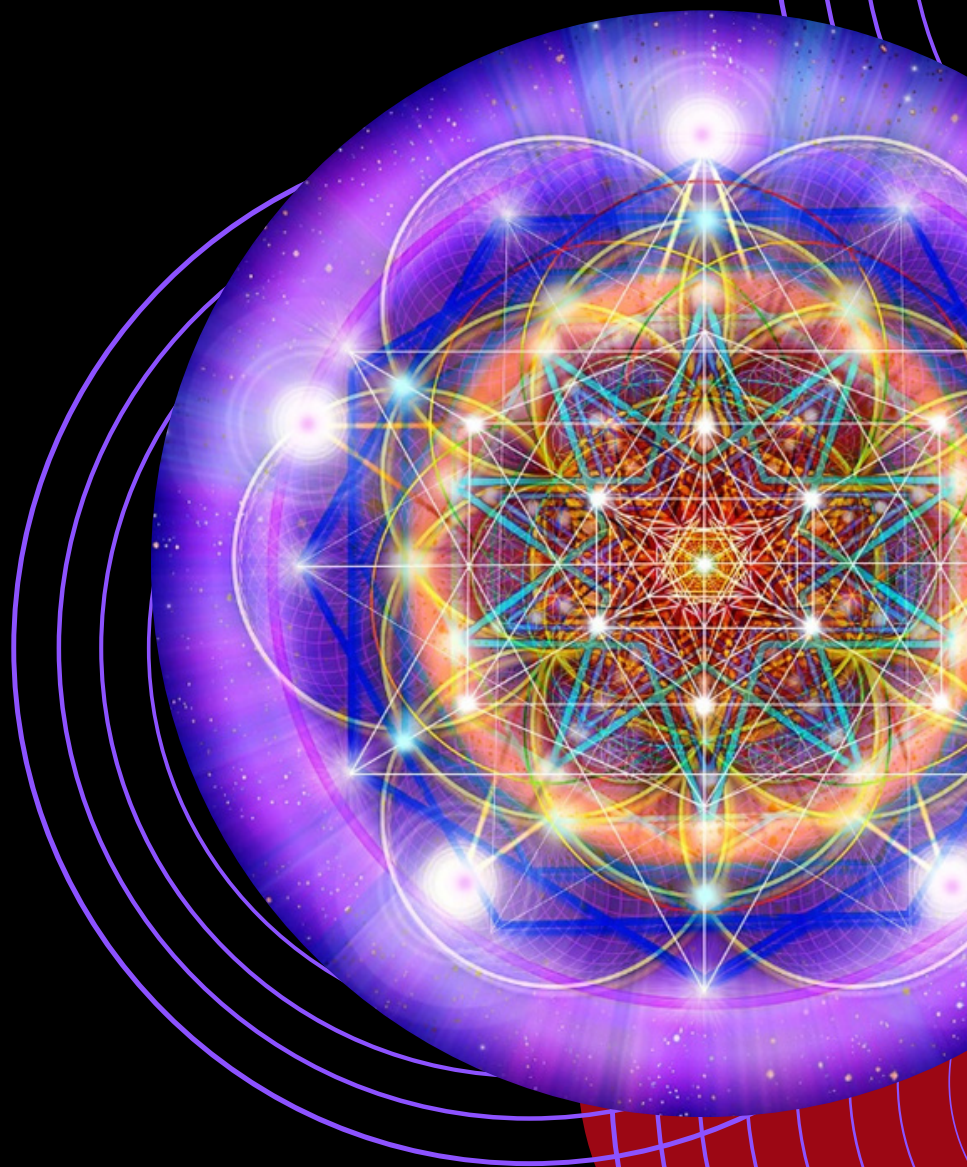


INTRODUCTION TO

WOMB ALCHEMY

A guide to healing and reconnecting to your most powerful
and sacred energetic centre.



KIMIYA HEALING

KIMIYAHEALING.COM



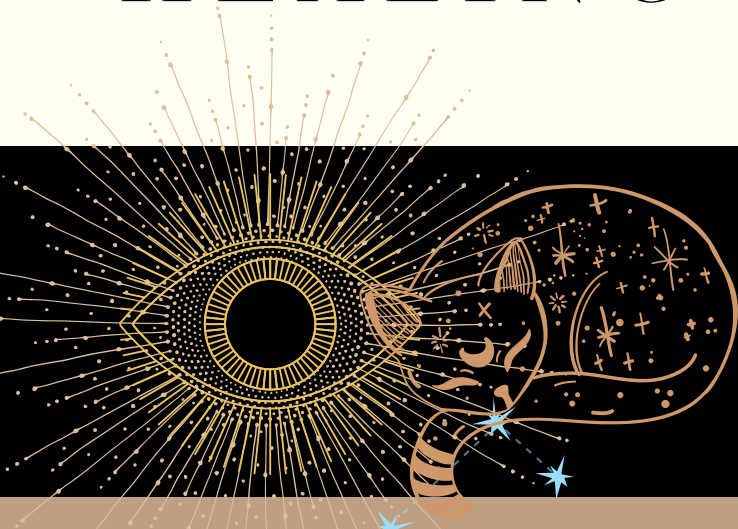
Welcome to Womb!

Welcome to the mysterious and potent world of Womb Alchemy. You're here because you're curious, you're seeking something deeper and you're on a journey of healing your own past and reclaiming your power.

You've found this guide for a reason. It is designed to take you from a place of 'what is womb and why should I care?' to an awareness at a felt sense of what your womb is holding for you, not just pain from the past but your true potential and your future purpose. All of this lies within womb.

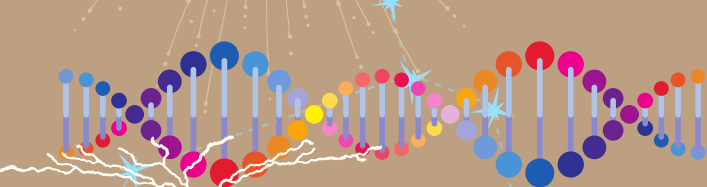
As you make your way through this guide please reach out to me if questions arise or if you need support. Just email safa@kimiyahealing.co.uk. You can also share this guide if you have friends who you feel could benefit.

