

# *Cleaning Out*

AND BEGINNING TO HEAL  
YOUR WOMB



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**E-BOOK**

AN ADDENDUM TO MY NEWEST BOOK, THE LOVE LIES

*Understand*  
YOUR UNIQUENESS AS A WOMAN

It is critical that you understand and are clear - it is woman who was the culminating and crowning glory of all earthly creation, not man. We've allowed this to be mis-represented, and for the insinuation to be that man being created first meant that he was superior, and woman inferior or subordinate. Not true!

In addition to being the final creation, the apex and the crescendo of all earthly creation, the Creator included an "advanced feature" in the "woman model" of human being that is not in the "man model." Without it, humanity would have not had a way to continue and perpetuate itself. I'm referring here to the divine space within each woman called a womb. The anatomical term for the organ housed in the spiritual womb space is the uterus.

The womb is the divine, creative place within woman where human life is incubated and birthed. But you must recognize that, spiritually and emotionally, it also represents the "seat" of your feminine power, feminine magnetism, feminine creativity and intuition. It is your spiritual core, and the center of your Divine Receiving Station. Thus, your natural posture and way of being in love relationships and marriage is that of receiving (just look at the design of the male and female anatomy and sex organs- the man is the giver and the woman is the receiver.) It is also is the "space" from which dreams and visions are incubated and born. Even if you've had a hysterectomy and had your uterus removed (sadly, nearly 600,000 hysterectomies occur in the U.S. each year!!), then you still have the divine womb space within your body and being. No surgery or procedure can take your womb away from you!

# *Honor Your Temple*

As a female, your body is the divine temple of the Creator on Earth. Being the gift means that you get to grow into new understanding and learning about how to do two very important things:

- 1) How to honor your body temple
- 2) How to protect your womb portal

To honor means to treat with integrity, reverence and respect. And the living temple I'm referring to here is your body. Whether you acknowledge it or not, whether you realize it or not, your body is a divinely-filled living temple and a magnificent creation. A temple is a sacred place, and sacred means important, highly valued and regarded with reverence.

Temples are usually constructed in very intentional and meticulous ways, using the best materials, the best workmanship, and with attention to detail. A temple isn't just a functional building. It is designed and created for a special or exalted purpose. And when a temple is constructed, it is usually based on a very specific lay-out and design – one based upon an outer court or exterior sanctuary that is exterior to the temple itself, an inner court or interior sanctuary, and then the Holy of Holies, the most interior and innermost sacred chamber. The Holy of Holies is known to be the place of the most concentrated and heightened divine. Access to this most holy space was rare, and reserved for those most purified in heart, mind and spirit,

***Did you know that our bodies, as living temples, are patterned after this same design?***

When you know that you are The Gift, you recognize that the outer court is your life environment and the space that people and things in your life occupy. This life environment includes your home, car, workplace, co-workers, family members, friends, and physical items in your environment, etc. The inner court is your body itself. And guess what's the Holy of Holies of the living body temple of a female? The center and innermost chamber of your body – your womb – is your Holy of Holies. Even if your physical uterus, an organ, has been removed, I assert that the space within called your womb still exists. Your womb is the physical center of your body as well as your creative center and your feminine center.

# *Your Womb Represents Birthing*

Your womb is the literal and also symbolic space and place where something is incubated, nourished and is then birthed from within you. It is a place from which something is generated. In addition to being the sacred space inside which new human life gestates and develops, the womb is also the space within from which we incubate and birth new dreams, vision, and ideas. This is why including the womb as part of the B. L. I. S. S. S. Awareness Process in *The Love Lies* is important. Your womb is the center of your being as a “womb-an.” It is the sacred inner space that is unique to your female body. Actually, it could be considered, for a woman, a second heart, based upon its ability to “hold” or transmute energy, and its sensitivity to energy, and especially the generating and offering of magnetic, female love energy. It is the “generating center” of your feminine magnetism. When your “womb’s spiritual battery” is low, so is your feminine magnetism. When your “womb’s spiritual batter” is charged up, and high, so is your feminine magnetism.

Men do not have wombs or even the equivalent of a womb within their bodies. This is why special care and attention is required, and particularly being sure our wombs don’t become repositories of unhealed emotions such as rage, resentment or the festering emotional wounds of “kicks, punches and blows” (figuratively speaking, and maybe for some of us, literally speaking....) to our feminine identity, creativity or sense of self.

