

Alexandra Alma



# Womb Bloom

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## **Аннотация**

In this book I share ancient knowledge on pregnancy and childbirth, techniques and exercises which I learned from my teachers, healers, wise women. I describe week by week how the body and inner world of a woman change, how energy flows between her and baby and how the relationship between partners changes. The book will also be of interest to men since it contains exercises for couples, techniques for sex and conception.

*For my dearest mother, Jonny, Eve, Mira*

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**9 months** is a whole epoch where time flows differently; it marks a baby's evolution in the womb and a true revolution of body and consciousness. Your old world is far behind you and now you are in the process of getting to know something completely new – the very essence of life, it's quintessence in fact, and its pulsating force. And what are you to do with all this?

In this book I will share ancient knowledge on pregnancy and childbirth, techniques and exercises which I learned from my **teachers, healers, and wise women in Russia, Mexico, Bali and Egypt**. This information is intended both for women and men.

This book is a collection of the most interesting and effective techniques tried and tested by me, and of course, my personal discoveries, which I made during this magical period when **a woman becomes a Woman...**

My book is based on the diary I kept during each day of my pregnancies. Its entries are jewels in themselves; no one can feel the world the same way as a pregnant woman, not even a woman in her usual state. Each chapter marks a week of pregnancy, which is why the book can be started from any page. If you're pregnant you can take a look at the week corresponding to your period of pregnancy.

In this work of labour I describe how the body and inner world

of a woman change, how energy flows between her and her baby and how the relationship between partners changes.

The book will also be of interest to men since it contains exercises for couples, techniques for conception, and I also talk about **what a man is faced with when she carries his baby under her heart.**

*The book contains:*

- Exercises for creating harmony in a couple.
- Healing techniques for female centres in the body.
- Breathing exercises for relaxation, calming the nervous system, balance, healthy sleep and well-being.
- Relaxing therapies and massage techniques for pregnant women.
- Restorative exercises after childbirth.

*You will discover:*

How to find out the name and character of your baby before it is born.

How and why the ancients chose a place of power for the birth and a song of power for the baby.

A beautiful, ancient dance that you can practice during pregnancy and after childbirth to stay toned and flexible.

Information about nutrition during pregnancy and herbal tea recipes for after childbirth.

What clothing and what symbols sewn onto it help a woman during pregnancy.

And much more!

## **About the author**



Alexandra Alma – author of women’s books *Womb* and *Womb Bloom*, poetess, musician, founder of Replege health centre, graduate of Bauman Moscow State Technical University also studied at the faculty of anthropology to research *Replege* movements.

*Replege is an ancient system of movements and breathing techniques aimed at increasing vital energy. The name comes from the Spanish replegar, which means to withdraw or return. Replege, in essence, is a return to nature.*

She also leads seminars for women and practices ancient, rejuvenating obsidian stone massage techniques. Together with her partner she organizes cultural expeditions to meet healers and stay in places of power around the Earth including Mexico and Russia.

### **A little background**

Some, so-called chance meetings can alter the flow of our life very strongly and even direct it into another channel. Thanks to my parents, I had already come into contact with and learned different types of ancient knowledge in my childhood. For as long as I can remember, I had always felt a strong urge to find the **Source**; something which had not yet been written and rewritten, distorted, turned into a business-making machine; something in its virgin form. And I wanted this to be **women’s knowledge**, something just for us women. I managed to harvest it

from thousands of meetings, partings, journeys and an unending search... Then one day everything changed. I was invited to another country, to a place which few write or know about and it was there that I met something genuine...

I met some very interesting people. They can be called different names: healers, wise-women, curanderas, but the point is that they are keepers of knowledge passed down by our ancestors and live in harmony with nature. They began to teach me and pass their knowledge on to me; knowledge which turned out to be very useful during pregnancy, after childbirth and in forming my relationship with my partner and life in general.

**It was an amazing encounter with the potency of feminine Power and women's techniques created over thousands of years, which still work effectively to this day.**

This is what I want to share with you. With happiness and light!