HEALING YOUR WOMB



DIVINE EMBODIMENT

- God / unity consciousness - void
- revealing and recreating the matrix
- inner revelation
- mysticism



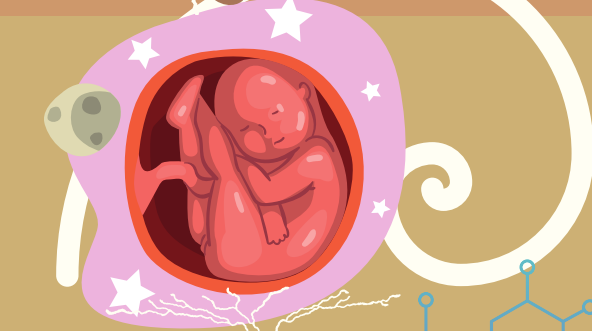
ANCESTRAL TRAUMA

- inherited unconscious belief and identity structures
- buried trauma and abuse that remains in the shadows
- unresolved karmic bonds passed through generations
- epigenetic impact of trauma, war, genocide



SEXUAL TRAUMA

- trauma, abuse, rape, betrayal, abandonment, grief
- body and spirit disconnection
- fear, shame and terror



IN UTERO TRAUMA

- conception spark, intention, trauma
- fertilisation and implantation fear
- in utero stress and fluidic imprinting in womb
- birth shock and trauma
- bonding and resonance blocks



KARMIC WOUNDS

- soul inception, soul choice and purpose
- collective consciousness and collective frequency
- fluidic imprinting from oceanic tides, planetary alignment
- quantum conditions

My Journey

I came from a world where being in my feminine energy felt dangerous and where my own emotions made me feel weak, crazy and confused. I second guessed myself, made shitty life decisions and betrayed myself unknowingly in almost everything I did, from my career to my relationships.

I eventually hit rock bottom and my entire identity just imploded. I realised I couldn't continue doing what I was doing and I started to recognise how deeply disconnected I was with my body, my heart and my truth. That's when my healing journey began.

It took me deep into the Amazon Jungle, through countless healing ceremonies and through every type of therapy you can imagine. No matter what I did, I knew there was something deeper and I wanted to discover it. I kept going deeper into my own shadow, healing myself, my ancestral lines and becoming more fearless in anything that I found. I felt empowered and finally, like myself. I had many death before death experiences whilst I was healing. I kept them secret because I didn't trust that anyone would understand. I got to the point where I had healed and grown so much that people didn't recognise me. I outgrew friendship groups and left the corporate world and retrained in somatic therapy.

For years I retreated into myself to heal and master my own energetics. To learn from every vibration, to decode every impression and to develop a deep map of the textures of various dimensions of womb. I discovered womb as a path of stillness. I began to rebirth myself and was astounded at how my dreams and many miracles flowed towards me. I recognised that healing had to happen at an identity level, to be real and lasting, and that only happens when we allow ourselves to surrender and be rebirthed.

One day I heard a voice that said, 'call the people to Womb.' I was actually brushing my teeth at the time and I remember being totally baffled and not knowing whose voice it was. When I asked, the voice just commanded again. I replied, 'Whose Womb?' and the words came 'Your womb.' I freaked out and retaliated with, 'I aint no whore!' but I couldn't shake the vibration of the command. I sat down and googled 'Whore' and the first result I looked at said it was an old English word for 'Beloved.' In that moment, it was like a thousand worlds collided. I just knew that I had been called to a deeper path. I knew everything I needed to do, and how I would do it. I knew my work was rebirthing. The next day, I announced via social media the command I received and 100 people from around the world joined me that week for what became the 1st ever Womb Room.

Since then, over 500 people have rebirthed and thousands have benefitted from my approach to Womb Alchemy. 100% said they developed a deeper Womb connection. 98% said that the journey helped them heal childhood trauma.

Womb alchemy is my path and I only found it because I was willing to see my own creation. From pain to purpose, the journey never ends. I am now committed to sharing womb consciousness with the world. When you heal, so does your family and community and this is how we change the frequency of the whole world.

I discovered too that my name Safa is Arabic for *purity / stillness of the void*. This has always been a path I had to discover and bring into the world. I live my work. I stand by my name, ever ready to surrender to the miracle of all that is created. I invite you to discover the miracle that you are, to reconnect with your true power, to turn to the path of Womb Alchemy and begin again.

Safa
Safa Boga MA, RCST, BSc (Hons), PGdip,
PGCert Couns

WHAT IS WOMB?

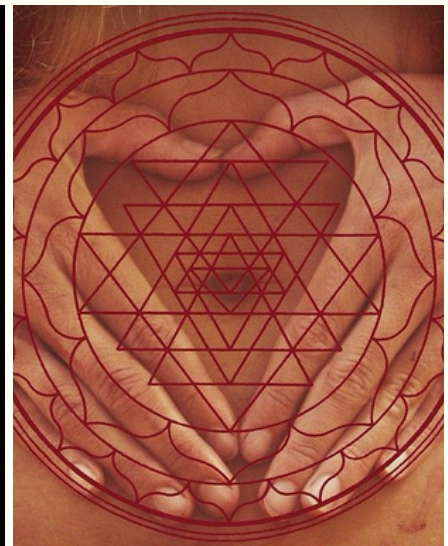


PHYSICAL

The uterus is a hollow, pear-shaped muscular organ that is located in the pelvic region of a woman. It is responsible for the implantation (receiving) and nourishment (nurturing) of the fertilised ovum. The uterus is innervated by parasympathetic nerve supply from S234. The uterus can be affected by hormonal conditions, thyroid problems, fibroids and polyps, prolapse and other pelvic floor conditions, infections, birth trauma, sexual trauma and much more. Adrenal stress and fatigue and emotional tension can affect the structure and function of the uterus.

