

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 overwhelming thoughts 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*



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 events
- 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 creating a lot of anxiety and fear for 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.

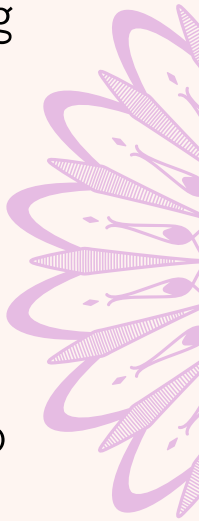


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4. Well done, you have released. Now breathe steadily and bring yourself back to the place of calmness you created in Step One.

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.



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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 are struggling with this and would feel more confident being guided by a practitioner, then I invite you to check out my Self Womb Healing Mini Course.

It's available online or as an App with well structured, practical video modules for just 19.99\$ so that you can follow along and build your confidence.

I invite you to purchase the Womb Healing Mini Course here:

[Womb Healing
Mini Course](#)

Get that extra support to release energetic blockages so that you feel lightness and confidence, whilst also rediscovering your true feminine life force

