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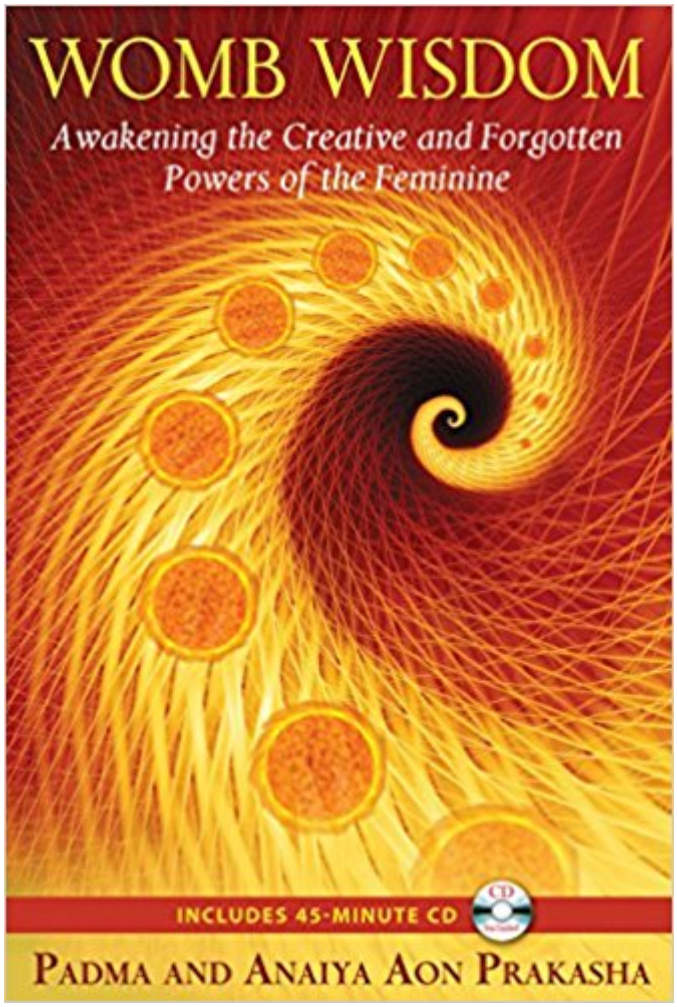
Womb Wisdom: Awakening The Creative And Forgotten Powers Of The Feminine



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Synopsis

Tools to awaken the creative powers of the womb â ¢ Contains exercises to open the wombâ ™s energetic pathways, release toxic emotions, and harness creative potential â ¢ Reveals how the wombâ ™s energies are crucial for the spiritual shift of 2012: birthing a new civilization â ¢ Shows how the awakened womb can also bring about male spiritual transformation â ¢ Includes 45-minute CD to help awaken creative energies In the past and in present-day indigenous traditions, women have known that the womb houses the greatest power a woman possesses: the power to create on all levels. Utilized in the process of giving birth, this power of creation can also be tapped in the birth of projects, careers, personal healing, spirituality, and relationships. However, because the womb stores the energetic imprint of every intimate encounter--loving or not--the creative voice of the womb is often muffled or absent altogether, affecting the emotional, mental, and spiritual health of women and their relationships. Drawing on sacred traditions from ancient India, Tibet, Egypt, Gnostic Christianity, and Judaism, the practice of Womb Wisdom empowers women to become aware of the intuitive voice of the womb outside of pregnancy and the moon cycle to unlock this potent inner source for creativity, birthing the new conscious children, spiritual growth, and transformation not only for themselves but also for their male partners. The authors include exercises to clear the past, release toxic emotions, open the wombâ ™s energetic pathways, activate the sacred sensual self, bring balance to relationships, and harness creative potential. Including intimate, individual stories of women experiencing the opening of the womb, this book also explores the forgotten sacred sites of the womb around the world as well as how the wombâ ™s energies are crucial to birth a new civilization in the spiritual shift of 2012. The accompanying 45-minute CD includes a soundscape to assist in the awakening of these creative forces.

Book Information

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Customer Reviews

This really is an astonishing book. I have also read the authors' The Power of Shakti: 18 Pathways to Ignite the Energy of the Divine Woman, and recommend it also. However, I feel that for most people, my first choice would be this one, Womb Wisdom. I think it is more accessible, and the exercises require less prerequisite knowledge of energy work, chakras, Tantra, etc. In this book Anaiya (wife of the main teacher/author Padma) is more present, and shares many of her personal experiences with her teachings, which resonated more directly with me. In both cases, these books are probably best read in conjunction with attending the authors' workshops, as the material is esoteric, and the language can be hard to follow without some prior understanding.That being said I have not attended a workshop of theirs, and in fact have no other knowledge of them other than these books, although I have studied women's energy body teachings, Tantra, the chakras, and divine feminine teachings before. I found both the material and transmission behind these books, especially this one, to be truly magnificent, and very generous, considering that many of the teachings are drawn from spiritual traditions that are often very closed/protective (traditions of Tibet, Egypt, India, Gnostic Christianity and Kabbalastic Judaism.)Womb of Wisdom is designed to take the reader through a journey of 'womb spirals'. These spirals each represent one phase of our growth from spiritual infanthood to spiritual maturity, and correspond to levels of connection and understanding within our womb center (or 2nd/sacral chakra, as I am more used to thinking of it.

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