EMOTIONAL

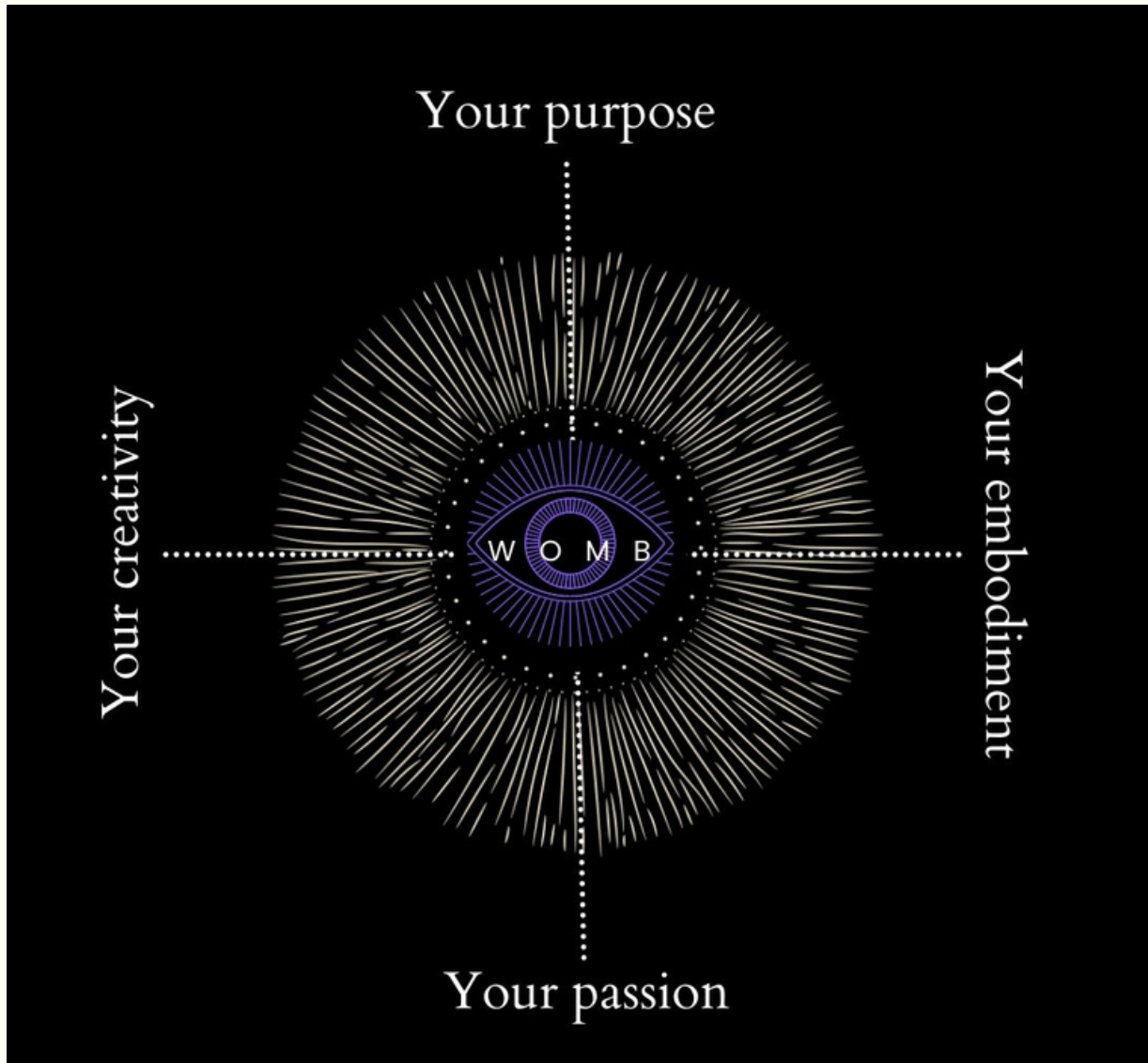
Womb is an emotionally receptive organ that is highly sensitive to stress, flow, circulation, tension in the nervous system especially the sacral area and the heart. Emotionally womb is like an empty chamber, it will echo back what it receives at an emotional level. As a result, lots of emotions and memories arise during womb healing. They are held in womb as vibrational imprints and can affect the structure, shape and functioning of womb, surrounding organs and the entire pelvis.



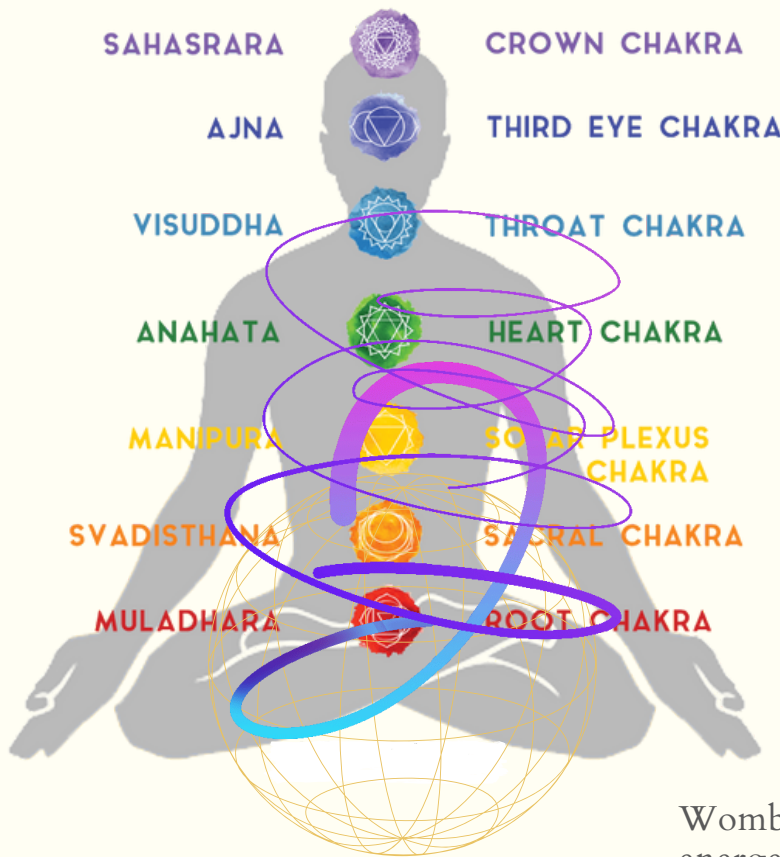
SPIRITUAL

Womb is an energetic portal, a vast space of infinite potential and divine inner revelation. The spiritual significance of this portal is transmutation and rebirth and that is the basis of womb alchemy. This energetic portal has many gates that ultimately when passed through, lead to the void - emptiness. This void is the true nature of reality and by dissolving into the void, all imprints are cleared and womb rebirths the energy system in a higher frequency. You are recreated, reborn.

YOUR WOMB IS A GATEWAY TO YOUR PURPOSE, PASSION AND CREATIVITY



WOMB ENERGETICS



Womb is the foundation of your physical and energetic body. The pelvis supports the structure of your skeletal system. Womb supports the energetic flow through all upper chakras.