## **Acknowledgements**

*I would like to give heartfelt thanks to the wonderful people who helped me create this book:*

*Jonny Kosmichev – companion, friend, producer and inspiration*

*Don Juan, Don Margarito, Don Novarro, Dona Margara, Osama, Oyuna Badmaevna – my mentors*

*Kristina Prorokhova – artist, cover and drawings for the book*

*Ekaterina Shishkovskaya – pregnant model (exercises for*

*pregnant women e.g. Water Dance)*

*Vladimir Gavrilov – photographer*

*Vera Zhestovskaya – mentor, friend*

*Violetta Karlova – dress designer. This person inspired me very much and broadened my ideas about clothes*

*Kamila Kostroveeva – researcher and creator of protective handicraft (amulets, talismans)*

## **Feedback**

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Dear readers!

The book you are about to become familiar with is a sincere, emotional and positive story about a woman's journey to connect to her true nature. It describes the most important moments in the life of every human being; the stages that a close couple will go through, from conception to the mystery of birth. It sheds light on how to make this journey smoother, more harmonic and joyful, how to fill one's life with happiness, how to accept and feel confident with the changes in one's body over the 9 months of pregnancy, how to live in a positive frame of mind and how to prepare oneself for the miracle of childbirth.

It so happens that most of my life has been spent in the vicinity of pregnant woman and those giving birth. Every day I see how important it is for future parents to have the right attitude; an attitude which can overcome any difficulties, even a complicated pregnancy. Only positive emotions, relaxation,

mutual respect and edifying thoughts and images form the necessary environment for the birth of a healthy baby. It is not easy to reach such a harmonization of feeling, but it is possible with hard work. The pages of this sincere book, filled with love and gentleness, are dedicated to showing the reader how to reach this state of harmony.

*Doctor of medical sciences, head of the prevention and treatment of miscarriages unit in the V.I. Kulakov Obstetrics, Gynaecology and Perinatology Centre, Ministry of Health, Russia.*

***Tetruashvili Nana Kartlosovna***

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Aleksandra Alma's book, *Womb Bloom*, has a beautiful title and cover. I read it all in one go – I couldn't tear myself away. I was left with bright and life-affirming impressions. This book gives advice and instructions for women and men. Every young couple should use it as a guide.

*Doctor of eastern medicine, gynaecologist, former head of a maternity ward, now an acupuncture and acupressure therapist in the EMChI Moscow Centre of Eastern Medicine. A student of famous Tibetan masters.*

**Oyuna Badmaevna Dorzhieva**

\*\*\*

Alma, thank you for such a wonderful and important book! I can say this with full confidence; I'm the daughter of a famous obstetrician-gynaecologist, have worked for many years

in maternity wards and have also created a conception method, but that's enough about me. How important it is to allow oneself to love and be loved! To educate future parents from the cradle! To be conscious parents! Alas, miserable parents will never be able to teach their children to live in happiness! May Alma's brainchild be a success, may it sell like hot cakes and be reprinted many times! Light and Love – strength for us all in these wondrous times!

*Member of the Writer's Union of Russia, author of over 30 books, psychologist, consultant, holds an honorary doctorate in metaphysics (USA), holds a master's in education, Louise Hay's only Russian student, also student of Liz Burbo, Doctor Toicha and Imre Somodi, has played the leading female role in many popular TV programs and featured as a guest-speaker in many talks shows: **What does a woman want?**, **Private Life** and others.*

**Angelina Mogilevskaya**

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Dear Women! Congratulations! You are holding a fantastic instruction manual about how to become a pure channel for a Divine Soul coming to Earth. If you follow Aleksandra Alma's advice, your pregnancy will become the most interesting and educational 9-month journey you have ever experienced. May your Happiness grow in step with your Offspring, may it feed and fill your Child with Strength! Receive this Divine gift of being a

Mother with dignity! Carry Goodness in yourselves!

*Russian singer, organiser and vocalist of rock group 'Masha i medvedi' (Masha and the bears), mother of three children.*

***Masha Makarova***

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My name is Vera Zhestovskaya. I'm a mother to three grown-up sons and a grandmother to the three most delightful nieces in the world!!!

I gave birth to my oldest son Konstantin when I was still studying at university, and I remember how much I needed information about pregnancy and childbirth then!! I tired out our psychology tutor with my questions. I felt really scared of not knowing and what is more, I was far away from my mother at the time. I was with friends and peers who, to give them credit, cared for me as much as they could. I remember that on my first day of our practical lesson, I ran into class on sky-high heels with a massive belly, and my course mates pleaded, "Veronika, be careful, don't run like that".