# *Guarding the Gateway of your Living Body Temple*

Just as with a temple there are points of entry, so it is with our living body temples. I call these points of entry gateways or portals. I first heard speaker Simon T. Bailey use this concept of “gates” at a conference I attended several years ago, to describe our eyes and ears. Here I’ve taken it a step further and use the term gateway to describe your vagina, your Yoni/your Goodness.

Your vagina, your Yoni, what I call your Goodness in my book, is the gateway, doorway or portal to your womb, your Holy of Holies. In the ancient temples, very few earned entrance into this most sacred chamber of the temple, which was inside of the inner court or inner sanctuary. Even entrance in the temple’s outer court or outer sanctuary was selective. Sentries stood at the outer sanctuary entrance, determining who was allowed to enter past the outer sanctuary walls.

You can also overlay this same temple design to your home, as well as to your body. Your home could be considered the outer court or outer sanctuary, your bedroom the inner court or your inner sanctuary, and then your body, the Holy of Holies. This is one of the reasons, in the Love Academy, that I teach women to honor their “outer court” or “outer sanctuary.” It’s important that you honor and treat your home as an extension of yourself. This means being mindful of who enters your “outer sanctuary” space and not arbitrarily allowing men into your home, or allowing arbitrary men into your home.

There are plenty of things you can do with a man that are outside of your home, or outside of his home, as far as that goes. Stay outside of the sacred

domain of your temple. Consider entry through your front door, whether you live in an apartment, condo, or house, is the gateway to your outer court, your home/living space. The likelihood of him gaining entrance to your bedroom, your inner court, just increased 100% once he enters your home/living space.

And the likelihood of him soon thereafter gaining entry into your Holy of Holies just increased 100% percent, too. Get my message here? You cross a sacred threshold when you enter someone's home.

# *Forgiveness*

This is why healing in the form of forgiveness is so important as a starting place. Forgiveness is instrumental in beginning to “clean out” the low-level, damaging or destructive “footprints” that have been left in your womb that are “hanging out” within your body and festering into growths. I believe that each physical aspect of our bodies has a spiritual counterpart or equivalent spiritual function. So if the womb is the sacred inner space unique to women, then experiences that we interpreted or experienced as an assault, attack, aggression, or a “blow” to our feminine selves can be reflected in this physical area of our bodies as hardened masses, either benign or malignant, such as tumors, fibroids, cysts and polyps. The same way that you can clean out a physical space and rid it of junk, garbage, and clutter, your womb can also be cleaned out. This space within is unique to women. And we must tend to it and care for it accordingly.

# *Cleaning Out Your Womb*

You can actually “clean out” your womb, and there are several ways to do it. Earlier I mentioned that the woman’s body is the receiving, especially in sexual intercourse. What we don’t realize is that the men that have entered our bodies leave an emotional and spiritual imprint within. This emotional imprint can lower your vibration or raise it, depending on the nature of the emotions that have been transmuted through the inter-course of your two bodies.

If men entering your body have unforgiveness, frustration, irritation, or unresolved anger, resentment, rage, bitterness, shame, guilt, etc. they are “carrying” in their bodies, then this emotional energy imprint can be transmitted to you and into your womb when he enters you. Your bodies are joined and become one during intercourse. Your womb is like a magnetic bowl, and it “holds” energy. This can bode either positively or negatively for you, depending on the quality and vibration of the emotional energy you’ve “absorbed.” And this is the case whether or not you use a condom.

Whether you are aware of it or not, your spirits intermingle as well as your energy fields during sex. In cultures where sex is still considered sacred (it isn’t here in the U. S., though we claim to be a Christian nation. Our currency reads: In God we Trust - hmmm), it is understood that the man’s emotional energy imprint can remain within a woman for up to 7 years!! Even if it is a much shorter time, we need to understand how to “clean out” our wombs from low emotional vibrations that have been hanging out and building up within us. And his “stuff” is in addition to our own “stuff” that may have already been hanging out in your womb. No wonder women have epidemic levels of uterus issues such as fibroids, cysts, tumors, and polyps in this country!

There are specific spiritual processes and treatments you can use to do this. I am going to share with you some general steps that I'm aware of, as well as offer you some specific resources.

