Chakra and tap into its creative force, you naturally begin to unleash your hidden gifts, calling in the support of medicine women and men from your own lineage, ready to guide you as you heal your own heart and help light the way for others.

Through heart-centered rituals, we can invite this womb vortex to transform our lives. Even women whose physical wombs have been removed can access to this path through the womb energy blueprint that always remains with them.

The feminine heart can never be removed or cut out- its pristine innocence remains untouched, waiting for us to make our way home to it.

The rituals here are designed for you to awaken the archetypes that live within- maiden, lover and crone- so that they can bless your life and ignite your innate gifts and knowing.



"SHE FELT NO INTERRUPTION BETWEEN THE EARTH
AND HER BODY AS IF THE SAME SAP AND RHYTHM RAN
THROUGH BOTH SIMULTANEOUSLY, GOLD, GREEN,
WATERY, OR FIERY WHEN YOU TOUCHED THE CORE."

~ ANAÏS NIN



RITUAL OF THE MAIDEN



Our inner Maiden teaches us to awaken to our womb, to become aware of its power to create, and to step into a sense of profound innocence, joy and budding sensuality.

▼ **For this ritual, anoint your body's sacred points** ▼

Take a few deep breaths and send prayers and softness to your womb. Feel your feet firmly rooted on the earth.

Bless the Sacred Sites in your body with a flower essence or essential oil

Both of your feet
Your Womb and lower belly
Your heart space
Your throat center
Your third eye (between brows)
The palms of your hands
The back of the heart
Your lower back and Sacrum
Your feminine 3rd eye (back of head where neck meets the skull)
Imagine you are weaving a web of light between all these body parts.

Then come to lie down on your back, place your hands on your womb and visualize rose petals of energy swirling in your womb, awakening your yoni from the inside and reaching all the way into the womb. Connect with the feeling curiosity, excitement and blossoming sexuality. What does this feel like? Allow yourself to journey with this sensation.

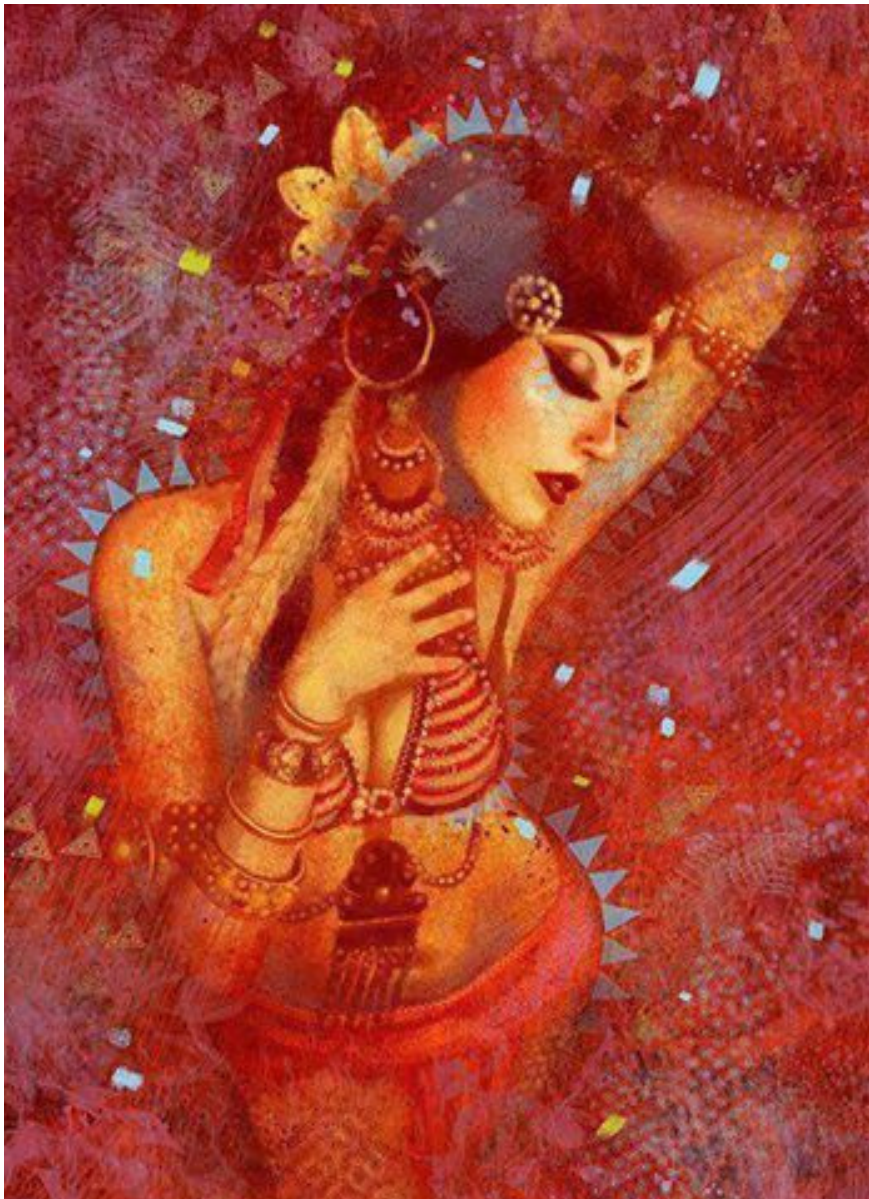
Music recommendation for this ritual:

