

A woman with her eyes closed and a serene expression is kneeling in a shallow stream. She is wearing a white, sleeveless, textured dress. Her hands are clasped near her chest. She holds a large bouquet of bright orange flowers. On her head, she wears a crown made of green ferns and leaves. The background is a dense, lush forest with various green plants and trees. The overall mood is peaceful and natural.

Womb Purification

Indigenous Ritual

THE WOMB AS ANCESTRAL MEMORY & CENTER OF CREATION

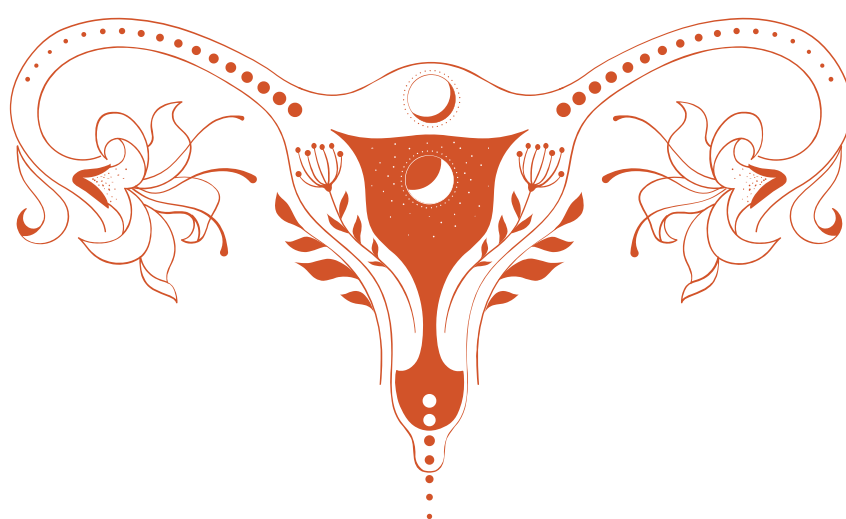
The womb is not here to carry pain, but to create and re-create.

It's our center of creation, intuition and ancestral memory, deeply connected to the Earth, the Moon and the natural cycles of life.

Many women carry inherited pain through their maternal lineage: grief, silence, rejection, shame, oppression, traumatic birth stories, sexual wounds, loss, heartbreak or relationships that disconnected them from themselves.

This ritual is an invitation to gently release what has been held in the body for generations and cut energetic cords. To allow emotions to rise without force, control or judgment and to reconnect with the sacred intelligence of the womb.

This is reconciliation within you, between feminine and masculine. Let this energy move for Creation.



ARRANGE YOUR SACRED SPACE

Make sure that you have privacy and some time for yourself. Use your preferred incense, crystals or other objects that empower you and invite protection and guidance from your ancestors.

Approach the ritual with softness and unconditional presence.

The womb does not respond to control or expectations. It responds to safety, listening and compassion.

PREPARE THE PLANTS

Here you find a list of plants traditionally used in the Amazon. However, depending on your region and, most importantly, your intuition, you may also choose to use other plants that resonate with you personally or culturally.



ENTER THE RITUAL

These plants will be boiled enough in order to make steam. Place the hot pot below your vagina so that the steam cleanses your Yoni and Womb area.

Meditate during this time and allow any memory to come up. Invoke the spirit of these plants to support you in this work. Ask your body to open up, both on a conscious and unconscious level and to receive this cleansing from your maternal lineage to your lived experiences of the womb. Release any energetic tie related to your birth, your sexuality, including ex sexual partners or loyalty to generational trauma on the maternal lineage.

When you finish the steam bath, add more water to the body temperature and shower with this 'brew' all over your body. Don't cleanse afterwards, just gently remove the herbs from your skin.

It is best to do it at night, before going to sleep. This allows the emotional and energetic release to settle gently into the body and integrate deeply through rest.

