



EMBODIED HEALING ARTS

HOLISTIC SOMATIC HEALING[®] TRAINING

PRESENTED BY THE SCHOOL OF EMBODIED HEALING ARTS





Copyright © in text 2021

Sanja Hurem

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner,

by the School of Embodied Healing Arts

<https://www.embodiedhealing.co/>

All information in this text is based on the experiences and research of the authors and/or other professional healers. This information is shared with the understanding that you accept complete responsibility for your own health, and does not constitute medical advice. Your body and psychology are unique, and your response to the ideas written in this text cannot be guaranteed, or always anticipated. The information within is not a substitute for professional health advice. Please consult your health practitioner and inner guidance in addition to the words presented here, as well as advising your students to do so, particularly if you or your students have chronic health condition or are taking medications.

SOMATIC HEALING IS CALLING YOUR NAME



Welcome to this journey into our dreamtime roots and deepest medicine gifts held within your body, leading you straight through the sacred structures and tissues of your physical self, into a profound sense of wholeness and joy.

I honor you for entering on this path deep down into our brightest dreams, our most pulsing desires and our most precious healing for a radiant body.

When we take the journey with this course, we allow ourselves to free our longing for the wild- this call that fills all of us, that keeps on beating no matter how much we try to keep it hidden. Our inner Wild Woman is lurking in the shadows, waiting for us to embrace her fire and the dreams she weaves within us.

This course leads us to peel all the layers that have covered our whole and complete nature. Often times, this inner place we keep hidden is also the place of our greatest gifts, our most profound intuition, and the life of our most intimate daydreams.

This trail takes us deeper down into the body and its fascinating anatomy and movements, holding a portal for us to descend into the most mystical parts of our individual and collective psyche. It is in this descent that we come into a strength that eclipses what we knew before- suddenly, we come to stand on a foundation we didn't know we had. A foundation built with the love of our ancestors, our spiritual guides, and the spirit animals that carry us on all fours so we can once again heed to call of the wild.

This heeding of the call of the wild is a return to the Somatic, that which happens in the physical body and brings us fully back into the here and now, and into contact with this inner portal where our greatest gifts lie.

SELF-EMPOWERED BODYWORK: A NEW WAY OF HEALING



One of the qualities that makes this method unique is the fact that we are dealing with a new generation of bodywork, called Self-Empowered Bodywork.

As we look at the tools available for those who want to connect to their bodies, and in particular for women looking to connect with their intimate sensations, we often find much in the space of guru-guided sessions or touch work. The Self-Empowered Bodywork presented in this work guides participants through an inside-out awareness of their pelvis and body, cultivating tools that last a lifetime without depending on special settings or gurus. Traditional treatments taking place in separate therapy settings, or without conscious integration into broader physical structures, may become one-off moments for the body, rather than cultivating the radiant long-term health many are seeking.

That is why inner sensory discovery and anatomy-based movements are so vital. These practices create a methodical inside-out body awareness, strategically designed to integrate into daily life— making the individual feel that she herself is affecting change from within. This grounds us into a new power to communicate, shift and journey into the fascinating layers of our body. Self-Empowered Bodywork also aligns deeply with the feminine principle which guides to fully know, trust and enjoy our own bodies— all without depending solely on an outside-in approach but instead following a gentle yet deeply transformative trajectory that emerges from the inner depths of the body.

This kind of bodywork creates a unique body-soul alchemy, where we affect deep changes in inner patterns and simultaneously open a portal for energetic journeying into shamanic realms. It constitutes one of the most comprehensive, layered and transformational practices available today. If you are a touch therapy practitioner, this training will add depth and new tools to your existing healing practice so that clients can get even more out of your work.

BODY-SOUL ALCHEMY: BRIDGING THE PHYSICAL & SPIRITUAL



When working with Holistic Somatic Healing, we open an inner portal that moves through the body and directly plugs into our spiritual selves. This process is what we call body-soul alchemy in our work.

Though it has many energetic components, it rests on a key principle of movement practice: **the principle of trophism**. Trophism is the process whereby all tissues of the body release waste materials and absorb nutrients. It largely goes hand in hand with healthy blood circulation to any given structure or body part. It is the key which ensures that our organs, muscles, fascia, bones and cartilages stay healthy. As a result, trophism also supports mobility, openness and a broader sense of healthy groundedness in our bodies.

One good example of lack of trophism is observed in our daily seated position. Spending a long time each day sitting up, our rib cage tends to become more rigid and less flexible. This in turn makes it harder to use all muscles that aid us in breathing, rendering a sensation of full breath much more difficult to experience. The downward pressure also impacts the main breathing muscle that sits right under the ribcage, called the diaphragm (more on this later). Overall, this can then create pressure on all the organs that lie below the ribcage and of course on the pelvic floor, meaning that these areas can experience a lack of circulation, ability for movement and overall trophism.

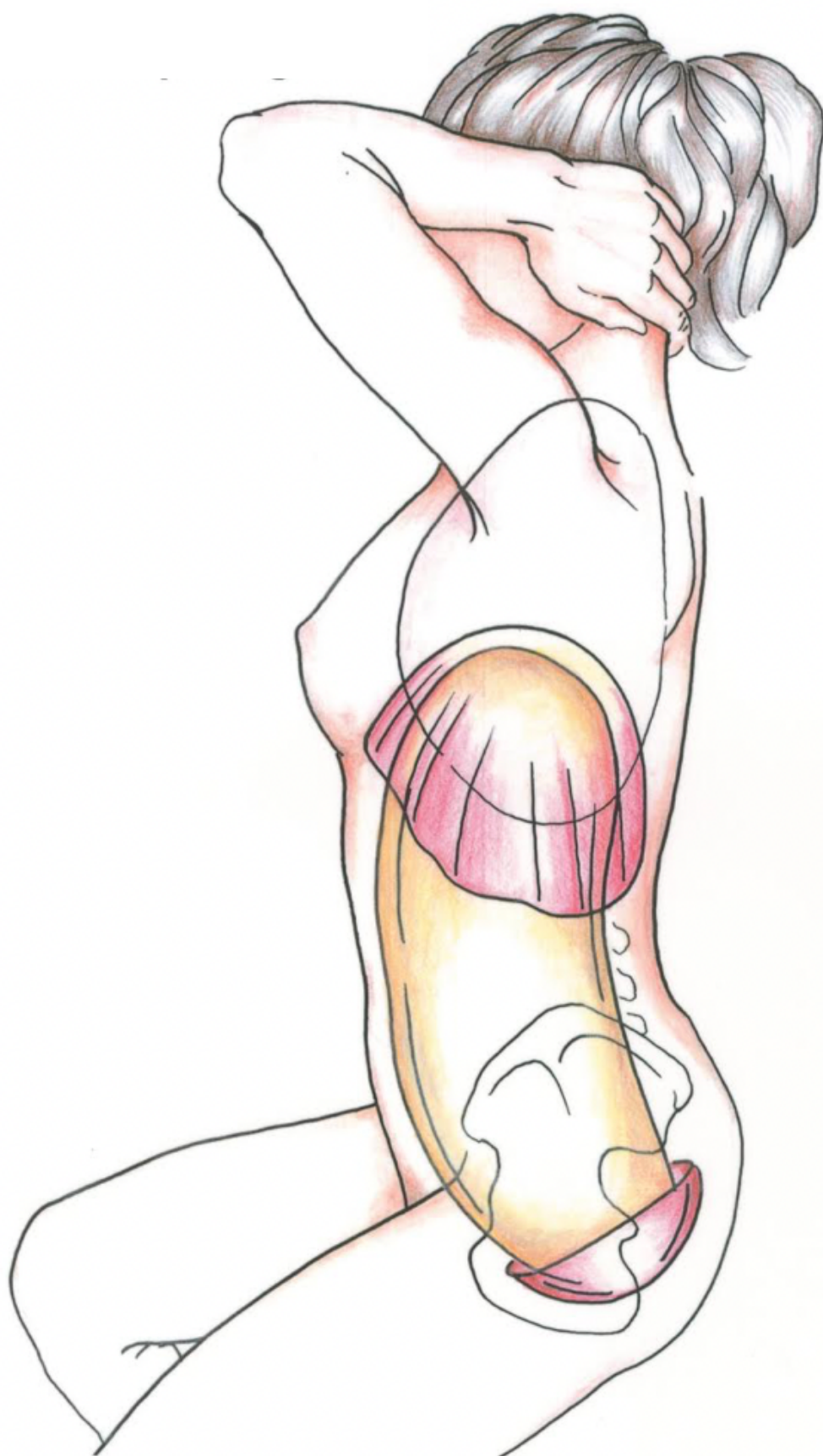
A person experiencing a seated posture for long stretches of the day may thus find it hard to feel openness in the area of the heart and rib cage, to engage in a fuller breath or to feel the finer sensations of the pelvis which may have never been consciously engaged from the inside out.

Our task as practitioners is to work with these vital structures of the body in a way that creates genuine new movement patterns, especially in areas of the body like the pelvis which hold so much of our sensation and feelings but are rarely explored in an anatomically sound manner.

Once stagnation is released from the body, we also open a portal to move stagnant patterns on the emotional and spiritual level. It all rests on carefully working with the body from a strong knowledge base so we can shift patterns that affect our entire life.

The image below illustrates the connection between the thoracic **diaphragm** (the main breathing muscle that moves up and down on each inhale and exhale, sitting like a jelly fish right under the rib cage) and the **pelvic floor** (sometimes also referred to as the pelvic diaphragm).

Here we can see that these two diaphragms 'speak' to each other through the pressure they exert on each other, moving through all the organs that sit in between them. These two structures can move in different coordinated ways. Throughout this course, we will discover some of these movements and how we can use them to create profound health, pleasure sensation and a feeling of groundedness.



THE KEY TRAINTS OF ALL HOLISTIC SOMATIC HEALING TRAININGS



As a practitioner of **Integrative Pelvic Health®**, which is the core component of Holistic Somatic Healing, there are certain key characteristics you should be aware of which make this method stand out as distinct among other practices. Make sure you read, re-read and understand the following points, as this will help you throughout your new career path to articulate and explain to clients what is happening in a session, giving a clear understandable language to the many profound changes that can be affected with this work and why it is so unique:

- What makes this program different is its **blend of research-based bodywork, dream journey practices and teaching methodology**. It is based on 40+ years of study in modern anatomy and best practices in modern shamanic study.
- Our study of the body does not solely rest on energetic understanding, but on a **structured knowledge of anatomy** to build our work on strong foundations.
- The focus rests on three core pillars that draw on **four decades of teaching and education experience**.
- The program's foundation has been influenced and built by senior professionals in the fields of **Fascia Research, Anatomy of Movement®, Osteopathy, Women's Perineum & Movement® Practice, Dream Shamanism and Clinical Practice**.
- It is a full-spectrum program of research-based knowledge, designed to empower the next generation of Pelvic Embodiment and Womb Healing leaders.
- It provides a structured framework of teaching methodology to ensure practitioners are skilled not just at understanding but also delivering content.
- It rests fully on a grounded knowledge in anatomy, which constitutes a distinct field of study on its own that nourishes whole body health.
- The physical component of the training is unique because it **does not blend with massage, touch work or yoga**, making your practice a rare contribution that follows the natural vectors of the body as presented by anatomy.

IN SUMMARY...

Holistic Somatic Healing is not:

- Bodywork based on touch therapy where the body of the client is physically manipulated
- Based solely on the personal experiences of the method's founder
- A primarily energetic way of working
- A method that relies on traditional guru-student relationships to spread its teachings

Holistic Somatic Healing is:

- Self-empowered bodywork that provides tools for lifelong discovery
- A blend of anatomy-based exercises for health and shamanic inner dream journeying, tried and tested among senior practitioners and established schools. The founder's experience forms an important part of the training, yet at the heart of the teachings lies a research-based approach.
- A way of working based on an anatomically sound and deeply experiential understanding of the body, coupled with inner explorations in dreamtime.
- A method that creates inquisitive, curious and self-guided practitioners with a grounded foundational knowledge base.

EMBODIMENT AS THE MISSING LINK IN SPIRITUALITY

Our whole, embodied nature lives in every cell of our body, pumping the blood through our veins and whispering the secrets of old in our dreams. Learning to listen to our somatic experience, our bodies and the small messages that come to us every day leads us to a life that is overflowing in goodness, courageous and fully alive in our unique individuality and gifts.

Your body is a messenger for shamanic wisdom, directly connected to the ancestral tree of life. So many spiritual teachings stay in the etheric, energetic realms, but forget that the feminine dimension always moves through the body.

As we awaken our sensory awareness, we literally shift dimensions and rebirth realities for ourselves and the collective. Especially when we work with the pelvis, we get to witness just how much deeper our inner dream journeys become once we awaken the physical. Knocking on the door, uncovering the body's layers, asking its muscles to move in their natural ways, enlivening long-forgotten sensations that bring us back home.

If there is one thing that's missing in our world, it is this ability to revel in how spiritual our bodies are, direct messengers of our greatest joy, deepest pleasure, most radiant clarity, and our most life-changing creations.

This is the return of the long-forgotten feminine path, the path that embraces the body in all its wonder and sees it as an integral part of our spiritual, relational and emotional life. The return of embodiment is the return of the feminine, in its full form and deep wisdom.



The path of re-owning the body pulls us into the energy centers of our heart and womb, and into our physical selves.

