

# Feminine Awakening Handbook



Awakening Your Feminine Centers:  
Pelvis, Heart and Voice



by the School of Embodied Healing Arts



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*All information given in this book is based on the experiences of the author and should not be used as substitute for medical treatment.*

## **Beautiful Woman, Welcome Home**

I am delighted to welcome you on this path of deep, grounded embodiment.

If you have been called to this experience, I know that you are yearning to feel the fullness of who you are— your body, your creative, sensory and sensual self, and the potency that lies hidden within you to manifest the most magical life.

One of my greatest passions has been in sharing anatomy-based tools for women to own the power that lives in their bodies, rooting down into the body, the pelvis and its potent anatomy and raising this new feminine awareness into all areas of their lives— allowing it to awaken their voice, their contribution, and a deep physical healing from within.

**This offering is designed to give you practical tools to unlock your 3 main centers of expression: your pelvis, heart and voice. These somatic gateways hold the key to rebirthing your life.**

The hidden key of this feminine work is coming fully into the physical, feeling the power of embodied anatomy and rooting down into our bodies with a felt, grounded knowledge that will bring us into our most radiant life from the root up.

In other words, it is about moving into the true somatic dimension of ourselves.

As you read this booklet and follow along with the video that accompanies it, I invite you to be fully open to this new experience, and give yourself time to integrate and repeat whenever needed. Having a notepad will help you connect the dots and capture any intuitive insights that arise for you.

**This deep feminine work is about rooting the enchanted into the physical: Your body becomes the anchor point for a new dream birthing into reality.**

I know deep down that you have been called to this practice because you are ready to release old patterns and step into your most radiant life. My offering is here to support you and to let you know: You got this. Magic awaits!

Warmest wishes & much love



# First Portal:

## Basic Pelvic Anatomy



# Pelvic Floor

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## Basics

Our pelvic floor is a group of muscles situated in the lower part of the bony pelvis. It consists of multiple layers, designed to provide both stability and flexibility.

Sitting on the pelvic floor, our pelvic organs are carried by this group of muscles as if held in a hammock. This includes our uterus.

It is interesting to note that there is usually no direct way to access the womb through touch, massage, or internal work- in front it is "protected" by the bladder, and through the vaginal opening it is guarded by the cervix, a tight canal between the vagina & uterus.

**One of the most effective ways to maintain optimal pelvic health is to physically, somatically learn to feel the difference between relaxation and contraction in our pelvic floor, and practice both.**

Enhancing tonicity or strength of the pelvic floor often helps prevent and heal issues like incontinence, prolapse (a situation where pelvic organs slip down from their normal position), and lack of pleasure sensations that may be caused by excess looseness in the muscles.

However, it is worth noting that in our current culture, women are more likely to experience the opposite issue: Hypertonicity, also known as carrying too much tension in our pelvic floor. This is why it is important to always balance out pelvic strengthening exercises with long, deep relaxation.

Learning to relax your pelvic floor muscles may help reduce pelvic pain, tension, discomfort during sex as well as improve lack of pleasure sensation that may be caused by hypertonicity.

**Self-empowered pelvic exercises are typically also the most sustainable way to support your overall womb health, blood circulation, healthy organ positioning and trophism in our uterine tissues (its vital ability to release waste materials and absorb nutrients).**

The insight shared in our accompanying video shows you a foundational practice for the pelvic floor, along with additional tools to open your heart area and voice in connection to the pelvis.



*The deep layer of the pelvic floor from above*

# A New Feminine Pelvic Practice

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One of the issues many women face is that they simply are not being educated about the power and importance of their pelvis in sustainable ways that actually connect them to the body and its wisdom.

This is why a new **Integrative Pelvic Health awareness** is emerging: rooted in the sacredness and precision of our anatomy and a feminine balance. It takes us beyond lofty energetic ideas about the womb and into a felt, visceral and profoundly somatic feeling of ourselves. At its core, it is also inherently trauma-sensitive, as it empowers women to connect with their bodies on their own, without outer intervention.

[Here just some of the benefits of connecting to your pelvis in a somatically aligned way:](#)

- Release tension
- Improve pelvic support
- Boost overall womb health
- Enhance pleasure sensation
- Prepare for empowered birth
- Access your intuition
- Deepen your sense of grounding
- Create healthy boundaries

As you connect to your pelvis in this way, you open a gateway for a genuinely embodied feeling of what it means to awaken the womb space.

As a natural result, all the emotional elements of the womb space become opened too: You begin to feel more creative ideas birthing through you, more safety in your body, blossoming to possibilities. This is the inherent power of Somatic (body-based) Feminine Practice.

To summarize, when you consider pelvic or womb practices, always check the following:

- The work is evidence-based and rooted primarily in clear, accessible anatomy
- There is ample time to not just contract, but also *relax* your pelvic floor muscles.
- You are empowered with knowledge to do the work independently on your own
- Your boundaries are respected, and it is *you* who is guiding the practice
- The shamanic, intuitive and creative aspects of the pelvic space are honored

This will ensure you get the most out of your pelvic awakening & womb healing journey.

# Second Portal: Pelvis-Voice-Breath Connection



## The Power of the Diaphragm: The Twin to our Pelvic Floor

The Diaphragm is a large breathing muscle located right underneath our rib cage, taking the form of a jelly fish. It is a vital structure that we use every day, and it interacts with our pelvic floor (sometimes also called the pelvic diaphragm) in important ways.

