

THE WOMB SAUNA  
Ancient Herbal Steam Medicine for Women

Let the **Womb** Be  
Heard



**A Book of Womb Affirmations & Rituals**

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# To Affirm Yourself is to Recognize Yourself!

~ 28 Affirmations for Womb Rejuvenation ~

## Greetings power people!!!!

*I am constantly asked to give women affirmations to empower them, sustain them through their healing process, and enlighten them about how powerful they truly are. May you enjoy this book! May it remind you that as God's child you already have everything you need inside of you!*

*Use these affirmations however you like. A recommendation is to use them in accordance with your womb rhythm, which is more than just your menses. Use them during your meditation and prayer time. Breathe deep and get clear with your intentions. Be still and discover your womb rhythm and vibe with it! Some women use these affirmations in between their moon or menses. Some women use them in accordance with lunar cycles. Be Creative! Oh and be sure to reference the glossary before getting started!*



*Remember...*

**YOU ARE POWERFUL ENOUGH TO HEAL YOURSELF!!!**

**Enjoy the journey!**

# Glossary

**7 Day Candle:** A tall candle that when lit will burn for 7 days straight. However, depending on the intention and prayers released into that candle, it may burn in a shorter period of time.

**Affirmation:** Phrases to confirm your truth and remind you of your power

**Ankh Khepera:** Life Transformation

**Hesi:** Chant

**Ma'at:** Justice, truth, righteousness

**Nuk Pu Nrt Hmt:** I am a Sacred Woman

**Ritual:** A habitual practice

**Spiritual Bath:** A bath made with the intention of exercising your faith concerning specific concerns and to shift the energy surrounding those concerns

**Stone Charged Water:** Purified water that has sat for at least 4 hours with stones in them to extract the metaphysical and mineral properties of the stone. Examples of stones would be a tumbled (small) rose quartz which is known for love and releasing stagnant emotional energy. There are some stones that are not recommended for extraction so do contact me for additional information on a particular stone you want to use.

**Tua NTR:** Praise the Creator

**WombStory:** A recollection of your womb's experiences throughout your lifetime

**Yoniverse:** A space within this world that celebrates the womb

# Round 1



**May my words create peace! May my hands be busy with blessing! May my mind be rejuvenated!**

*[I recommend drinking a glass of stone charged water before your hesi and affirmations.]*

Hesi : My words are powerful. (7xs)

Affirmation: The words I speak create the life I live and reflect the thoughts I think. Shhhhh! Sometimes I create my own failures by the words I speak. Today my mouth is full of khepera: TRANSFORMATION!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I know how to not only speak but listen. (7xs)

Affirmation: [5-10 minutes of silence]

Nuk Pu Nrt Hmt (4xs)

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Hesi: My mind is attuning to my spirit and I am experiencing this journey in total balance. (7xs)

Affirmation: I will not complain! I am blessed and can find more reasons to say positive things than negative things. I will look at my life and smile and let my words reflect my dreams and goals!

Nuk Pu Nrt Hmt (4xs)

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Hesi: My words are a blessing to many. (7xs)

Affirmation: I choose to speak life to those around me. As a wombman in this earth I can create enough love for everyone. Every time I open my mouth today someone will be blessed!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I Am. (7xs)

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Affirmation: [Speak your own words to yourself]

Nuk Pu Nrt Hmt (4xs)

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Hesi: My words are a gift. (7xs)

Affirmation: Divine creator help me speak hekau: words of power! I look forward to sharing words that give sacred medicine and light to all who cross my path. May my words not damage anyone but give the gift of life!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I am higher than I was before. I am restored. (7xs)

Affirmation: I breathe life and light into a clean temple. Divine I have made room for righteousness to flow through this temple. I am clean. I am refreshed. I am ready to live my divine purpose! I have created good vibrations! I am living at a whole new level!!!!!!

