

SHAMANIC  
WOMB INITIATION  
3 WAYS TO  
RECLAIM YOUR  
SEXUAL MAGNETISM

BY ANITA MILOVAC



# SHAMANIC WOMB INITIATION

3 WAYS TO RECLAIM YOUR SEXUAL MAGNETISM

*AS PROPHESED, THE  
FEMININE CHRIST  
AWAKENS.  
THE ROSE PATH UNFOLDS  
ITS MYSTIC PETALS.  
THE ORDER OF THE  
MAGDALENE RETURNS.  
SHALL WE UNLOCK THE  
MAGIC DOORWAY?  
IT IS TIME.*

What's up my beautiful souls? Are you ready to dive into your Divine Feminine? When I say divine, I mean into the energy.

In this little e-book I invite you through a shamanic womb journey, to begin to feel and embody your sensuality on a deeper level, your feminine essence, your ancestral birthing power and sexual radiance.

Let's first begin with why that is important.

You aren't here by coincidence. I am sure that many of you reading this e-book are aware already that New Earth is here, the Age of Aquarius, the 6th sun, and as such the liberation of the Divine Feminine, her sensuality, her sexuality, her truest essence and radiance, so that we can finally feel like those magnetic, powerful women and shamans we were born to be, that we were all along. Our awakening and sovereignty also activates the powerful hearts of the Divine Masculine, our counterparts, and so we all rise into a new level of consciousness as one.

DO ANY OF THESE  
STATEMENTS FEEL  
FAMILIAR TO YOU?  
PERHAPS SOMETHING  
THAT YOU DEEP  
DOWN BELIEVE TO  
BE TRUE, TOO?

Connect with your womb. Upward and Downward Shakti breathing

Sacred Womb Healing - Elementary Wisdom

**We were taught a lot of shame around our feminine sexuality:**

- When a woman expresses her sexual energy confidently, people assume it is solely for other's pleasure – in particular for men – not for herself or the liberation codes/empowerment of other women
- What we wear seems too often to determine the amount of respect we get from men and judgement of other women
- A woman's naked body isn't pornographic content, unless she intends it to be so
- At a certain age, women are no longer to look, dress, express, and/or feel their sensuality and explore their sexual pleasures
- A woman who expresses herself in a certain way and allows her sexual nature to be seen is often titled a slut, a whore...

and the list goes on...

# SEXUAL MAGNETISM IS PART OF YOUR DIVINITY

Enchanting Sound Shamanism - Mermaid Incantation

Shamanic Womb Initiation

Now you can say we live in a time where Lust rules, where hook-up culture is considered cool and where women show off their bodies on social media freely. I would like to invite you to really tune in within yourself and feel on how much of this truly resonates with you, how much of this does energetically feel embodied and authentic?

When you understand the sacredness of your womb, the power and magnitude of your pussy -akka your portal - and the interconnectedness of it all, your perception and vibrational alignment will drastically shift.

One of the biggest distortions on

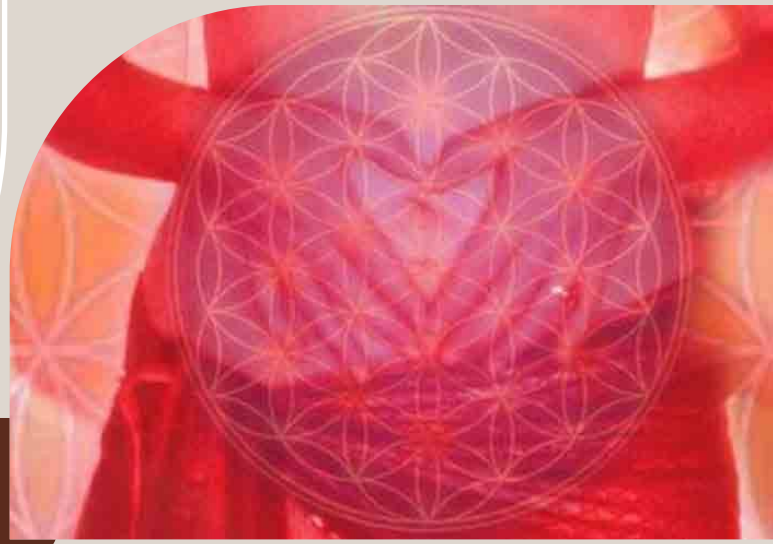
earth is the distortion of sacred feminine words and meanings.