I was in good health and went through pregnancy like a breeze, but when I was giving birth in the labour ward, the nurse who was fed up of the shouts coming from mothers in labour warned me, "If you shout like that, your child won't shout at all"... and so I remained silent... As a result, the doctors missed the active labour phase and had to use forceps to help the baby out, which is a huge trauma for both mother and child. When giving birth

to my second child I screamed with all my might, which was probably not the best thing either. And when giving birth a third time I didn't shout for another reason – I knew it all!!! I chose the maternity ward myself – one where the child is put to the mother's breast straight away and stays with the mother from the moment it is born. This seems like the norm now but 25 years ago only one maternity ward provided these conditions. The nurses were drinking their morning tea and didn't feel like stopping their conversation. I told them, "Ladies, I'm giving birth to my third child, I know what to do, just show me where the labour ward is." And when the waters broke I ran past the nurses holding a sheet under me and shouted, "Ladies, follow me!" I got onto the chair by myself and breathing calmly and pushing with a feeling of joy and great happiness, without shouting even once, I gave birth to a wonderful hero!

Aleksandra Alma's book, *Womb Bloom*, is indispensable for future mothers. It contains a lot of hints and ancient experience on how to give birth to children with Knowledge, Skill, Happiness and Joy!!!

*Director of a PR agency, personality figure in Russia, mother of three children.*

***Vera Zhestovskaya***

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So, let the magic begin... The time has come to take a look into the very centre of your womanliness!

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Has it really happened to me? I'm pregnant, YES! YES! YES! It's you! Say these words again and again! You are pregnant! Get in touch with yourself, listen to yourself, flow with the Universe.

Many women think back on their pregnancy as the best moment in their life; as a holy, pure time when cosmic knowledge enters a woman directly.

\*\*\*

Everything had lost its meaning... All my previous relationships, romances, men, situations ... Everything had lost its importance; I just looked on with a smile on my face as the embers of the past finished burning in my hearth of life.

My life had changed. It had changed forever. The course of fate had gone down such a long-awaited, desired and authentic path...

### **Before.**

Three years ago I was lucky to meet an interesting character who changed my life, and I his... He came to Russia to present his new book. Interestingly enough, our meeting took place in a place of power in Moscow – at the Vasilij Blazhenny cathedral in the very heart of the megapolis.

This meeting was a lucky coincidence and I used this chance to get to know him.

Juan was standing in a queue together with his Russian publisher at the entrance to the cathedral. He was dressed in summer clothes despite it already being the start of November. The sight of him woke my body up straight away and took away the feeling of chronic sleep deficiency.

Usually I slept until midday. But not this time... I jumped out of bed at 8am and flew to meet him, pushed on by the winds of change.

Juan's cap was almost covering his eyes. When we got closer to each other to say, "Hello!" he slightly raised the peak of his cap. I took the opportunity to dive under it with my glance.

That second my eyes were pierced by the glitter of black diamond – a clear gaze that had the power to turn everything into ashes. It was impossible to hide from him. Juan’s eyes bored holes through one’s body leaving no place for lies or self-deceit. Our friendship had begun.

My former boyfriend and I invited Juan to stay at our place while he was in Moscow. He complied amicably. The time we spent with him was unforgettable; intensive, complete and filled with a child-like **happiness!**

But the main thing was that during the 2 weeks that he lived with us he magically managed to change my relationship to development as a couple, pregnancy, motherhood and the concept of ‘woman’.

One day Juan called me over to his room and asked what turned out to be a tricky question: “Do you want a child?” His magic eyes blazed up once again with piercing sparks. My eyes became shifty, my mouth turned to stone, my neck and shoulders stiffened up. I felt for the first time that I couldn’t give the answer I always gave in such cases.

Juan looked into my centre and nodded his head: “Yes, you want it...I can see you”. This was a revelation. I panicked because I couldn’t struggle any longer and lie to myself and pretend that everything was alright.

That moment was the start of my return to myself, my heart and what I really want in this life.

## **Choosing a man**

Women, how easily seduced we are by men who hide their indecisiveness and irresponsibility behind quotes from 'clever' books. We are led down the garden path by their stories, which rob us of our feminine happiness, power, and make us suffer day in day out and busy ourselves with exhausting soul searching.

My ex-boyfriend put it into my head that children are an unnecessary burden, that we have other, 'higher' aims in life and that children are the lot of 'normal' people. These kind of men want to take all a woman's maternal energy and are not prepared to share it with anyone else.