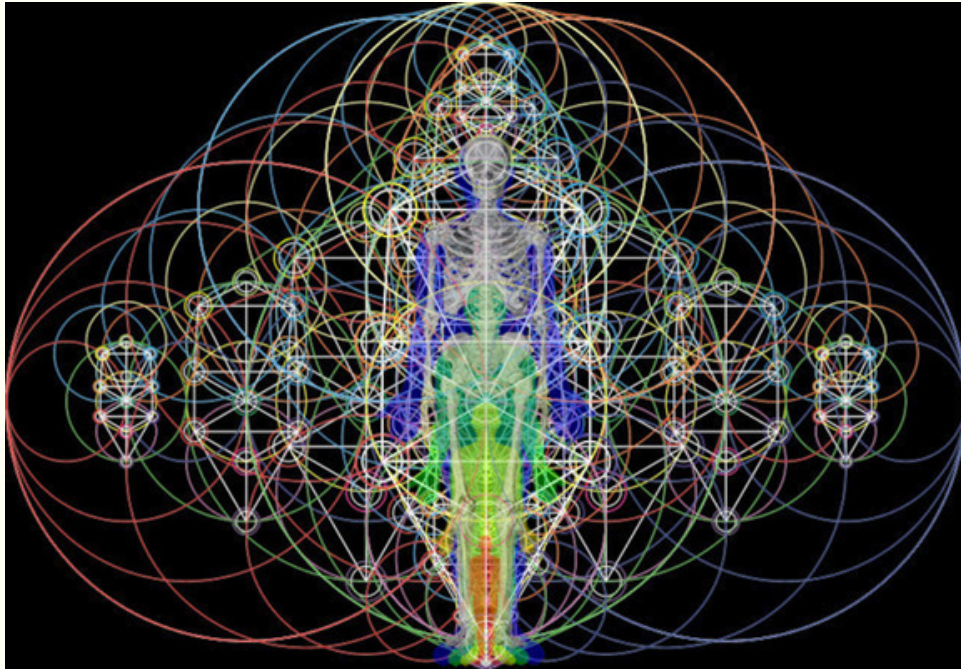
Yoni means 'sacred passageway' or 'source' Hara or Dantien in men, means 'ocean of energy.'

Imagine womb as the foundations of your house or temple. Everything is built on top of this foundations. Heart, throat and womb intelligence are one system. They mirror each other energetically.

Earth energy and resourcing enter the body through the root chakra, womb space and sacral chakra and rise up the body. When womb is healed all upper energy centres become more accessible.

Womb embodiment is essential for deep healing at a physiological, psychological, emotional and spiritual level.

WOMB ENERGETICS



Womb births life from the void, the zero point. You can see how energetically, the flower of life is a constant repeating pattern of vesica piscis, the sacred geometric design of creation creating itself in total perfection and order. It is the great mystery of creation itself.

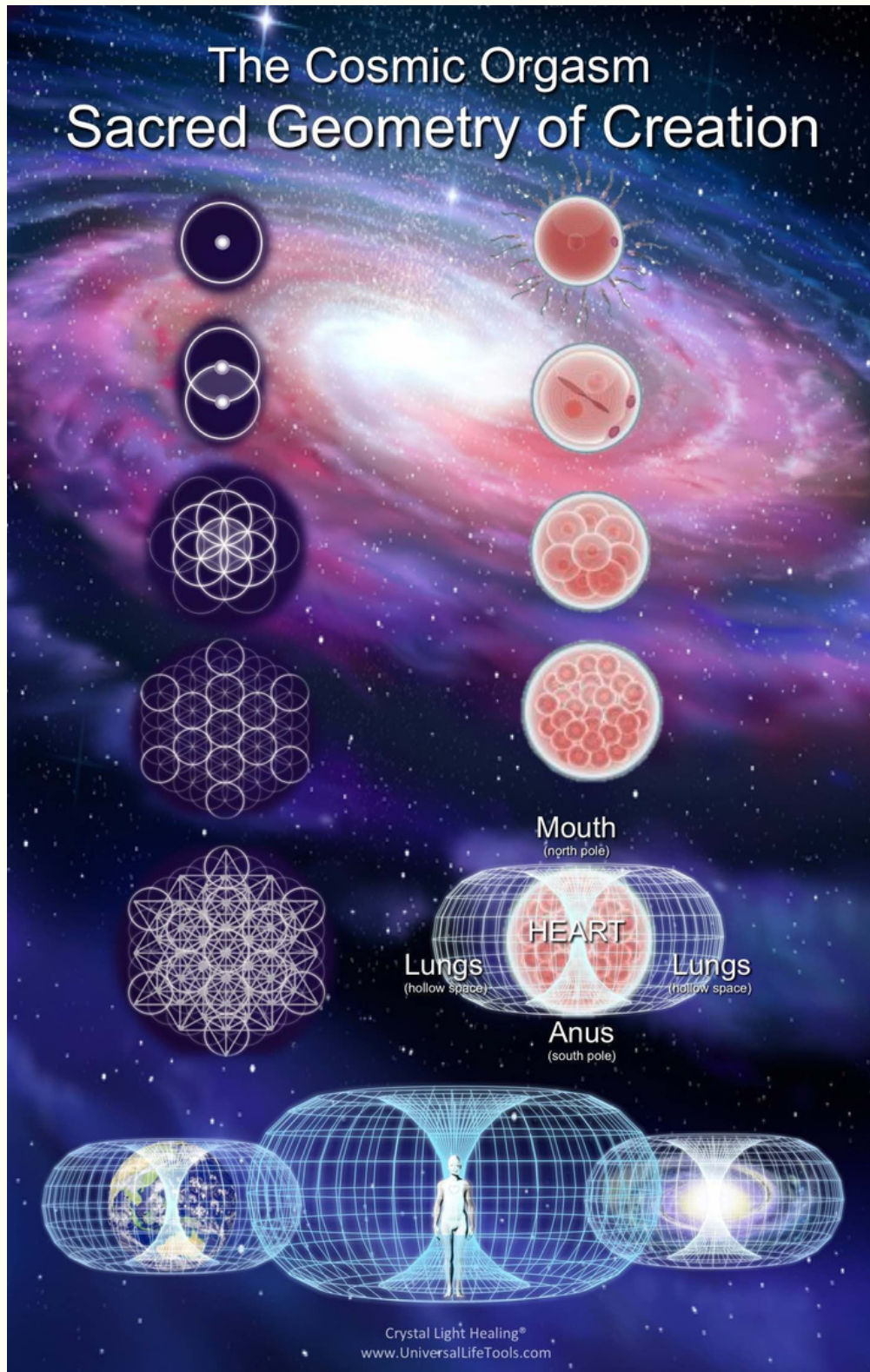
Womb is like a geometric fractal that has no end. It is constantly birthed and re birthed and rebirthing consciousness through your conscious awareness.