In ancient times, the priestesses held holy titles such as Whore, Harlot, Harine, Horae and Houri, meaning the "pure and immaculate ones" - the wisdom keepers.

In the Semitic languages of the Middle East hor meant "cave" and "womb".

The title of Holy Whore celebrates a woman's embodiment of an awakened womb - the magical, creative, cosmic kundalini power. Not the degrading and insulting meaning we give it today.

## SHAMANIC WOMB INITIATION



The power of a priestess was held in her instinctive sensual consciousness, cycling with the cosmos, brimming with birthing power and sexual radiance, at one with the force of life and the kundalini fire within earth.

These women didn't conform to a man's world. Faced with the choice of extinction or assimilation, many of those women of power formed alliances with the patriarchal lineages secretly.

In my work with women, I see it all the time. The amount of anger, resentment, hurt, trauma, fear and pain that is stored in their bodies, in their womb. We struggle to release, forgive and let go of our attachments and identifications to it. Often, these wounds are energetic imprints from our ancestral lineage and/or the time in our mother's womb.

When I started my shamanic healing journey it was incredible how much trauma I was holding on to. At some point I even saw

visions of my womb and yoni being a graveyard. Once I embarked on this journey, this graveyard turned into a fountain of youth and life. There are layers to this that we aren't consciously aware of and that take our full commitment, courage and willingness to dive deep into ourselves, into our dark waters.

You can take my word that this work is non-negotiable, not just for our sensual liberation, but for our overall health and well-being.

The divine feminine now on Earth is called to heal those parts within herself to not just free her, but also all the women in her lineage, past and future to come, as well as her fellow sisters who are called through their magnetic, authentic light to step into their own.

Trust me when I say, there is not one woman, who doesn't desire to feel seen, enchanting, powerful, magnetic, sensual, authentic, wild and free.

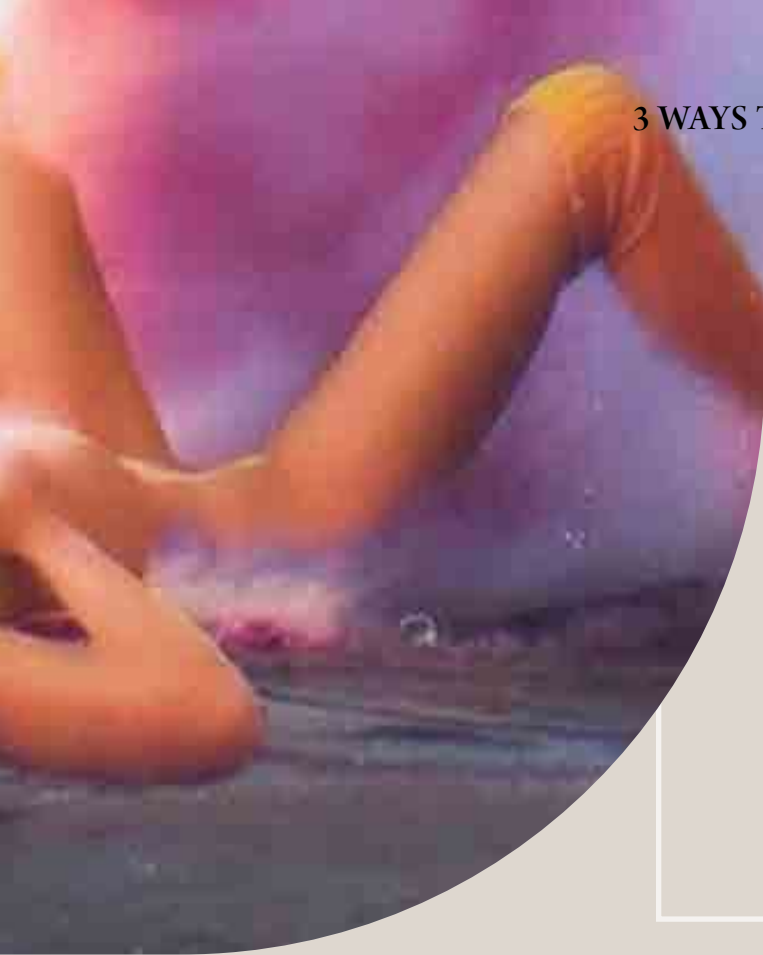
# MY LOVE, ARE YOU READY?