*Resource:* One book I definitely recommend, related to womb damage, womb health, and healing from "blows" to your feminine center, is [Overcoming an Angry Vagina, by Queen Afua](#).

*Resource:* [The Healing Power of the Sacred Woman: Health, Creativity and Fertility for the Soul](#) by Dr. Christine R. Page. A book that delves deeply into the history and mythology of the divine feminine.

*Resource:* My amazing sister, Ericka D. Jackson, is a powerful minister that offers powerful tools for healing through her Convergence Spiritual Cleansing Method, that can aid you in "moving out" the energies of the junk, garbage and old stuff that may be "hanging out" in your womb, or other areas of your body temple. This is a Christian-based approach. You can go to [www.ErickaJackson.com](http://www.ErickaJackson.com) and click on "Upcoming Events" for more details or order her selfstudy course.

*Resource:* Herbal Womb healing resources: [TheWombSauna.com](http://TheWombSauna.com); [MayaMoonHealingArts.com](http://MayaMoonHealingArts.com)

# *Your Womb is Sacred*

Your body communicates to us in many ways, including through the sensation we call pain. Pain is communication designed to get our attention. And too often instead of exploring the causes of the pain, including the spiritual and emotional causes, we are anxious to mask it, medicate it, minimize it, numb it, or in some cases, cut out or remove what is causing the pain, without first finding out what our body is trying to “say” or is trying to really communicate. This also applies to our wombs.

In her book, *Sacred Woman*, author Queen Afua advocates having a conversation with your womb. For real. Actually entering into a dialogue and listening to what it wants to say and what it wants to tell you. This might be a totally new concept for you, and something that is a stretch for you to consider. I invite you to remain open, and not to dismiss it just because it’s new to you, or outside of your personal comfort zone.

The American culture, with its traditional, allopathic approach to medicine has done a great job dis-connecting us from our wombs and our bodies, instead of supporting a holistic, integrative approach. The body is a “thing” to be cured with pharmaceuticals or surgery. Actually, the body has built-in, divinely installed self-healing abilities, and in its healthy and natural state, is to be pain-free, disease free and medication-free.

Recently, I was attending a gathering out at my mentor’s house (Dr. Maxine Mimms, my 86-years young mentor of the past 16 years), and the ages of the women attending ranged from 25 to 52. As we were going around the circle, I

shared my gratitude for having a body that was pain-free, medication-free and disease-free. I was amazed when my mentor asked the group how many of the ladies present were experiencing pain, dis-ease or taking medication. Shockingly, all of the ladies present under the age of 35 raised their hands! There was a time when only the “older” women in a gathering of women might raise their hands to this question.

# Womb Dialogue

Let's now roll forward and move into a simple exercise you can do to enter in to a dialogue with your womb. In other words, you're entering into a dialogue with yourself, since your womb is part of you.

To get you started, here are some questions to help you reconnect with your womb, your creative center, the seat of your feminine power and the gateway to life on Planet Earth. These inquiry questions are adapted from Queen Afua's *Sacred Woman*.

In *Sacred Woman*, Queen Afua explains,

If a womb is damaged in any way – if it has experienced heavy menstrual bleeding or PMS, if it has sustained numerous infections, fibroids, or tumorous growths, if the womb area has been cut, bruised, irradiated, or chemically sprayed, if it has experienced invasion or abuse by a sexual partner, if it has been harmed by abortions or a hysterectomy – then a woman's level of creativity and inspiration, stability, success in relationships, fertility levels and joy are potentially impaired.

She reminds us, "When your womb is in pain, it means your womb wants to speak." These are some powerful assertions, and ones that may be very new to your ears. But if you stop and think about it, we know it to be true. When we say, "My gut told me".....or "I can feel it is my gut"....you are referring to the area of your body where your womb is located, the same area immediately an inch below

your belly button, also known as the solar plexus area.

This exercise of speaking to your womb may be a stretch for you, but I encourage you to be willing to try it. The body holds vast intelligence and it speaks not only through using pain and dis-ease as communication, but if you recognize that it has much to say, then you will be able to “hear” it speak in response to your questions.

*Thank you!*

I hope this information has been helping to your continuing Love Lies "detox" journey.

With love,  
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