

Womb Versations



I AM SACRED SPACE

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I Am Sacred Space

Sacred space. I am sure you have heard this term before and may have even thought to yourself, “What does that mean?” When I first heard the term, that is exactly what I thought. Then came the statement that I was sacred space. Again, I thought, “What does that mean?”

One of the definitions of sacred is that something is dedicated or set apart, it’s something that is held in high esteem. It’s something that should be revered and cherished. When I read that definition, I thought deeply and concluded that I was not treating myself as sacred space. I was not cherishing myself. I was not

setting myself apart. I was not holding myself in high esteem. I was not loving me.

So, how do you transition from a state of being “unsacred” to “sacred?” In my journey, I have taken workshops and attended classes to try to figure this out. There are no set rules as to how to do this. It’s something that should have been taught from the day you were born. But if you were born into a family that did not know what “sacred space” was, you could not be taught what they did not know.

How did I get to the point of not being sacred? Years of low self-esteem and self-worth will put you in situations that you know are not in your best interest, but you go through with it anyway. This can range

from being in relationships that you know are toxic, letting people talk down to you, saying yes when you really want to say no...the list can go on.

Sooner or later, you will get to the point that you want change, that yearning may have led you to my e-book.

YOU are looking for change within you. So how do you change? Little by little. It is something that you work on day to day. You can start small by making a list of boundaries for yourself. You also make a list of what will be the consequences if someone crosses one of your boundaries. The work will come when you must enforce the boundary. It will be hard at first BUT will get easier with time.

Here is a good example, you make a boundary that while dating you will not accept calls after 9pm because you wake at 5am for work. You communicate this to your suitors. But a suitor calls you at 10pm, you answer the phone and talk AFTER you have communicated that you do not take calls after 9pm. By taking the call, you just communicated that your boundary is nonexistent. It also communicates that you are not a woman of your word.

As you work on your boundaries you will be moving closer to being “sacred space” not only in word, but in action as well. When you realize that boundaries work in your best interest this will help to increase your self-esteem and self-worth. It is a DIVINE feeling!!

Ok, don't just read this, and say "I'll do it later." Stop what you are doing and make time for YOU, right now!

Ask yourself, "Am I treating myself as sacred space?"

Take out pen, paper and journal about the feelings that come to the surface. Once you have completed journaling, say, and believe the following affirmation.

I Am Sacred Space!

Sacred Womb

Now that you know YOU are sacred, let's go deeper and talk about the sacred space within us. That's your WOMB! Yes, Beloved, your WOMB!

Now you may ask, "Why is my womb sacred?" Most women don't think about their womb until it's their cycle time, they are pregnant or there's a problem within their WOMB. I'm here to tell you, your WOMB is so much more.

Your WOMB is a portal and your connection to the universe itself. Your WOMB is not just a space to hold your unborn child, it also holds ancient wisdom to assist you in birthing and manifesting your desires.

Your WOMB is the seat of creation. If you are having

problems that affect your WOMB, you need to dig deeper into what's going on within your spiritual body, not just your physical body.

Sister, now I ask you, how do you treat your sacred WOMB space? Do you nourish her with nutritious food? Do you connect with her on a regular basis? Do you listen to the voice of your WOMB?

If you are like I was when I started my journey, you're probably asking yourself, "What is she talking about?" and "How do I do these things?"

Connecting to Your Womb

I'm going to share two ways to help you connect to your womb energy; womb meditation and womb journaling.

Ok, this is going to be an active exercise. What I first want you to do is sit quietly and honestly meditate (think) about how you have treated your womb. Here are some questions to you get you started.

1. Do you feel like connecting with your womb is important?
2. Have you ever taken a mirror and looked at your womb/vagina?

3. How do you feel about having your menstrual cycle? Or if you don't have a cycle, how do you feel about not having a cycle?
4. How many men have you let enter your womb space?
5. Have you touched your vagina/womb other than just cleansing yourself?

Answer the questions and write down your answers.

Other thoughts should flow. Write down those thoughts as well.

After you have finished journaling:

1. Sit or lay in a position that is comfortable for you.

2. Close your eyes, and gently place your hands over your womb space, connecting with her energy. As you do this, breathe deeply in through your nose and release slowly through your mouth. This will relax you.



3. As you connect with your womb energy, visualize her. How does she look to you?

4. Do you think she's happy? Sad?

5. Send her loving energy and ask does she have a message for you? Continue with your deep breathing and wait for the answer.

6. End your meditation session, by thanking your womb and assuring her you'll connect with her again soon.

Sit quietly and reflect on your mediation. How do you feel? Journal about your feelings and any thoughts or visions you received during your meditation.

I know this may seem foreign to some of you but believe me if you do this on a regular basis, your womb will start to speak to you in meditation.

As you communicate more with your womb you will be able to determine if you need assistance with healing.

I define healing as going from an undesirable place to a more desirable place. As a holistic practitioner I provide services and host retreats to assist women in their journey to being the best versions of themselves.

I am here for your siStar!!

LaShun Teboh

Ways to connect with me

Website: www.WombVersations.com

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