

HOLISTIC WOMB  
*míni* SELF-CARE GUIDE



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# HOLISTIC WOMB

## *mini* SELF-CARE GUIDE

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.



# STUCK WOMB

A Stuck Womb holds unprocessed emotions, creating tension, stagnation, and overwhelm. You may feel indecisive, weighed down by guilt, shame, fear, or anger. PMS symptoms can be intense, with heavy bleeding, dark red clots, and sharp cramps that ease when clots pass. Other signs include digestive discomfort, rib pain, and frequent sighing—your body's attempt to release what feels stuck. In Traditional Chinese Medicine (TCM), this is linked to stagnant Qi and blood, often caused by emotional stress, poor circulation, cold exposure, trauma, or hormonal imbalances.



# STUCK WOMB

## Self-Care Practices

Simple yet powerful practices can help reclaim your flow and release emotions

*Journaling as Medicine:* Free writing uncovers hidden emotions and desires.

*Mindfulness & Breathwork:* Create space for stillness, clarity, and nervous system regulation.

*Move Your Energy:* Gentle stretching, yoga, or dance supports emotional release and circulation.



# STUCK WOMB

## Self-Care Practices

Simple yet powerful practices can help reclaim your flow and release emotions

*Creative Expression:* Art, music, and intuitive creation help transmute stuck energy into movement.

*Sacred Sexuality Practices:* Womb massage, yoni steaming, and sounding activate flow and deep healing.

*Seek Support:* Safe spaces for sharing and connection provide emotional release and insight.



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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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