I'm here to help you feel this reality in your own body and womb so that you can recreate yourself over and over again.

So many women feel broken, full of shame and disconnected from their body, creative life force and spirit. Healing in womb is a powerful way to transform



WOMB ENERGETICS

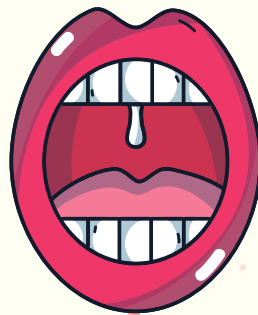


THE HOLY TRINITY

(THAT YOU WERE NEVER TAUGHT ABOUT)

THROAT

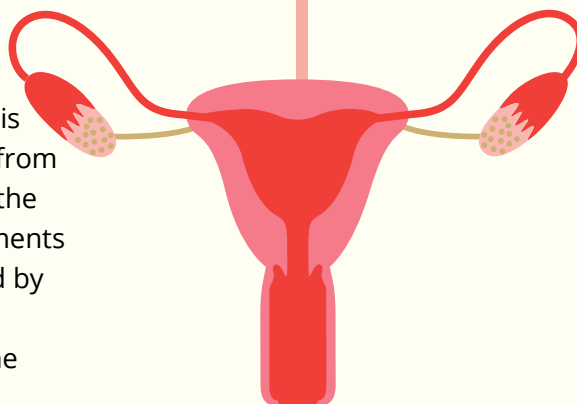
The mouth and reproductive tract develop in embryo from the same two tiny depressions. The larynx and cervix are connected by the vagus nerve which is affected by stress and trauma. Womb healing will support your ability to speak your truth.



The heart and urogenital system emerge from the same mesoderm layer as the embryo is developing. They are therefore subject to similar vibrational patterns and fluidic imprinting. The heart and womb heal together and allow you to feel a deeper coherence and alignment and freedom within yourself.

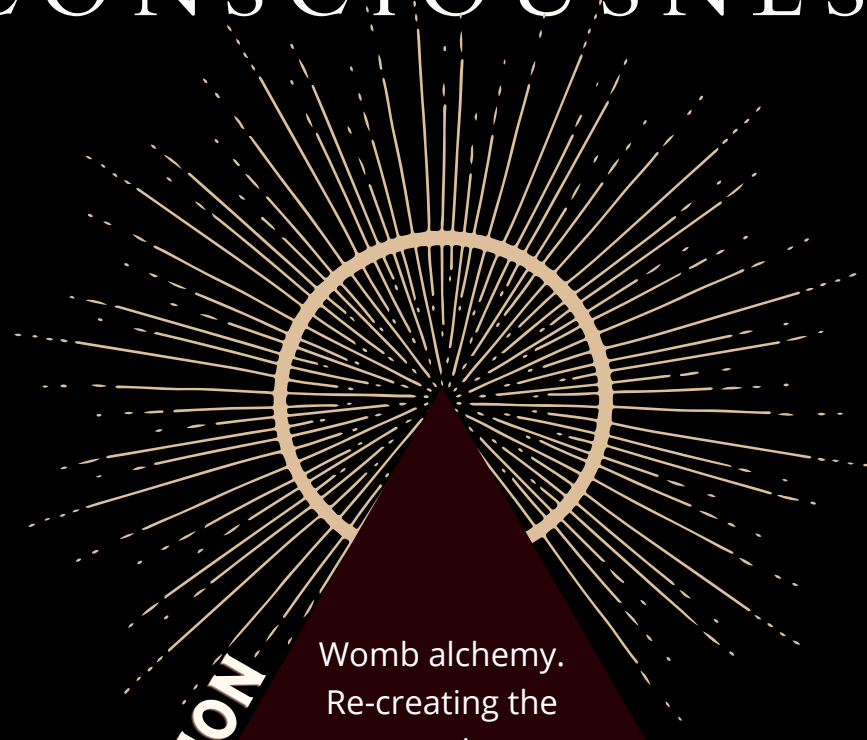


The uterus / womb in latin is called 'matrix.' It develops from ducts and is supported by the pelvic diaphragm and ligaments which can become affected by stress, trauma and illness. Healing womb is healing the entire pelvic space and structure.



WOMB

JOURNEY OF WOMB CONSCIOUSNESS



CONSCIOUSNESS EXPANSION

Womb alchemy.
Re-creating the
matrix.

Spiritual womb: reveal the purpose of
pain, deepen your inner insight, solidify
your self trust and love, channel sexual
energy into creative life force.

Physical womb: The journey to uncover and meet pain and
trauma at all levels (pre personal, perinatal, bio-grapical,
ancestral, transpersonal).

BENEFITS OF WOMB HEALING

MIND

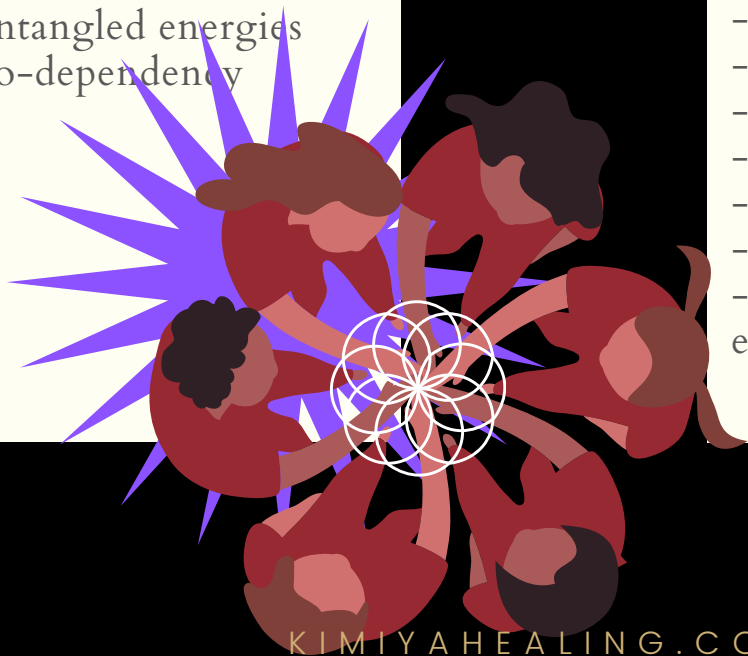
- body re-connection
- emotional harmony
- reduce anxious / racing mind
- inner clarity / inner wisdom
- cultivate self trust and intuition
- soothe your nervous system
- increase resilience
-
- clearer decision making
- clear boundaries
- clearing old energy from past lovers
- Clears entangled energies
- Clears co-dependency