During times of turbulence, it is this descent into our bodies and into the teachings of the inner dream realm that grounds us into ourselves. Connecting with the somatic sensations is a key element in this journey; it activates the natural blueprint for radiance that we carry in our physical self.

Throughout this course, you will be guided to descend into these unknown, alluringly deep layers of the inner self through body exercises and dream journeys, both designed to create a profoundly healing experience.

Now more than ever, we need those who can move out of the mind and into the intuition, where we can hear our foremothers and forefathers speak with guidance, clarity and vision on how to thrive even in the darkest of times. The world needs your light, your embodiment, your healing, your wildness, and your pristine wisdom that is waiting to be shared.

METHOD: THE 3 PILLARS OF THIS TRAINING



1. Experiential Anatomy- Knowing the Embodied Self:

This pillar addresses a critical need in the professional healing community: the need for comprehensive, clear and experientially rich anatomy education to boost wellbeing.

Its core strength derives from a repertoire of refined, research-based exercises to deepen accurate knowledge of our bodies & give a concrete, felt experience of the joy that resides in here, moving beyond energetic language into the realm of grounded wisdom.

We answer a vital demand for body knowledge that is often absent even in long-term study programs, allowing graduates of the course to become leaders in a new and growing wave of pelvic education— all while empowering women to feel their own bodies without depending on outer gurus or therapy settings.

2. Dreamtime Journeys- Immersing in the Inner Mysteries

Once we ground into the presence of the body, we open a portal for inner knowing that moves through the physical into our intuitive, emotional realms. Shamanic Dream Journeys into the Womb are a direct way to awaken the deep intuitive self.

This practice is also at the heart of the lost feminine mystery teachings that are now returning back into our awareness.

Throughout the course, you will experience this body-soul alchemy that begins with the body and leads straight into your inner realm, inviting you to not only align with your own compass but to teach the same to others through beautiful shamanic journeys.

3. Teaching Methodology: Weaving Containers for the Enchanted

The dance between feminine free flow and structure is a key in creating compelling sessions that are truly transformational.

In the teaching methodology modules, you will learn to create a container that is grounded, safe and evokes genuine trust among your participants.

Topics like session structure, voice projection, modulation, planning of longer events and session pace will provide you with a pedagogical tool kit that will polish your delivery and create a loving space where connection naturally blossoms. These modules are templates showing you how to weave containers for the enchanted to unfold.



Through allowing all experiences to move through us, we reclaim a primal, wild energy that is at the heart of the Embodiment path. The School of Embodied Healing Arts® incorporates different physical and spiritual practices to help us create a grounded, wild embodiment of our own intuition and heart's desires. This may include Self-Empowered Bodywork, Shamanic Dream Journeys, Vocal Activation, Pelvic Anatomy, Women's Integrative Breathflow®, Archetypal Storytelling, Anatomy-Based Breath Exercises & Energetic Work.

As we journey inwards, we will retrieve gifts, discover old hurts in need of healing, and come to realise just how much lies within. Joseph Campbell calls this path the "Hero's Journey". On your own Heroine's Journey, as you follow the call to set out on an adventure, you are guided by helpers that support you to cross the threshold, bridging all parts of yourself as you uncover pieces of the bigger picture. All of the tools in this course invite us to restore our world back into an embodied dimension filled with bubbling joy and enchantment.

INTEGRATIVE PELVIC HEALTH®: THE CORE TRAINING OF HOLISTIC SOMATIC HEALING



The goal of Integrative Pelvic Health® is to allow women to fully awaken the physical, sensual and creative wellbeing of their pelvic center.

The method is characterized by a grounded approach that employs anatomy-based and research-based movement which allows women to practice self-empowered bodywork, coming to feel a profound agency over their own body.

Unlike other practices, it is not based on or influenced by yoga or massage practice, and builds purely on anatomy-based movement as a starting place and thus creates accurate, sustainable and health-promoting pelvic practices.

This gives you as a practitioner the certainty that your work is based on solid research that goes all the way back to the early pioneers of anatomy. Whether we are talking about the bony pelvis, pelvic floor muscles, the organs that reside here or even the soft tissue connection between our heart area and your pelvis, you will have a clear understanding of the pelvis once you complete this course.

In the wellbeing world, it is easy to come to a place where we are mixing energetic language into our work with the body. And while the physical and energetic body are no doubt connected, it is important to honour that our physical body actually has its own ways of working.

Learning to work with the body, as it is, in its physical form, is one of the most valuable experiences you can have as a facilitator, allowing you to stand out and base your work on solid research- all while keeping the mystical and energetic elements of your work at the heart of the practice.

One of the most enlightening things you can do in your own professional practice is to precisely and accurately use your language to describe the physical body, and to be very clear on when you are talking about the anatomy, and when you are talking about more energetic layer. Allowing the two to communicate, while honouring the unique qualities of each space.

An Integrative Pelvic Health® Session always consists of this self-empowered bodywork, inner dream journeys into the womb and body, and an integration period. These inner dream journeys are made much more potent and effective by the prior physical activation of the pelvic centre.

Throughout these inner dream journeys, practitioners of Integrative Pelvic Health® can employ sound, voice, shamanic storytelling and instruments, ancestral guidance and Archetype exploration to allow their clients to experience new inner messages, clarity, emotional rebalancing and profound spiritual connection.

As you look at these components that make up Integrative Pelvic Health® Sessions, the anatomy-based and self-empowered bodywork on one side, and the inner dream journeying on the other, you will come to see a simple but profound pattern:

When we awaken and nourish the deep hidden structures of the body, we awaken and nourish our deep energetic layers as well. We first open a portal that is encoded in the body, and then dive deeply into the emotional, spiritual and creative messages that are dormant within us, waiting to be discovered.



DREAM TIME:

AN ENCHANTED FEMININE DIMENSION



Dream Time is an expansive, magical and feminine dimension of consciousness. It is a fertile ground where we meet an inner world that is part of a web of information flowing through us and all around us. The expression "Dream Time" stems from the Aboriginal peoples of Australia, who used to describe the shamanic 'otherworld' as a dream time. And yet we also know that this practice existed all over the world, known under different but similar names. It was referenced in literature and stories in each continent, from European Romantic Period authors to writers like Proust, whose work portrayed the significance of day dream, synchronicity and association, all the way to the native people of Siberia who flew into 'otherworld' and the Mesoamerican cultures that communed with spirit.

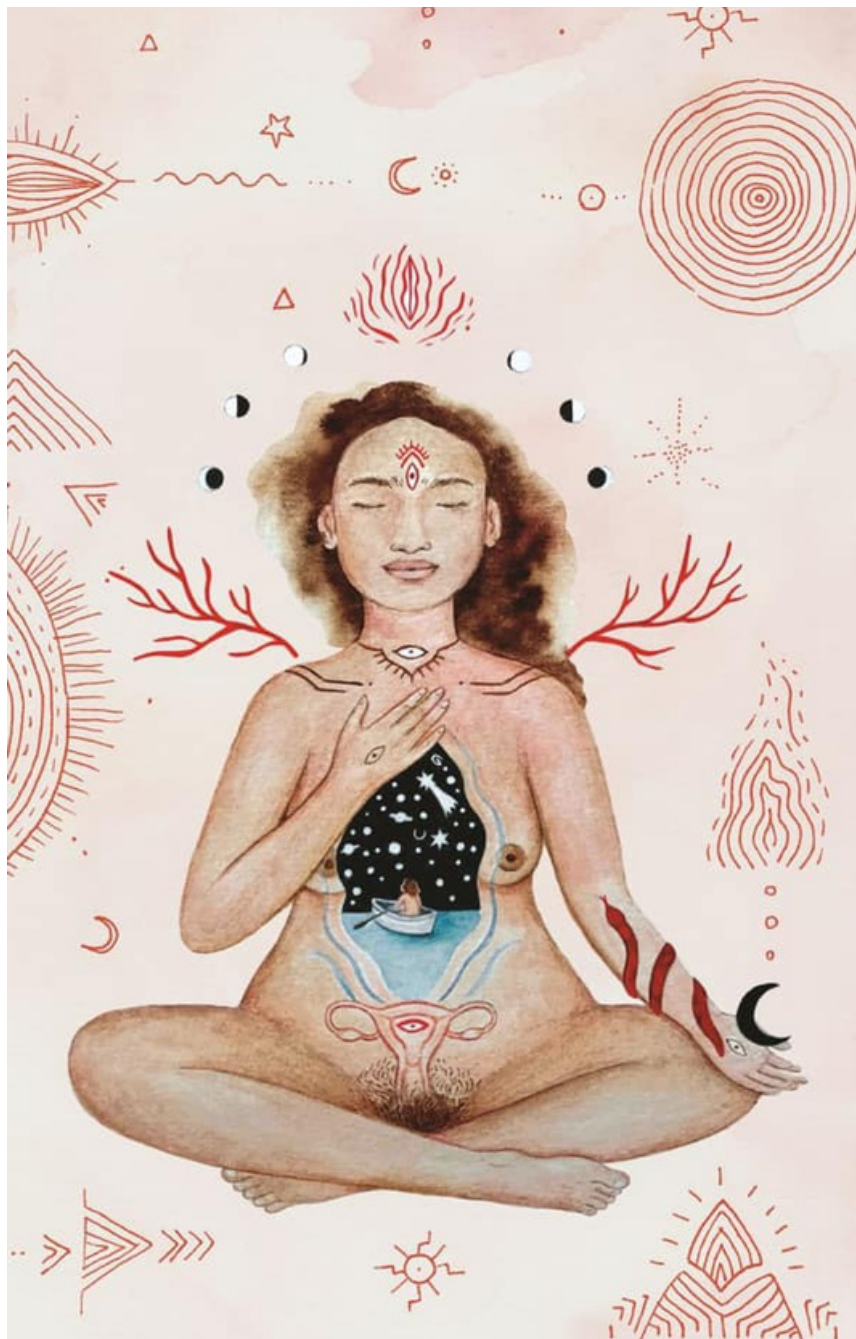
Dream time includes our deep sleep state and our night dreams, but it also encompasses our day dreams, our inner hunches, our visions, intuitions, synchronicities and coincidences we encounter, ideas that flow to us, and even thoughts that visit us. In short, dream time is a space where we are open to receiving information that includes but is not limited to the rational mind.

Every society and culture has a unique way to talk about what happens in this in-between space. What all of them have in common is that they see the dream time as deeply personal- every symbol you encounter, everything you observe, everything that you notice takes on a unique individual meaning that can only be understood and interpreted by **you** as the dreamer.

This is what makes the world of Dream Time so different from traditional dream analysis. Most dream interpretation approaches we know in the 'West' are based on psychotherapy, where you share your dreams with an expert and he or she then helps you decipher the symbols and meanings, many of which hold some steady interpretations regardless of the person. While it can be very useful to have someone else be part of the telling of your story, it is always key to remember that **WE** are the dreamer, and the only ones who can really know what the inner vision means to us specifically.

This is why Dream Time is such a powerful tool to awaken our Medicine Woman gifts and our most potent intuitive guidance- it is an invitation to truly follow our own hunches, to find the many messages, talents and visions which are buried within us and that we ignored for so long.

We recognize that all of us have access to this enchanted dimension. Some of us may get flashes of insight or images during ordinary daily activities like driving or showering. More often than not, however, we dismiss these as "random", insignificant or otherwise uninteresting. We have not been taught that it is precisely these moments which offer us guidance to what is next, and where to place our attention.



A SHIFT IN PARADIGM: FROM OUTER TO INNER AUTHORITY

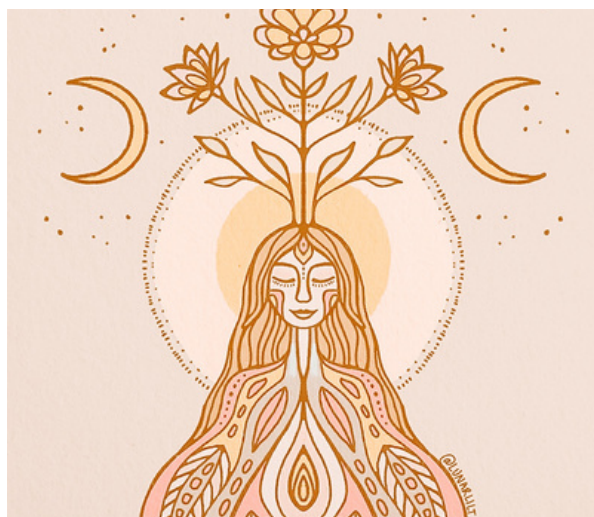


In Dream Time practice, we do not rely on an outer authority, but on our own inner guidance. This is in line with the essence of the feminine mystery schools- they are based on the vision that each woman has oracle powers, without the need for an outer authority that is elevated or "above us" in any sense. No gurus, no 'masters' and no priests.

Becoming the dreamer of one's own reality also creates a significant shift from an outer to inner authority. Traditionally among many spiritual practices, we saw a hierarchical structure where knowledge was passed down from a teacher or guru to a student.

While these connections can be imbued with a great sense of love, they are also the remnant of a society where communication was limited, hierarchies were important and the individual had a sub-ordinate role to the collective. The very idea of hierarchies itself is often an expression of a dominant, out-of-balance masculine energy that has been influencing our spirituality for a very long time. While they have their role and purpose, they can also become limiting when they begin to enter our inner world.

What we are seeing today is a definite shift from a hierarchy-centred spirituality to one where the individual realises his or her sovereignty. The guidance lies within our hearts, and instead of looking to someone with "more knowledge", we realise that we have access to a well of resources if we dare trust ourselves and open our hearts.



