



WOMAN I AM  
WOMAN I BE  
HEAL MY WOMB  
AND SET ME FREE

Welcome to Fertility Massage Therapy & Fertility Focus Telesummit



HEALING YOUR MATERNAL ANCESTRAL LINE

This workbook has been designed for you to use after the meditation; to take you into a creative space where you can unravel and unearth the visions that came to you.

Don't try to think and analyse what you are about to draw, write and express...just feel into the quiet space of your womb wisdom and allow her to express herself fully.

This is your private workbook; a place where you can be honest, where not everything makes sense, or it may even be painful to see and hear the truths. Know that you are allowing healing to take place and calling into your ancestral wisdom.

So, if you are ready; grab your colouring pens and feel your creativity & healing flow



What drew you to this workshop? What beliefs or patterns are you carrying through from your Maternal Ancestral Line? What do you feel you would like to heal? Use this space to write...write from your heart, write from your womb and be 100% honest with yourself.

## Drawing your Maternal Ancestral Circle.

Who did you see in your visualisation?

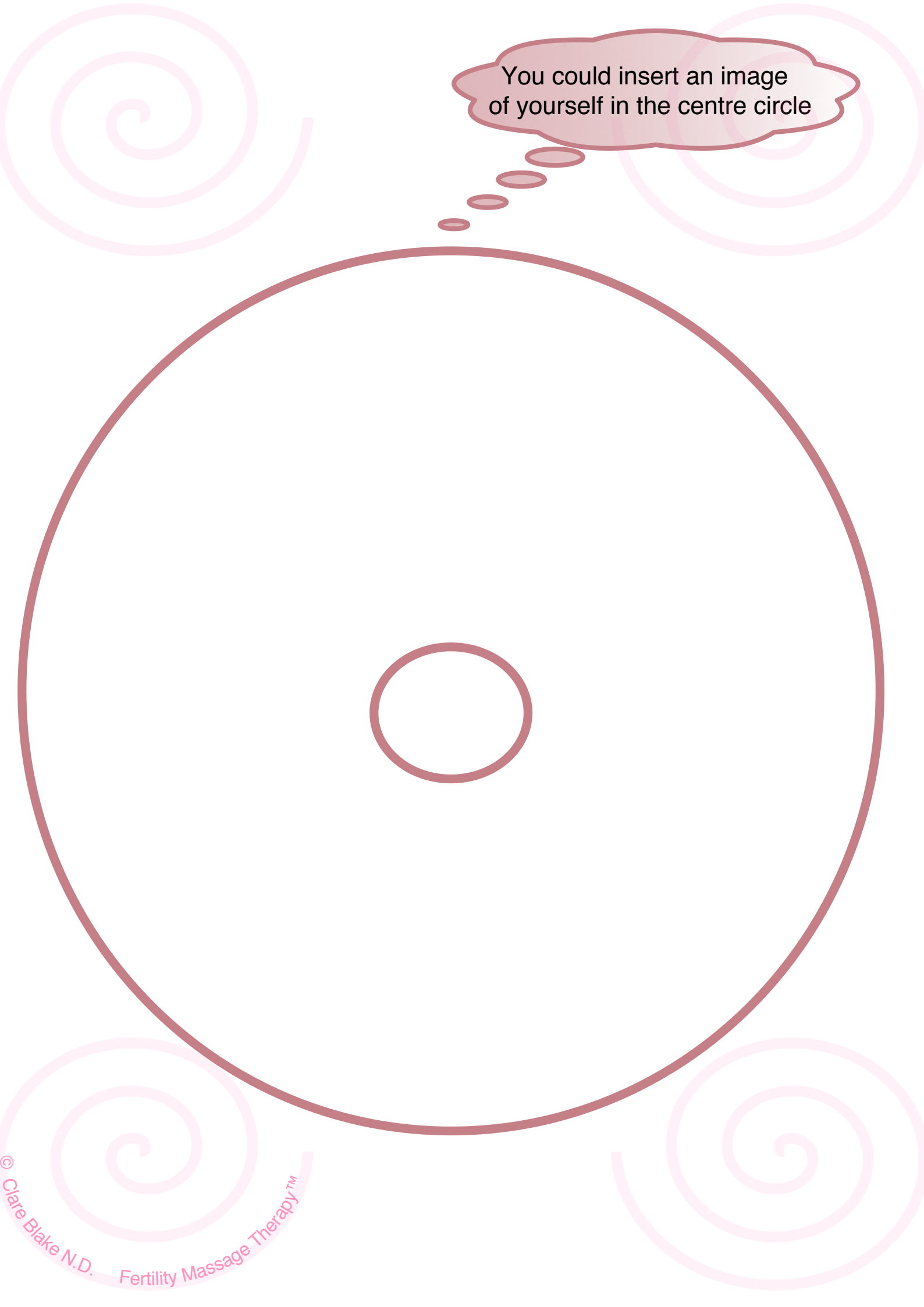
Where were they sitting in the circle?