Nuk Pu Nrt Hmt (4xs)

# Round 2

***Ding! Ding! Ding!***



***A Hesi a day keeps the B\*tch away!***

*[I recommend doing a digestive system cleanse (colon & intestinal detox, preferably a raw food or juice detox, while working these hesi and affirmations.)]*

Hesi: I am a clean woman. (7xs)

Affirmation: No more filth. No more death. No more dis-ease. I am the creator of my own health. Purge b\*tch purge, for I am not a sh\*tty woman. I am a queen sitting on her throne in the city of wellness!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I am a whole woman, balanced in mind, body, and spirit. (7xs)

Affirmation: It's not enough to be intellectual and full of mucous. It's not enough to have knowledge and power and death ruling my body. It's not enough to know how to be well but continue to be sick. Today I am taking control of this body. I am a whole, healthy, beautiful woman!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I am a strong & powerful woman. (7xs)

Affirmation: I can change. I am joyful. I am loving. I am patient. I am peaceful. I am whole. I am full of light! I am kissed by God and being purified by the spirit of Ma'at. I am surrounded by the courage of my ancestors and I am not alone. I have the spirit of my sacred circle of sister queens empowering me for change!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I am an intelligent woman. (7xs)

Affirmation: I am breaking my food addictions. I have made a decision to be more divine. I am feasting on the power to change and the result of this decision will be living a life full of laughter, joy, prosperity, wisdom, and love! I love and respect myself and exercise my divine right to eat right. I am proud of myself. I celebrate myself. I love myself!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I am a satisfied woman. (7xs)

Affirmation: I am so valuable that everything I touch, think, consume, wear, and desire needs to be sacred. I am the woman who gets what she wants. I attract what I am and what I think. I am taking my living to a whole new level. I am far too great to continue to remain the same!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I am prosperous and I have everything that I need. (7xs)

Affirmation: I am full of energy and light! I am dreaming big and putting all my plans on paper. I am making room in my body, mind, and spirit for the manifestation of my dreams! I am excited! I am ready! I am getting everything in order!

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Hesi: I am higher than I was before. I am restored. (7xs)

Affirmation: I breathe life and light into a clean temple. I have made room Divine Mother and Father for righteousness to flow through this temple. I am clean. I am refreshed. I am ready to live my divine purpose! I have created good vibrations! I am living at a whole new level!!!!!!

# Round 3

## *Change is Necessary!*



**I allow the Universe to bless me in joyous  
and surprising ways!**

**Womb I allow you to change without fear!**

*[I recommend laying on your back while placing your hands over your womb when doing your hesi and affirmations.]*

Hesi: My womb is safe. My womb is protected. My womb is in peace. (7xs)

Affirmation: I decree protection and peace over my womb. I no longer need the pain from my past to be a part of my story today. I allow my body, my mind, and my spirit to let go of the past.

Nuk Pu Nrt Hmt (4xs)

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Hesi: I release and let go. (7xs)

Affirmation: Today is the day I decide to create new experiences in my life. I lovingly and confidently move forward without shame, guilt, or anxiety about my past decisions. I am a new woman and I celebrate the change!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I am not afraid of my responsibilities. (7xs)

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Affirmation: The Universe is abundant and God supplies all my needs. I have everything I need in this moment and I trust that my needs will always be met. I create peace about my process!

Nuk Pu Nrt Hmt (4xs)

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Hesi: I am not a victim of my circumstances. (7xs)

Affirmation: I am powerful. I actively participate in the life I live every day. I choose to lovingly allow myself to make the necessary decisions to create the circumstances in my life that bring me joy. I trust the process of life!

Ankh Khepera (5xs)

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Hesi: I am peace. (7xs)

Affirmation: Change is merely a vehicle to get you to your next position. Fear change and you fear progress.

Ankh Khepera (5xs)

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Hesi: Let all things be in divine order. (7xs)

Affirmation: I decree and declare the perfect will of my Creator in my life today. May all things in my mind, body, and spirit become one allowing for me to stand in my true self today. I am powerful.

Ankh Khepera (5xs)

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Hesi: I am renewed with new life. (7xs)

Affirmation: Every day is judgment day. I have a clean slate every morning when I rise. I give myself permission to move forward in grace knowing that all of my experiences in life are for my good. I celebrate change.

Ankh Khepera (5xs)

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# Round 4

## *The Attitude of Gratitude*



**Expressing gratitude is a choice! One can choose to complain or praise, but know that where the energy goes, the power flows!**

*[I recommend doing spiritual baths with these hesi and affirmations.]*

Hesi: Thank you for life, health, and strength. (7xs)

Affirmation: I thank the Divine for all of the blessings I have in my life. I have an attitude of gratitude because I know I am never forsaken or abandoned by God.

