



# Balancing Womb Meditation

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Sacred Goddess artwork© – from an original watercolour by Samantha Foreman created for creationfertility.com



This meditation is best lying down in Savasana - the pose of total relaxation so please take time to prepare. You will need a yoga mat, two blankets – one folded to support the back of your head and neck and another to cover you. You can also place a pillow or a bolster under your knees for additional support.

Begin by lying on your back, ensuring your spine is against the floor. Your legs and feet should be on the floor to - angled

evenly and relaxed and turned out equally. Raise your arms toward the ceiling, perpendicular to the floor and gently rock slightly from side to side to broaden the back ribs and the shoulder blades away from the spine before returning your arms to the floor, angled evenly similar to your legs and feet. With your palms pointing downwards let your fingers take a few baby steps towards your feet. This enables your shoulders to drop a little more. Now turn your arms outward and stretch them away from the space between the shoulder blades. Rest the backs of the hands on the floor as close as you comfortably can, making sure your shoulder blades are resting evenly on the floor.

We are now ready for deep relaxation. Soften your mouth, and let your eyelids close. Take a few deep breaths to begin. Inhaling deeply and exhaling completely. Becoming aware of the coolness of the inhalation through your nostrils, and the warmth of the exhalation from your nostrils. Draw the inhalation into your chest, noticing how your rib cage and chest expand. Hold the breath for the count of 2 and then begin a long, slow exhalation, starting from your chest, through your rib cage and down into your abdomen. We will repeat this two more times.

Draw the inhalation into your chest, noticing how your rib cage and chest expand. Hold the breath for the count of 2 and then begin a long, slow exhalation, starting from your chest, through your rib cage and down into your abdomen. (Repeat).

Now I would like you to allow your breath to return to normal – becoming aware of it, listening to it quietly as your mind releases its busy-ness. Do not force the breath, just lie here tuning into your breath, becoming aware of the cool ness and heat of your breath as it enters and leaves your nostrils. Now draw your awareness into your body. Notice how the breath expands your whole body. Let your mind settle into the swell of the breath, like a small boat at anchor, gently rising and falling with the sea.



Lying, in this peaceful state please place one hand over your heart and the other over your womb. These are a woman's 2 hearts and soul centres. In your mind's eye please invite the infinity symbol – the sideways figure of 8 into your heart centre. Breathe it in with each inhalation. Take time, just work with your breath as your

imagine the infinity symbol gently penetrating through your aura and into your heart centre – see how it turns and gently spins as it releases negative emotions that no longer serve you as it passes through your heart and into the ground beneath you. Let it return coming up from the floor, passing through your heart before it returns once more to the ground under your back and then return again in front of your heart.

Keeping one hand on your heart please place the other hand over your womb centre.

Imagine the infinity sign as a number 8 linking your heart with your womb. Uniting the two together in harmony. Spend a few moments here – sensing the balance of unity.



Now, gently releasing your hand from your heart centre I invite you to place your hands in the yoni mudra - the inverted triangle position over your womb centre. Your thumbs will be just below your belly button and your fingers pointing downwards towards your pubic bone.

Take a moment - mindfully drawing your attention to the area created by your hands – and just BREATHE – focusing on your womb centre . Allow yourself to go deeper as you send oxygenating breaths deep into your womb centre until, in your mind's eye you can see your womb – a beautiful healthy vibrant and welcoming womb centre. Once again call upon the infinity symbol and as you inhale imagine the symbol within your breath, turning and rotating into your womb – as you exhale let it spin through the fallopian, ovaries and womb until it disappears through your cervix, **urethra** and vagina releasing and clearing the pathway for a conception when the time is right.

Gently release this vision and your hands returning them to the floor with the palms turning upwards. Become aware of breath – the natural inhalation and exhalation as you totally relax. (Stay in this pose for 5 minutes).

It is time to come back to the day – begin by moving your fingers and toes and open your eyes. Take a deep inhalation and as you exhale make a “Ha” sound. Repeat 2 times. To exit, bend your knees upwards with your feet on the floor. Gently rock and roll to release your hips. With an exhalation roll onto one side, preferably the right. Take 2 or 3 breaths here before, with another exhalation press your hands against the floor and lift your torso, to sit up. Take time. Stand up in your own time. Have a cup or herbal tea or some water before returning to your day or evening.

## Namaste

### **Contraindications and Cautions**

- Back injury or discomfort: Do this pose with your knees bent and your feet on the floor, hip-distance apart or support the bent knees on a bolster.
- Suitable throughout your cycle
- Pregnancy: Raise your head and chest on a bolster.