

# Heart Womb Meditation Guide

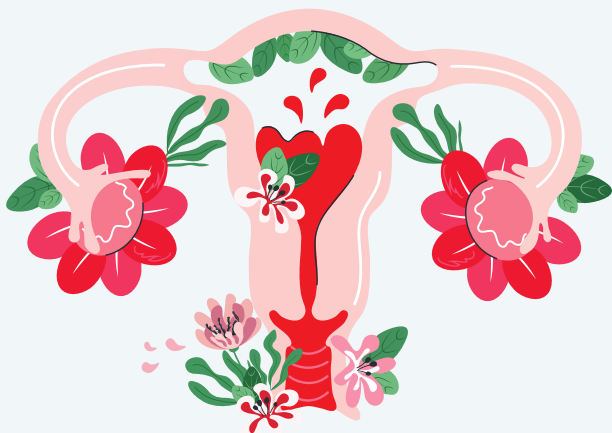




# Welcome to Your Sanctuary



Dear seeker of tranquility and balance, welcome to this sacred space where we honor the ancient wisdom of Chinese Medicine and the transformative power of Internal Alchemy. You are about to embark on a meditative journey that weaves together the energies of your heart and womb, the sanctuaries of emotion and creation within you.

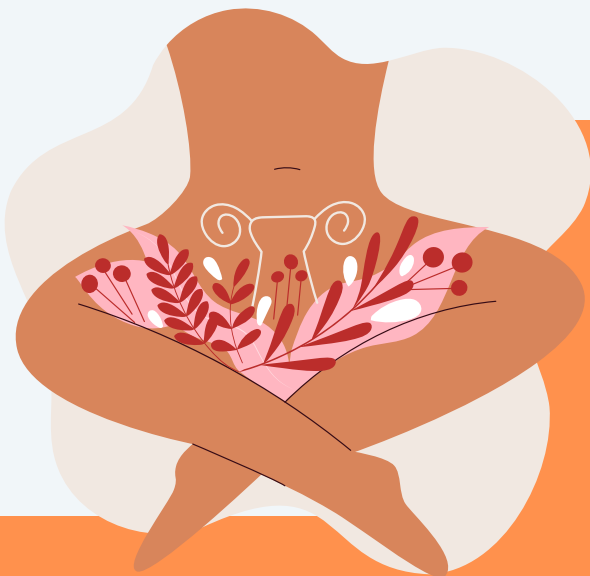


**Vidhya**  
CEO OF RIMBERIO  
**Shanmugam**

# Your Preparation for Peace

## **Before**

we begin, ensure that your surroundings are conducive to a meditative state. Find a quiet corner where safety and serenity envelop you. Whether seated with the sky as your canopy or reclined in the comfort of your abode, let ease be your guide. If the whispers of menstrual discomfort speak to you, embrace the warmth in your lower abdomen, perhaps with a gentle heat pack, and let the soothing sip of a herbal concoction be your companion.



## **Step One: Arriving at This Moment**



As you settle into comfort, grant permission for your breath to be your anchor. Listen – to the symphony of your environment, to the rhythm of your heart, to the gentle tide of your breath. Here, in this precious moment, be present. Your journey inward begins now.

## Step Two: Rooting in the Earth



Visualize, with each breath, roots extending from the cradle of your womb, delving into the nurturing embrace of the earth. Feel the warmth, like a gentle fire in your lower belly, a dance of energy that grounds you to the here and now.