THE SOMATIC EXPERIENCE OF THE PELVIS



Awakening the sensations in our pelvis is a key to truly embodying a sense of wholeness, rootedness and generative creativity.

In our pelvis our deepest sensations can be found. For women, this is the place where the dark void of the womb is held. Anatomy is based on research into the human body and has its own rules that are in many ways distinct from the energetic or emotional body, yet it simultaneously holds a gateway to our spiritual life. The Pelvis is the seat of some of our deepest sensations and tensions, and is also the holds many complex and important nerve connections and elements of our endocrine and hormonal systems.

When we work with spiritual trajectories, it can be easy to get stuck in etheric realms, circling around ourselves with beautiful language but without much visceral, embodied experience of our own selves- our light, our dark, our deepest shadows, our gifts, our ecstatic joy.

It is surprisingly common in the spiritual community to live mostly in the head, or we may find ourselves avoiding anything that seems heavier or darker within oneself. This can create a situation where we still may receive a lot of healing and insight, but also steer clear of our deepest sense of strength that is tied with our ability to be in the body- Especially in our pelvis and the womb, where we encounter our creative centre.

Journeying into this space also means journeying into the hard and soft structure of our pelvis. It is recognising that through the body, we can affect profound transformation in the energetic and emotional realms, working at the root of what we feel and are capable of. It also means re-claiming the body as sacred, especially the parts of the body that have been most shamed and where our deepest power lies. Simple techniques in the physical body, like engaging the muscles of our vaginal canal or bringing circulation the bony structures of the pelvis, can release pent up sensations and allow our sense of wellbeing and pleasure to expand more effortlessly.

THE PELVIS: A GATEWAY TO THE DEEP BODY



THE ANATOMY OF THE PELVIS



In order to be able to work with the Pelvis as a key component in our somatic journeying, it is first necessary to feel and know the structures that compose it from the inside out.

The following images, steps of study and descriptions are in large part based on on best practices from 40+ years of research and education in Anatomy.

This lends all of the material presented as part of this course a special quality that makes it compact, accurate and easy to absorb, all while providing you as the student with cutting-edge education in Pelvic Anatomy that is becoming more and more in demand in our current culture.

There is an immense need for precise pelvic work among women in all life stages. Pelvic professionals who are trained from the starting point of anatomy and do not base their work in some way on massage, energy healing or yoga are exceedingly rare.

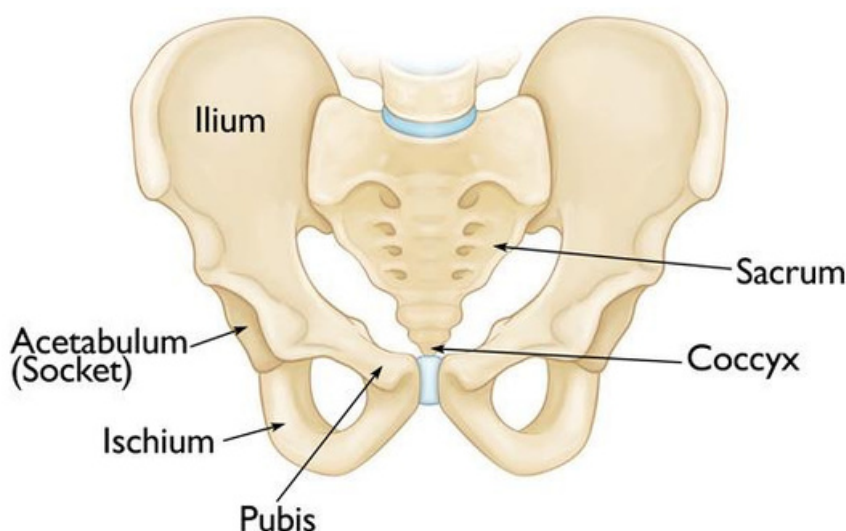
This is why the knowledge provided in a research-based program is a valuable asset. By learning a specific set of exercises that purely follow the anatomical shapes of the body (rather than being influenced by other movement practices), you can support others to build radiant health in a distinctly self-sufficient, pleasurable and embodied way that is the result of comprehensive body knowledge.

Combined with a knowledge of dream journeying and womb healing, this program equips you with both grounded body-based practices and intuitive tools to accompany women in varying stages— whether they are preparing for or recovering from pregnancy, deepening their pleasure, reclaiming their bodies or connecting with the divine feminine.

~DISCOVERING THE BONY PELVIS~



Introduction exercise for you to try: Find a chair to sit on or sit cross legged as you would in yoga class, and then, pulling your sit flesh back, see if you become more aware of the sit bones. The anatomical term for the sit bones is ischium bones (pronounced is-kee-umm). Find a chair to sit on or sit cross legged, and then, pulling your sit flesh back, see if you become more aware of the sit bones. The anatomical term for the sit bones is ischium bones (pronounced is-kee-umm). Next, you can also find your pubis, which is usually located right at the hair line of the yoni. Once you have identified the bony structure of your pelvis, you will have a much better idea of the 3d space that your pelvis occupies.

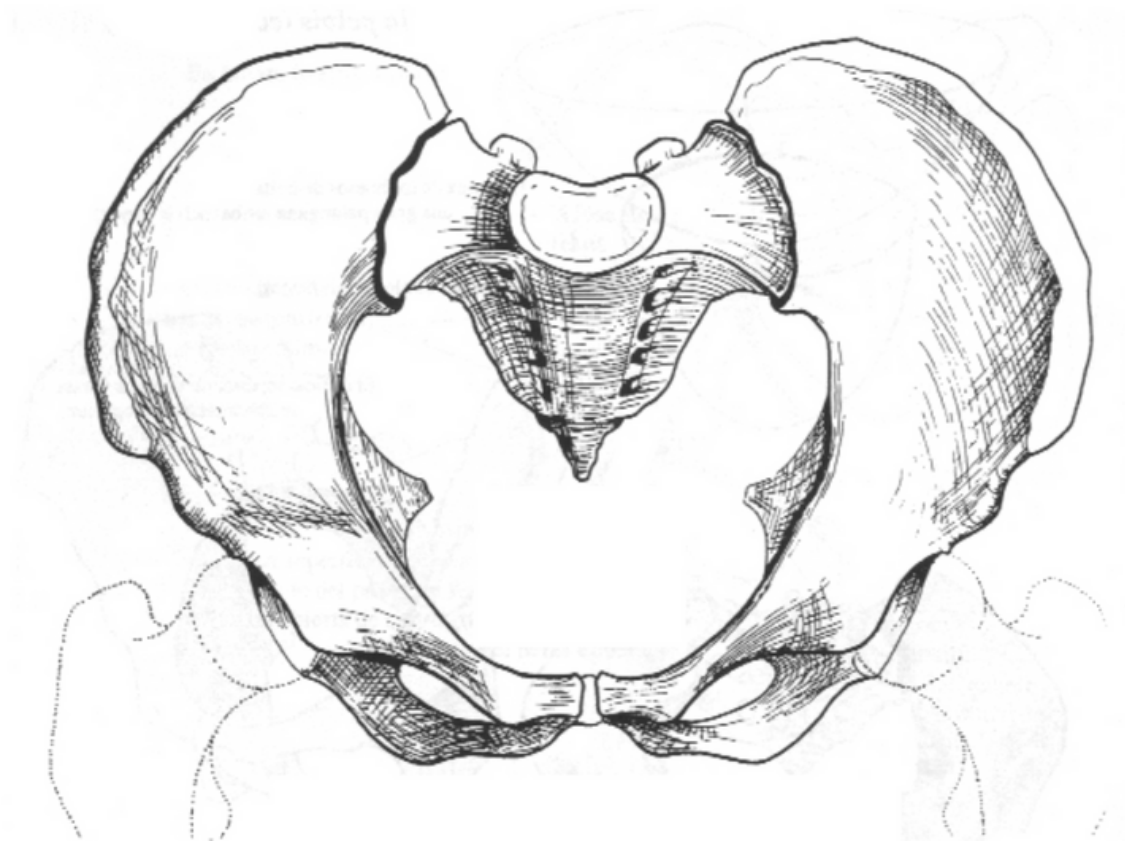


Allow your fingers to begin at the ilium, and massage the bony structure here, noticing any tight spots, and gently sending your breath to them. Then walk your fingers to your pubis. Notice that it has a top part, and a bottom part which ends right above your clitoris. Massage the different parts of the pubis. On the top part of the pubis, the fascia (soft tissue) from the upper body inserts, and massaging here can release a lot of tension. When you are ready, walk your fingers to both of your ischium bones and massage them as well. Lying on the side usually makes this easier.

THE BONY STRUCTURE OF THE PELVIS SEEN FROM ABOVE

In this image you can see the pelvis from above. You see the ilium on the left and right side (often called the "hip" bones, or the place where you put your hands when somebody says "place your hands on your hips")

At the back (top middle part in the image) you can see the sacrum, the part of the pelvis that sits at the very back and where your hand fits in snugly. You can also see the coccyx at the very tip of the sacrum, pointing inward and down.



As you look at the bottom half of the image, you can see the pubis, joined together in the very center by cartilage. The pubis is actually not one bone, but two bones that are joined in the middle.

To the left and right, you see the Acetabulum, the indented place where the top of the femur head inserts (the joint of the thigh bone).

You can print this page out and color these different parts that were named.

THE BONES OF THE PELVIS IN A LYING DOWN POSITION

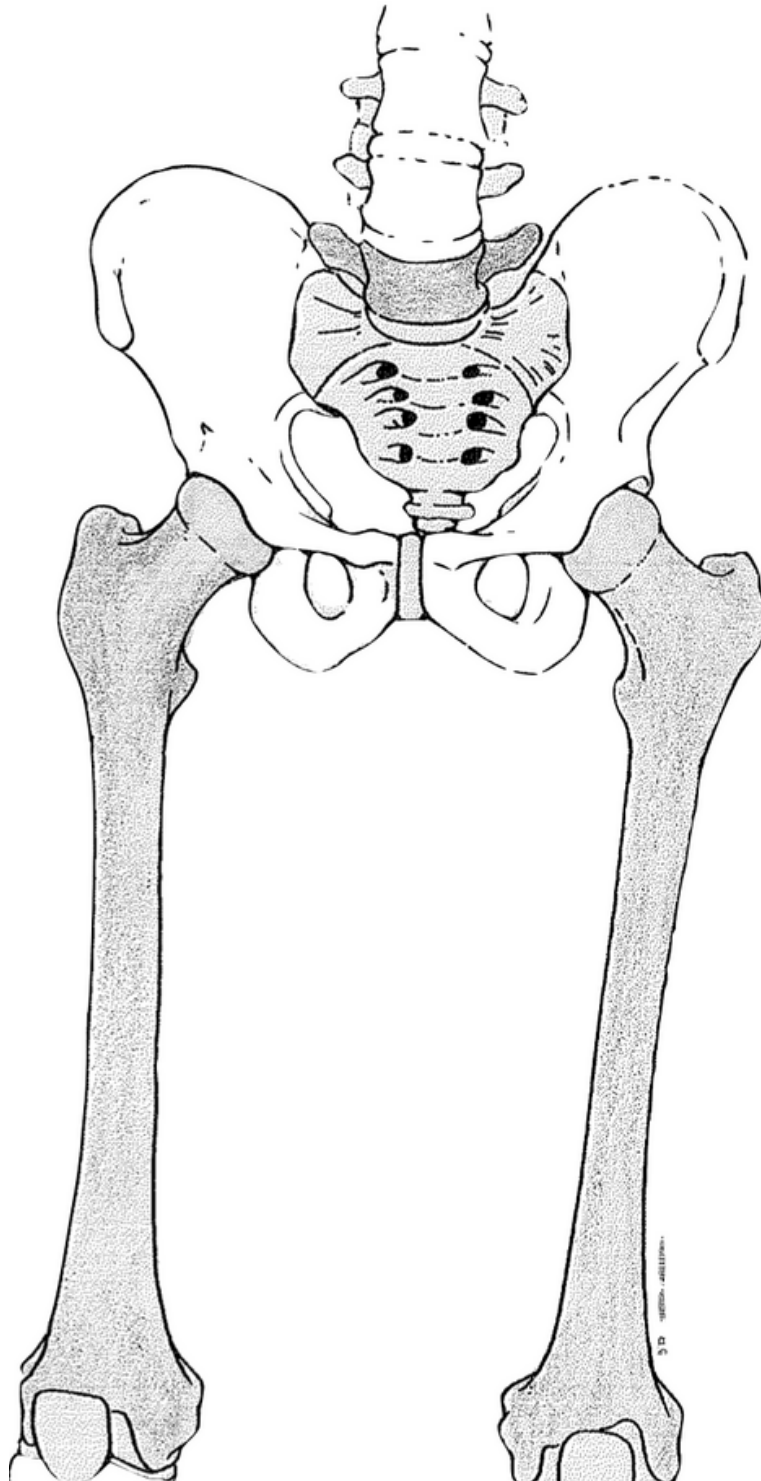
As you can see, the pelvis looks quite different when seen from a lying down position. Here too you can find all the structures we identified.

Take a moment to locate them here and color them in the same way you did on the previous page, but this time keeping in mind the changed orientation in space that we are observing here.