Calendula

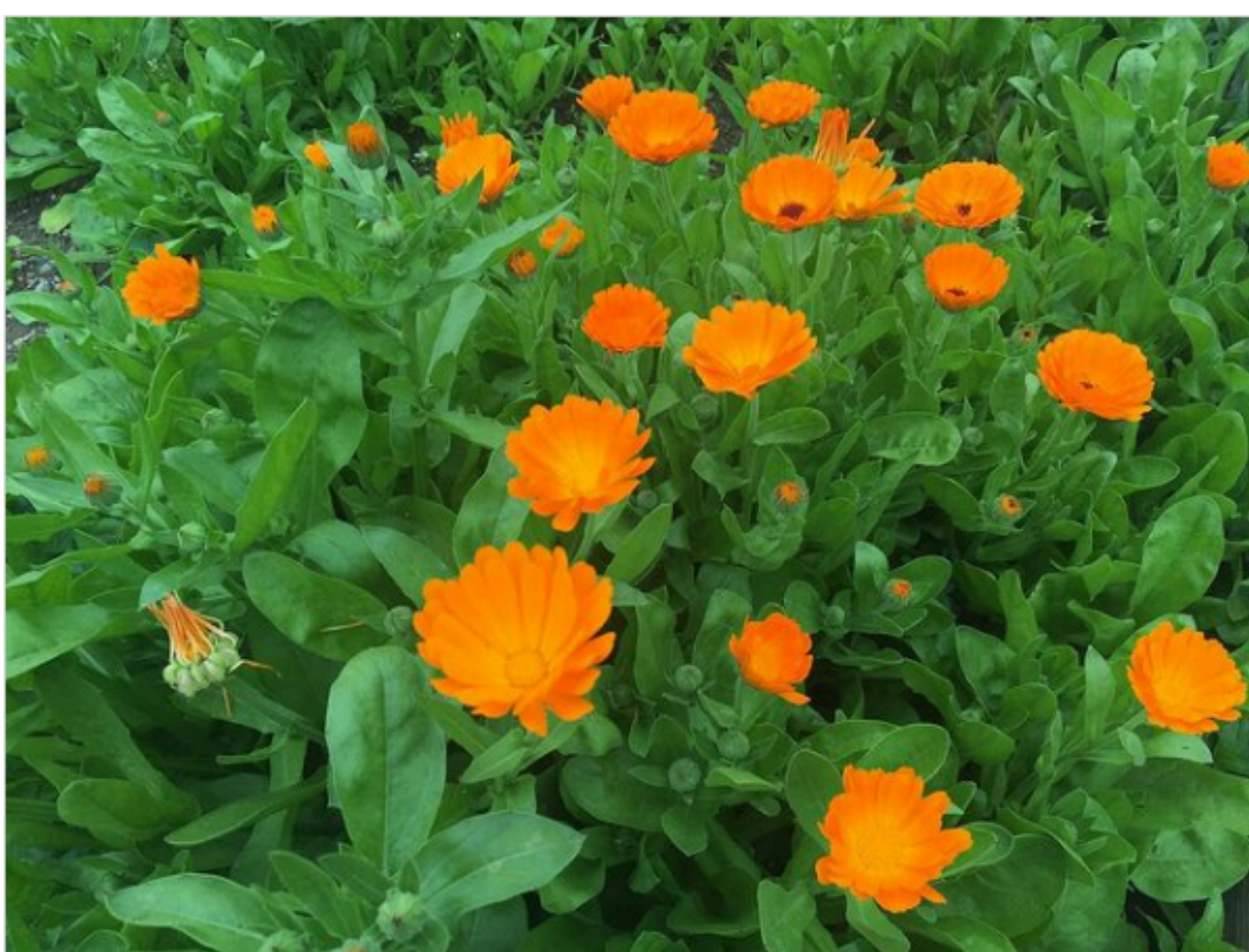
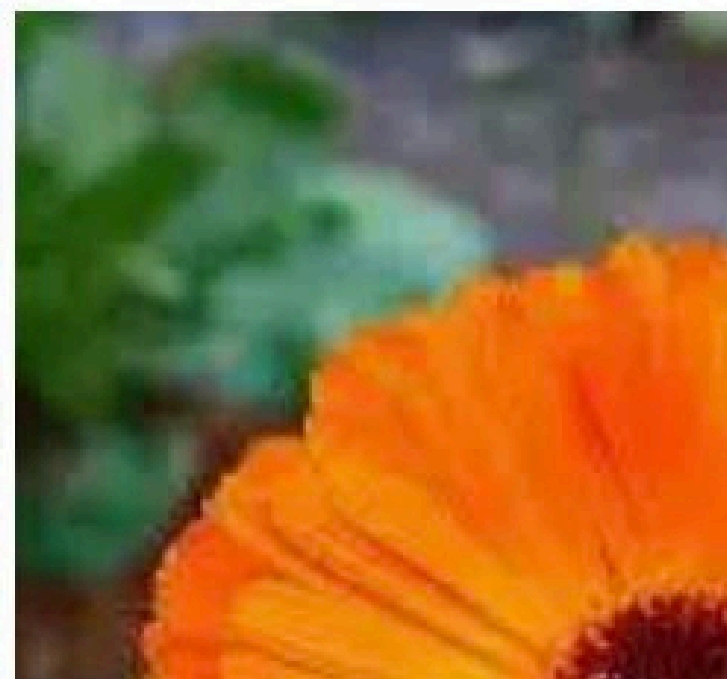
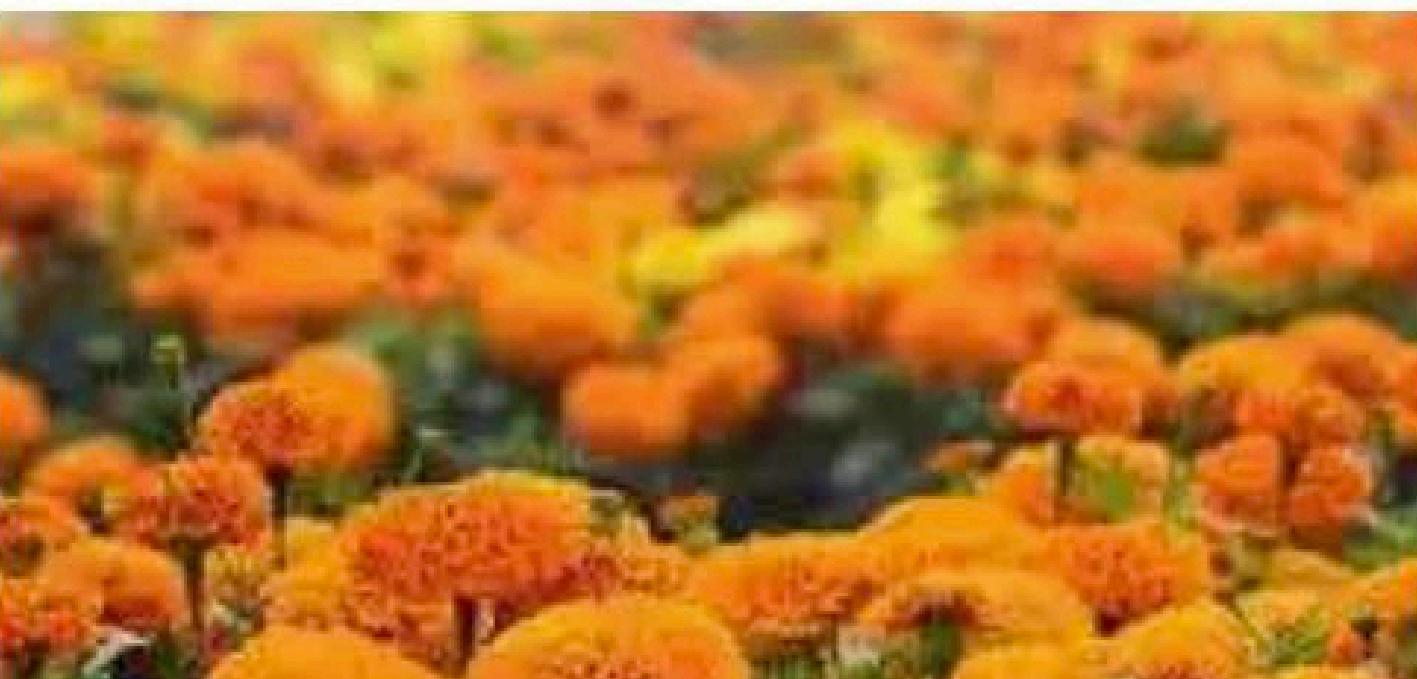