## Step Three: Igniting Your Heart Fire



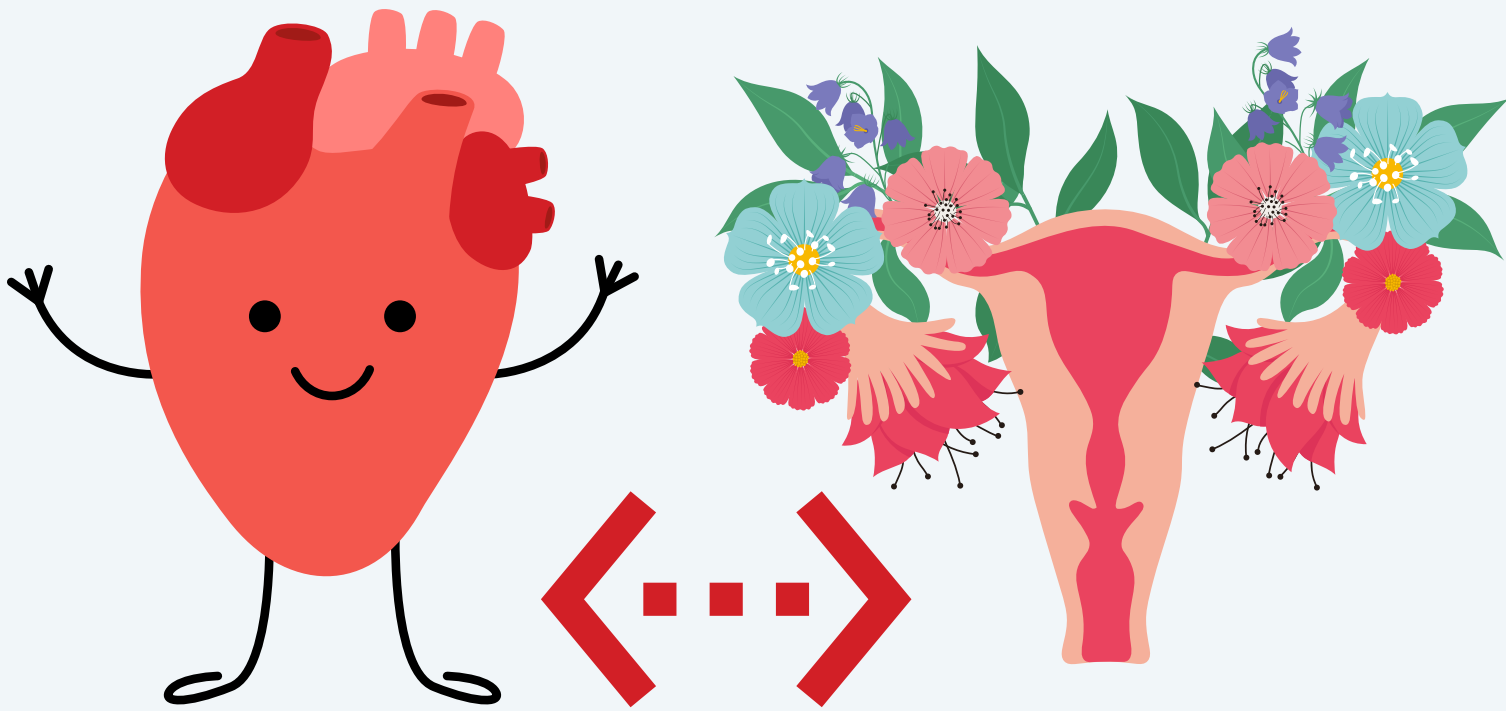
With gentle inhalations, envision the Heart Fire – your Imperial Fire – kindling within your chest, vibrant and warm with every breath. This is your inner strength, your power, your life force. As you exhale, imagine this fire descending through the Bao Mai, a channel of connection, to your womb, nourishing and embracing your core.

## Step Four: The Dance of Energies



Inhale, and with it, draw up the Womb Fire, letting it rise to meet the Heart Fire. With each exhalation, guide the Heart Fire back to your womb, creating a sacred loop of energy, a dance of warmth and love between these two powerful centers.

## Step Five: Bao Mai – The Pathway of Connection



Now, in the stillness, visualize a pathway connecting your Heart and Womb Fires. See the energies traveling up and down in a harmonious flow, a testament to your balance and inner alchemy.





## **Closing: A Circle of Wholeness**

As you conclude your meditation, carry with you the sense of wholeness and peace. Let the harmony you've nurtured be a beacon throughout your day, a reminder of the connection between your heart and womb, your strength and softness, your fire and earth.

May this practice be a wellspring of wellness for you, dear one, as you walk the path of life with grace and poise.

**Reach us**

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