Are you ready to claim your  
sexual magnetism?



HERE ARE  
THE  
3 WAYS TO  
RECLAIM  
YOUR  
SEXUAL  
MAGNETISM  
THROUGH  
SHAMANIC  
WOMB  
POWER





# 1 CONNECT WITH YOUR WOMB. UPWARD AND DOWNWARD SHAKTI BREATHING

*\*Sound recommendation: Shamanic Drums or 432Hz frequency music*

We rarely pay attention to our womb unless we are in pain, bleeding or feeling sexually aroused, are intimate with others or have feminine health related issues. In this practice we will begin to talk to her again, to give her a voice and honor her wisdom. Shakti is your feminine energy, also the Kundalini energy, your inner goddess, the feminine part of your divinity.

## **Upward Shakti Breath:**

To begin with you can use a hand gesture that we call a Yoni Mudra. A mudra is a symbol that amplifies the energy of the body we are working with. For the Womb/Yoni it is the triangle pointing down (as in the image). Triangle pointing down represents water, the element of the feminine.



- Start breathing into your womb and yoni. When you inhale pull the energy up your spine to your crown, and when you exhale envision, this energy moving down your spine from your crown back to your womb. We call this a microcosmic orbit in Tantra.
- Notice how your body feels, how the energy is moving. This is a felt experience, you can't think your way there. When the mind starts interfering, just let all the images/thoughts pass by and keep your attention in your body.
- With the inhale start contracting your pelvic floor, your Yoni muscles and with the exhale release the contraction. Pay attention to your body.

*Repeat for at least 2 minutes.*

### **Downward Shakti Breath:**

The root chakra is also considered the feminine crown chakra or throne, as represented by Goddesses Isis.

In this practice you again inhale, focusing on the crown of your head, contract your pelvic floor muscles, and when you exhale you release the contraction and allow the energy to move down your spine into your womb, pelvis, perineum, anus, legs and feet.

*Repeat for at least 2 minutes.*



A WOMAN  
WHO HEALS  
HERSELF  
HEALS HER  
MOTHER,  
HEALS HER  
DAUGHTER,  
AND HEALS  
EVERY  
WOMAN  
AROUND  
HER



## 2 SACRED WOMB HEALING – ELEMENTARY WISDOM

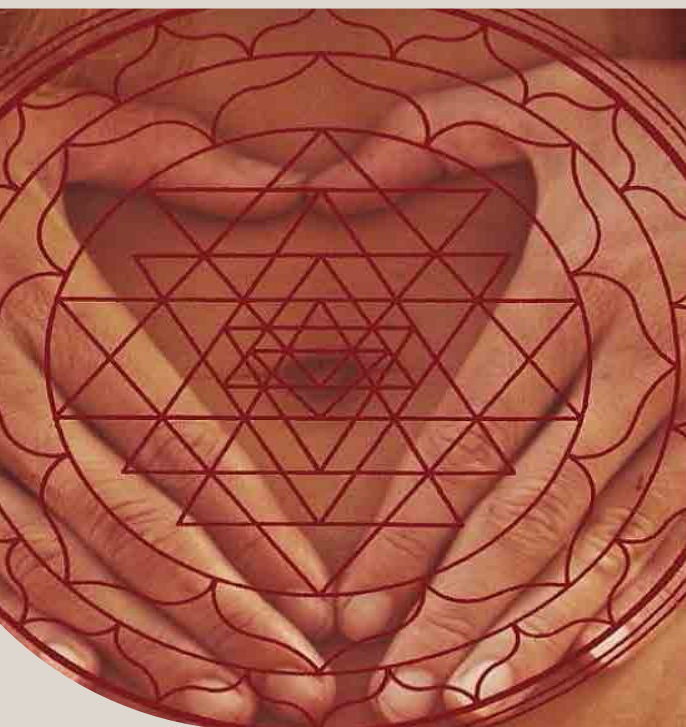
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*\*Sound recommendation: Womb healing  
963Hz, Earth Schuman Resonance frequency*

This exercise will help you to connect to your ancestral lineage by focusing and healing sacred parts of your womb. Each womb element focus should be maintained for 1 minute at least.

