



Sacred Sacral Mandala

Materials Needed

- Cloth for altar
- Shallow dinner plate
 - An ancestral plate from mom or grandmother's china set would be awesome but not necessary
- 1 cup of sand or salt - I use Himalayan Salt
- Small objects that represent the 4 directions
 - Serpent, Jaguar, Hummingbird, Eagle or anything else for you
- Cut out one image of a womb from this workbook
- 1/2 cup of dry beans (ie. kidney, pea, chickpea etc.)
- 2 small spherical shaped objects to represent ovaries
 - crystals, walnuts, beads etc.
- 2 pliable ribbons, rope, branches that represent the fallopian tubes
- 1 sea shell to represent the uterus
- Objects to represent the vagina (leaves, rose petals, red cloth cut out in the shape of the vagina, etc.)
- Small stick
- Candle

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Directions

1. Clear and cleanse your altar
2. Gather all your items and smudge them and have them near by

Ceremony Day 1

1. Light a candle
2. Call in the four directions and heaven and earth
3. Smudge yourself
4. Open up your Wirracocha
5. Set the intention to bring healing to your womb space
6. Place your altar cloth down
7. Place your plate over the altar cloth & pour the sand/salt on your plate; creating an even surfaced circle
8. Take your stick and draw a circle within the sand/salt this will be the edge of your mandala
9. Place your directional guides (items) in the four directions outside of your mandala - circle
10. Open the circle at the south end
11. Intentionally place the cut out womb image into the centre of the circle (mandala)
12. Place the following items through the direction of the South into the mandala

Please Note:

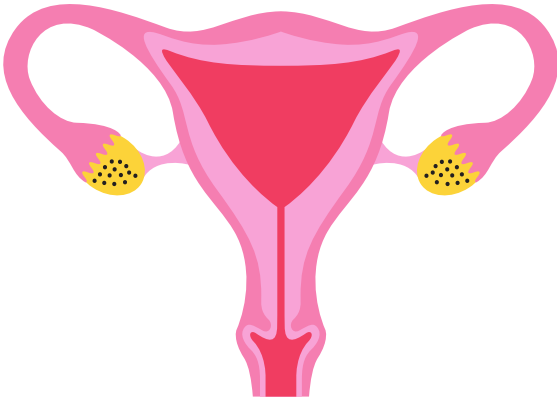
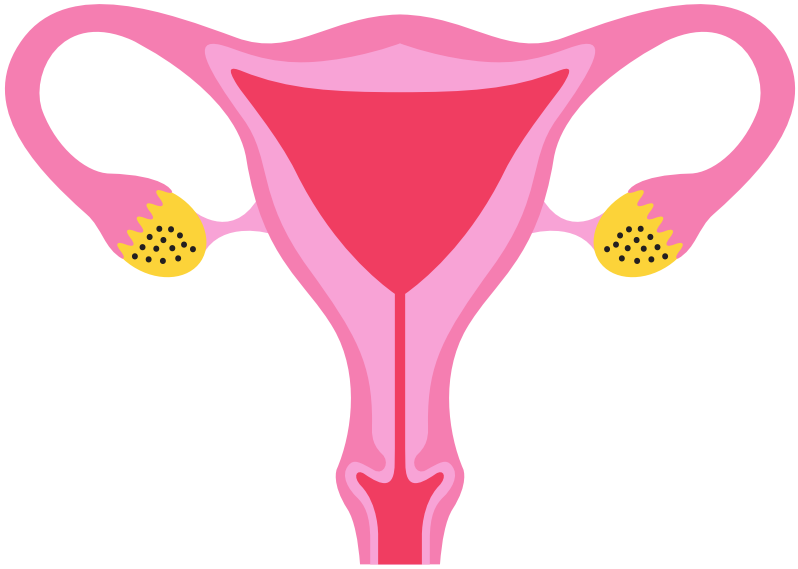
If you have had any parts of your womb surgically removed do not place said items on top of the womb image. This will be done gradually as you bring back the soul body part piece(s) to your body!