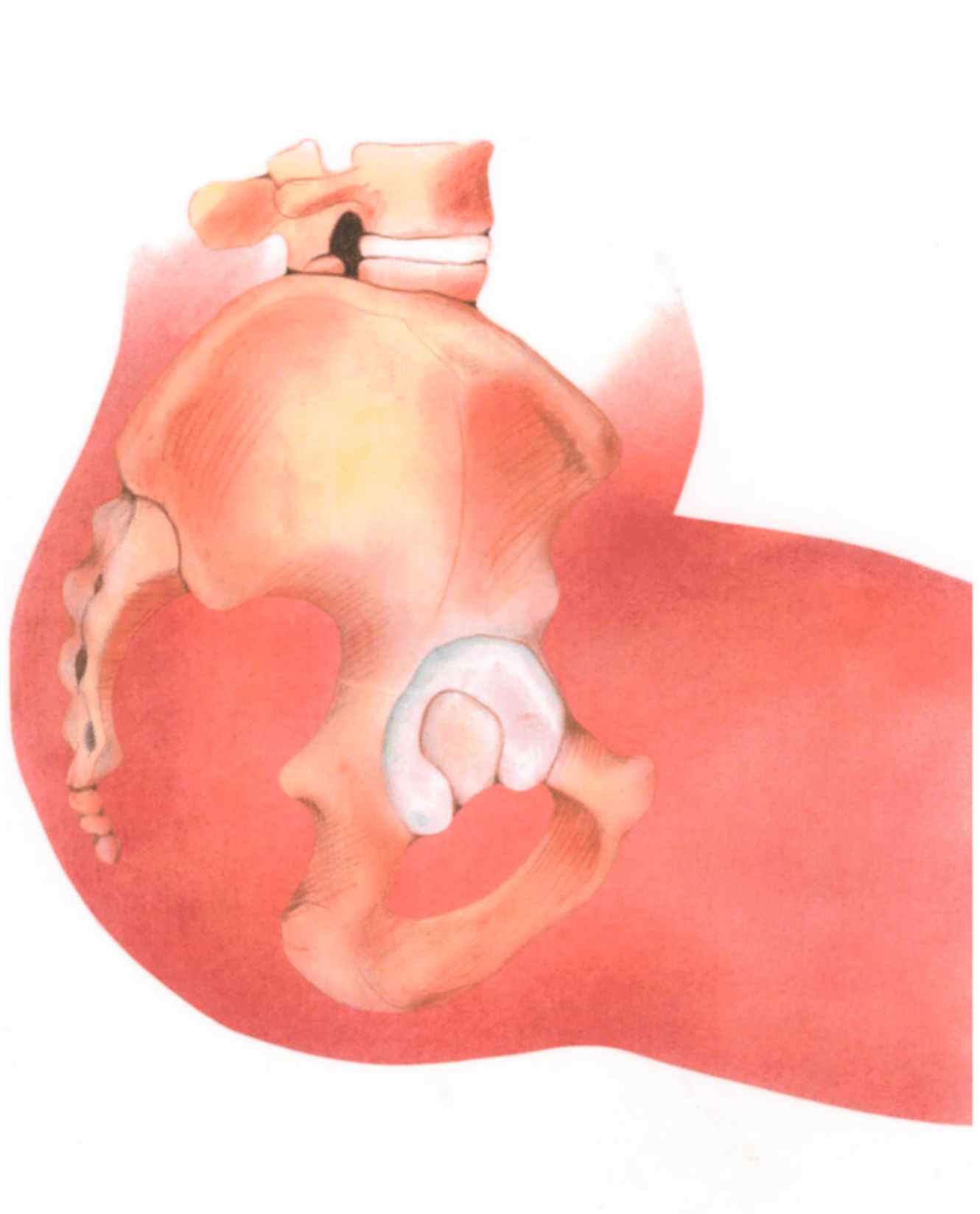


THE PELVIS SEEN FROM THE FRONT WITH SPINE AND FEMUR INCLUDED

Here you can see a pelvis in a standing position, with the lumbar spine coming out of the sacrum at the back, and the femur heads (=the round joints at the top of thigh bones) attached. What do you notice while looking at this image?



THE BONY PELVIS SEEN FROM THE RIGHT SIDE IN A SEATED POSITION



BIOMECHANICS OF THE PELVIS

The pelvis acts as an intermediate structure for the transmission of loads between the upper and lower parts of the body.

See drawing the drawing below in which the loads are marked by the arrows, upper part and counterweight or counterforce that comes directly from the support of the feet.

Here's how we describe the vertical components:

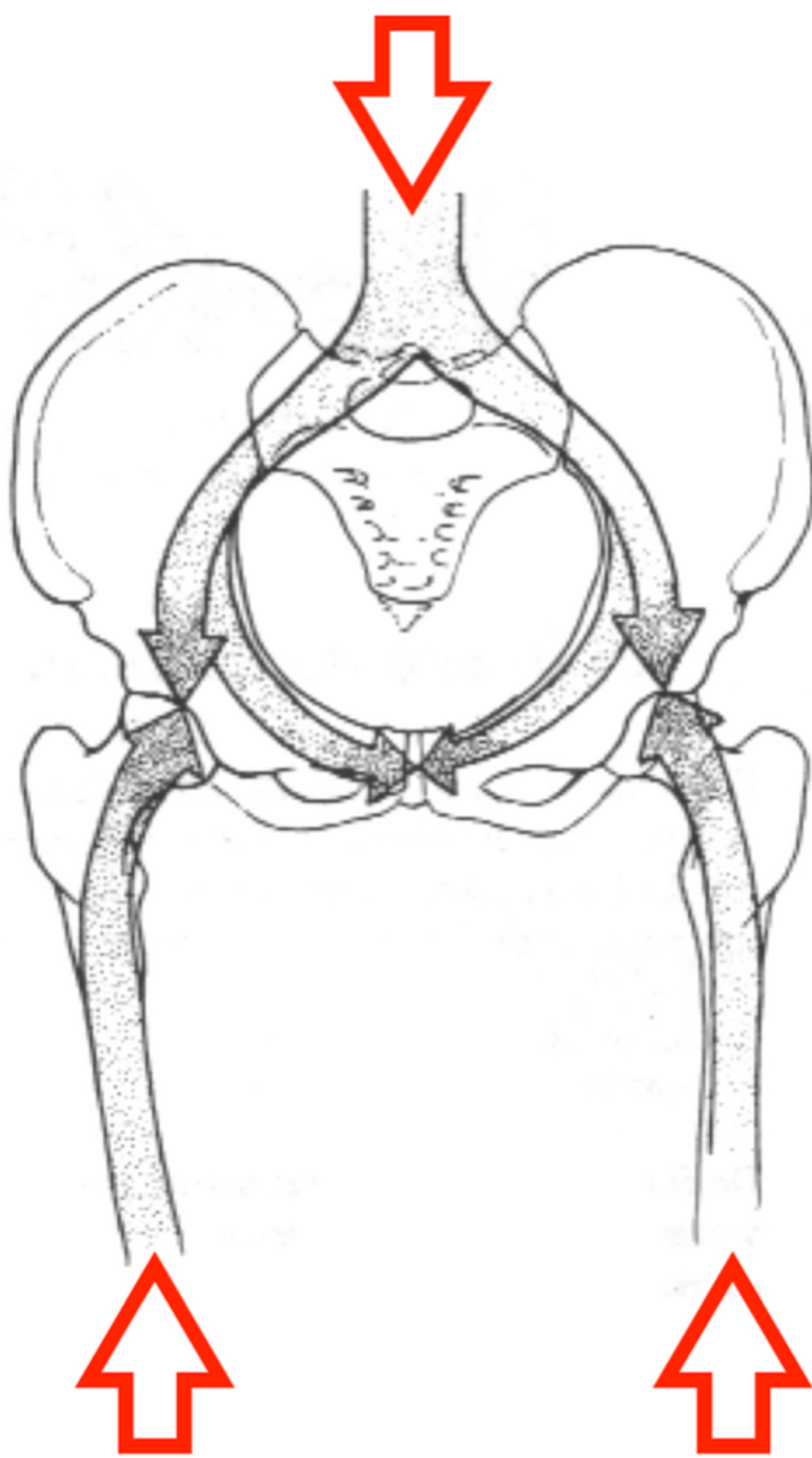
The pelvis supports the weight of the upper body, the weight descends through the spine, distributing through the two sacroiliac joints and going to the pubis (these joints are also covered in our video sessions).

On the other hand, the lower counterforces are transmitted along the longitudinal axis of the femur (thigh bone) to the hip joint, which is also directed to the pubis.

The horizontal bony components are the forces that dissipate in the pubic area.

All this is explained in order to understand that the pelvis is a force distributor and to understand why the hip joint is such a coapted ball and socket joint.

Its function is the support and distribution of forces, among others. Because of that, most of the pelvic joints have little mobility except in vital situations.

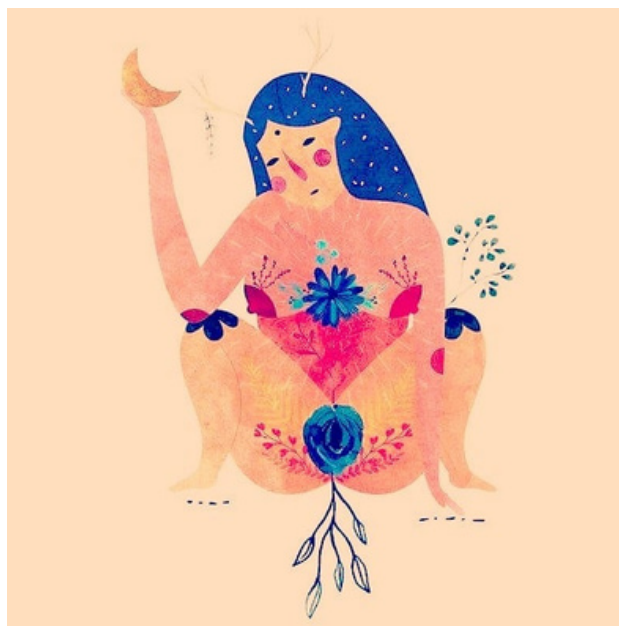


Communicating the Value of your Work

Below you will find descriptions to use on your website and social media to talk about Holistic Somatic Healing® and to get women interested in working with you. **You can copy-paste these texts for your website and other platforms you use.** This will help get more women curious about your offerings while ensuring your work language is clear & powerful.

What is HSH?®

Holistic Somatic Healing® is a method that employs anatomy-based body practice and inner dream journeying to help women recover vibrant wellbeing in their pelvic centre. The goal of the method is to allow women to nourish the physical, sensual and creative forces of their pelvic cradle. Holistic Somatic Healing® balances research-based practice, shamanic journeys into the womb and self-empowered bodywork to awaken a full-body agency and knowing.



Who is it for?

This method is for you if you yearn to...

- Clear old energy from your womb space
- Discover the anatomy of your pelvis
- Experience a stronger connection to your body
- Expand your ability to feel pleasure
- Release old emotions and patterns of relating
- Prepare for a gentler and more empowered birth
- Heal your feminine voice and expression
- Learn to listen to your intuition and body knowing
- Release negative thoughts or memories around birth
- Recover healthy boundaries and self-knowledge

Benefits:

- Profound Somatic Healing
- Increased bodily bliss
- Awakened sexual energy
- Enhanced creativity and self-trust
- Return to cyclical living
- Supporting fertility and menstrual health
- Healthy boundaries and self-expression
- Connection to one's own centre and root of being
- Reconnecting with voice of the heart-womb

Who is it for?

This method is for you if you yearn to...

- Clear old energy from your womb space
- Discover the anatomy of your pelvis
- Experience a stronger connection to your body
- Expand your ability to feel pleasure
- Release old emotions and patterns of relating
- Prepare for a gentler and more empowered birth
- Heal your feminine voice and expression
- Learn to listen to your intuition and body knowing
- Release negative thoughts or memories around birth
- Recover healthy boundaries and self-knowledge

Benefits:

- Profound Somatic Healing
- Increased bodily bliss
- Awakened sexual energy
- Enhanced creativity and self-trust
- Return to cyclical living
- Supporting fertility and menstrual health
- Healthy boundaries and self-expression
- Connection to one's own centre and root of being
- Reconnecting with voice of the heart-womb

Conscious Business Resources to Grow Your Practice

Below you will find several examples and business resources to help you structure the presentation of your work so that your potential clients will better understand what makes your offer powerful and unique. I have found that practical business tools are rarely covered in facilitator courses, and I genuinely believe that just getting a grasp on the handful of points presented here will help you grow more successfully.

1. *Structuring your Instagram bio*

Instagram is a go-to for many who are offering or looking for well-being experiences. Your Instagram bio is the very first impression people get, and it should tell them who you are, the techniques and methods you practice and what your specific offering is.

You can use the bio below as an example/template and change the words and emojis according to what fits you best. Your website or linktree URL will be right underneath your bio.

