

HOLISTIC WOMB

*mini* SELF-CARE GUIDE



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ILLUMINATING *and* LIBERATING *the* FEMININE

# HOLISTIC WOMB

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Hello You!

I am so excited you have decided to take your holistic womb assessment to find out more about yourself. Our womb is our power center; it has the capacity to create life! This magic allows us to channel our energy into every creative endeavor. By reconnecting with our wombs, we reclaim our wild feminine energy and shine our light into the world.



# THE POWER OF WOMB CARE

Your womb is a sacred portal of creation, intuition, and vitality. Caring for your womb is an act of self-love that supports hormonal balance, emotional well-being, and creative flow. By nurturing your womb with mindful practices, you cultivate deeper self-awareness, resilience, and overall health.



# THE IMPORTANCE OF SACRED SEXUALITY IN WOMB HEALING

Sacred sexuality practices, rooted in ancient wisdom, harness your life-force energy to restore harmony, deepen self-connection, and enhance pleasure as a healing tool. Engaging in these practices can support emotional release, balance your cycle, and awaken the full potential of your feminine energy.



# COLD WOMB

A Cold Womb reflects an imbalance in the body's natural warmth, often showing up as low energy, feelings of disconnection, cold sensations in the lower belly, irregular or painful cycles with clots, and challenges with fertility. In Traditional Chinese Medicine (TCM), this is linked to depleted yang energy—the inner fire that fuels vitality. Cold foods, prolonged stress, and environmental exposure to cold can deepen this state, leading to stagnation in the womb space.



# COLD WOMB

## Self-Care Practices

Simple yet powerful practices can help restore warmth and balance

*Get Moving:* Activities like hot yoga or dance improve circulation and energy.

*Fire Breathing:* A pranayama practice that generates internal warmth.

*Avoid Cold Foods:* Reduce raw salads, smoothies, and ice; favor warm, nourishing meals.



# COLD WOMB

## Self-Care Practices

Simple yet powerful practices can help restore warmth and balance

*Use Warming Herbs:* Incorporate ginger and cinnamon into your diet.

*Holistic Bodywork:* Acupuncture, moxibustion, or hot stone massages can provide deep warmth.

*Sacred Sexuality Practices:* Womb massage and vaginal steaming release tension and promote healing.



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### Your Journey Begins Here

This freebie is just the beginning! Each womb type has its unique needs, and by honoring them, you empower yourself and your creative endeavors. Please share your experiences; I would love to hear about your journey!

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LOVE & GRATITUDE

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