Could you see a pattern forming between  
the womb roots?

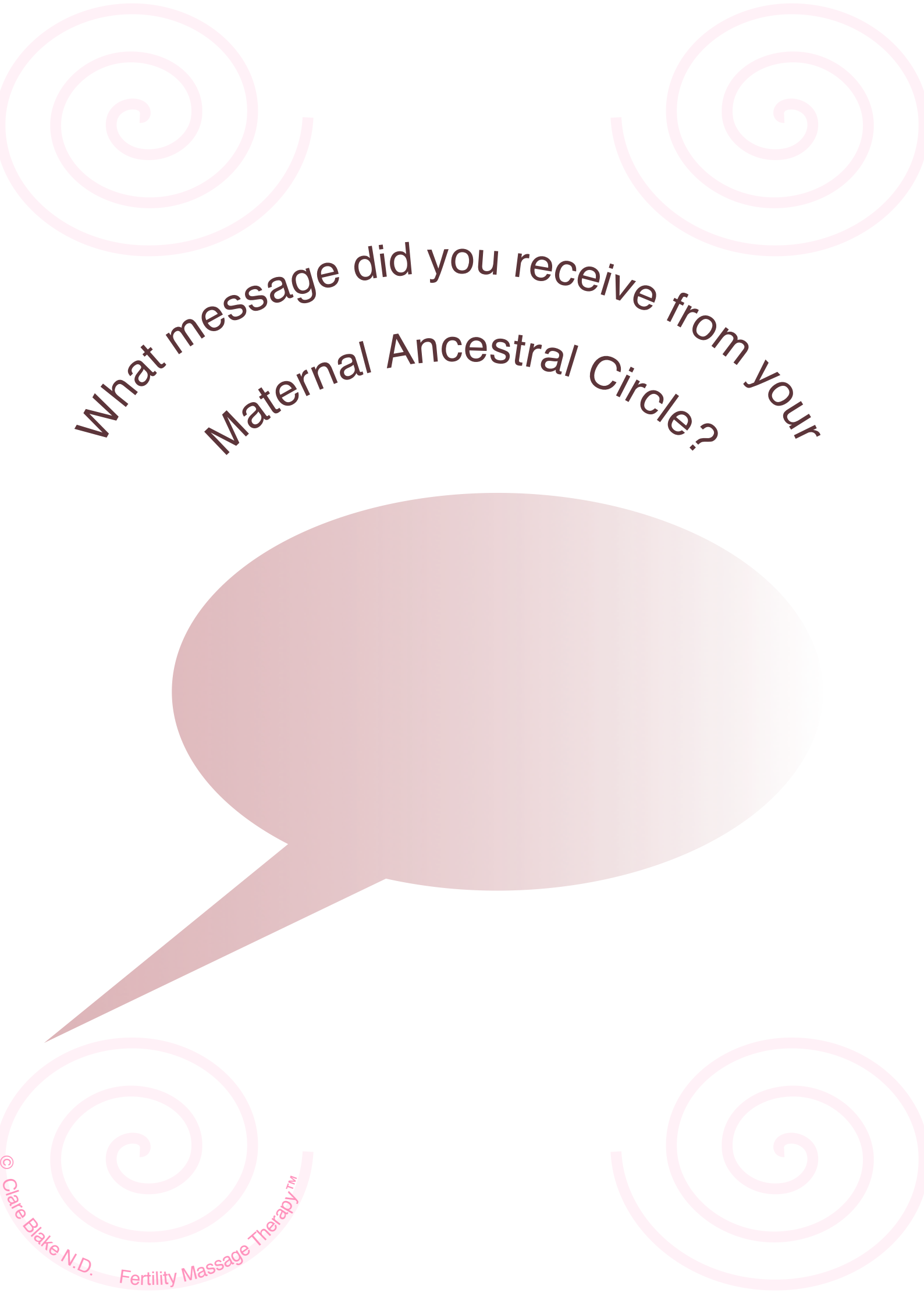
Were there any colours, words or images that  
connected between you and them?

