Warming the Womb

A Guided Meditation with the Grandmothers, the Medicine Wheel & the Spirit of Ixchel

For the winter season, womb reconnection & ancestral remembering

@fernanda_petre

a message from my Womb to yours

Dear sister,

This meditation was birthed through the whispers of fire, the softness of winter, and the deep ancestral wisdom of the womb. As I felt the call to reconnect to the sacred center of my being, I found myself held by two rivers of lineage: the Andean paths of the Earth and the Mayan/Aztec medicine of Ixchel.

This is a sacred weaving of what lives in my bones.
A call to return to the womb—not only as a place of blood or birth—but as a temple, a fire, and an ancestral altar.

You are not alone in your disconnection, nor in your longing.
This is your invitation to melt the cold, reawaken the feminine fire within, and remember the warmth that has always lived in your womb.
May this journey warm you, guide you, and call you home.

Con amor,
Fernanda

...About Ixchel

Ixchel is an ancient Mayan / Aztec goddess of the womb, the moon, water, medicine, and midwifery. She is the weaver of life, often pictured with flowing waters, a serpent crown, and healing plants.

She governs the cycles of the moon and the cycles of the feminine, tending both the mystical and the practical. In her many aspects, she is the maiden, mother, and wise woman—guardian of intuition, transformation, and womb fire.

In this meditation, you are invited to meet her not only as a symbol—but as a guide who walks with you into the sacred fire of your own womb.

Part 1,
Opening + Grounding

Find a quiet space where you can be still and uninterrupted.
Sit or lie down in a comfortable position. Gently close your eyes.

Take a slow, deep breath in...
And release.

Again, breathing into your body...
Into your hips... your belly...
Let your breath begin to settle in the space just below your navel...

Bring both hands to your womb, even if she feels far away.
Even if you've never connected with her before.
You're here now—and she remembers you.

Feel the weight of your hands.
The warmth of your palms.
Begin to listen.

Part 2.
Calling in the Directions + Ixchel

We call upon the Andean Medicine Wheel,
the guardians of the Earth and the sacred womb.

To the South – Great Serpent
Help us shed what no longer serves,
and root deeply into the wisdom of the body.

To the West – The Jaguar
Walk with us in the sacred dark,
and help us reclaim our power.

To the North – Hummingbird
Bring joy and remembrance.
Help us sip the nectar of life.

To the East – Eagle or Condor
Lift us into vision and clarity.
Remind us of the vastness of our soul.

And at the center... we call Ixchel.
Weaver of the womb.
Goddess of the moon, the tides, the sacred blood.
Mother of midwives, medicine women, and waters.
Keeper of the fire within the cave.
Bless this space.
Bless this remembering.

We also welcome the Grandmothers of Fire,
who whisper in herbs and smoke and blood.
Those who have lit the womb fire before us.

May they walk with us now.

Part 3:
Womb Breath & Listening

Bring your awareness fully into your lower belly.
Just below the navel.
Imagine your womb as a soft, dark cave...
A sacred temple.
Maybe you feel something...
Or maybe nothing at all. That's okay.

Begin to breathe into her.
Inhale...
And gently exhale.

With each breath, soften.
Allow your awareness to move inward, deeper.
Listen... without needing answers.

You may ask quietly:
"Beloved womb... what do you need?"
"What do you want me to remember?"

Trust whatever comes—an image, a feeling, or silence.
The listening is the medicine.

Part 4: Womb Fire Visualization (with Ixchel)

As you continue to breathe,
imagine a warm light beginning to glow inside your womb.
At first, it may be just a spark... a tiny ember.

Visualize a sacred cave deep within you.
You are sitting at its center—your womb, the altar.
And in front of you, the womb fire flickers.

One by one, the Grandmothers gather around you in a circle,
offering bundles of herbs, sacred wood, whispered blessings.
They gently place them into the fire.

And from the shadows of the cave,
a presence emerges—soft and powerful.
It is Ixchel.

Her hair flows like water.
Her hands carry the warmth of lifeblood and moonlight.
She kneels beside you at the fire,
and with her breath, she stokes it gently—bringing it to life.

She places her hands on your womb,
and you feel warmth spreading through your belly,
melting any numbness...
softening any grief...
awakening ancient memory.

The flames rise in colors—red, gold, rose, and deep indigo.
They do not burn—they bless.

Let the fire cleanse what is cold or heavy.
Let it bring flow to what has felt stuck.
Let it remind your womb of her ancient power.

Ixchel places a drop of water into the fire—
a reminder that warmth and flow live together.
That fire and water can dance.

Take a moment in stillness,
to feel the fire she helped you awaken...
To breathe into your womb...
To remember. May they walk with us now.

Part 5: Blessing & Integration

Bring your hands gently to your heart,
and then slowly return them to your womb.

Whisper to yourself:
“I honor you. I am listening. I am home.”

You may place a soft cloth, scarf, or warm object over your belly.
Let it hold this warmth. Let it stay with you.

Know that you can return to this fire anytime.
With your breath.
With your hands.
With your remembering.

You are the fire.
You are the altar.
You are the medicine.

Part 6: Closing the Space

We offer gratitude to the Serpent of the South, for helping us shed.
To the Jaguar of the West, for walking beside us in the dark.
To the Hummingbird of the North, for reminding us of joy.
And to the Condor and Eagle of the East, for lifting our spirit to the sky.

We thank the Grandmothers,
the spirit of Mama Qocha, the waters of the womb,
and Pachamama, who always holds us.

And with reverence, we thank Ixchel,
who keeps the sacred fire burning,
and guides us home to our feminine essence.

Take one last deep breath in...
And a soft breath out.

Gently wiggle your fingers... your toes...
And when you're ready, open your eyes.
Come back to this moment,
carrying the warmth of your womb fire with you.

Grounding the Medicine

As you return from this sacred journey,
be gentle with yourself.
Your womb has opened. Your body has remembered.

Prepare a cup of your favorite nourishing tea—
something to warm your body from the inside.
Consider adding ginger, cinnamon, clove, or rose—
herbs that awaken your inner fire and soften your heart.

Wrap yourself in a soft blanket.
Sit in stillness, or journal what came through:

What did I feel in my womb today?

What old story began to burn away?

What message did Ixchel or the Grandmothers whisper?

What does my womb need from me in the days ahead?

There is no rush.
Integration is sacred.

Drink slowly.
Write honestly.
Rest deeply.

You are held.
You are fire.
You are the medicine.

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