Jennifer Berezan, Returning



“AS IF YOU WERE ON FIRE FROM WITHIN.
THE MOON LIVES IN THE LINING OF YOUR SKIN.”

~ PABLO NERUDA



RITUAL OF THE LOVER



Our inner Lover invites us to fully ignite our sensuality and to open to receiving the masculine energy in sacred union.

For this ritual:

▼ Activate your yoni pleasure ▼

Yoni is a sanskrit word for vulva and is considered the most sacred name for the feminine crown. Thorough this ritual, we anatomically activate this portal for pleasure & joy.

Come to lie down with your knees bent and feet hip-width on the floor.

Begin to feel your vaginal canal. You can place a finger just at the opening and then feel the rest of the canal extending up into your pelvis. See the canal as divided into 3 parts: a lower, middle, and upper part.

Continue breathing normally without holding the breath and send the instruction to your body to engage the lower part of the canal only.

The first times, it is likely that you are engaging many other muscles, but just sending the instruction begins the process of sensitization. Do this 6 times. Then move on to the middle part and upper part of the canal.

Once done with all three parts, continue breathing normally and then imagine engaging them one part after another in a fluid motion: first, second and third part engaging, keeping this sensation for a few seconds and then relaxing.

As you do this, imagine energy being pulled all the way from your clitoris, to your g-spot and your cervix, and feel into this energy.

On the relaxation of all three parts, see the energy moving down the yoni canal and blossoming at the bottom of the pelvis, imagining a radiant flower opening its petals. Repeat this as many times as you wish and notice what you feel.

Music recommendation for this ritual:

Peruquois, Come My Love



“I AM THE VOICE SPEAKING SOFTLY.
I EXIST FROM THE FIRST.
I DWELL WITHIN THE SILENCE,
IT IS I WHO POURED FORTH THE WATER.
I AM THE WOMB THAT GIVES SHAPE TO THE ALL.”

~ GNOTIC TEXT, TRIMORPHIC PROTENNIA



RITUAL OF THE CRONE



Our inner wise Crone guards the deepest secrets of the womb, and represents our cervix as the gatekeeper of the endless ocean of black light extending beyond it.

For this ritual:

▼ Immerse in Dream Time Womb Breathing ▼

Light a candle and incense of your choice and prepare pen and paper.
Lie down on the floor in a comfortable position with your hands gently on your womb.

Begin breathing consciously and pay attention to the rhythm of your breath.
Don't force your breath into a specific rhythm.

Send your inhales to your entire womb space, like spiral of light swirling in, and on the exhale, see any burdens releasing as grey matter into the floor. Stay here about 3 minutes.

The begin to breathe love and kindness into your cervix .
Allow your imagination to see a crone in your inner vision
What does she look like? Which energy does she carry?
Does she have any messages for you? Imagine, what would those messages be?
Ask the energy flows of your cervix to gently open
Begin to enter its magical dream space, allowing its mysteries to unveil themselves.
Merging with your cervix... breathing from it... becoming it .
What do you see?
What feelings, sensations, sounds and voices arise?
What physical feelings or memories are you aware of?