- Sit in a crossed legged position or lay down. One hand on your heart and the other on your womb.
- Start invoking your ancestors by saying: "I call in my female lineage to be present with me and guide me through this journey". \*You might feel their presence or see images of loved ones. If none of it occurs know that they are still with you, applauding and celebrating your courage and healing journey.
- Keep breathing and focusing onto your lower womb, yoni, perineum and anus. The lower womb represents the earth element and stands for healing, grounding, birthing and sensuality. Ask this part of your womb to reveal any wisdom that you need to know right now.
- Now move your focus to your right ovary. It represents the fire element, our sexuality, passion, willpower and drive. Ask this part of your womb where in your life you are ashamed of to show up for yourself fully.
- Next is our left ovary. She represents the water element, our emotions, intuition, our ability to receive and surrender. Ask your left ovary





where in your life you are holding on to control.

- Lastly, we are moving to our upper womb space. It represents the air element and stands for our clarity, divine guidance, inspiration and purpose. Ask the upper womb what message it has for you today.
- You can journal about the answers, feelings, insights, images and messages you have received. This will help you to always refer back to it. You can repeat this as often or frequent as you need to. The answers you receive might shift with your growth, as new doors will be open.

# 3 ENCHANTING SOUND SHAMANISM – MERMAID INCANTATION

*\*Sound recommendation: Mermaid Sounds*

The womb and throat are energetically connected. Awakening the vibration of the voice with incantation and ceremonial sound was a key of the priestess healing arts. It helps you to restore the body's cellular resonance, and encodes dimensional doorways into psychic realms.

**Items needed:** Crystal glass filled with water and a stop clock, if you prefer to time your ritual.

**Preparation:** Place the glass on an altar if you have one or simply in front of you. Sit in a comfortable position, cross-legged or kneeling.

- Gaze into the water and start invoking the lineage of holy mermaids. Our nature is to flow, and expand.
- Bring your hands into prayer position in front of your heart (see illustration).

- Chant the name "Maryah", feeling the energy kiss of your hands. Feel the power of attraction for union and embodiment.
- Move your hands into the Orana position as you chant "Alaha". Feel your heart opening and expanding and flowing outward.
- Bring your hands back to prayer mudra and chant "Maryah".
- Then open your hands out into the orans mudra and chant "Alaha"
- Continue this for 11 minutes, feeling love flow through and embody in you
- Complete by moving your hands into the Venus (Yoni) mudra. Infuse the warm healing energy into your womb space.
- Visualize the water infused with the sound vibration of love you have generated. You can sip the water as a sacrament and then give the rest as an offering back to earth

It is my heartfelt wish that you use



Prayer mudra of the heart



Orans position

the magic of these exercises and apply them in your life. The amount of wisdom that is stored within us can only be found within us.

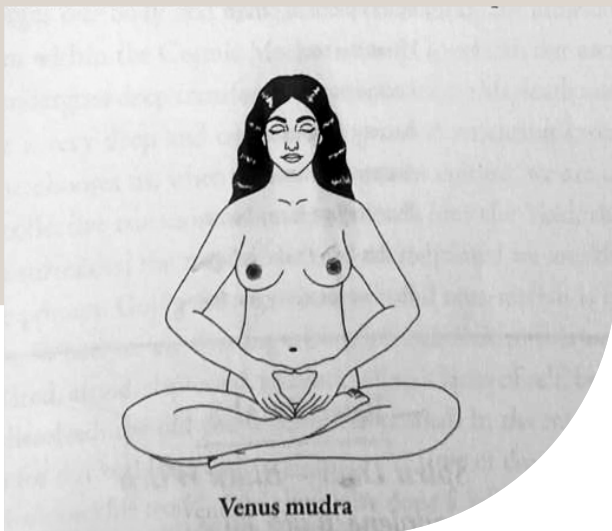
Remember, that at first you might have a lot of darkness coming up, pain even. Note, that whatever comes up, does it so it can be seen by you, acknowledged, accepted, released and its transformation integrated.

By connecting to these parts of you and owning them, you will step by step reclaim your sexual power and improve your feminine health.

The feminine is rising again, with a new voice, and a new vision, to restore balance to our world.

“*YOU HAVE SEEN MY DESCENT,  
NOW WATCH MY RISING*”

-Rumi



Venus mudra

If you would like to dive deeper into your personal initiation, [click here](#) and book your mentorship program with me.

MUCH LOVE  
-Ani



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# ANITA



ENCHANTING SOUND SHAMANISM – MERMAID INCANTATION

Sacred Womb Healing – Elementary Wisdom

## CONTACT ME

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