\*\*\*

I asked myself whether I was happy with this person. Whether I was happy, not anyone else happy for me! I realized that during our 3 years together I was in a constant state of war and had depleted my resources. I'd got much thinner, my face had become drawn and my breasts had got smaller as if they were hiding in my chest. There are men who smoke their woman like a cigarette. They dry her out, pumping out all her resources. And when the cigarette finishes they just put out the butt in the ash tray. We women are resilient and recover as soon as some extra energy appears. But with such a man it becomes much more difficult to keep afloat when he is trying to drown you all the time.

There are other men who make a lot of effort and care for their woman like for a wonderful flower. And then she blossoms

and her breast-buds bloom and give out an aroma that brings joy to the gardener. More about this in **A Woman's breast** section.

Woman is the earth and man is the seeds which he sows on her. What he fills her with will flourish. The qualities that he puts into her will be those that define her. What seeds do you want to sow in your 'earth'? What do you want to grow in her?

### **Respect between partners**

Respect is the stumbling block in all relationships. It is impossible to create harmonious projects without it, never mind creating a baby.

My mentor don Margarito used to say: "Respeto a todos!" – (I respect everyone!)

**When two people live in mutual respect, respect continues to multiply on both sides.**

When you respect yourself, you respect your partner and people around you also respect you both. And when people respect you, all your projects grow as do you yourselves. By raising up your loved one, you raise yourselves up. And vice versa.

A relationship can be built over many years and completely destroyed in a second when respect is lost. Juan told me that one evening he was eating in a restaurant with his girlfriend when he suddenly caught her look of disgust directed at him. At that very moment he realized that the relationship had come to an end. One glance was enough to end everything.

If you catch yourselves looking at other men or women as potential partners while walking outside with your loved one, this can be called the beginning of the end. It means that you haven't yet chosen decisively and are still on the lookout. And this process can be long-drawn-out.

\*\*\*

Unfortunately the main principle of **happiness** in a couple – devotion towards each other – has almost been lost in our modern society. This is the feeling that, every time you meet your chosen one, you are meeting as if for the first time — *la primera vez*. And every time you are amazed by the huge mystery before you.

Many people having lived side by side for many years do not even know each other. A couple came on one of our expeditions to Mexico and there they discovered things about each other which they hadn't been able to discover during all their years spent together. Nature untouched by civilization and the holy mountains of Oaxaca *Madre de Sur* helped them finally to get to know each other and openly look into each other's hearts.

\*\*\*

There are unions in which partners feed and strengthen each other like wind and fire, and there are those for which the opposite is true – they suppress and weaken each other like fire and water.

What happened between my ex and I one day was the turning point in our relationship.

45 days had gone by since the start of my last period. My

ex started panicking. He said that we urgently need to buy a pregnancy test. I asked him uneasily what the panic was for. He answered that the faster we find out, the faster we can get rid of the undesirable consequences. Everything inside me tightened up. Something collapsed. I felt how two halves in my stomach – **Yin and Yang** – which were getting ready to fuse inside me any moment now, split into two that very second. I used my willpower to split them apart because I was only open to a mutual decision. There was no fusion and my period started the next day.

I didn't want my child to feel unwanted. I didn't want my child to feel lack of love and negation from their parent already in the womb.

No trickery. Either all or nothing.

I knew that I would only conceive a child with a man who truly loved me, who would want children from me, who would be able to give me and the baby tons of love and care, who would be able to deal with the whims of pregnancy, who would melt my heart with boundless gentleness. And this would be mutual.

\*\*\*

Do not allow anyone to destroy your woman's essence – to be a mother, conceive, be loved... However hard it is psychologically, materially and emotionally sometimes it's better to leave everything and just go. Don't leave it for later; the more a woman lives with a man the more attached she becomes to him. But attachment is cured with time.

