



Video Transcript

Womb Healing Explained Learn Techniques & Benefits

Hello, beautiful beings. I'm Maria Marshall, and I'm here today with a learning with Gaia piece, womb healing explained. So what is womb healing?

Well, let's first start with where is the womb chakra or the sacral chakra. So two inches below your navel in this area right here is where the sacral chakra is located. It encompasses not just our reproductive organs, but also the liver, gallbladder, kidneys, pancreas. And this area is also associated with the water. It governs the water system of the body. So why would we need womb healing?

Or how do you know if you need womb healing. And that's not a...

accord sexual experiences that may have not been nurturing, we all have one form or another of blockages or imprints that could be cleared through womb healing.

So think of your womb as an emotional junk draw that is subconsciously holding onto a lot that you have no idea. And basically the way to explore your womb is to just simply start working with some of practices that can address the imprints and the more you work with things such as the breast or yoni steaming and we'll go into those different ways of addressing womb trauma the more that you realize that you have had some experiences because often trauma can be repressed and pressed into the subconscious. And it's not until we actually start working with tools and energetic practices that these things come to light. So, all right, we're going to begin with all the different ways of understanding physical limitations in the sacral chakra. So how would you know physically if you have blockages in your sacral chakra. You may be experiencing frequent urinary tract infections. You may have a very low sexual libido. You may also have difficulty experiencing pleasure and receiving pleasure. You may have a hard time asking in relationship for what you desire and communicate what you desire sexually.

These are all signs that there are blockages in the womb. And also, often women have a hard time conceiving if they have experienced womb trauma. So those are some of the physical ways to identify. You may be needing some womb healing. Also, there are emotional results of blockages in the sacral chakra. Let's start first with the fact that the sacral chakra is an incredibly creative portal. On the third dimensional plane, we create life. We actually birth a soul in the form of a child through our womb portals. But on the spiritual plane, we birth ideas, businesses, artistic expressions such as paintings, books, inventions, you name it. Creation isn't just creating life. It's creating life in the form of an idea or an expression, a creative expression. So when our womb chakras are out of balance, we don't feel our creativity flowing. We can feel despondent. We can feel despondent. We can feel that we have so that we can be in our full power. And this book is called Vagina by Naomi Wolf. She experienced an accident. She didn't know why her sexual response had diminished. But because of that, because of that physical blockage in her sexual expression, her creativity was diminished. She experienced the world as dull. Colors were dull. Life was dull. She became almost despondent. And she prayed and she said to the universe, if you help me solve this problem, I will research and write a book. And she did just that. So it's a great reference tool to understand thousands of years that women have been repressed through their womb portals. So now is the time that each woman take back her power. And it's so important to do this for ourselves individually, but understand that as women, we are all connected through our wombs. So when we do it for ourselves, the collective benefits. And each woman that works on her womb Space is actually lifting the vibration of consciousness healing on the planet for women and for the divine feminine's expression. Okay. That's a lot to say. So we're just going to break it down. What are some basic ways to address womb healing? There are really easy ways such as working with crystals. I love Cornelian and Moonstone. You can also check out citrine and amethyst. There's just a whole host of crystals that you can use. Tiger's Eyes, another one. Just Google it. What are the healing crystals for the sacral chakra? And you'll come up with a whole list. Maybe you already have one at your house. Another way is to work with essential oils. So oils such as rose, yelang, yelang, bergamont, sandalwood, and cedarwood, these all work great. You can use orange. Orange is the color of the sacral chakra. And so orange and grapefruit are also great. You can use these in diffusers or you can also massage them into your womb space and they will work. Secondly, sound is a great method to address and clear blockages. So the note of the womb or sacral chakra is D. So if you were to play a sound bowl, the note D, that would work. Also, we have vibration, and the vibration of this chakra is 303 hertz. So tuning forks for the sacral chakra. Another way, to work with sound and vibration, because everything is energy. And if you want to release energy and align energy, you use energy. Our thoughts

are also energy. So we can do womb meditations to lift the vibration of our womb. There are herbal remedies, and there's a wonderful flower such as red clover, that it grows abundantly. And this is a great womb medicine. It helps with tapping into our creativity, birthing projects. And it's also a fertility medicine.

So you can look into a red clover oxymil. And then, of course, we have this beautiful ritual practice that I'll be talking about later, Yoni steaming. What is yoni steaming? Well, we take the medicine that our beautiful earth, Gaia, has. We take flowers. We take herbs. And we put them in a pot with salt, which holds. And we boil the water, and we basically make a steam bath. And then we sit over the steam bath, undressed, yes, so that all of that beautiful steam and medicine can penetrate the tissues of our genitalia of our womb. And this helps to also release lower vibration. And by lower vibration, again, we're basically just talking about anything that took you out of your power. Maybe it was a belief system. Maybe the first time you got your menstrual cycle. You were shamed. Maybe you were embarrassed. Maybe you're smell embarrassed. Maybe you

heard people say disparaging comments about the women genitalia in womb. Frankly, we have one of the most creative portals here. Men do not have this. This is a very powerful center. We should be so proud of everything that this center does, whether it's menstruation, birth, you know, when we go through the cycles of womanhood, that is what makes us women. And even if you don't have a womb anymore, if you've had a hysterectomy, guess what? The energy of that organ, of those organs, they're still air. And so you can still release. You can still raise the vibration. The higher the vibration of your womb, the more you're going to feel in flow with life. You're going to feel passion. You're going to communicate and just be comfortable in your sexual expression. You're no longer going to play down or small or feel timid. In fact, you know, just clearing the womb is going to open up so much of your

Tissues hold tension. Anything that was traumatic, you may have had a problem getting pregnant or you might have had an abortion or a stillborn child or a miscarriage. This trauma is held in the womb and can be released through this practice. So, in addition to the yoni steam, the crystals, the sound vibration, the thought meditation, and the essential oils. We also have the massage. And then, of course, there's energy healing. There's Reiki. There's vortex healing. There are all kinds of ways of working with energy. And with any one of those, you can start off very simply experimenting with some essential oil, experimenting with crystals, and then going a little deeper if you're new to womb healing and you just want to start with crystals that can be very subtle and supportive and gentle. So some of the signs that you may be releasing. So I use breathwork, and when I do breath work, I'm basically releasing from pretty much all of my chakras. But how would you know you're releasing from your womb chakra? Well, frequent urination is a sign because it's the waters of the womb that are releasing the liver, the kidneys. So when you are releasing from the womb chakra, you will

notice frequent urination. And then basically, you know, just keep working with that and working with the breath and, you know, you'll notice over time that there's less and less to release. You may also notice any emotion that's attached to the womb. So in my case, I experience some trauma in my womb center. And so when I use the breath work, I also will have crying, releasing through tears, which is also water, and so forth. So don't be afraid, know that whatever you experience, whatever you witness is, it's okay. We as women all go through it and it is something you can completely heal and let go of. So I invite you to check out Gaia goddess's Yoni Steam demonstration. We have that on a learning with Gaia segment as well. If it's something you'd like to try, there is a whole demonstration on how to do it, how to set it up, and even some beautiful meditations and invocations to accompany it. I will say that I've been on a womb journey, womb healing journey for six, seven years. It's been amazing. And I am, I feel more alive. I feel healthier, I feel more free, more expressive than ever. So it really works, and I recommend it to everyone who's listening. I hope that this has been helpful, and I thank you for joining me today for womb healing explained. Until next time.