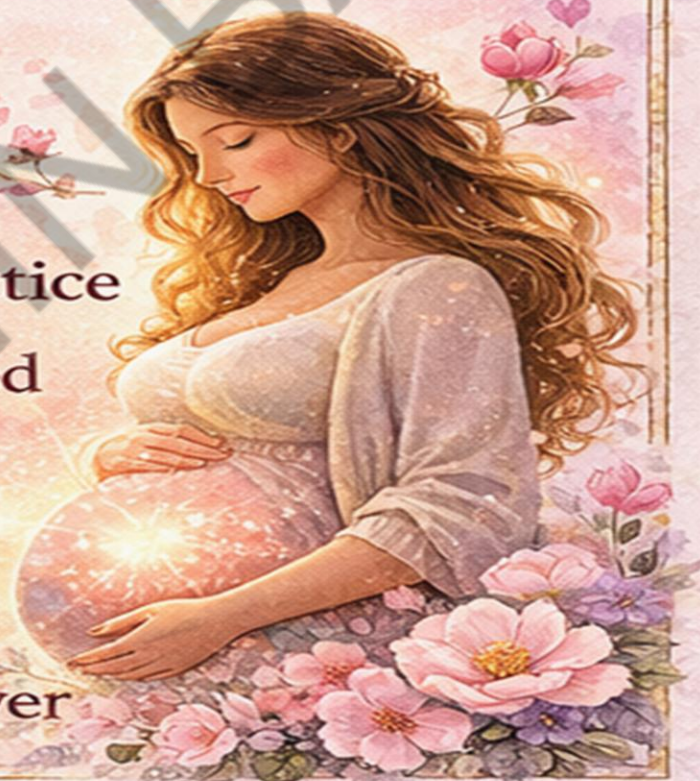


**WOMB
HEALING
WITH
SIMMIN BAWA**

Understanding *Womb Healing*

Reconnecting with feminine
energy & intuition

- ♥ Emotional & spiritual practice
- ♥ Healing stored trauma & emotions
- ♥ Centre of creation & feminine power



Why Womb Healing?

- ♥ Release emotional blockages
- ♥ Reconnect with feminine energy
- ♥ Improve self-love
- ♥ Restore inner balance
- ♥ Feel grounded & empowered



Signs You May Need Womb Healing

- 💧 Disconnected from your body
- 💧 Emotional heaviness or sadness
- 💧 Difficulty trusting yourself
- 💧 Painful or irregular cycles
- 💧 Low self-worth



How to Begin Womb Healing

1. **Connect with your body**
Practice mindfulness, breathing
2. **Journal your emotions**
Express what you feel
3. **Meditation & visualization**
Focus on warmth & healing
4. **Self-care rituals**
Baths, rest, and hugs
5. **Seek support**
Therapy & holistic support



*Heal Your Womb,
Heal Your Heart*

Reconnect with inner peace
& strength