*Diary entries*

*Voices came to life right in my empty room, which had not been visited by anyone for a long time. I pulled the covers around me abruptly; I couldn't warm myself one little bit after sunny Mexico and it was a bit frightening to be conscious of the person I really was.*

*I had managed to escape from the memories of lost feelings, a lost fairytale for some time. But everything came back with double strength in Moscow, accompanied by the fresh force of cool autumn which I met in complete solitude. And only one thing made me happy; that I was no longer a falling leaf buffeted about by the wind but I was supported by the wind of my promises and oaths, which, if I had any worth, I would fulfill. I would be able to stop living for others at last and start living for myself.*

*To stop living for the sweet vampires who loved me so much, who were ready to drink me to the very bottom without even leaving a drop of blood for me. And not a trace of sympathy, compassion or gentleness in return.*

*It would all start with adventures, surprises, sex. Then a cold settling of accounts at the end, greed, jealousy, scandals. The tension of a pulled bow string, the arrow pointing right at the heart ready to fly into it at any moment so lightly and easily, as if it were as mundane as washing one's hands. To tear everything apart and burn all bridges as if we had never known each other. Maybe we hadn't?*

*I'm a woman and it's not easy for me to accept that he's not there anymore ...*

*"I love you!" So easy to say, so difficult to fulfill ...*

\*\*\*

**“People never change!”** My mentor Juan liked saying this often, especially when I would run back to my ex in hope that he had changed. “This happens very rarely with those who really work on themselves or after serious crises. But this time there was no way back. And no matter how hard I tried to fix things, he had the last word. It was his decision to split up.

It felt as if I had been given news about a death. My heart shattered into a thousand pieces and was covered with a crust of ice. It felt as if there and then, an apocalypse had taken place inside me, and there was nothing left between us except for huge eyes of emptiness.

I would look emptiness right in the eyes because I had no one else to share my feelings with, and ask her: “Who will be able to melt my heart now? How can I now trust a man and love with my heart and soul?”

I had nearly lost all hope. I felt that I had fallen into an ice age where instead of covering the Earth, the ice had covered the hearts of people.

I even went to the Caribbean, but no tropical country could warm my heart until the Universe gave me a gift – **life in my belly.**

The more you live with a man, the stronger your connection and attachment to each other. And if people decide to split up, each person feels as if they are tearing away a part of themselves,

cutting through the flesh. It's very painful and unfortunately I had to go through this. After we split up I couldn't forget him for a long time. He would visit me in my dreams every night the first few months after our split. I hoped that we would at least remain friends because we were connected by many things, not just our relationship, but even this didn't come to be. I ended up leaving everything connected with him; all our friends, joint projects and business... I left the past in the past.

\*\*\*

In this kind of situation you might ask yourselves:

“What should I do, how can I take away the pain? How can I accept the split? How can I replenish my energy stocks?”

I went on a long journey to holy places, monasteries and places of power in search for the answer. Mexico played an instrumental part in my journey.

Prayers helped me most of all. I would read then every day and night and with each prayer I felt my heart filling with light and thawing like a frozen flower, like a scorched prairie that is covered with grass again, and the tears I cried were like rain that waters the new shoots of faith and love.

Yes, it wasn't easy for me to leave everything just like that. To be left with an abyss. But it was this abyss that filled me with meaning.

When I came to Mexico, the healers gave me the following instruction: “All that you should feel towards this person is sincere gratitude for travelling together for part of the journey

on the train of life. He left on his station and you on yours...”

They gave me exercises to clean my energy and body from my connection and attachment to him and to free myself from the ghosts of the past which couldn't leave my mind in peace. These techniques helped me get rid of dependence, accept the situation and reassume the feeling of lightness. I will describe some of them below.

### **Freeing yourself from foreign intentions**

We women are constructed in a way that makes our centres open to the external world to such an extent that it can penetrate us directly, take possession of our heart, soul and consciousness and even force out OUR own World...

When I had my first ultrasound at week 6 of my pregnancy, I could finally see my female centre on the picture with the naked eye. I fell into a trance... How careful we have to be as women with and whom we allow into our lives. How careful we have to be to protect ourselves from conversations and contacts that don't serve us well!

Sometimes we go into a relationship, then another one and another yet again, and every person in our life imparts us with their understanding of the world, sometimes forcing their own path and decisions on us. Yet each one of us has their own life purpose on this Earth and it's important not to lose sight of it. To break out of the thousands of life purposes left in us by our parents, teachers, partners and step onto our own life's purpose.

To walk the path of the Heart and feel happiness from what WE do. How can we achieve this?

Everything begins with the practice of cleansing. A holistic cleanse. Only this can give us an understanding of our Heart's path. **There are many paths in the world. You can go North, South, West, East, up or down, but the most interesting of all is to go deep into your Heart.**

### **Cleansing by water**

We are 75% water. Water sees everything and remembers the information it meets on its journey. It also takes on the form of whatever it resides in. When you have sexual contact with a person you exchange fluids with each other i.e. information which each of you carry inside yourselves. This is especially pertinent for women.