Women's Mentor & Transformation Facilitator

🌸 Holistic Somatic Healing®

🌸 Restorative Movement & Reiki

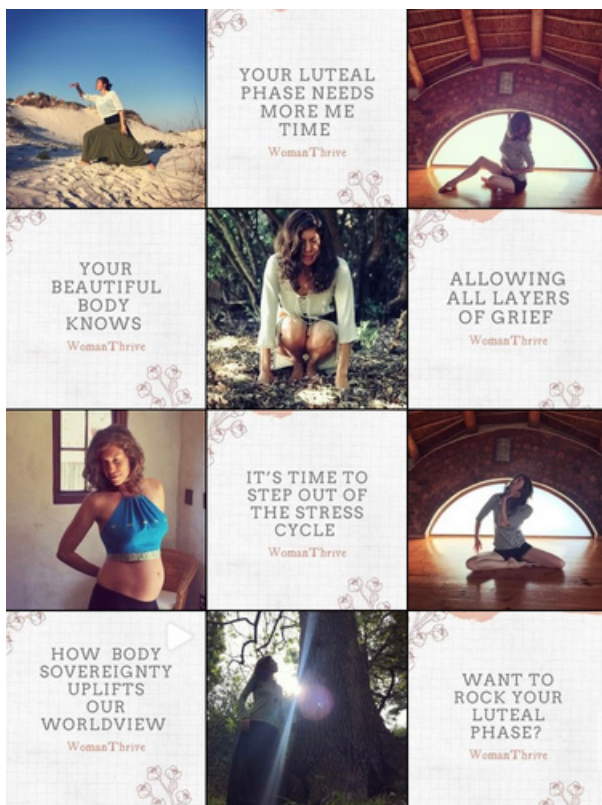
🌟 Join my newsletter & Connect with me 📌

2. Creating your Instagram grid & other best practices:

Instagram is a great tool to grow your online presence. It is a particularly popular way to for professionals in the spiritual and well-being field to connect with potential new clients, and in turn, for individuals seeking different modalities to find practitioners.

One of the first impressions people get when seeing your profile is your grid, or the way that the images on your profile look when combined. Below are some examples of grids where you will see a wide range of styles- some look more natural and organic, while others have specific alterations between image and text, as well as a more defined range of colors. Some show the facilitator's face more, while others focus on showcasing artistic or text images. You can use scheduling tools like **later.com** to schedule your posts for publishing, and also to see a preview of how your grid will look like as future posts are published.

Take the examples below as inspiration to start getting inspired about what you want your Instagram presence to look like. Ideally, your profile should represent who you are and the colours that you like and that you feel go well with your work.



Here are some other best practices for Instagram:

- Use a free tool like later.com to schedule and plan your posts in advance and preview what your grid will look like.
- When someone follows you, you may choose to send them a direct message thanking them for their follow and asking what brings them to your page. It helps to address the person by name, and take a genuine interest in where they are at in their journey.
- Keep your posts fairly regular (1-4x per week) and write about topics that are relevant to your audience.
- Before posting, try to engage with your follower's profiles for about 10-15 minutes first. This means commenting on their photos and liking their content. This generally helps boost visibility of your own posts once they are up.
- Take a moment to learn how to work with hashtags (see video resources below)

For those of you who want to dig a little deeper into what makes for great Instagram visibility, I recommend the videos below. They are all from the same youtube creator, and you can click on her profile to explore more:

[Hashtag Strategy](#)

[Connecting with Quality Followers](#)

[Planning, Scheduling and Automating Instagram Posts](#)

3. Creating and growing an email list

Email lists are a valuable tool you can work with to directly communicate with people who may wish to work with you. While there is a saying going around that "Email Marketing is dead", this is actually not true for any kind of offering that includes a personal touch. One of the most valuable aspects about an email list is that it is fully yours (unlike an Instagram profile, which can be taken down any day due to an error for instance). This also means that you get to tell much more in-depth stories, and that you can really speak to your audience in a direct, personal way.

Roughly speaking, the process of creating an email list works in a simple way: Get people to sign up to receive your emails, and then communicate with them on a regular basis (every 1-2 weeks) about your work and offers. This is not just a tool for you to get people to sign up to paid offers, but to genuinely share your wisdom and form a bond with your followers that will nourish both of you.

To manage the collected emails, you can use tools such as **mailchimp** (low cost) or alternatively platforms like **activecampaign** or **constantcontact** (in case you are looking for more refined options). I recommend watching the video below to get a better idea of how you might start building this very valuable list. Keep in mind that you have to have people consent to be on your list, so for legal reasons you should not be e-mailing anyone who has not actually signed up to be on your list. If you are based in Europe and/or have European clients, the rules of the GDPR regulation apply.

Video:

[How to build an e-mail list from scratch](#)

4. Getting help and support when you need it

There may be tasks that you wish to delegate to others as you grow your presence. I highly recommend thinking of collaboration and delegation as a key to growing in a way that gives you enough time to rest and minimizes stress. Tools like **upwork.com** offer you a chance to find skilled freelancers in different fields- whether it is for email copywriting, social media consulting and/or management, or really any other tasks you need support with. Make use of these and other tools (such as posting freelance job offers in related Facebook groups) to ensure you grow in a way that is sustainable and collaborative <3

Dream Journey Protocol No 1

Running with the Wolves

Come into a comfortable position lying on your back, your arms and legs resting on the ground and opening to the side.

[Start playing gentle music in the background. Make sure to put the song on loop or select a playlist where you don't have to change songs, so you can be fully present with the client]

Begin breathing fully in and out, your ribcage expanding to the sides, front and back with each inhale

Allow the flow of your breath to move you fully into your body

Taking you inwards with each wave in, and expanding you from the center with each wave out

Sensing the swirls and movements of energies within you

allow the ground underneath you to fully support you

Can you let go and entrust your body to Gaia?

Feel the back of your heels carried by the earth

your calves and thighs supported

Your pelvis. Its bony structure and soft tissues fully carried

Allow your sacrum to open into the earth

Feel your lower spine, middle spine and upper spine relaxing downwards

Releasing

Letting go completely

Feeling your arms supported

Relaxing your shoulders, your neck

and your head, the back of the skull softening unto the loving support beneath you

Carried. Held. Fully Relaxed.

Now invite awareness to drop into your pelvis, feel the subtle energies here

Feel the sensory awareness here. Allow your whole pelvis and all its structures to relax.

Invite your awareness to now spiral into your womb space, sending soft breath into this magical part of your body. Invite it to expand and soften here. [leave for 30 seconds] Feel that you are about to enter this alchemical chamber that lies embedded in your pelvic bowl. A divine doorway within your body, carrying profound wisdom messages and healing medicine for you.

Remember the feeling of awakening your pelvis. [insert whatever it is you worked on, for example: Sacrum, vaginal canal, the strings, connection between rib cage and pelvis]

Allow your body to feel once more the physical sensations you experienced.

[Leave the participant in silence for 1-2 minutes]

Invite your imagination to widen. Open the doors of your perception so you can see what is here. Allow your imagination to tell this story.

Begin to feel yourself connecting with the body of the earth. The deep, dark fertile soil that lovingly sustains life on this planet.

Take it into your hands, feel it in your fingers. Behold it. smell it. Place it near your lips. What does it feel like? What does it smell like?

You drop further down and begin to connect with the crystal realm and the feminine energies of the crystals. What do these spirits whisper to you?

[Leave the participant in silence for 1-2 minutes]

Feel how the earth lovingly carries your body, your pelvis and your whole yoni space as you open to this journey.

You are walking through a dense primeval forest. It is lush and damp.

It is just before sunset, and the magic of twilight begins to fill the air.

You continue walking, sensing the moist soil under your bare feet. You begin to approach a clearing. And you see a gathering of 9 wild women gathering, dressed in leaves and fur.

You hear their primal chanting and calls to the spirit world as they swirl around in an ecstatic dance, moving in fiery circles that are pulsing with life.

Around them, you see wolves gathered, in direct communion with the women. Together they howl and sing, in a symphony of primal sounds.

Their potent dance sends radiant spiral energy through your body, electrifying every cell, every element in your body

You take your steps into the centre of the circle, and you begin moving in a delirious dance

You feel nature pulsing through your, like deeply sensual rapturous waves

The women are speaking to you, raising their voices to ignite the wildness within you
What do they say? What magical words and secrets do they share?

[Leave the participant in silence for 1-2 minutes]

You begin to look down, and as you see your feet, you notice they have turned into wolves legs. You are ready to run wild.

The women look at you with a glance of acknowledgment and joy. You feel a wild force moving through you

And together with the women and the wolves, you begin running with your wolves feet.
Traversing denser parts of the forest,

reaching into wild meadows filled with fragrant flowers, the sunset illuminating your heart with the deepest sense of joy, enveloped in the freedom you feel as the wind brushes against your face

Together you run, run, run into the arms of nature

What do you see here? What does your heart recognise? Can you feel your soul light up? What ecstatic creatures do you encounter as twilight embraces you into its loving arms? What inner images and physical sensations can you sense?

.
.
.
. [Client continues journeying without your voice]

.
.
. [During this time, you can change to other songs, or slowly fade out the music and start playing a drum or other instrument of your choosing]. After 8-10 minutes, stop the instrument and fade the music from the beginning back in before you bring out the client]

.
.
.
.
.
.
.

Slowly allow the flow of your breath to bring you into the here and now, taking your time to integrate and receive.

Feel your body flooded with a healing energy. Speak out loud these words and feel them reverberate through every cell: I open to blossom into the ecstatic embodiment of my feminine gifts, to uncover the Healing Balm within me, as it heals my heart and the world around me. I am supported by all of life. And so it is.

[Leave the client in silence for 2-3 minutes here]

Together you run, run, run into the arms of nature

What do you see here? What does your heart recognise? Can you feel your soul light up? What ecstatic creatures do you encounter as twilight embraces you into its loving arms? What inner images and physical sensations can you sense?

.
.
.
.[Client continues journeying without your voice]

.
.
.[During this time, you can change to other songs, or slowly fade out the music and start playing a drum or other instrument of your choosing]. After 8-10 minutes, stop the instrument and fade the music from the beginning back in before you bring out the client]

.
.
.
.
.
.
.

Slowly allow the flow of your breath to bring you into the here and now, taking your time to integrate and receive.

Feel your body flooded with a healing energy. Speak out loud these words and feel them reverberate through every cell: I open to blossom into the ecstatic embodiment of my feminine gifts, to uncover the Healing Balm within me, as it heals my heart and the world around me. I am supported by all of life. And so it is.

[Leave the client in silence for 2-3 minutes here]

Dream Journey Protocol No 2

Your Inner Garden

Bring your attention fully into your body

Breathing softly

inviting your whole body to relax into the beat of life

Breathing deeply in

deeply out

Sending this vitalizing breath to flow through your feet, your calves, your thighs, your pelvis, your womb, your torso, your rib cage, your arms, your hands and fingers, your neck and your skull.

feel into your heart space, and invite it to soften and relax

feel the the back of your rib cage opening, softening into the ground beneath you

See liquid dark light all around you

begin to soften into it

Melting

Releasing

Surrendering [leave 60 seconds to relax]

Allow your awareness to now move into your womb space, sending soft breath into this enchanted portal. Invite the energy to gently expand and open here. [leave for 30 seconds] Feel that you are about to enter this alchemical chamber that lies in your pelvis. A profound portal within your body, carrying profound wisdom messages and healing medicine for you.

Remember the feeling of awakening your.... [insert whatever it is you worked on, for example: Sacrum, vaginal canal, the strings, connection between rib cage and pelvis]

Allow your body to feel once more the physical sensations you experienced.

You begin to see a deep glow from the distance. As you approach, you see it is a mesmerizing spiral, made of pulsating golden light.

You slowly start descending down the spiral as it entices you into its magnetic shimmer.

Moving further down with each step, taking you deeper into yourself.

Your body swirling round and round
You begin to reach the bottom of the spiral
and see an old wooden door in front of you
Behind this enchanted doorway lies your own inner world
A wild, lush, radiant place, a natural overgrowing garden, carrying all your deepest desires and
your most alchemical darkness
You slowly open the heavy door, and walk inside
It is night time in your inner world
with the moon overhead and the stars sprinkled across an expansive sky.
Drop in and allow yourself to see this inner wild place [leave 60 seconds]

You find yourself standing in front of a radiant woman, dressed in flowing robes and flower
garlands. Her eyes are shimmering with deep wisdom and heart-warming love. She is your
ancestral guide.

She is here to take you on a journey into the hidden parts of yourself.

“Are you ready to see clearly, to receive guidance on your most cherished heart’s desires?”,
she asks with her radiant warm smile lighting up your heart.

You hesitate for a moment, but deep down, you know that this is the path you are meant to
take. “Yes, I am ready”, you say.

She hands you a dark mirror. As grab a hold of it, you notice its deep reflection
You pick up the mirror, and you gaze into its dark reflection [leave 30 seconds]

In this mirror, you see [choose one of these that works best for your clients, feel free to come
up with other version that go in a similar direction]

- A reflection of your deepest desires, and messages about the path you have to take to see
them come to fruition
- A message from your spiritual lineage that is seeking to come through for your life
- A vision of a hidden gift that has been given to you through your ancestry, a secret talent
that is yearning to come through
- A message about your healing path and what it is your body wishes to communicate with
you

What do you see in this mirror? Is it a world filled with magical beings, or words and associations, or a memory from your own life that is yearning to be rewritten?

If you could allow your imagination to tell this story, what would you see here? Which beings would come through for you? Which feminine spiritual images would you see, communicating clearly with you?

Allow your imagination to open fully, and to tell you the details of the vision you see here. What sounds, smells, sights, textures and tastes do you find? Know that your radiant woman guide is always by your side as you discover this inner world. Stay with this and invite your inner vision to open completely

.

.

. [Client continues journeying without your voice]

.

.

. [During this time, you can change to other songs, or slowly fade out the music and start playing a drum or other instrument of your choosing. After 8-10 minutes, stop the instrument and fade the music from the beginning back in before you bring out the client]

.

.

.

.