Planta

Resumen

Recetas

Videos



Calendula officinalis

Calendula officinalis is a short-lived aromatic herbaceous perennial, growing to 80 cm (31 in) tall, with sparsely branched lax or upright stems. The leaves are oblong-lanceolate, 5–17 cm (2–7 in) long, hairy on both sides, and with margins entire or...

 Wikipedia

Read more on [CALENDULA](#)

Artemisia

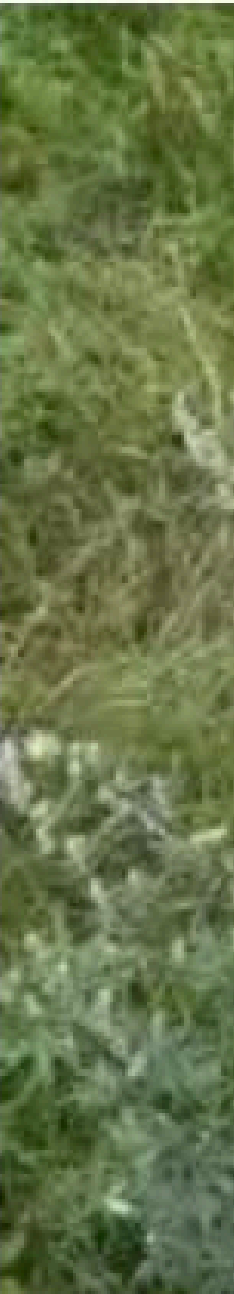


Planta

Resumen

Clasificación inferior

Videos



Artemisia (plant)

Some botanists split the genus into several genera, but DNA analysis[4] does not support the maintenance of the genera...

 Wikipedia

Read more on [ARTEMISIA](#)



Lantana camara



Planta

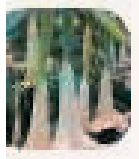


Lantana camara

Lantana camara is a species of flowering plant in the verbena family (Verbenaceae), native to the tropics of the Americas.

 Wikipedia

Read more on [LANTANA](#)



Brugmansia arborea >



Nombre científico

Brugmansia arborea



! do not inhale this plant !

It has a strong entheogenic effect, you can use it boiled or placed on your womb area overnight



Brugmansia arborea

Brugmansia arborea, the angel's trumpet, is a species of flowering plant in the family Solanaceae. The IUCN has classed Brugmansia arborea as extinct in the wild.

 Wikipedia

Read more on [BRUGMANSIA](#)



Ruta graveolens > Nombre científico



Ruta
graveolens



**DO NOT USE IT IF PREGNANT!
OR IF YOU THINK YOU MIGHT BE PREGNANT**

This is a very powerful cleansing plant, but it can also induce abortion or miscarriage.

Works best for STDs.

Read more on [RUTA](#)



Enjoy

The womb is your sacred temple