

# HEART & WOMB COHERENCE & FORGIVENESS RITUAL

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TEMPLE OF THE WOMB APPRENTICESHIP

## HEALING THE WOMB PAIN-BODY

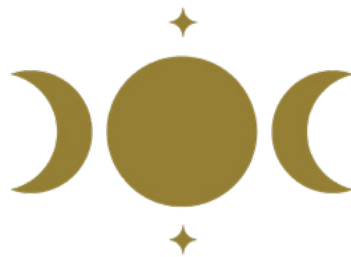
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**Womb healing is vast and includes the healing of ALL of you.** It is interwoven with mind, body, and spirit, with how you breathe, think, and relate with what you believe, speak out loud, and feel within...

Painful wounds often manifest as painful symptoms in an effort to call your attention to their tending.

These symptoms can manifest as PMS, ovarian cysts, fibroid, endometriosis, PMDD, infertility, painful sex, mood swings, depression, or irritability.

*This is referred to as the “womb pain-body”.* It is also known as the feminine pain-body, which can be described as an energetic residue of the collective experience of womb carriers throughout history.



*The womb is where life begins for all of us, the starting point for our journey here on Earth. Located at the center of the pelvic bowl, the womb represents the unconscious and holds within it the memories of lifetimes lived, both your own and your ancestors.*

## HEALING THE WOMB PAIN-BODY

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As vast as the womb is, the heart is equally infinite in its capacity to offer compassion to these places and to hold the fullness of feeling with love.

**Healing your womb pain-body opens a portal of healing for physical symptoms, helping them to be reduced or eliminated at their root.**

To do this, you need a resilient coherence of mind, heart, and womb to anchor this healing into all of you.

As you begin to heal womb wounds and step into sovereignty, your healing creates access points in the collective field that makes it easier for others to heal womb wounds, too.



# HEART & WOMB COHERENCE & FORGIVENESS

## THE KEY INGREDIENTS TO CULTIVATE FORGIVENESS:

- ★ Tap into your compassionate heart space as connected to the womb
- ★ Trust in the greater wisdom of the universe
- ★ Take responsibility for what is yours
- ★ Speak your pain out loud and let it be heard
- ★ Cultivate gratitude and appreciation
- ★ Welcome the energy of the unlimited & unconditional love for both self and others





# HEART & WOMB COHERENCE & FORGIVENESS REFLECTIONS

*What is weighing heavy on your heart?*

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*What does forgiveness really mean to you?*

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# HEART & WOMB COHERENCE & FORGIVENESS REFLECTIONS

*What keeps you from  
forgiving?*

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*Why is it important to  
forgive?*

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*What or who are you ready to forgive?*

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