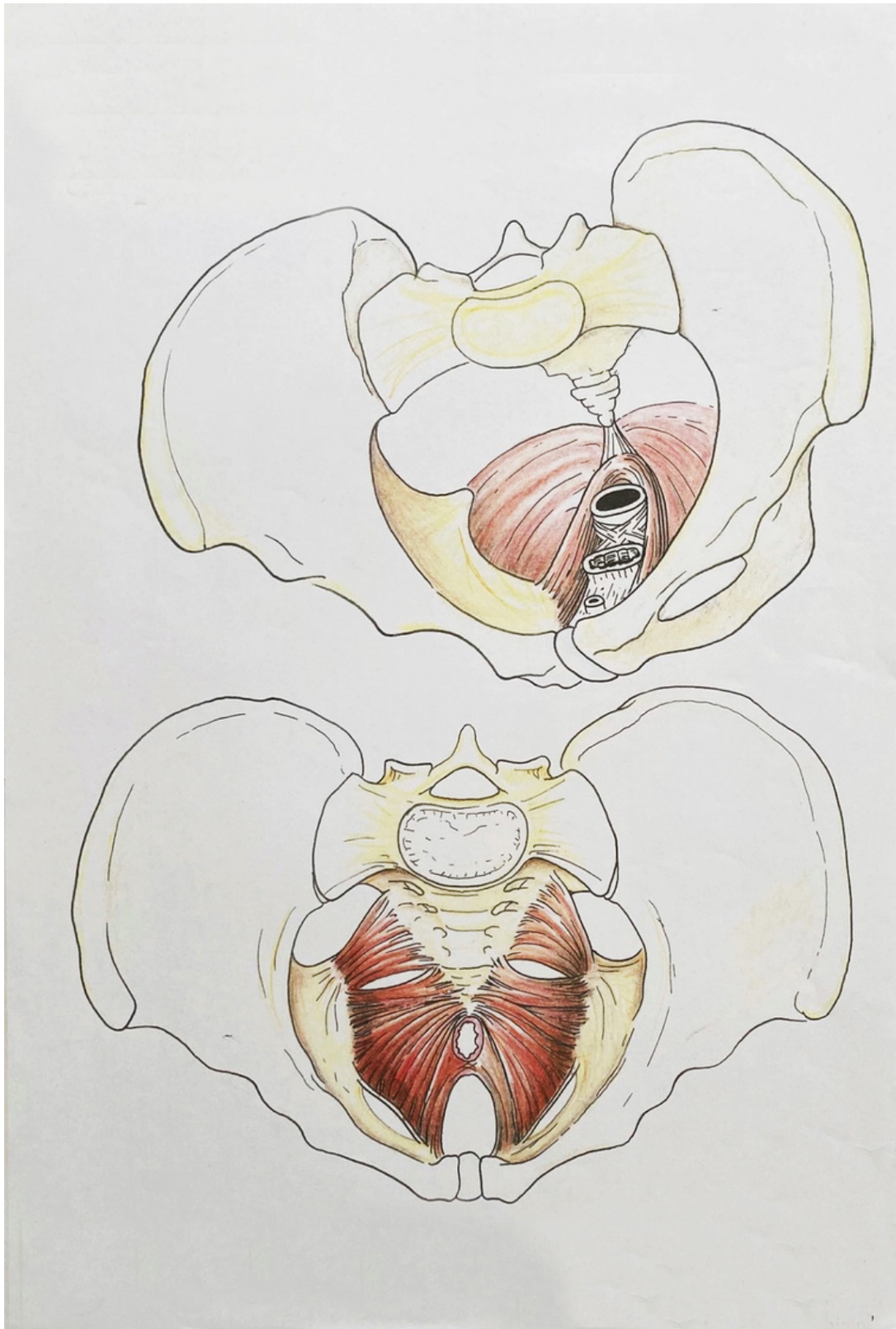
.

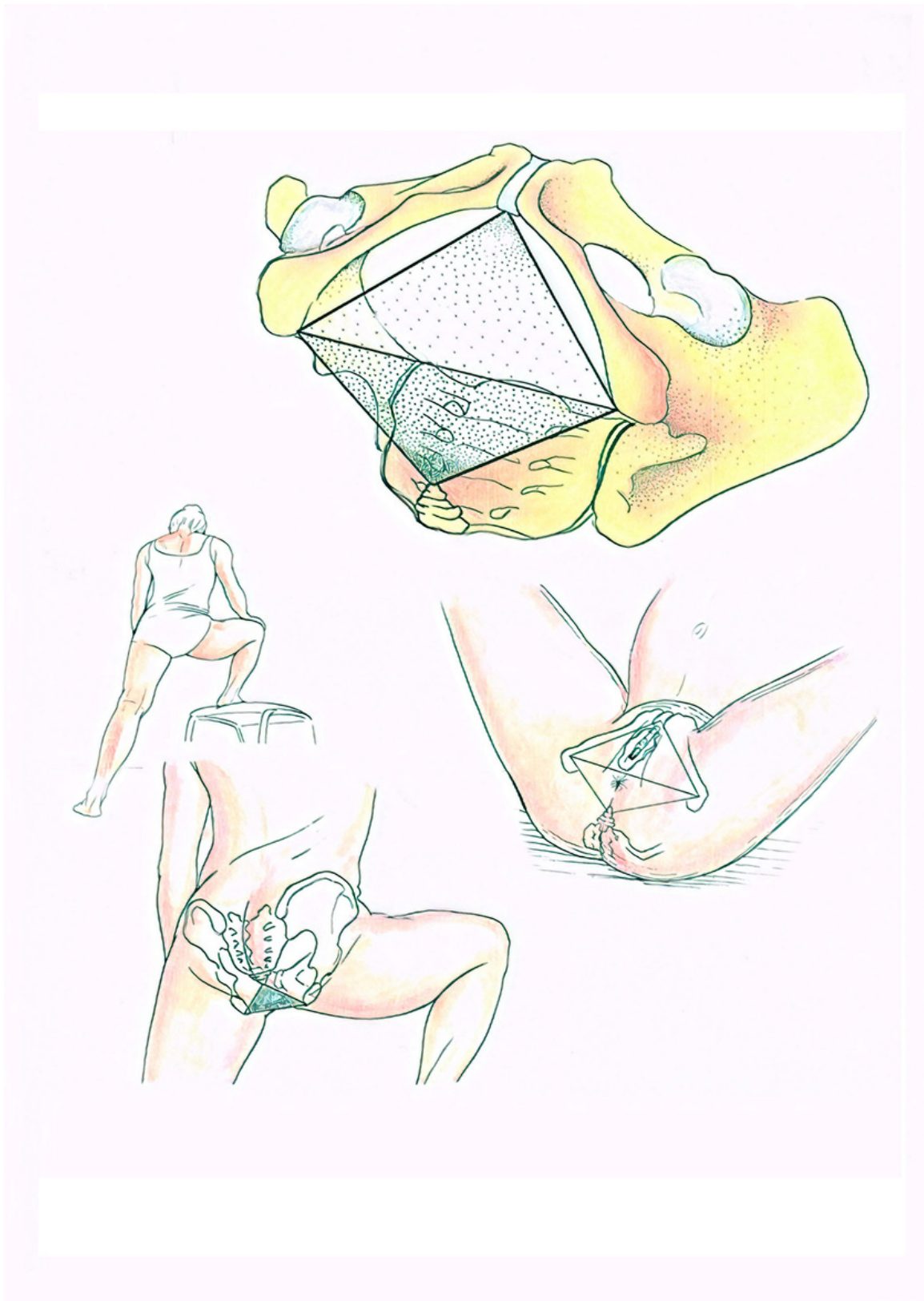
It is now time to end your visit to your inner garden, and to the world you discovered in the mirror. [leave short pause]

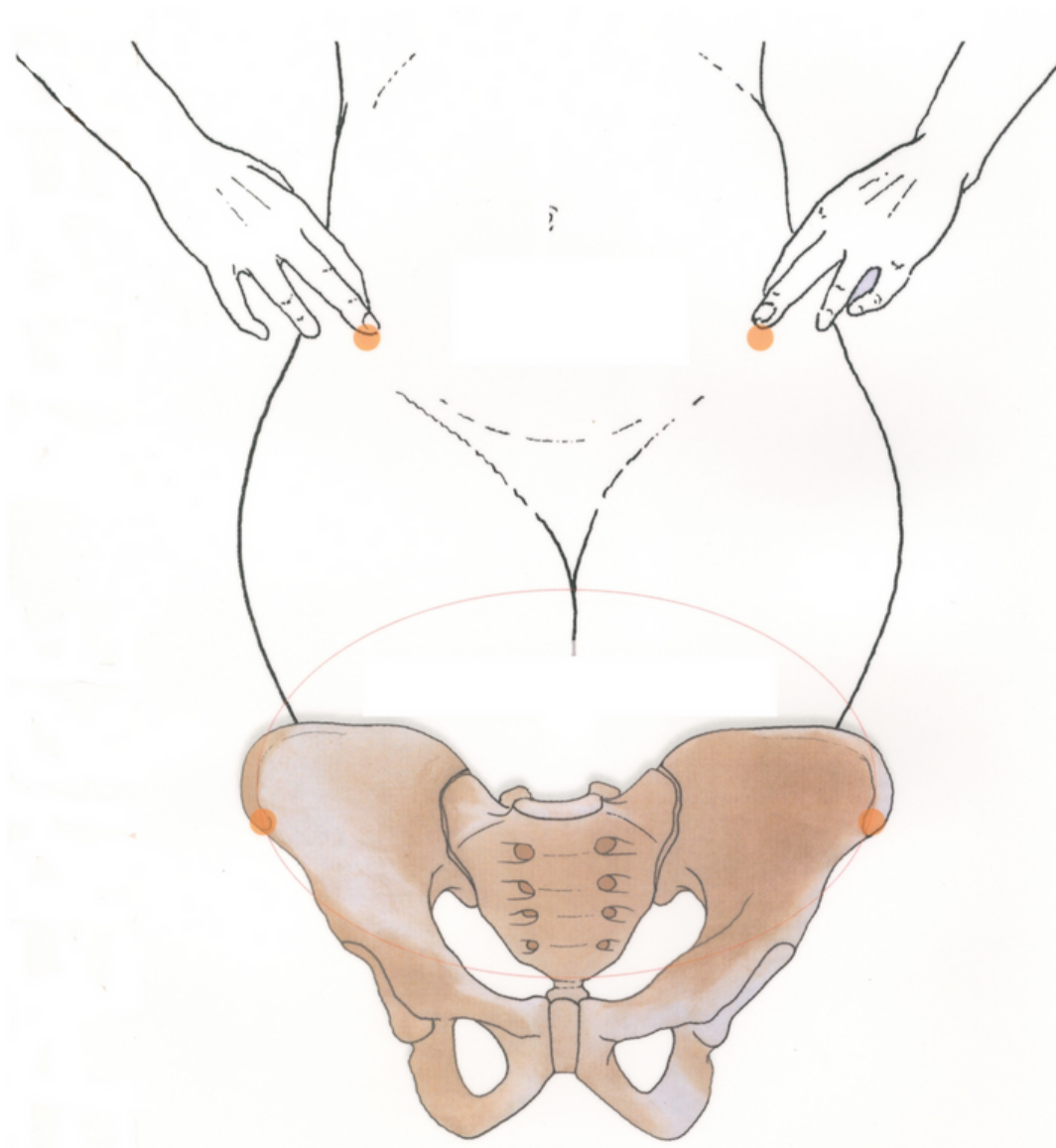
The reflection in the mirror begins to fade out of view, and you find yourself standing in your inner garden with your guide. Her smile lets you know that you are now ready to take all that you have learned with you. She lets you know that she is offering you her most loving guidance at all times.

You walk back through the garden together and towards the magical wooden door
You walk through on your own, closing it behind you as you step out
you begin to climb up the silver staircase
up and up
higher and higher
Until you reach the very top
Send your breath to flow over your whole body
coming back fully into the here and now
move your hands and feet
And feel yourself arriving into this room fully [take a 30-60 second break]
When you are ready, come to roll to one side slowly, keeping your eyes closed]
[Leave the client here for another 1.5 minutes before inviting her to sit up and start writing]

ADDITIONAL ANATOMY DRAWINGS







Planning for Alchemy

-Creating Longer Events & Retreats

To work with Holistic Somatic Healing® and Integrative Pelvic Health® we need to create a soft and grounded space that naturally invites opening, trust and connection. Planning & organizing the logistic elements of your retreat will help you craft that solid container where a deep unfolding and healing can occur. At the same time, trusting in your own abilities as a facilitator is equally important. This document is designed to give you a condensed and more in-depth overview of key elements that go into holding longer events or retreats (2-10 days).

Feel free to use the following as checkpoints as you prepare and keep this booklet handy for later- it will be useful to you as you grow in your offering. For online retreats, simply leave out the parts that do not apply.