BODY

- ground deeper into your body
- heal womb blocks
- heal pelvic floor and pelvic misalignment
- heal trauma and pain in the body
- heal fibroids and uterine growths etc
- regulate your menstrual cycle
- establish hormonal balance

SPIRIT

- spiritual connection
- ancestral healing
- higher source connection
- subtle energetic perception
- deeper energetic healing
- mystical insight
- collective / grid healing
- inner revelation
- receive divine guidance
- shiva shakti union
- energetic expansion
- awaken sexual / creative energy



HEAL PHYSICAL PAIN



"The first few days of Womb Room precipitated huge physical releases."

KIMIYA HEALING | WOMB ROOM




"My jaw has completely realigned itself"

KIMIYA HEALING | WOMB ROOM




"In just the first session I felt so much physically change in my body. Massive releases in my shoulders, sacrum and right leg."

KIMIYA HEALING



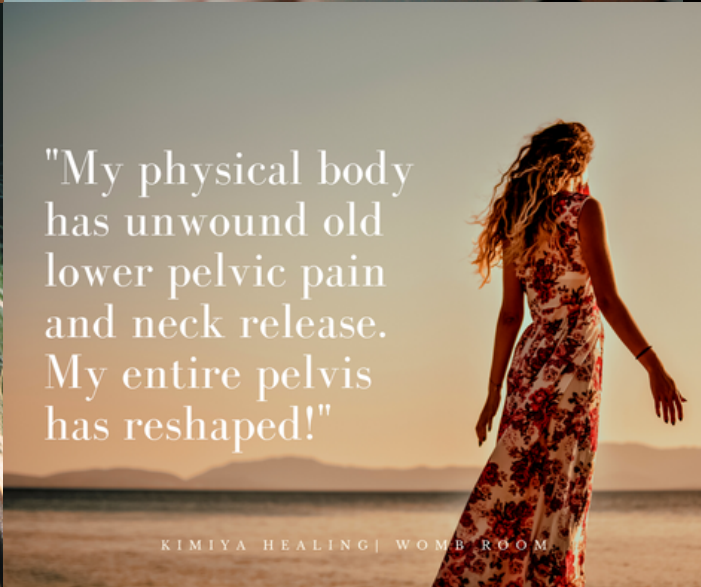
"During the second healing it felt as if 'stuff' was being pulled from my body because it was no longer needed."

KIMIYA HEALING | WOMB ROOM



"I felt all my organs being touched, especially my stomach. I felt so much getting cleared"

KIMIYA HEALING | WOMB ROOM



"My physical body has unwound old lower pelvic pain and neck release. My entire pelvis has reshaped!"

KIMIYA HEALING | WOMB ROOM

HEAL EMOTIONAL PAIN

"I am falling in love ever so deeply with all that is me and beyond. Womb Room is the most loving accelerator and fertiliser for growth, healing and coming home."



KIMIYA HEALING | WOMB ROOM

"Something extraordinary has happened and all I can put it down to is the healing. My emotions seem foreign today. I feel amazing and great."



KIMIYA HEALING | WOMB ROOM

"I felt so much lighter and connected like I had really let go of any trauma."



KIMIYA HEALING | WOMB ROOM

"I feel like I was given the gift of softness. It permeated every cell of my being and felt it in my heart and throughout my body"



KIMIYA HEALING | WOMB ROOM

"I feel so much lighter in my heart, clearer in my head and there is a new sense of freedom and stillness that brings pure joy."



KIMIYA HEALING | WOMB ROOM

"My life has been altered/saved."

"I have so much love and gratitude for what happened in these 10 days"



KIMIYA HEALING | WOMB ROOM

REBIRTH



"Truly life changing what happened in Womb Room, and an indication of what's to come."

KIMIYA HEALING | WOMB ROOM

"Womb Room was life changing to say the least"

KIMIYA HEALING | WOMB ROOM

"Life saving, life changing, homecoming, empowering and loving. It is unlike anything else out there."

KIMIYA HEALING | WOMB ROOM

JOURNALLING PROMPTS



- What comes up when we say the word 'conception'

-What feelings and words come up when you imagine or remember yourself in womb?

- What comes up when we say the word 'birth'

- Visualise your mother pregnant with you. What does she look like? How does she feel?

- What do you know about your parents childhood times?

- What do you know about your ancestors particularly the feminine?

- How easy does is it for you to listen and feel your own womb?

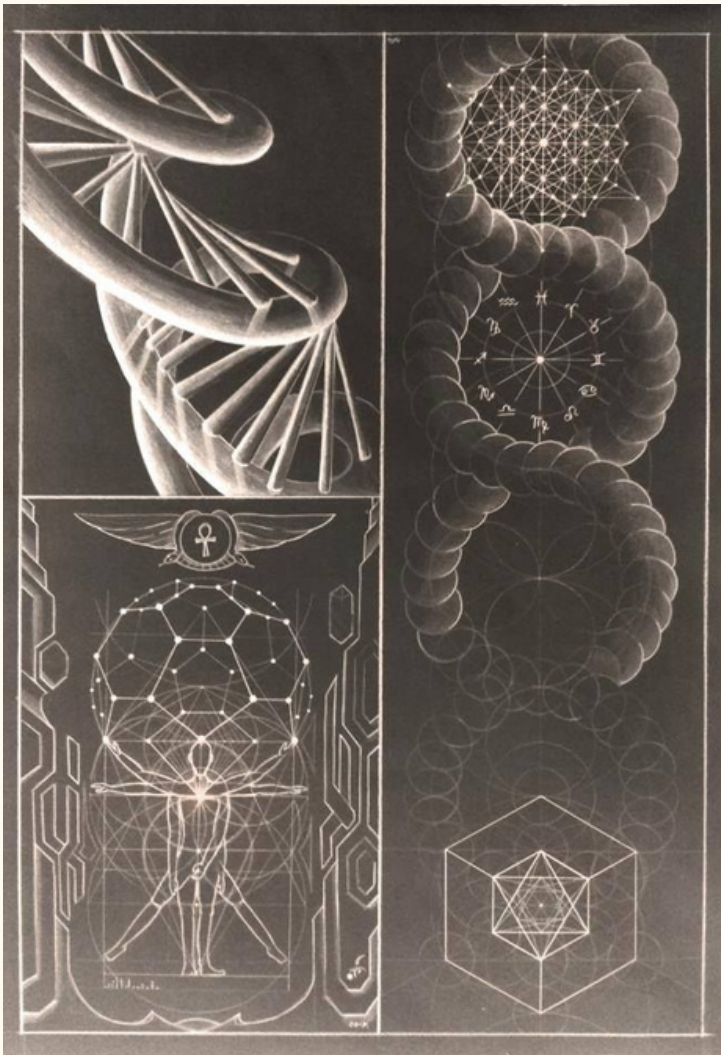
- When you listen to womb, what does it say?

