


Rose Mystic
Asherah Kaliyana

W O M B
R O S E
R I T U A L



www.schoolofrosemystics.com



*The **Rose-Womb Ritual** is
a beautiful way to open the
frequency and essence of
the rose within your womb.
This Ritual allows healing
and a softening of the
womb to occur, bringing in
a sense of safety and
groundedness as well as a
nurturing and loving
energy.*

*For this Ritual will you
need:*

- a bunch of Roses*
- an altar or sacred space
to meditate*



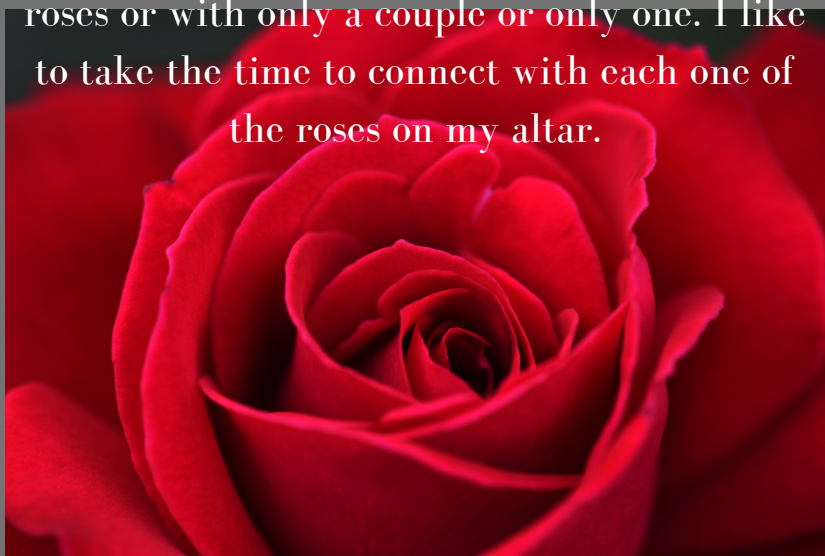
Place your roses in a vase on your altar.
It works with only one rose as well but I
find it more beautiful to have more roses
holding space.

Sit down by your altar and light a candle.
Meditate for a little while and bring
yourself into full presence and
connection with your altar, the roses and
yourself.



When you are ready gently open your eyes. Bring the vase with the roses in front of you. Pick one of them and gaze into her. Witness her beauty, her uniqueness to all the other roses, the shape of her petals and dimensions of her opening. Maybe you feel like stroking her gently and feeling her texture or to smell her benevolent scent. Keep gazing into her centre allowing your awareness to connect with her deeper and deeper.

In your own time pick the next one and see how she is different from the other one. Witness her beauty and uniqueness. Just like you are is every rose beautiful and unique in her own way. You can connect with each of the roses or with only a couple or only one. I like to take the time to connect with each one of the roses on my altar.



Now close your eyes and connect with your yoni and your womb (if you are men connect with your hara centre which lies below your belly bottom and the centre of the earth).

Perhaps have you already been feeling slight sensations in your yoni like warmth or tingles, That means that she is responding to the soft but powerful frequency of the rose.

Breath deeply into your womb space and feel her and all the sensations that arise.



When you are ready, open your eyes and connect to the rose again through your senses (gaze, smell, touch) and witness if there is a different sensation in your womb space, perhaps more amplified.

Bring the rose to your womb and yoni breath into your womb space and into the rose at the same time.

Your heart and womb know how to do this, trust that the way you are doing it is right and just follow your intuition.

Allow the healing balm of the rose to enter your womb. Feel it spreading through your womb and yoni, witness the sensations, perhaps it has a colour or brings forth a scent or it might just make you feel very nurtured and present.

Stay with that sensation as long as you feel like.



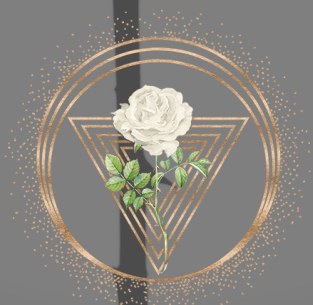
Once you finished placing your roses back on the altar and bring your hands into prayer in front of your womb space and then in front of your heart space.

Send gratitude to **the roses**, to **your womb** and **yourself**.

You have completed the Rose-Womb Ritual.

May the rose be with you

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