Grounding Down to Reach Up: Practical Aspects

- Select suitable dates, keeping in mind how holidays or seasonality may interfere with or support your plans.
- Leave at least 4-5 months for shorter events, and potentially even 7-8 months for longer events.
- Select a venue based on the following considerations:
 - Does this venue have a grounded, cocooned and feminine energy?
 - Does it offer a natural setting (do you hear bird and animal sounds, is there greenery around, is it far from busy roads and protected in a safe space of its own?)
 - Is it suitable for the activities you have in mind? (Check if vocal expressions and louder sounds are welcome if this is what you work with, and be sure it has all the spaces such as a pool and spa facilities that you may need for special activities)

- Do you have a heart connection with the managers and/or owners, do they feel aligned and heart open? Ahead of time, let the management know what your work involves.
- Is there a main area, such as a yoga shala, that is private (can be visually isolated if needed for privacy)? Is it filled with natural light, as well as grounding and feminine? This will be a main space for you to gather around, so it should feel airy, well energized and beautiful to you.
- Does the broader area suit your ideas for the retreat? For instance, do you prefer a surrounding area that does not offer too much distraction, or do you want your participants to be within walking distance to other sites? This may be a fit for you if you believe there is benefit to participants applying what they learned in 'real-life settings' throughout the retreat.
- Check the price per room and night, and whether you have to pay the full amount or just a deposit.
- How many participants are necessary for the retreat to make sense- financially and in terms of group dynamics? Is there a limit to group size? Always add on 20-30% extra cost to what you calculated in total, as there are *always* unexpected costs.
- Does the space provide comfortable mats, pillows, blankets and everything else you will need for your activities?



- It is important that you feel fairly compensated for your work. Make calculations in advance and price your retreat accordingly. If this is your very first time holding a retreat, you may also check out other offerings of similar duration, held in the region where you wish to offer your retreat, to get an idea of the possible range of prices.
- If you are co-facilitating with someone else, decide on who is guiding which session, basing it on your combined strengths and backgrounds.
 - This should be someone you have good chemistry with.
 - Be honest and truly heart-centered in this collaboration. Agree on payment / profit splitting in advance.
 - Your communication with each other should be clear and consistent throughout.

Select a meal option

- Check in with the on-site restaurant and determine if they can cater light, delicious and healthy food. The food needs to be yummy and generous for the experience of the feminine to fully blossom.
- Do not save on food- this is a vital nourishing part of the experiences, and a retreat or longer event can really be dragged down by low quality food.
- It is often a good idea to offer sufficient healthy, light vegan options or ask the restaurant to cater fully plant-based. Plant-based food carries a very different energy signature from animal foods. While we should honor every perspective on food and this is by no means the only way of approaching the topic, plant-based food overall has a more light-filled, earth-based energy that can support you and the group in a deeper process. See what feels best for you and your retreat. Mixed, or all veg food.
- While it is generally recommended to keep the group together for meals, you may decide to offer moments where they can go out on their own and move freely in flow, and perhaps get a meal somewhere else. Tune into what feels right for your retreat.

Balancing Structure and Flow

- Once we have done all we could to provide a safe container in the practical aspects, we have to learn to let go of wanting to control the setting too much.
 - Too much control or lingering anxiety of losing / having our position shaken reaffirms a lack of trust, while relaxed grounded faith in the process makes everything exponentially more magical and aligned for all involved.
- Remember, we are moving away from hierarchy-oriented ways of spirituality into a deeply individual, flowing and feminine connection that each woman is empowered to find within herself.
 - Challenge yourself to let go and leave moments of free exploration and introspection for participants. You are simply here to guide and stay grounded in joyful humility, a path that will bear amazing fruits for you.
- Remind yourself that integration is one of the most important elements to any professionally guided practice.
 - To make a container authentic and organic, you have to leave sufficient time for everyone to rest and also to step in and occasionally out of the group space, into a feminine inner dream time that can often only be felt in private.
- The more faith in the process you have, the less you need to try to keep the container together- it will simply happen organically. As a result women will feel a genuine, heart-based calling towards an experience that is free of coercion and filled with trust, flow, and personal guidance that is heard and honored. This is what the true return of the feminine is all about.
- To balance the free flow, make sure your sessions and days are structured in clear ways.
 - Review what you learned in your training with the School of Embodied Healing Arts, and remind yourself that a session has to be delivered with solid and resonant structure, from the heart but also clearly guided.
 - Ensure you have a clear idea of what each session centers around, while leaving enough room for spontaneity and integration.



- As you become visible with your retreats, practice cultivating positive relationships towards other facilitators in the retreat arena. This is the joyful abundance consciousness we are called to step into with the rise of the feminine, and in my experience, it is often the hardest aspect to transmute as facilitators.
- At all costs, avoid negative talk about other teachers to any of your participants, even if only in very subtle or implied ways. This will not only bring your own power and energy down, it can also limit the positive growth behind your practice, as well as erode trust of your students in you- even if they may never tell you this directly.

- Choose the path of goodness of the heart and abundance, a path where we all get to disseminate our work, and nobody has to compete in order to blossom and thrive. That's the old way of a very dry, hierarchical and unbalanced masculine structure that wants to grasp at knowledge, and to a certain extent, power. Do not let it invade your offerings. Instead, choose to grow into the New Balanced Way.
- This guidance applies even more if your participants eventually become facilitators of their own, or are already teaching in any capacity. We are all here for a unique purpose and even though our ideas and words may sound similar at times, it is important to stay fully rooted in the divine flow and an unshakable trust of your own path.

- Even with two women trained in the same path, giving the exact same session down to all the details, the experience of the participants will still be completely different. Trust that it is not so much what you teach, but how you teach, from your own unique heart essence & innocence, which will make the deepest impact on others- the kinds of experiences they tell their friends and family about with a deep sparkle in their eyes.
- If you are feeling a need to compare or keep tabs on others' work, or see others' contribution in a negative light, take a moment to lovingly welcome these feelings and what they are here to teach you. It is not uncommon, and very normal to experience this at some point. Choose to witness these feelings truthfully, and see what arises to be released. A great gift may be held here for you.
- The more you can be an example of lived faith and goodness, the more you will be rewarded beyond your wildest imagination, and you will feel immense joy and pride every time you see someone inspired by your work – knowing that they cannot help but make their own unique contribution which will elevate what you do if you simply let it do so. Trust, let go and leave the rest to divine unfolding.



Being a Powerful Guide- Key Elements in Your Teaching Methodology

- Before each session you guide, take some time to write out the structure and the intention behind the session, while still keeping an open mind about how it will all unfold.
- If someone asks a question you do not know the answer to, simply say: “That’s a good question. Let me find out and get back to you.” Remember, being genuine and professional means showing that you, too, are a student, rather than someone trying to maintain a position “above” the participants. It will only strengthen the trust amongst your group and the deep power of your work.
- As much as possible, see your retreat as a collaborative experience. Many facilitator trainings use words like “power dynamics” to describe what happens in a group process, but it’s important to be aware that *this wording too* stems from an old unbalanced rational-mind / masculine paradigm. Rather than thinking of power, see the retreat and all your offerings as *collaboration and a mutual heart opening*.
- When you approach your participants in this way, you are much less likely to come up against resistances and will experience an amazing heart-centered community.
- In the rare case that someone should act in a way that feels difficult or disruptive to your event, take a deep breath into your heart, ground yourself firmly into the earth and *only then* speak to this woman from your heart space. Here’s what you can offer in this situation:
 - Lovingly ask her to take a break if it feels like this is what she truly needs.
 - If you feel your group can continue the process for a few minutes on their own, you may choose to step to the side or maybe even outside the shala to take a moment to assess what feels like the best choice for her at this time (she may take a walk and then come back into the group, go rest in the room, or maybe practice some grounding on her own etc.)
 - Sometimes people just need to be heard, and perhaps this person is having some grievance with the event or retreat.

- Take time to listen, knowing that it is not to be taken as a personal criticism, but simply an unfolding process that this woman is moving through. We never fully know what is going on inside someone else, and you lending an ear in that moment may change this person's whole path as a student and teacher.
- Keep in mind, something that seems like a disruption at first often becomes an incredible opening and learning experience if you navigate it gracefully. For example, it may open the round for deeper expressions, or may gently resolve something that has been lingering in the air so you can have an even more connected and magical experience together.
- The more you stay in a heart-open, grounded space, the safer the participants will feel, regardless of what comes up. It is a great strength to remain open and stable, without the need to 'defend' yourself in times of challenge.



- You can also gently offer healthy boundaries and directly let the person know if you feel that taking a break from the event would truly benefit her. Think of boundaries as the structure that gives form to the feminine flow, rather than something “protecting” you. You are free to be open without emotional armour.
- The key is to not take it personally, but to see it as an unfolding process that you are helping to facilitate. It’s not about you, but about that individual’s unique path that we can never judge from the outside. This makes acting in a clear-headed way much easier.
- Always remember to speak and act from a heart-open space.

- Don't forget to invite sharing! This is an important part of integration and should never be skipped. It also helps you grow as a facilitator by receiving feedback.
- When you are having sharing sessions at the end of a process, don't be afraid to give guidance on how long the sharing should be.
 - For example, inviting participants to share 2-3 phrases or words sometimes works better than inviting longer stories, as often these first phrases will come straight from their intuitive selves, while later on the rational mind may take over and go into past narratives. It also helps keep the energy moving and keep the rest of the group engaged. When useful and possible time-wise, you can also open up the round for longer, open-format sharing.
- Learn to take organic feedback from your group and introduce slight changes to the schedule where needed. Integration time and flexibility is vital.
- Practice setting and clearing the space before each day or session (using sound, smoke, smudges etc.), and remember to apply the practice of Embracing the Space (you don't necessarily have to tell participants about this, you can do it before anyone comes in, or internally while everyone settles in by taking a few deep inhales and exhailes together. This practice is very potent and it works!)
- Always ask for the highest divine guidance to lead your actions, and then trust.



Getting the Word Out- Letting the World Know about your Work

- Use your existing social media channels to post about the event.
- Create a Facebook event and invite those who may be interested.
- Join various conscious and spiritual FB groups from across the world and share your event there.
- Where suitable, create flyers and share them in locations around town where women who are interested can see them.
- Create a page on your website for the retreat, with a button that allows participants to register and/or contact you.
- Write out a bio and include trainings you have completed. You can mention that you completed the Integrative Pelvic Health® facilitator training to help set you apart as someone who solidly bases her work on the body and on research.
- With time, build an email list to help you with spreading the word.
- When needed, consider hiring freelance help such as copy writers, marketing material designers etc.
- Create a posting schedule on your Instagram page ahead of the retreat. For example, you can highlight a different element of the retreat over 3-6 posts spread across several weeks or months. Consult the Social Media document to start planning this.
- With each promotional piece of material you create, make sure it feels genuine, joyful, heart-aligned and true to what you want to birth in this world.
- You can prepare feedback forms for the end of the retreat to help you fine tune future retreats. If you do this, be sure that the form is anonymous and doesn't ask for the participant's name. Otherwise you may not get the honest feedback you seek from everyone.

As the Retreat Approaches....

- Let yourself be inspired on what you wish to share and trust your intuition here- this is essential, as it is also what you are teaching other women to do.
- Ask your participants to sign the waiver before coming (shared on our course content page at the very end)
- Let everyone know how they can pay. For registrations that are far in advance of the event, paying a deposit first and the rest just before the retreat will work best for many women. If someone registers closer to the date, a full payment is usually easier.
- Create a template for an email that confirms registration and be sure to send it to participants as they sign up.
- Specify a refund policy in your website's general terms and conditions.
- Be ready to receive questions and offer basic guidance for women coming in from afar or abroad.
- Send out a reminder and welcome email 7-10 days before the event, greeting the participants heart-fully and letting them know how excited you are, and also communicating if there's anything they need to bring (notebook, special clothes etc). Leave a number where they will be able to reach you at any time (for example a local number or a whatsapp number).
- Trust that all will be well and place it into the universe's hands.

And last but not least, remember to savour the magical experience that is your retreat <3

About "Alignment" - An Important Note

As you continue your practice with, women may approach you with the question about "alignment" in relation to the pelvic organs, especially in regards to the uterus. An image of the pelvic organs is shown in the anatomy pictures for week 3.

This short write-up will help you better understand what is referred to here, and how your work creates a unique contribution to the health of your client's pelvic organs.

From the perspective of movement anatomy, alignment depends on many factors, and it is important to note that there is not one absolute alignment that is always correct.

The uterus, just all like other tissues in our body, has a range of movement, and problems can arise when this organ does not have the possibility to adapt and move as needed. This can create a situation where this organ is "stuck" to a small range of movement or repeatedly held in a position that is not supportive of optimal health.

Thus it is good to realise that it is not a question of one absolute alignment, but rather it is a question of this organ being to respond to the necessities of the moment. It is also important to note that the word alignment comes from medical anatomy which studied the structure of dead bodies, lying in the same standard position on the back- while our work is working with anatomy as a moving, breathing, living practice that takes many shapes.

.

It is therefore highly recommended that you instead always speak of trophism as the key element in your work. Just like for all other structures in the body, it is trophism that ensures the uterus is able to absorb nutrients and release waste materials, which then in turn allows for healthy movement, adaptation & positioning of the uterus within the pelvis.

All the exercises you share for the pelvic floor muscles also help recover trophism in the neighbouring pelvic organs, as these are closely connected to and intertwined with the pelvic floor muscles. Practicing in a position that unloads the weight of the viscera from the pelvic floor (e.g. lying down, lying on the side, on all fours with forearms down etc) are particularly interesting here. **In short, recovering trophism in the pelvic organs helps bring them into their optimum state, which includes the possibility to react to different situations in life instead of getting stuck in one condition or position.**

There may be different urgent situations where 'fixing' the position for the pelvic organs through touch therapy and manual adjustment can be vital and highly beneficial.

