The BeachHOUSE Goa

ROOTED IN THE WOMB

Journaling for Presence, Strength & Softness

WHY YOUR EMOTIONS MATTER FOR FIBROID HEALING

Fibroids are more than physical. They often hold the weight of stress, stories you've never spoken, expectations you've carried alone.
Your womb feels everything — pressure, worry, self-doubt, emotional pain — and sometimes she speaks through discomfort.

Journaling gives these emotions a place to go.
It's not about fixing what's wrong — it's about freeing what's stuck.

This journal is your soft space to breathe, to feel, and to remember:
Healing isn't force — it's release.

GUIDED PROMPTS TO RELEASE WHAT YOU'VE BEEN HOLDING

Write as slowly or as honestly as you need to. Let the words land gently.

SHAME → SELF-COMPASSION

"Where have I been blaming my body?"

"What would I say to her if she were my best friend?"

"How can I treat myself with more kindness this week?"

ANGER → EXPRESSION WITHOUT APOLOGY

"What feels unfair or heavy about my current symptoms?"

"Where am I saying yes when my body is asking for no?"

"If my womb could shout one truth, what would it be?"

LETTING GO → MAKING SPACE FOR LIGHTNESS

“One belief I’m ready to release is…”

“One emotion that no longer serves me is…”

“One habit that feels like care, not sacrifice, is…”

Each prompt is an invitation to honour your feelings rather than hold them inside.

NIGHTLY CALM RITUAL

5–7 minute practice to soothe the nervous system & support sleep

EVERY NIGHT:

1) Place a hand over your lower belly.
2) Take 5 slow breaths, letting your abdomen soften.
3) Write down:

- One thing that felt nourishing today

- One thing you are letting go before sleep

Affirmation to close:

"My body is healing, even when I rest."

A GENTLE REMINDER

You are not defined by discomfort.
You are not a burden because you need help.
Your body has not failed you — she is asking for care, rhythm, and relief.

Each word you write becomes a thread of softness releasing the weight your womb has carried silently for too long.

YOUR NEXT STEP IN HEALING

If your womb is asking for deeper support — to detox gently, balance hormones, and restore peace — the Ayurveda Indian Detox Retreat at The Beach House Goa offers:

- Personalised Ayurvedic consultations
- Hormone-balancing meals
- Stress-relief therapies
- Yoga & mindfulness for womb wellness

Here, you are held — body, heart, and spirit.

Learn More & Book Your Retreat →

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