- When you meditate with womb what emotions come up?

- How often do you make decisions from your womb space vs your head?



WOMB SENSATIONS



Physical womb feels like an organ, pear shaped, alive, with some weight and structure in the body.

Energy wise, womb will reveal itself through spiralling open into vast space.

During this spiralling opening, all that keeps the womb held and contracted is revealed.

Eventually womb will be a vast empty space within. It will show you it has no beginning and no end.

Exploring this will take you into cosmic womb. This is where you are entirely submerged in womb. Feels like an ocean, vast, rich, unspeakable.

The energy in cosmic womb is emptiness. Peace.

In this depth of stillness, everything that is movement is undone, particularly contractive forces emotions and thoughts that limit expansion.



CONNECT WITH YOUR WOMB

Sit or lie down comfortably.

Set an intention to connect and listen to your womb centre. For men, place awareness just below navel centre.

Ground your energy by sending it down into the earth and finding stillness within

This will take time, practice and be patient

Start to feel into your womb space physically first -

Do you feel safe?

What do you feel physically / emotionally?

Are you finding it hard to feel anything?

Are you numbing / moving away from sensation?

What emotions are present?

Emotional awareness and depth is key to deeper access

Let any emotions come up and notice what they relate to

Keep listening deeply to what womb says

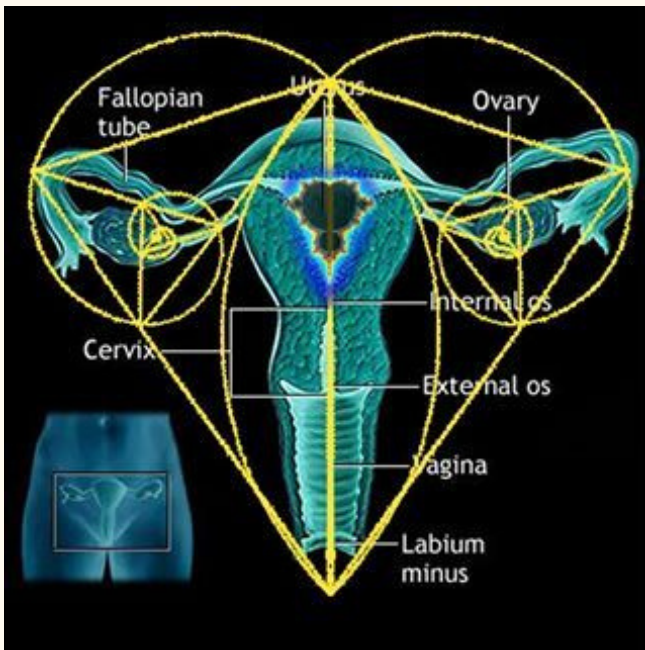
Womb speaks in a voice that is sure, clear and all knowing

Listen for this voice of truth within you

Let yourself deepen in womb connection

Let yourself learn and be taught by womb

OVARY ENERGISING

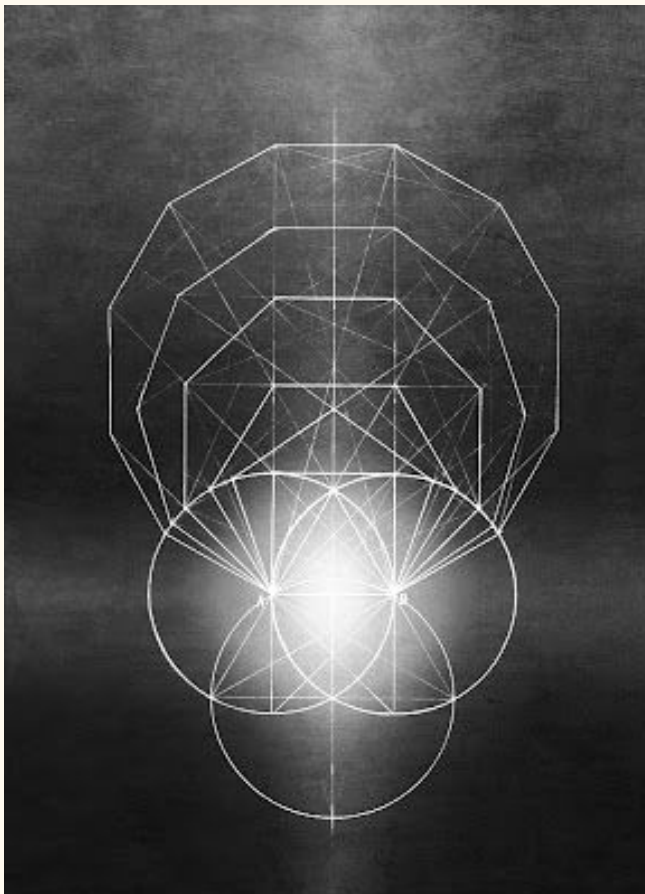


The Ovaries are powerful energy centres that hold wisdom and ancestral imprints.

-

The right ovary holds your paternal line and the left ovary holds your maternal line.

-



The ovaries spiral and work together, they need to be connected to each other and to the womb and heart.

You can work to re-energise your ovaries by placing your attention there, and maybe a hand on each one.

-

By first connecting and feeling you can imagine them spiraling open and shining the brightest white light. You can then connect them, which feels like building an electric bridge. You can also invite them to reconnect with your uterus and your heart space.