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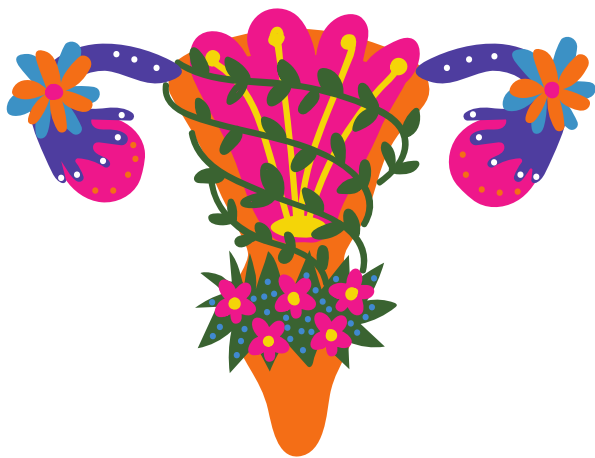
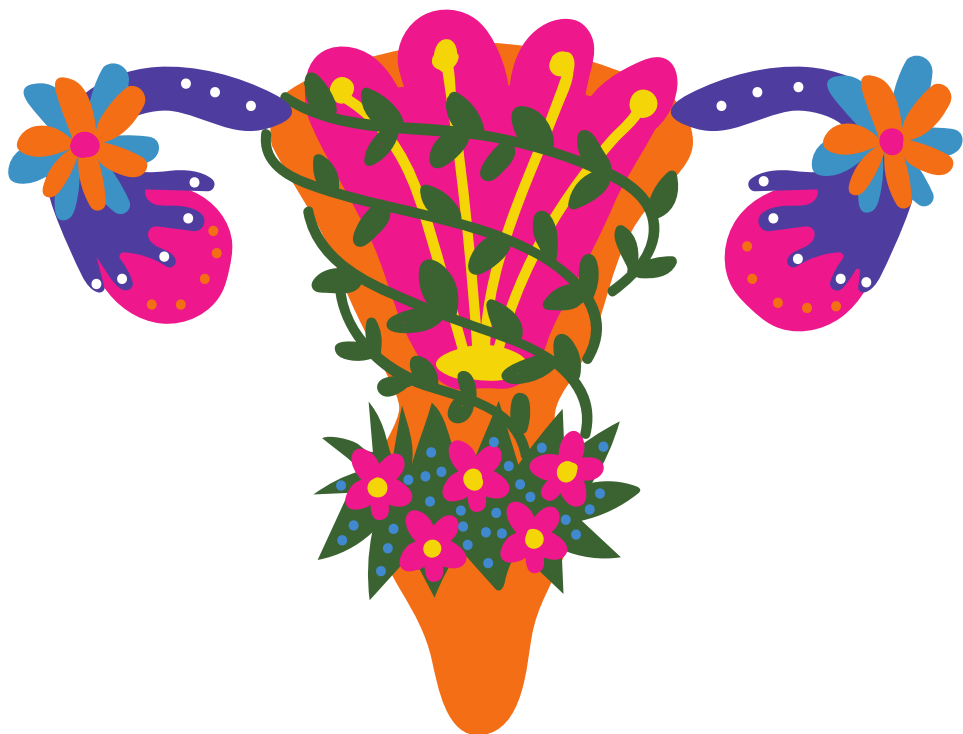
Ceremony Continued

13. Place the items representing your ovaries on top of the image in the right place
14. Place the items representing the fallopian tubes over the image in the right place
15. Place the sea shell over the uterus on top of the image
16. Place the item over the vagina on top of the image
17. Close the South door in the sand by drawing a line to reconnect your circle
18. Thank the guides
19. Close your wirracocha

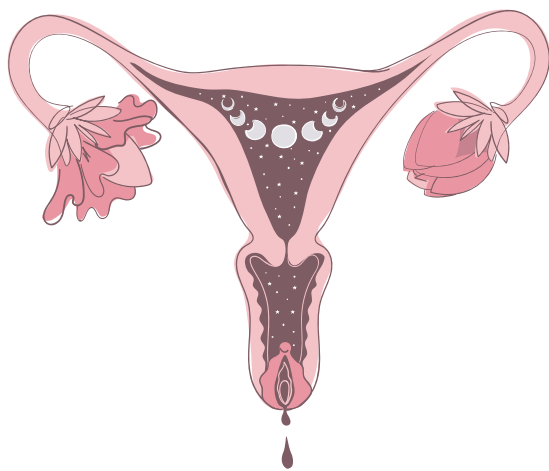
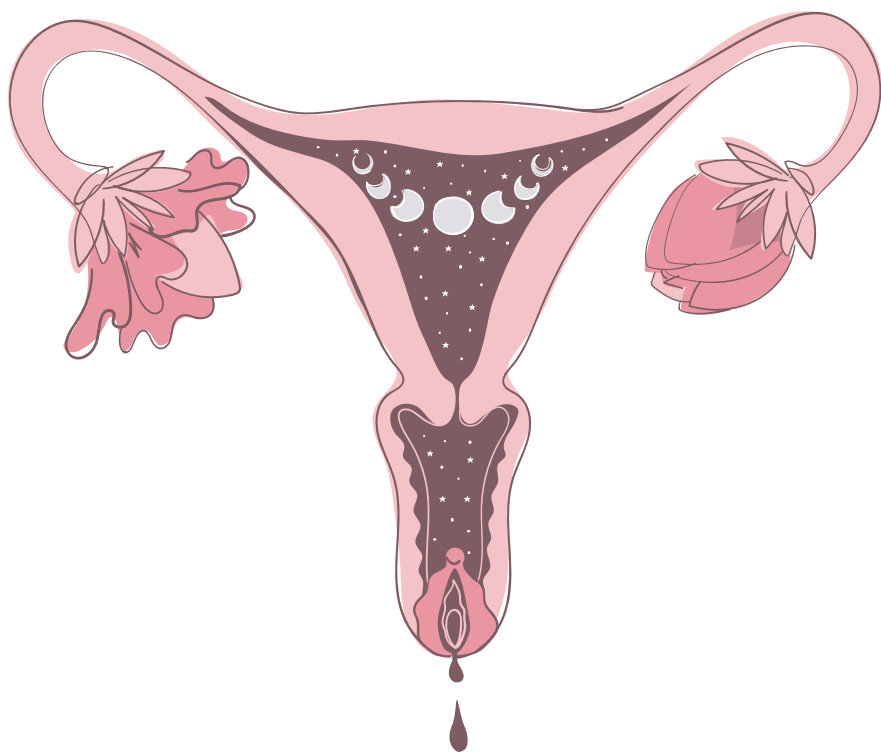
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