Tua NTR (7xs)

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Hesi: I flow in abundance. (7xs)

Affirmation: I have learned that praise is the road the blessings travel upon. There is glory in knowing that as a child of God I already have everything I need. I am a powerful Queen of the Most High, able to celebrate the progress and changes I am experiencing in my mind, body, and spirit.

Tua NTR (7xs)

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Hesi: All of my needs are met instantaneously. (7xs)

Affirmation: I not only stand in my Truth and Power today but stand in the power of God. I walk by faith knowing that I will see all that I create in my spirit, in the flesh as well. I thank you Creator for unveiling

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my true power today. I will keep my mind in tune with your mind. My body is holy and I will treat it as such. My spirit is praising the Creator for life!

Tua NTR (7xs)

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Hesi: Thank you womb for [fill in the blanks] (7xs)

Affirmation: I accept the natural rhythm of my body. I am anxious for nothing. I embrace my wombstory knowing that all of my experiences have been for my good and contributed to who I am today.

Tua NTR (7xs)

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Hesi: I make peace with all of my decisions. (7xs)

Affirmation: At the perfect time everything lines up exactly where it needs to be. I create peace with all of my experiences and no longer need to revisit the past to experience life today. I am free to move forward.

Tua NTR (7xs)

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Hesi: All things are working together for my good. (7xs)

Affirmation: There's no need for me to focus on the negative when I have so many positive things happening in my life every day. I choose to put my mental energy into the thoughts that bring me joy and peace and not the ones that bring me pain and stress.

Tua NTR (7xs)

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Hesi: [Create a song of praise to sing for all the things you're grateful for.]

Affirmation: Holy One I give praise to you for all of the blessings. I see new mercies every time I make new decisions about my life, my healing, my determination to move forward. I am so grateful for the wisdom, the lessons, and the joy. All is well.

Tua NTR (7xs)

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# *When you need to know how much you love yourself, observe your daily rituals!*

*~ 5 Basic Womb Rituals to Create Inner Peace & Balance ~*

## **Sacred Woman Exercise Your Power!!!!**

*A ritual is a habitual practice that you choose to do. Simple rituals that we already do culturally every day include brushing our teeth, combing our hair, bathing, and so forth. Many Christians have rituals like communion, baptism, and so forth. Buddhists, and other religions practice different rituals as well. It is in human nature to create rituals.*



*This section give you 5 very basic rituals that you can incorporate into your womb healing journey. You can add to these or adjust these rituals to your comfort level. These rituals are designed to incorporate all of the natural energies that the Creator has given us to remind us of how powerful we are. Those natural energies include, earth, wind, fire, and water and they flow through our bodies, our minds, and our spirits. These rituals will give you an opportunity to exercise your faith about your WombStory and healing process! Enjoy them!*

***Everything you need to be whole, healed, and at peace is inside of YOU!***

***Create the life you want to live!***

# Ritual 1: 7 Day Candle

Create a sacred space in your home where you can go to meditate and pray for 7 days. Bless that space with prayer and a sacred element like anointing oil, holy water, a smudge stick, or incense. Put a white cloth down and place a small plant on the cloth. Add a small glass bowl of water and refill as necessary over the next 7 days. Purchase a seven day candle that is white and some frankincense and myrrh essential oil. On day 1 hold the candle over your womb and speak your intentions and prayers out loud. Take the frankincense and myrrh oil and rub the outside of the candle with the oil and place 1-2 drops inside of the candle. Light the candle. Do not blow it out. Let it burn over the next 7 days in your sacred space. You can do this ritual in correlation with the affirmations. You can even write down an affirmation each day as you approach your space for meditation and prayer and leave it there until the end of the day. At the end of the day check in with yourself in your sacred space and express gratitude for the blessings and healing of your womb for that day.

# Ritual 2: Womb Massage

As you begin to spend more time with your womb it is important to include physical touch as a healing mechanism. Lay flat on your back. Bring your knees up, then let them casually fall to the side. Take both hands and place them over your womb with your finger tips touching. Your womb is 1-2 inches below your belly button. Begin to massage at least 1/2-1 inch deep into your womb in a clockwise motion with your finger tips. Gently begin to breathe deep on a four count. After the fourth breath, say "I love you womb." On the next set of four breaths say "Womb you are free from dis-ease." On the next set of four breaths say "I allow you to be free from the past pain." Repeat as many cycles as needed. Once you feel a calmness over your spirit. Conclude the womb massage, by quietly doing 3 more sets of four deep breaths. Say nothing. Listen intensely to the rhythm of your womb and listen for her voice or messages. Slowly sit up, grab your journal and write how you feel after each experience. Your womb's messages can always be found in your feelings.