Could you see whether all the womb roots were the  
same size? Were some thicker, stronger and some  
weaker? Were any made of different "material" or  
any that felt disconnected?



Draw what you saw or  
experienced on the opposite  
page...



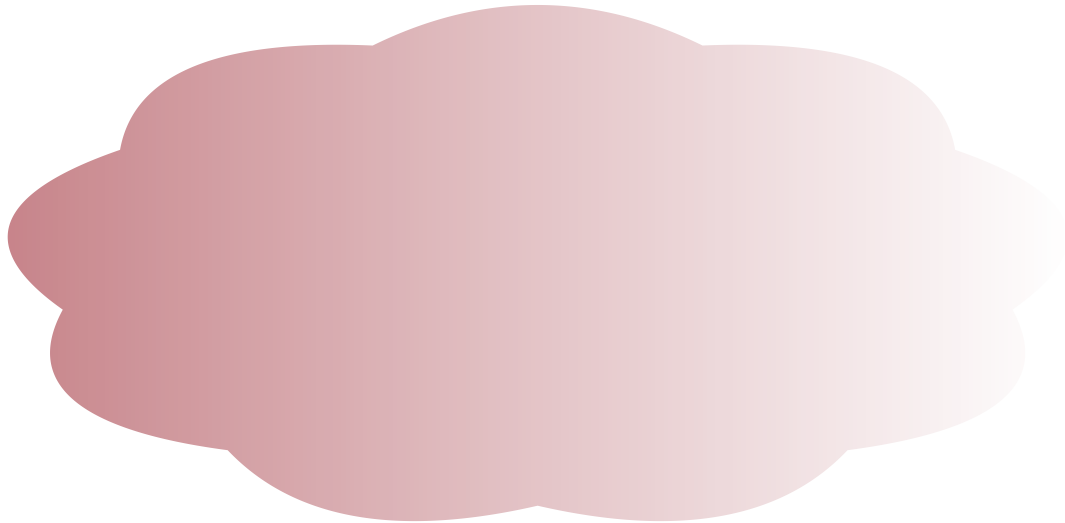
You could insert an image  
of yourself in the centre circle



What message did you receive from your  
Maternal Ancestral Circle?



What message do you need to give to your  
Maternal Ancestral Circle?