However, in order for the pelvic organs to be able to maintain healthy trophism and positioning over time, a sustained long-term approach and repetition of exercises is needed. This is why you should view your work with Integrative Pelvic Health® as a long-lasting practice that is geared towards changing the habits & sensory awareness of your client.

As trophism is recovered, soft tissues in the pelvis that have had very little circulation and movement—as is the case when scar tissue is formed, for instance—are given the support they need to return to a more optimal state.

Intuitive Diagnostics

Intuitive Diagnostics is a process by which the client and the Integrative Pelvic Health® Facilitator discover and weave a story of healing. It is a simple but powerful step-by-step approach to allowing a natural course of the session to unfold- one that is organic, woven into the life of the client and guided by both the facilitator's *and* the client's intuition.

Please note that the same steps apply for a group setting, with the exception of step 1 where you will have less time to tune into each individual's situation.

During this process, we **do not** in any way impose our own explanations / interpretations. Instead, we open to a co-creative dynamic to craft a session that intuitively feels in alignment with the client's needs. This means that we listen and acknowledge, and keep an open heart and mind throughout the session so that the client herself can find the answers to her questions. We see this process as an open-ended, evolving journey, and ultimately it is the client who decides what it all means. She is the dreamer of her own dream, and we are simply here to support her process of finding her own healing balm. It is recommended that you take notes during your conversation, while still keeping your attention with the client. Make sure the space is set and you welcome participants with a loving, kind quality. If you work with a group, you can smudge them as they come in.

Step 1: Questions and prompts to explore with your client (suited for 1-on-1s)

What brings you here today?

What are the sensations in the body you are experiencing?

Tell me how you feel in your emotional space?

What have you noticed recently in your relationships?

What is it that you would most like to manifest at this time?

Close your eyes, place your hands on your pelvis/womb, take 3 slow breaths in and out, and ask yourself: what words are coming to mind? Just go with the first ones that arise.

Step 2: Choose what you will work on

Look at your notes and notice which words stand out to you the most. Close your eyes and ask your own intuition- which body practice and which dream journey will be best for this client? Write down what you chose, and try not to overthink this process too much. When you are leading a group, you can pre-choose the theme of the workshop and therefore pre-determine the bodywork practices and dream journey in advance.

Step 3- Bodywork Practice:

Choose 1, 2 or maximum 3 bodywork practices that you feel are suited for your client. They should intuitively feel to you like they are in alignment with what the client wants to manifest / is currently working on. For example, if someone is working on grounding and boundaries, you could work with the exercises that focus on the bones (week 1) and guide a journey that focuses on this body part. Make sure you always give *more time to integrate than you spend practicing*, especially in between the moments of practice.

Step 4- Dream Journey Practice:

As you lead into the Dream Journey, make sure to remind your client once more of the physical structures you discovered. For example, if you worked with the Strings Exercise beforehand, you can say something like "Feel the strings you have connected to, and the four points where they insert. Feel the creative, powerful energy from this body part. Now move your attention to your breath, and feel it moving through your whole body..." and then take them into the visual journey from there.

This Bridging between the physical and spiritual is a great tool for your client to see how this newly discovered structure in the body connects to the new inner realm that is about to be discovered. Make sure you have a template ready for the Dream Journey, so you can follow it and feel comfortable that you don't have to create a whole guided journey from scratch. You will receive easily adjustable templates for this later in the course.

Step 2: Choose what you will work on

Look at your notes and notice which words stand out to you the most. Close your eyes and ask your own intuition- which body practice and which dream journey will be best for this client? Write down what you chose, and try not to overthink this process too much. When you are leading a group, you can pre-choose the theme of the workshop and therefore pre-determine the bodywork practices and dream journey in advance.

Step 3- Bodywork Practice:

Choose 1, 2 or maximum 3 bodywork practices that you feel are suited for your client. They should intuitively feel to you like they are in alignment with what the client wants to manifest / is currently working on. For example, if someone is working on grounding and boundaries, you could work with the exercises that focus on the bones (week 1) and guide a journey that focuses on this body part. Make sure you always give *more time to integrate than you spend practicing*, especially in between the moments of practice.

Step 4- Dream Journey Practice:

As you lead into the Dream Journey, make sure to remind your client once more of the physical structures you discovered. For example, if you worked with the Strings Exercise beforehand, you can say something like "Feel the strings you have connected to, and the four points where they insert. Feel the creative, powerful energy from this body part. Now move your attention to your breath, and feel it moving through your whole body..." and then take them into the visual journey from there.

This Bridging between the physical and spiritual is a great tool for your client to see how this newly discovered structure in the body connects to the new inner realm that is about to be discovered. Make sure you have a template ready for the Dream Journey, so you can follow it and feel comfortable that you don't have to create a whole guided journey from scratch. You will receive easily adjustable templates for this later in the course.

Setting the Space-Inspiration

Create a space that is comfortable for all participants (offering pillows, mats, blankets and ideally access to drinking water), while also appealing to the heart through natural aesthetics. You may wish to first clear the space with sage or similar smudging and by opening windows for fresh air. For decoration, you can use flowers, leaves, crystals, cards and oracle decks, incense and candles. Choose background music that is soothing and deep.





Inviting Visions- Key Strategies

"But I am not getting anything"

This is a phrase you will frequently hear as a facilitator of Integrative Pelvic Health and Holistic Somatic Healing. It may be after a body exercise that students are telling you that they are not feeling "anything", or after an inner dream journey. With the exercises, simple repetition or changing of position in space (coming to lie down on the back with knees flexed, come to lie on the side or on all fours resting on the forearms) will usually work.

If you encounter this issue after a dream journey, you may have to try a few tools to get the woman to trust herself. Remember, it is most often the case that we are taught to ignore our most basic feelings and intuitions, and many of us dismiss our hunches before they can even arise. The intuitive side of this work is all about not judging that, and making it easy for women to reconnect to a basic sense of intuitive guidance.

Here are the steps you can take to make sure your participants are comfortable in beginning to re-open their magical doors of perception. Step 1 is recommended for all sessions as it helps immensely for the rest of your time together. Make sure participants either bring or always have available through you a pen and paper. You can also offer colour pens so that visions can be drawn out.

1. At the beginning of your session or group workshop, introduce dream time.

The easiest way to do this is to share these words with your participants:

"Today we will work with dream time. Dream time is a state of consciousness where we simply allow everything to come to us, where all that happens in our rational mind, in our imagination, in our intuition and in our body is part of the sacred messages we are meant to receive. Take a moment to close your eyes. Notice the first thought, word, image, colour, or feeling that comes to you. Take note of what it is. Now open your eyes- this is dream time. Take a moment to write it down [this is important]"

2. As you guide participants into the dream journey, ask them to allow their imagination to tell the story. You can literally say: *"Allow your imagination to tell this story."* This will help them know that it is not meant to be a booming, massive revelation they receive, but that their imagination *is* that portal through which the channeling happens.

3. Once you come out of the journey, some participants may have nothing to write down or feel like they didn't get any vision. In this case, ask them a simple question: *"If you didn't feel like anything arose during the dream journey, ask yourself how you feel right now, in this moment. If a good friend asked you how you are feeling, what would you tell them now? Allow your words to flow from there"*. Often times this simple prompt will unblock a lot of things, and even make them remember that they received something in the dream journey after all.

4. If the participant at this point is still not writing, accept that this is the path she has to take at this time and know that it is all a process. Allow the session to move forward, and in a group session, allow the group to speak about what they saw and experienced. This will often awaken something in that participant and eventually give her exactly what she needs.

5. Add a bonus message: Ask everyone to draw an oracle card at the very end. This allows even those who felt like they didn't get a strong insight during the session to feel like they are going home with a clear message.

Throughout it all, know that it is normal that some women will simply need more time, and that it is never about you, but about their own process- always. These 5 steps will help you make sure you are ready for pretty much all scenarios.

*Additional Somatic Practices
for body, dreamtime & soul reconnection
for Women*



RITUAL OF THE LOVER



Our inner Lover invites us to fully ignite our sensuality and to open to receiving the masculine energy in sacred union.

For this ritual:

▼ Activate your yoni pleasure ▼

Yoni is a sanskrit word for vulva and is considered the most sacred name for the feminine crown. Thorough this ritual, we anatomically activate this portal for pleasure & joy.

Come to lie down with your knees bent and feet hip-width on the floor.

Begin to feel your vaginal canal. You can place a finger just at the opening and then feel the rest of the canal extending up into your pelvis. See the canal as divided into 3 parts: a lower, middle, and upper part.

Continue breathing normally without holding the breath and send the instruction to your body to engage the lower part of the canal only.

The first times, it is likely that you are engaging many other muscles, but just sending the instruction begins the process of sensitization. Do this 6 times. Then move on to the middle part and upper part of the canal.

Once done with all three parts, continue breathing normally and then imagine engaging them one part after another in a fluid motion: first, second and third part engaging, keeping this sensation for a few seconds and then relaxing.

As you do this, imagine energy being pulled all the way from your clitoris, to your g-spot and your cervix, and feel into this energy.

On the relaxation of all three parts, see the energy moving down the yoni canal and blossoming at the bottom of the pelvis, imagining a radiant flower opening its petals. Repeat this as many times as you wish and notice what you feel.

Music recommendation for this ritual:

Peruquois, Come My Love

RITUAL OF THE CRONE



Our inner wise Crone guards the deepest secrets of the womb, and represents our cervix as the gatekeeper of the endless ocean of black light extending beyond it.

For this ritual:

▼ Immerse in Dream Time Womb Breathing ▼

Light a candle and incense of your choice and prepare pen and paper.
Lie down on the floor in a comfortable position with your hands gently on your womb.

Begin breathing consciously and pay attention to the rhythm of your breath.
Don't force your breath into a specific rhythm.

Send your inhales to your entire womb space, like spiral of light swirling in, and on the exhale, see any burdens releasing as grey matter into the floor. Stay here about 3 minutes.

The begin to breathe love and kindness into your cervix .
Allow your imagination to see a crone in your inner vision
What does she look like? Which energy does she carry?
Does she have any messages for you? Imagine, what would those messages be?
Ask the energy flows of your cervix to gently open
Begin to enter its magical dream space, allowing its mysteries to unveil themselves.
Merging with your cervix... breathing from it... becoming it .
What do you see?
What feelings, sensations, sounds and voices arise?
What physical feelings or memories are you aware of?

Continue journeying with your imagination, allowing it to open and expand playfully.
After 5-10 minutes, come out of the journey and write down everything that came to you, starting with the question "How do I feel right now?". Keep this paper and watch out for related coincidences that unfold in your life, knowing you can always visit this inner world.

Music recommendation for this ritual:

Kiss of a Rose, Deuter



“THE VALLEY SPIRIT NEVER DIES.
CALL IT THE MYSTERY, THE WOMAN.
THE MYSTERY, THE DOOR OF THE WOMAN IS THE
ROOT OF EARTH AND HEAVEN.”

~ TAO TE CHING, LAO TSU, ENGLISH VERSION,
URSULA K. LE GUIN



RITUAL OF THE MOON WOMAN



Our moon time is when we are blessed with blood flowing freely from our bodies, carrying healing stem cells and a renewal power known as the nectar of life in many traditions. Moon Woman invites us to celebrate our flow and release any false imprints of shame.

For this ritual:

▼ Honor the Sacred Blood ▼

Across many cultures, women gathered in Moon Colleges as a way to celebrate the time of menstruation. This part of the month was known as profoundly sacred, a magical doorway into a woman's deepest power. Menstruation was the first shamanic journey. In our current culture, we have lost our connection to the blood, leaving us with a negative feeling about our periods and even creating physical disturbances.

This feeling of forgetting and the pain in our bodies are calls for us to reclaim this part of the month as a sacred portal. Even if you are not menstruating, you can call in your flow by engaging in moon time rituals during new moon or full moon. For women in their moon-on-pause, their powerful blood is now retained in the body and can be honored by celebrating the cycles of the moon.

Here are the elements of Moon Woman ritual to can help you connect with your blood:

- Take the first days of your Moontime to rest deeply, or don't make any plans for your evenings, and be as relaxed and quiet as possible. Keep a journal and notice what arises.
- Gift your blood to the the womb of the earth by soaking your pads and tampons in warm water, allowing all that was released in the last cycle to be transmuted. Whenever possible, avoid using conventional pads & tampons and opt for organic alternatives instead.

MEDICINE WOMAN VOW AND PRAYER



*I open myself to the Great Womb Awakening,
My heart expands into Love's radiant unfolding,
I vow to return to my Medicine Woman gifts,
To uncover the Ancestral Healing Balm within me,
As it heals my heart and the hearts of others,
Anchoring the true Divine Feminine on our Mother Earth,
I vow to leave no darkness unseen, no shadow without healing,
I am a pilgrim on the Path of Love,
My return to my womb's pristine gifts heals the Earth
and brings love into the darkest of places,
I leave my heart unguarded, in its full radiance,
I embrace all my sensations; nothing is left behind,
My surrender to the divine flow is my power,
I celebrate my sexuality as a gift of life itself, primal and free,
I long to merge into union within myself and another,
I abandon myself to Sacred Relationship,
Merging my Womb with the Womb of Gaia,
I vow to return to her exquisite sensuality,
My life is part of a Great Womb Weaving
I offer all to this Awakening,
Calling the Guardian Spirits
of the Pristine Land from where we came,
Beloved Great Mother, bear witness to my prayer.*



Copyright © in text 2021

Sanja Hurem

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner,

by the School of Embodied Healing Arts

<https://www.embodiedhealing.co/>