# Ritual 3: Energy Release

This ritual is a very important one, especially for women who have had some kind of sexual abuse or trauma or rape. If you have had physical, emotional, or mental abuse, this ritual is powerful for you as well. This ritual will teach you how to pull out, transfer, and transmute, negative energy that has been locked up in your womb due to traumas. This ritual should be done once the sun has set. Buy 5 lemons and 5 limes. Write 2 letters. The first letter is for yourself, acknowledging the experience, recalling the emotional memories of it, and getting all of that on paper. Take those 5 lemons and place them on your altar or in your sacred space on top of that letter. The second letter is to the person who abused you. Write down all the things that they did to you, how it impacted you, and conclude it with forgiveness. Take the 5 limes and place them on your altar or in your sacred space on top of that letter. Now, go before

your God. Place your left hand on top of the lemons and your right on top of the limes and pray to the Divine for complete, absolute, resolution, peace, and freedom from the negative fruit of the experiences. Ask God to take the pain, guilt, etc. out of your body. Pick up the 5 lemons one by one and rub them clockwise over your womb and pray "I remove the scars and dis-ease from my womb caused by this abuse." Pick up the 5 limes one by one and rub them counter-clockwise over your womb and pray "[Name(s) of abusers] I command your essence and energy to leave my womb and return it back to you, from whence it came." Take the 5 lemons and limes and give them to the Earth. Take them to a park, or some other area where you can release and remove that energy from your home and space. Do not release the lemons and limes in an area you frequent or your back yard. When you exit that place drive out the opposite direction that you drove in. When you arrive home take your shoes off, grab a sacred element (anointing oil, holy water, a smudge stick, or incense) and bless yourself, your home, your womb, and your mind. Bathe and rest.

## **Ritual 4: Emotional Balance**

Get a piece of rose quartz crystal (raw or tumbled stone), lavender oil, cinnamon oil, epsom or dead sea salts, Dr. Bronner's rose soap, and fresh flowers of your choice. This ritual is done best before bed and first thing in the morning. Run some bath water. Place the rose quartz crystal in the bath water. Place a little bit (no more than 4 drops) of the lavender and cinnamon oil in the water, some epsom or dead sea salts, the fresh flower petals, and some of Dr. Bronner's rose soap. When the water is at the right temperature, get in the tub and kneel. As you are kneeling, take your wash cloth and begin to bathe yourself from the crown of your head, to your knees. As you feel the water running down your body and you ring out your rag, pray for emotional centering and grounding. Speak out the things on your mind that created inner turmoil for you and release them from your body, your mind, and your spirit. Call upon your God, your ancestors, and the power of "baptism" in that bath and allow yourself to purge. This is not the kind of bath to be cute in. Let the water run through your hair, down your face, and scrub the days stress in a downward motion off of your body. When completed, sit in the bath to allow the water to become still and calm. Once you feel relaxed and relieved, drain the bath water, rinse off with semi-cool water and be in peace.

## **Ritual 5: Fire Ritual**

This ritual requires easy access outdoors, pen and paper, palo santo wood chips, 1-2 charcoal rounds, a small clay pot, a lighter, and patchouli oil. I recommend completing this ritual outdoors if the weather permits. Take a pen and paper. Make a list of all the things you want to let go of that interfere with your womb balance and total healing. Examples could be poor eating habits, excess weight, bad relationships, etc. Take no more than 1 tablespoon of the palo santo wood chips and place them in the middle of the paper. Drop 2-3 drops of the patchouli oil on the wood chips. Begin to seal the paper with the chips in the middle. Hold the paper over your womb and pray for freedom in your mind, body, and spirit. Ask the Divine, as you light the fire, for the power of the Holy Spirit to purify you and release you from the things

you wrote on the paper. After you are done praying, light the charcoal round and place it in the clay pot, once it is red entirely, place the paper with the wood chips on the charcoal round in the clay pot. As you see the smoke go up give praise for deliverance. Dance, sing, praise, and exercise your faith in motion to celebrate your new purified self! Let the entire paper burn up.