Continue journeying with your imagination, allowing it to open and expand playfully.
After 5-10 minutes, come out of the journey and write down everything that came to you, starting with the question "How do I feel right now?". Keep this paper and watch out for related coincidences that unfold in your life, knowing you can always visit this inner world.

Music recommendation for this ritual:

Kiss of a Rose, Deuter



“THE VALLEY SPIRIT NEVER DIES.
CALL IT THE MYSTERY, THE WOMAN.
THE MYSTERY, THE DOOR OF THE WOMAN,
IS THE ROOT
OF EARTH AND HEAVEN.”

~ TAO TE CHING, LAO TSU, ENGLISH VERSION,
URSULA K. LE GUIN



RITUAL OF THE MOON WOMAN



Our moon time is when we are blessed with blood flowing freely from our bodies, carrying healing steam cells and a renewal power known as the nectar of life in many traditions. Moon Woman invites us to celebrate our flow and release any false imprints of shame.

For this ritual:

▼ Honor the Sacred Blood ▼

Across many cultures, women gathered in Moon Colleges as a way to celebrate the time of menstruation. This part of the month was known as profoundly sacred, a magical doorway into a woman's deepest power. Menstruation was the first shamanic journey. In our current culture, we have lost our connection to the blood, leaving us with a negative feeling about our periods and even creating physical disturbances.

This feeling of forgetting and the pain in our bodies are calls for us to reclaim this part of the month as a sacred portal. Even if you are not menstruating, you can call in your flow by engaging in moon time rituals during new moon or full moon. For women in their moon-o-pause, their powerful blood is now retained in the body and can be honored by celebrating the cycles of the moon.

Here are the elements of Moon Woman ritual to can help you connect with your blood:

- Take the first days of your Moontime to rest deeply, or don't make any plans for your evenings, and be as relaxed and quiet as possible. Keep a journal and notice what arises.
- Gift your blood to the the womb of the earth by soaking your pads and tampons in warm water, allowing all that was released in the last cycle to be transmuted. Whenever possible, avoid using conventional pads & tampons and opt for organic alternatives instead.
- Put a Womb Bowl on your altar with lunarized water and infused with herbs of red color (such as rose), decorated with red flower petals or a red crystal. In case you are in your Menopause or don't bleed at the moment, place this Womb Bowl on your altar during every dark moon to celebrate your inner Moon cycles.

Music recommendation for this ritual:

Abwoon, Lisa Gerrard



"THE MINUTE I HEARD MY FIRST LOVE STORY, I STARTED
LOOKING FOR YOU, NOT KNOWING HOW BLIND THAT
WAS. LOVERS DON'T FINALLY MEET SOMEWHERE.
THEY'RE IN EACH OTHER ALL ALONG."

~ RUMI



RITUAL OF SACRED UNION



Our desire for a soulmate union is sacred and an integral part of Womb Wisdom practices. Unlike other spiritual paths, Womb Shamanism emphasizes the relational, intimate dimension of our lives as a key that will weave our world back into an enchanted, loving dimension. This ritual can help you connect your womb & heart to a beloved so you can meet in the physical.

For this ritual:

▼ Create a Heart Cord to your Soulmate ▼

Light a candle and incense of your choice.

Lie down on the floor in a comfortable position with your hands gently on your womb.

Begin breathing consciously and pay attention to the rhythm of your breath flow.

Send your inhales to your entire womb space, like spiral of light swirling in, and on the exhale, see any burdens releasing as grey matter into the floor. Stay here about 3 minutes.

Allow your imagination to open, starting to perceive your inner visions and feelings.

Begin to open yourself to a vision where you are already with your soulmate.

Where do you see yourself? What does it feel like to be seen by your beloved, and to see your love looking back at you?

Begin to imagine what you would be wearing, and how you would relate to each other. Are you holding hands? Giving each other a kiss?

Continue journeying with your imagination, allowing it to open and expand playfully. Imagine you and your beloved connected, heart to heart, in the energetic realm. Ask to open to full trust that this connection will lead you together in the physical.

Then imagine a golden cord coming from your heart, moving down into the womb, and sending out golden rays into the universe. First past your body, then past your room, your house, your neighborhood and city, until it envelops the entire world. See these rays reaching into the heart of your beloved, no matter where he is, and bathe in this sacred communication.