Why do we feel a pull towards a man after sexual contact with him?...

This is a small part of a woman's inner man which desires to connect with the whole – with him that is. Parts of the whole always strive to join together again.

If this is your beloved, your life partner, this connection is wonderful and will strengthen your union. Through it you can feel each other without words. Time and distance will cease to exist in your world.

At the start of my acquaintance with my beloved, an interesting event took place which became one of the key signs

that allowed me to open up to this person after a long period of  
reclusion.

*Diary entry*

*Friends! How quickly you leave me and find new friends; the  
only trace of me in your memories is like a bright reflection on  
crystal glass.*

*But I can't forget or leave anyone; each of you are like  
diamonds in my memory.*

*All of you are my threads, my children, my dears. I feel honey-  
like viscous warmth towards you...*

*How do you do this? Tell me...*

After breaking free from the past I was completely closed  
to a new relationship, sealed up like a caterpillar in a cocoon  
preparing to pupate and fly upwards on new wings. I didn't want  
to waste myself any more on flippant relationships and I decided  
to wait for my one and only for as long as it took, as long as was  
necessary to cleanse myself completely.

That's how I spent the whole of spring, then summer... And  
at the climax of autumn's gold it felt as if I'd just leaped over  
from Mexico into Moscow's Indian summer. I was like a hungry  
female wolf in the cold concrete forest of Moscow. Where had  
the palms, earth and nature gone? Was everything here really  
covered in asphalt? Would my feet not be able to sink into the  
hot sand on the ocean's shore?...

My beloved and the hero of this book, Jonny, phoned me just as I was going up the escalator in metro Komsomolskaya to meet a corporate trainer for dinner. Jonny asked me: “Are you at Komsomolskaya? I don’t know why I came here. I felt that this is where you are.” I was unnerved. There was no way he could have known about my meeting. It was a completely spontaneous meeting; about an hour before Jonny’s call, the trainer had called and confirmed a place. I went out of the metro and met Jonny at the exit. He’d parked close by...

**Let’s get back to the cleanse and find out what is at its core.**

Start by preparing the water. Boil about a litre of water and then cool it to 37 – 38 degrees centigrade using this special technique. Place the jug of water on a windowsill or another place where moonlight can shine into it. This way, you will charge the water with lunar energy; the energy of wisdom and femininity. The ideal time to do this practice is during the full moon.

The next stage is to charge the water with your intent. Rub your palms together to make them warm and then hold them over the water 3 – 5 cm from the surface while formulating your intent with sharp precision e.g. “I intend to free myself from past ties (you can name the person or people here)”. Your intent will be put into the water’s structure.

Another way to charge water is to cup your hands together, raise the water to your mouth and talk your intent into the water.

Next hold your palms over the water or place both hands around the jug. Your intent will be transferred through the warmth of your hands. You can add rose petals or any other flower petals you like to the water. I've also used quartz crystals from holy places to charge water. First I squeezed the crystals in my hands, transferring my intent to them and then I placed them in the water for 20 minutes.

When the water is ready pour it into a syringe. You might have to repeat the procedure a few times depending on the size of the syringe. Important note: you must use all of the water you have prepared. Place the end of the syringe into your vagina, and squeeze the water into it. Don't forget to disinfect the syringe beforehand. While you are doing this, continue to say your intent in your head: "Water, water, cleanse me! Let everything I want to get rid of flow out with water".

This procedure also has a practical side; it can be done the day after your period has finished. It helps clean your womb from remnants of blood, and the added rose petals will impart your 'flower' with a pleasant scent.

### **Partners' readiness**

*I was free. This was a fresh gulp of air for me. Like a bird, I fluttered out of a cage riddled with misunderstandings.*

*I now had the chance to find my other half – the person who would accept me as I am, who wouldn't try to refashion me, the person I would want to have a child with.*

\*\*\*

I am writing this book with all honesty and I don't want to sweeten the things that you will go through over these 9 months. That's why before going there, it's better for you to become conscious of what you will encounter, one way or another.

Your whole life and all your relationships will change forever from that very minute. Things will not be as they were before but something that wasn't there earlier will come into your life. And who comes depends on you...

It will be better for me to write what may await you during your pregnancy and after childbirth at the start of the book rather than at the end.