THE VOID OF WOMB

The void cannot be known with the mind.

It is an eternal, unknowable mystery.

Emptiness that reflects only what you have created. Your power to create purpose and pain. Love and hate.

When you surrender and allow void to permeate you will reveal the truth of your existence. Self knowledge, self trust, miracle.

This is rebirthing.

Yes it feels like death.

Yes, you will resist.

Identity wants to persist. Especially a survival identity. As we journey your resistance will emerge. This gives you opportunity to make a different choice.

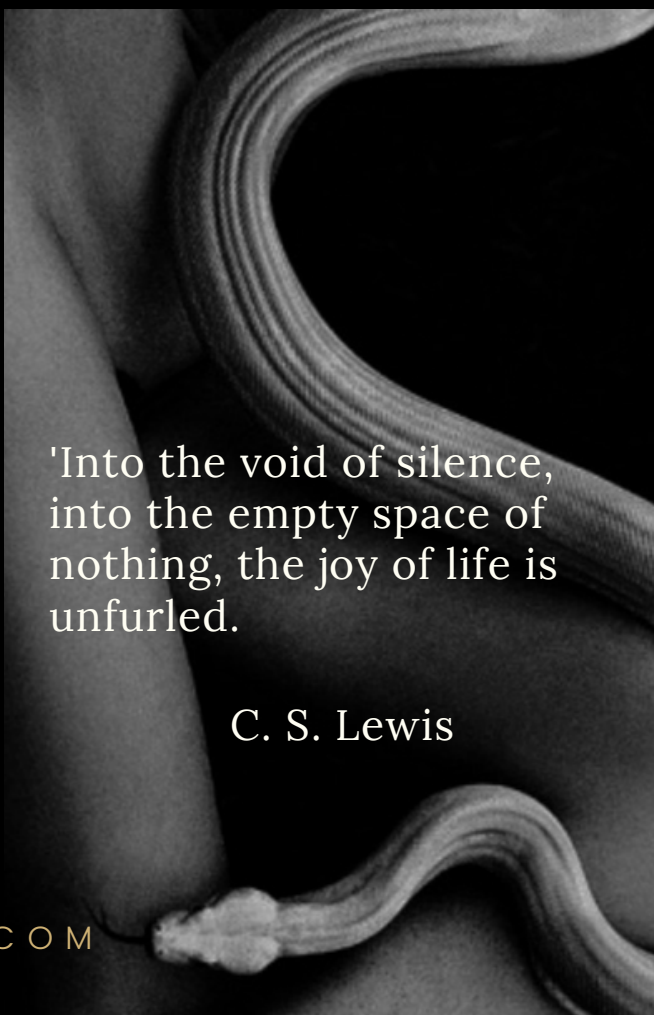
The choice is always to love yourself deeper.

The void is safe because it is pure peace. Pure unknowable stillness.

It takes time and trust, and experience, to let yourself surrender.

It is safe to surrender here.

-SAFA

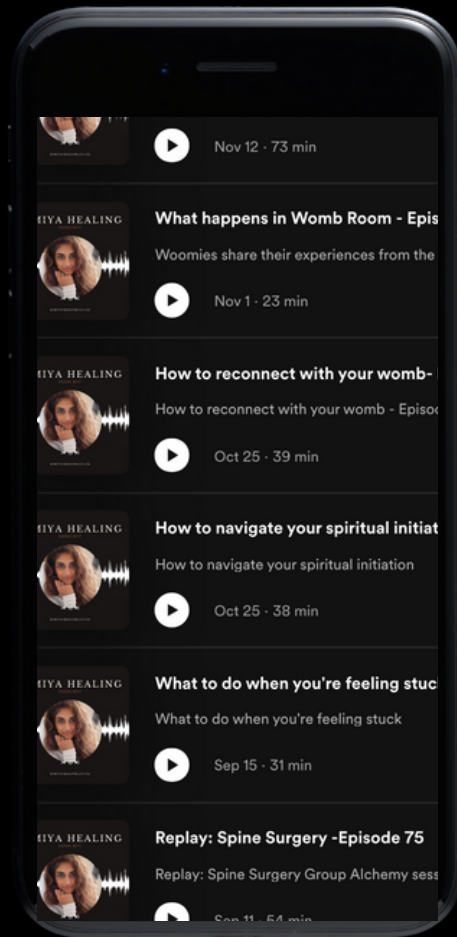


'Into the void of silence,
into the empty space of
nothing, the joy of life is
unfurled.

C. S. Lewis

FREE WOMB HEALING PRACTICES

TUNE INTO THE KIMIYA HEALING PODCAST



PLAY



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Apple Podcasts

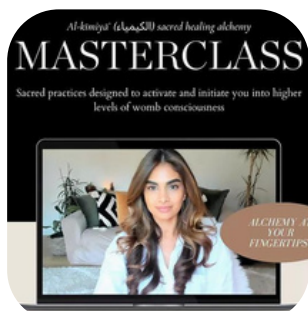
READY TO HEAL?



Hi there! I'm Safa

Healer, Womb Alchemist, Somatic Trauma Expert

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1-1 Healing

From dissociation to divine embodiment, the ultimate transformation is a 1:1 personalised healing program.

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3 STAGES OF WOMB ALCHEMY

Release Trauma

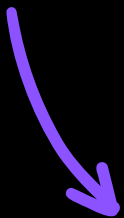
Release physical pain and tension from the body
Release self limiting beliefs from the mind
Release emotional pain from the heart
Release out dated energetic structures from your field



Recreate Your Self

Dare to dream and desire again, state what you need
Re-create your new life and future ideals
Envision the new unfolding supported by Womb

Click [here](#) for my FREE workbook to clarify your healing goals



RE-BIRTH

Your field will be rebirthed in the void of Womb
You will feel energetically born again
Your old ways will emerge for you to let them go
Your new frequency will be anchored in
You will integrate and learn how to stay in your frequency

WOMB ALCHEMY

WHAT WOMB ALCHEMY FEELS LIKE



'Life changing to say the least'

'The effects were so profound, words cannot do justice'

'All my emotions drained away and the void eclipsed'

'I'm completely in awe/amazement/shock!'

'Something extraordinary has happened'

'I had no idea this would be so powerful'

'Off the scale, unbelievable sensations'

'Wow! That was profound experience'

'I am reborn'

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