Music recommendation for this ritual:

Voice of Many Waters, Esteban Antonio

MEDICINE WOMAN VOW AND PRAYER



*I open myself to the Great Womb Awakening,
My heart expands into Love's radiant unfolding,
I vow to return to my Medicine Woman gifts,
To uncover the Ancestral Healing Balm within me,
As it heals my heart and the hearts of others,
Anchoring the true Divine Feminine on our Mother Earth,
I vow to leave no darkness unseen, no shadow without healing,
I am a pilgrim on the Path of Love,
My return to my womb's pristine gifts heals the Earth
and brings love into the darkest of places,
I leave my heart unguarded, in its full radiance,
I embrace all my sensations; nothing is left behind,
My surrender to the divine flow is my power,
I celebrate my sexuality as a gift of life itself, primal and free,
I long to merge into union within myself and another,
I abandon myself to Sacred Relationship,
Merging my Womb with the Womb of Gaia,
I vow to return to her exquisite sensuality,
My life is part of a Great Womb Weaving
I offer all to this Awakening,
Calling the Guardian Spirits
of the Pristine Land from where we came,
Beloved Great Mother, bear witness to my prayer.*

~::~ABOUT THE AUTHOR~::~



Sanja is a transformation facilitator, wisdom keeper of the womb, artist and creative entrepreneur. Throughout her work, she holds healing space that is generous, loving and profoundly shamanic. She crafts enchanted, art-infused offerings that naturally draw us into our magical inner world, unearthing hidden gems, clearing old patterns and revealing our true radiance. This work accompanies us into full-body connection with our physical self, our unique gifts and the unfolding of our heart's desires.

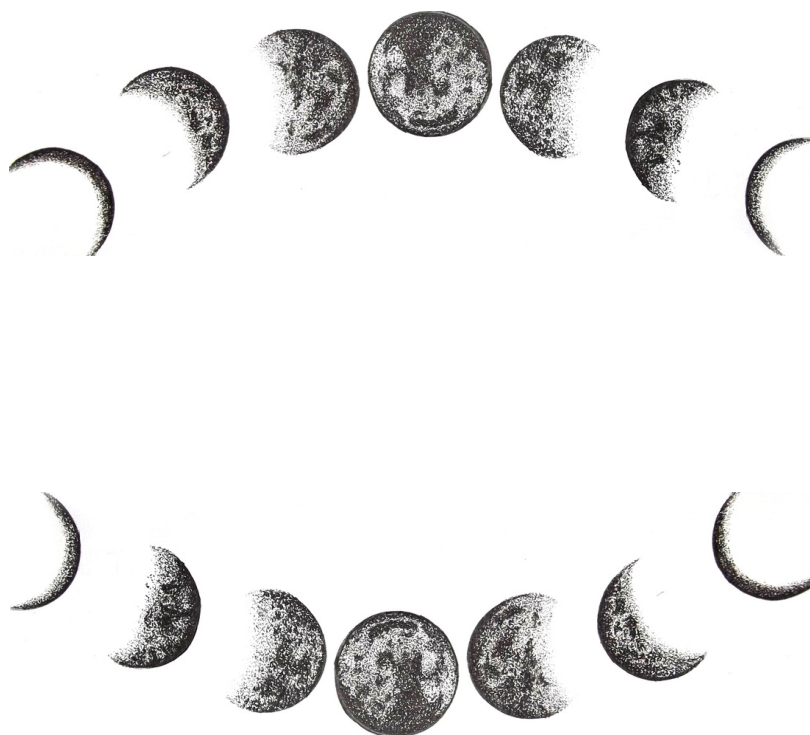
Her sessions and retreats reflect her own path as a dedicated student and practitioner of transformation practices over the past decade, studying Sound Healing, Womb Shamanism, Dream Time Shamanic Journeying, Female Pelvic Anatomy as well as Visionary Entrepreneurship & Creativity. She regularly shares her work across Europe and some of the most stunning well-being and healing centers in Bali. As co-founder of the European hub of the Anatomy of Movement method®, she focuses on grounding the Womb Practices in solid anatomy and knowledge of the body. Through Embodied Healing Arts, she guides women to discover the most alchemical parts of themselves, all while creating practical, embodied blueprints for a blossoming life.

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