\*\*\*

Before conceiving from a man, it's important for a woman to understand what awaits her further down the line. Because for a man, however good a person he may seem at first glance, the birth of a baby is a serious test. It's a test for both partners of course. But a woman is better adapted from the start; she is programmed by nature. She carries the baby 9 months under her heart and then breast feeds it. While she is pregnant she gets used to being with the baby 24 hours a day and feeling it inside her. The baby acts through her constantly. Its hunger is her hunger, its needs are her needs. And finally, when the baby comes into the world she is morally ready to interact with it.

Now and then a man sees his woman's growing belly, and even when the baby is born, he can't immediately grasp the meaning of: "Wow! I've become a father!" And not only become a father

but taken on a new, huge responsibility which requires effort daily, hourly and on a minute-by-minute basis. A woman's task here is not only to perceive all that is happening, but also to share this with her man. A new life has come to Earth, a life carrying **his genes** filled with **his blood**.

Unfortunately many fathers only understand this when their child is 5 – 10 years old. Sometimes realization comes too late. Many marriages collapse in particular after children are born. It's too difficult... the man wants love, attention, and now there's this little creature...

Hormones play with a woman's body and can sorely test both partners' nerves. During pregnancy a woman can become capricious, feel repulsion towards her partner, and heap a whole load of other surprises on the future father's shoulders. What's to be done? She's pregnant and the only thing that remains for the man to do is to resign himself: "Ok, I'll bear it for 9 months". After birth the story doesn't come to an end. The most interesting period begins... We'll get to that a bit later on...

## **Conception**

How can I explain conception? How can I find fitting words to describe the miracle that is bestowed on us? The Divine touch, a moment of Truth, Fusion of two different beings, a gift of Love. An almost inexplicable magic that takes place in our lives and changes them forever.

This is the main moment in a child's life. It is this moment that defines the child's future; whether she will be energetic, healthy,

happy or...

Conception is like a code for a program. After the start button is pushed the program begins to be carried out and we will be mere observers of its realization. The smallest of details play a role here; how, when and with whom conception takes place affects the chain of events which will unfold.

The seed planted in soil, in the mother's womb, will give birth to a particular type of plant. And the quality of the earth which receives the seed, the quality of the mother's womb and her state of health influence how the seed will grow.

I often get asked why some people are full of energy from the day they are born, and others are not. Many answers are hidden in the sacred moment of conception. That's why it should be approached and prepared for consciously.

### **How to prepare for conception**

For a long time I was taken up by the question of preparing for conception. I would often ask my mentors about it and also try to find the answers myself.

I can now say that the main secret is Love – sincere feelings from man and woman to each other. When there is love, both want a child. Their hearts are open and knowledge about what to do and how to do it comes by itself, flows through their bodies and fuses to birth new life.

There is no doubt about the fact that a woman needs to prepare for this moment. First and foremost, her body should be clean,

healthy, filled with strength. The soil which will receive the seed should be bountiful. It should not be a wasteland made desolate by past ties, sucked dry by the weeds of someone else's thoughts, energies and intentions.

Virginity is the ideal state for a woman to conceive in.

When a girl becomes a woman by losing her virginity, she receives new life inside herself.

Virginity is an immense gift for a woman. It is her power and much has been written about the topic in Vedic sources and other ancient texts. I will talk about this in detail in the chapter **Woman's gift.**

But it is far from common for conception to take place when a man comes into a woman for the first time. And, unfortunately, for many women this does not always happen with their first partner. This is why, before a woman conceives, she must fully say goodbye to the past, let go of everything that should have been let go of a long time ago so that no loose ends are left trailing behind her, and clean her heart, mind and body from all that happened somewhere, sometime with someone...

She must go into conception as pure as is possible for her. Virgin in all senses of the word.

\*\*\*

When the sacred moment of conception takes place, it's very important to be conscious of it. Both partners need to put their maximum strength into it – their intent for the child to be born robust, healthy and strong. With your two energies interlaced to

the rhythm of your heartbeats, a third creature comes to this Earth – a completely new life.

Here both are creators. And if one partner is not ready, persuasion is not the way to make them ready. If your chosen one does not want to or is not ready to become a father then it doesn't pay to trick him into become pregnant from him. All the negative information will have an effect on the child, one way or another. Children feel distinctly whether they were desired or not. And a child can suffer from this their whole life.

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