

The 13th Rite of the Munay-Ki



Document created by
Mercedes Déziel-Hupé, RYT & Usui Blue Star Reiki Master
Sources: BrightStarWoman.com, TheRiteOfTheWomb.com

Passing on the Rite

I open sacred space and prepare the space with a smudge and/or essential oils. I prepare my altar (see below) and prepare cedar or flower water for the symbolic cleansing of the receivers, if I feel it is appropriate. I usually call on the 13 grandmothers, female guides, Grand-Mother Moon and benevolent feminine energies.

The 13th Rite

There is a lineage of women who freed themselves from suffering. The feminine spirit of the jungle reminds us of this simple and vital truth. This lineage of women wants us to remember:

The womb is not a place to store fear and pain; the womb is to create and give birth to life.
La matrice utérine n'est pas un siège de peur ou de douleur; la matrice utérine est un berceau de créativité et de vie.

This lineage of women through the jungle medicine has given us the 13th rite of the Munay-Ki: The Rite of the Womb.

Once you receive it you share it with as many women as possible.

You raise your hands and summon the lineage by saying:

The womb is not a place to store fear and pain; the womb is to create and give birth to life.
La matrice utérine n'est pas un siège de peur ou de douleur; la matrice utérine est un berceau de créativité et de vie.

You activate the rite within yourself by placing both hands over your womb and repeating:

The womb is not a place to store fear and pain; the womb is to create and give birth to life.

La matrice utérine n'est pas un siège de peur ou de douleur; la matrice utérine est un berceau de créativité et de vie.

You transmit the wisdom from your womb to hers:

The womb is not a place to store fear and pain; the womb is to create and give birth to life.

La matrice utérine n'est pas un siège de peur ou de douleur; la matrice utérine est un berceau de créativité et de vie.

She affirms that she received the wisdom in her womb.

The womb is not a place to store fear and pain; the womb is to create and give birth to life.

La matrice utérine n'est pas un siège de peur ou de douleur; la matrice utérine est un berceau de créativité et de vie.

Let's heal our womb; let's heal our mother's, sister's, and daughter's wombs. And in this way bring healing to our Mother Earth.

One on one and group dynamics

One on one, you can pass this rite from Keeper to receiver, back to Keeper and again to the receiver.

In a group, you can proceed the same way and finish with a circle of the rite; from Keeper to receiver 1, 2, 3 and back to Keeper, then Keeper to 3, 2, 1. This allows each woman receiving the rite to feel what it's like to pass it on to another woman and it reinforces the rite in all women participating. All receivers become Keepers and are encouraged to pass it on to as many women as possible who welcome the rite and feel ready to receive it (and nourish it).

The Altar

Usually placed on sacred fabric (red cotton), you place the 13 candles representing the 13 moons, the 13 grandmothers and of course, the 13th rite. You place a bowl of water and each woman's flower, and each woman's chosen personal symbol of femininity.

Once the rite is passed onto the receiver, the woman, the Keeper and her female and male supporters can be invited to take a petal from the flower, blow an intention into their petal, and place the petal into the bowl of water. The personal symbols of femininity are empowered by the rite, the grandmothers and the well-wishes. The water is then poured onto the Earth Mother.

Men: Fire Keepers, Sacred Space Holders

Men can be present during the rite to show support to the women they love, whether partners, friends or family. They are present to bear witness to the healing, show their love and support of the women in their lives and around the world. They also receive healing of their feminine energy by acknowledging the feminine power of creation and life-giving abilities.

Preparing to receive the Rite

I recommend women interested visit the website and [watch the video](#) to understand what the Rite is about.

Nurturing the Rite

Once received, the Rite needs to be nurtured so that its (healing) power grows. This is to allow you to connect to Mother Earth. Connecting to Her will help Her know your needs and meet them. She will manifest your needs with more ease and you will feel greater peace and unity with life's cycles and seasons.

You nurture the Rite of the Womb's power in the following ways:

1-If you still have your menses, then on your next cycle you find an intimate space and time to give some of your menstrual blood to the Earth. You can bleed directly on the Earth or you can collect some of your blood in a small container and pour it on the Earth while repeating the words below.

2-If you are in your menopause years, then you'll do a ritual on the next dark moon. You can create an intimate space to offer red wine (or other liquid of value to the Keeper) to the Earth, while repeating the words below. Once a month will amount to 13 moons.

I release my fear, so I may embrace freedom.

I release my pain, so I may embrace joy.

I release my anger so I may embrace compassion.

I release my sadness so I may embrace peace.

Je libère/laisse aller ma peur, afin de connaître la liberté.

Je libère/laisse aller ma douleur, afin de connaître le bonheur.

Je libère/laisse aller ma colère, afin de connaître la compassion.

Je libère/laisse aller ma peine, afin de connaître la paix.

(Other personal words that ring true to you can be added.)

3-You honour the Rite by also sharing it with other women in your community.

Each time you share the Rite, you strengthen it within yourself and you empower more women.



WOMB KEEPERS

REGISTRATION FORM

Becoming a Keeper and Signing Up to the Website

It's [FREE to sign up as a Keeper of the Womb](#) on the website. This way, women interested in receiving the Rite near you may [contact you to receive the Rite](#).

Want more information?

[Contact me for questions!](#)

[Read my **blog post** about my personal experience here.](#)