## Healing your Maternal Ancestral Circle.

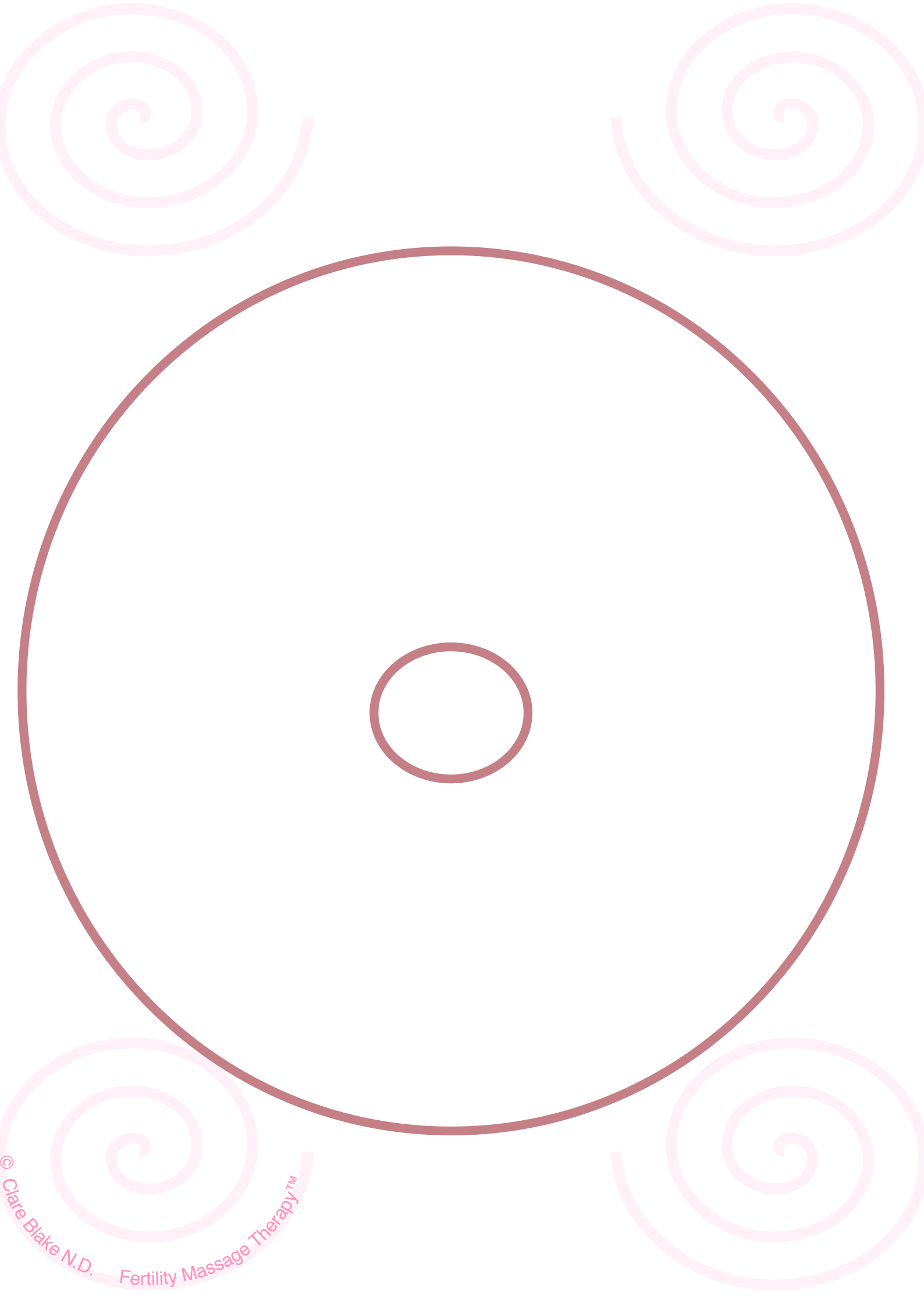
Draw all the women you feel need to be sitting in your circle and place each woman where you feel they should be.


Draw a beautiful pattern between the womb roots, maybe creating a mandala. Colour this in to represent the beauty of your maternal ancestral circle.

Write healing & positive words between the womb roots.

Place an image of yourself in the middle, or write a few words to describe how you feel with a healed maternal line.







## Want some more ideas??

Design a mood board, showing how you feel now.

Write yourself some affirmations and place them around the house, in your handbag, on your desk, wherever you will see them.

Massage using a small circular action along the maternal line from the middle of your ribs to your navel; breathing through any tension and releasing.

Listen to "*Let it Go*" - actually hear the words and let them run through you.

Re-listen to the visualisation and continue healing your maternal ancestral line.

Some affirmations for you...enjoy creating your own too!

I am Full, Full, Full of  
Love & ready to be  
a wonderful  
mother

My  
past is  
healed, I am  
free to move  
forwards!

I am  
connected to  
Mother Earth  
and feel her  
radiance, love and  
guidance flowing  
through me

*Our child is ready  
to be received into our  
arms!*



You have a blank version of the "Woman I Am" print

Take out your colouring pencils, and let the colours flow....

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You've come to the end of this workbook, I do hope that you have found this a useful exercise. One that has delved deeply into your thoughts, beliefs and patterns that have been shared through your Maternal Ancestral Line.

May your womb be set free, so that you may welcome a full flow of energy into your womb, and clear energy blocks allowing the spirit of your baby to come through.

Releasing patterns & beliefs is a powerful tool, and many are not ready to embrace these truths.

So from me to you, a huge congratulations and a big warm womb hug!

*Clare xx*

## Acknowledgements

A huge thank you to the very talented Jaine Rose for her original artwork inspired by the Healing the Maternal Ancestral Line visualisation. For more of Jaine Rose's beautiful artwork, please visit [www.jainerose.uk](http://www.jainerose.uk)

The "*Woman I am*" chant, was a gift to me, I could hear the words rising up through me as I was massaging a client, it has since become the chant used during my teaching, during womb wrapping and for meditation...one of my wonderful friends and colleagues, Em Tivey has expressed this chant beautifully in song. The chant feels like it has risen up through my womb roots as a gift to all women, to help us connect to our wombs! You will find this chant as an mp3 on the same page as this workbook.

Emma's nourishing women's work can be found at [www.womansoul.co.uk](http://www.womansoul.co.uk)

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