



Womb Healing

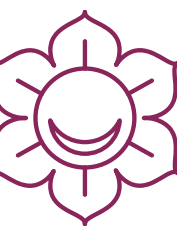


Awakening The Sacral Chakra



A RITUAL FOR HEALING YOUR RELATIONSHIP WITH YOUR WOMB

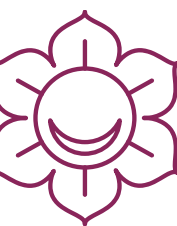
- Sit comfortably for this meditation and ritual. Light a candle if you like.
- Place your hands on your low belly at the front of your pelvis, where your womb is or would be. This is also the location of your second chakra, the energy centre of sexuality, desire, playfulness, creativity, and joy—along with old traumas and fear.





A RITUAL FOR HEALING YOUR RELATIONSHIP WITH YOUR WOMB

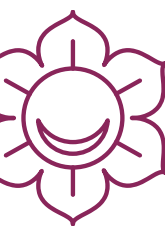
- Allow your breath to move down into this space. Feel the breath moving there underneath your hands and relax as much as you can. Feel into this area, which includes your lower back and your other sexual organs. Imagine a warm sunset orange, the colour of the second chakra. Some people feel a tinge of pink here as well—there is no right or wrong. Breathe into this light and this energy and notice what comes up for you.





A RITUAL FOR HEALING YOUR RELATIONSHIP WITH YOUR WOMB

- Observe any emotions. Name them if you can. Don't judge or try to fix anything, simply sit with this part of your body. Notice if this part has anything it would like to say to you. If it had words, what would they be? Listen carefully.
- Now notice if there's anything you would like to say back. You may have some anger, pain, fear, or trauma related to this part—that's normal and okay. Feel free to speak to that, but keep compassion and kindness in mind as you do.





A RITUAL FOR HEALING YOUR RELATIONSHIP WITH YOUR WOMB

- When this conversation feels complete to you, thank your womb in whatever way you can.
- This can certainly be the end of your ritual, but you may feel called to now write your womb a letter. Remember to honour the womb for what it tries to do for you, even if it comes with pain and difficulty. Offer the womb something—more attention, more care, whatever feels right.





A RITUAL FOR HEALING YOUR RELATIONSHIP WITH YOUR WOMB

- When you have finished with the letter, blow out the candle. You may like to keep the letter, burn it safely to send it into the ether, or bury it in a safe place.