In its most basic function, it moves down in the inhale, making room for the lungs to expand, and back up on the exhale.

For many of us, the diaphragm becomes blocked due to factors like stress, seated positions, and a loss in our ability to breathe in a wide variety of ways.

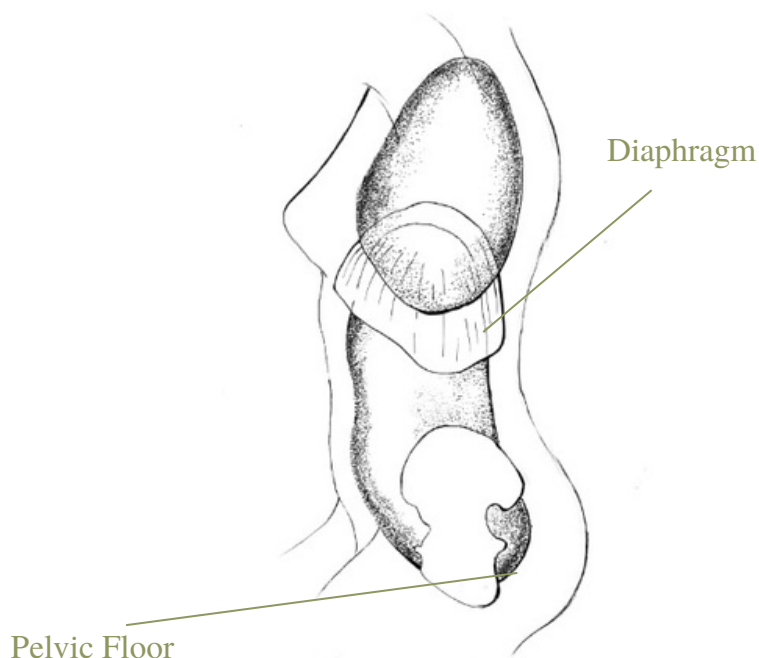
**The diaphragm is also one of the first structures to "freeze up" when we experience shock or anxiety. These and other stress responses block this vital breathing muscle and by extension our entire heart area- the space in the front of our bodies that often determines how we meet the world.**

The diaphragm also interacts with our pelvic floor. As a general rule, we can say that more flexible and mobile our diaphragm is, the more healthy and balanced our pelvic floor is.

As we regain freedom and flexibility in the diaphragm, we are able to relieve pressure off the pelvic floor and create possibilities for more bliss sensations, balance between contraction & relaxation.

To practice flexibilizing your diaphragm and relieving weight from the pelvis, try this:

- Lie down on a yoga mat
- Flex your knees and place feet hip width
- Raise your arms up to the ceiling, almost like zombie arms extending skywards
- Relax your shoulders fully down on the floor and keep a small bend in the elbows
- Imagine the fingers pulled up by strings. Stay breathing here for 5 minutes.
- Then come out and notice how the feeling around your chest area changed.





# The Voice of Bliss: Raising Your Vocal Expression From the Pelvis

Of all the three centers we talk about in this booklet, the voice box is perhaps the most ethereal one. Your voice is an ancestral instrument, and it is fundamentally connected to your pelvis & feminine root.

As you connect with pelvis, you open a pathway for your soul voice to emerge.

On a physical level, our pelvic floor serves as the support from which the pressures creating our voice propel upwards so our most clear vocal expression can emerge.

On a soul level, our pelvis directly connects us to the earth via our legs & feet- instruments that allow us to dance with the rhythm, to connect with the beat of the earth and the ancestors.

As your voice rises through your open heart area, through a softened rib cage that is flexible and pliable, your inner soul colors can radiate outwards to be received as vibration into others' bodies.

**Many women find that when they are finally able to identify and move these structures from within, their voice also opens up in magnificent ways. Some even discover a singing voice they didn't even think was in them.**

In addition to the practice shown in our video, you can use this exercise to connect with your pelvic voice:

- Stand with feet shoulder width, knees gently bent. Trace the bony edges of your pelvis. Feel it carrying your entire torso.
- Begin walking around the room & lightly tapping your rib cage with your fingers. Be sure to explore all parts of it: Front, sides & back.
- Now begin to add long Aaa sounds as you walk and tap. Notice how your voice changes.
- Repeat the long Aaa sound a total of 3 times. Do the same with Iiii and Ooo sounds.
- After about 5 minutes of practice, stand still for a moment and notice how your heart area feels.
- Let your feet root you into the earth, and see if any inner images, thoughts or feelings arise.



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## Experience the Practice:

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## Free Video Workshop

Follow the link below to experience a guided mini workshop that works with our three key centers:

[www.embodiedhealing.co/freevideoworkshop](http://www.embodiedhealing.co/freevideoworkshop)



*When the Pelvic Floor is balanced and the centers of the heart and voice are open....*

Pelvic health issues improve

Tension is released

Healthy support is felt

Pleasure sensations expand

We feel more rooted, grounded and safe

The optimal position of the womb is supported

Our hearts can face the world with openness

Breathing becomes more varied & expansive

Our voice unfolds into its natural beauty

We dare to speak our truth and create

It feels safe to express

Intuition becomes more clear

We hear our body speak to us

Our sense of self is grounded and real

Joy begins to expand into all areas of life





*May this heart-felt offering be a stepping stone for you to experience all these benefits as you expand into freedom, joy, bliss and creativity.*

*Thank you for being here.*

*Xx  
Sanya*