

*Oh My Mama Body*  
*Five Steps to*



*Self Womb Healing*



# *How to Do Self Womb Healing*

Your womb is your sacred vessel of creation. How she feels is important to how we are feeling. Think about the growth and shedding she goes through each cycle and how it affects our balance.

What most women do not realise is that the womb holds on to emotions and experiences. She knows about the past relationships, trauma, pain and insecurities which you still carry with you.

These experiences continue to be present as blockages in your mind and are also carried at a physical level which could be blocking your natural feminine flow.

This is so important and normally isn't taken into consideration, our womb is ignored, yet she is crying out for you to notice her.

*Support your womb to heal by releasing blockages so that you reclaim your feminine flow*



# *Naturally Release Your Blockages in Your Womb*

- Get rid of feeling inadequate so that you start feeling confidence and inner strength
- Start enjoying more romance and get your sex life back
- Improve your quality of life, feel great showing up and socialising



*I just love sharing these powerful techniques so that you can experience incredible transformation*



# 5 Steps for Self Womb Healing

You may like to lie down with your head propped up with pillows for this exercise.

1. Concentrate on your breathing for a full five minutes, until you enter a space where your heart rate slows and you feel calm. Really take your time to get to that place of calmness.

2. Ask yourself these questions, giving yourself time between questions for any thoughts or memories to surface:

- What am I holding on to that is causing me stress?
- How do I feel about my life at the moment
- What still bothers me about past relationships
- What do I regret from the past

No doubt you will have several memories or feelings come up.  
Decide which one feels the strongest for you.

This is important as it could be the internal trauma which is blocking you



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3. Place your hands over your womb area. Concentrate on breathing into your womb, feeling with each breath the womb space under your hands. Allow yourself to feel into your womb space. Feel how it feels underneath your hands.

- When you are ready, place your chosen memory or feeling into your womb space. Allow it to play out in your womb space.
- Now imagine that you are standing in your womb space. Like a smaller version of your current self. Travel into your womb space and stand next to the memory or feelings.
- Look at the memory/feelings. What does it look and feel like to you?
- If you could say something to that memory or feeling now from your current self, in order to make it feel better, what would that be? You can speak this aloud or in your head.
- Tell the memory/feeling that it is no longer serving you and you release it with love.
- At this point, send love from your heart, into the memory/feeling. Allow it to float out of your womb space and watch it float up into the sky.



# 5 Steps for Self Womb Healing

4. Well done, you have released. Now breathe steadily and bring yourself back to the place of calmness you created in Step One.

Once you have found your calmness, place one hand on your heart, keeping the other one placed over your womb. Imagine your womb space being filled with love. Send love from your heart to your womb. With each breath in, send more love to your womb. Fill your womb with love, really concentrate on filling every corner with love



5. Sit up slowly and open your eyes. Take a few moments to check in with your body and see how you are feeling. What do you notice? Do you feel lighter? Do you feel like you have let go of the memory or feeling?

You may like to sit and journal about your experience for a few minutes. Write down what you felt and saw and what happened as you released.



# 5 Steps for Self Womb Healing

How are you feeling?

I know this might be unusual for you and you might be questioning if you have done it properly. Or perhaps you struggled with going into your womb space and weren't sure about what you were doing?

Let me reassure you that you probably did manage to do it properly. It was your first time remember!

If you do feel like you would like more confidence being guided personally by me then my Wommb Tribe is perfect for you.

It is hosted on an App with a vault of techniques and resources for your deepened womb healing. I personally guide you with embodied journaling, breathwork and womb meditations.

Join my Wommb Tribe here for just 39US\$ monthly:

[Click here for  
Wommb Tribe](#)



Get that extra support to release energetic blockages so that you feel lightness, confidence and start getting your quality of life back



# How are you feeling?

Are you interested in really deepening these skills so that you can release your ovarian cyst and leave your struggles behind?

My 1:1 Womb Awakening program has everything you need to release your fertility blockages and gain back your quality of life, showing up with vitalised confidence, feeling amazing

- ✔ You want to learn natural and effective techniques to release your cyst
- ✔ You are ready to feel worthy as a woman and enjoy being in your body
- ✔ You want transformative results that not only release your cyst but also raise your confidence so that you feel happy, healthy and have a better quality of life



Here's what some of my clients are experiencing:

"Overall I have been feeling really amazing since we work together and I do practice every day. And all this seems to gain traction in real life!!! I have a lot of friends who show up, I have energy to work out and socialize again. Your program is bringing me the changes and results I was searching for a long time!"

*Maria*

"I had such a beautiful time! I felt so connected with myself, with my womb and with everyone in the group. I was just completely immersed in the feeling of sharing my energy and being together with other women. I had the sense of being emotionally cleansed, relaxed and revitalised, feeling lighter and happier!"

*Irina*

"I'm really enjoying the sessions and finding it a beautiful opportunity to connect on a deeper level with myself and I am having some releases. I am finding what makes me feel alive and have started playing my flute again and I'm now contacting bands so I can get back into singing. I just feel so much better!"

*Shauna*

Are you ready to go all in on yourself and claim  
back your quality of life?

I invite you to book a complimentary  
Discovery Call with me:

[Book Call](#) →



*Vicki*

Come follow me over on Instagram for daily  
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