



# *Pelvic Journey Handbook*



FOR THE GATHERING AT NOUR  
WELLBEING, APRIL 22, 2022

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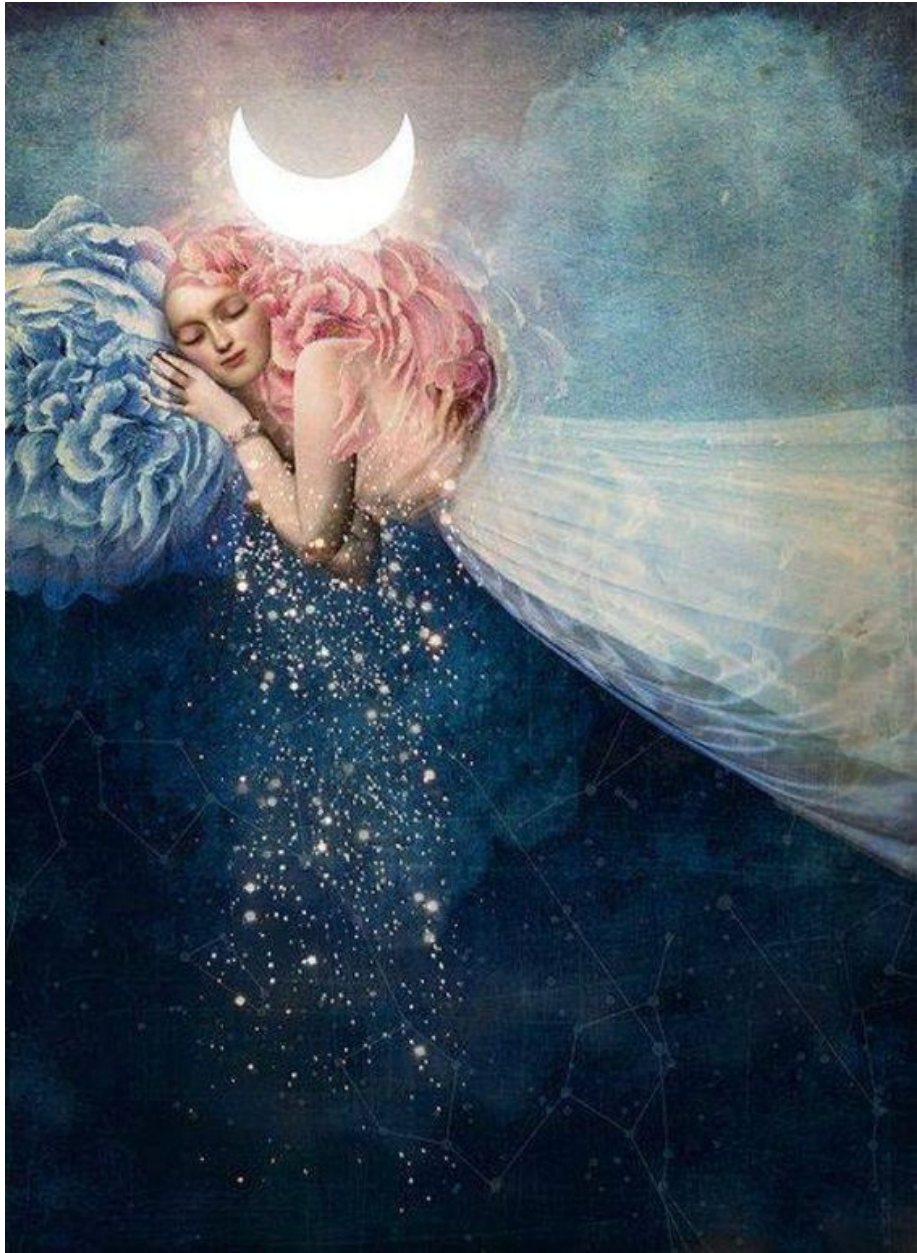
*<https://www.embodiedhealing.co/>*

*All information given in this book is based on the personal and professional experiences of the author and should not be taken as a substitute for medical advice.*



“Woman, you belong to the night.  
You have blood on your thighs  
and fuhrze in your hair.  
You smell of loamy fertile soil.  
Your breasts give life.  
Your sex is a mystery school  
leading to the holy of holies.”

~ Aisha Wolfe



# WELCOME TO THE WISDOM PATH INTO THE FEMININE BODY



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.

When you joined our [Pelvic Journey Workshop](#) you entered a path into a sacred, hidden and embodied part of yourself- a place where our most pulsing desires and our most precious healing for a radiant body lives.

It is very normal to feel that this work is new, or that we have some apprehension or resistance at the beginning. Remembering the practices in our journey together will help you to reconnect with this experience in a way that will release any limits, whether in mind or body, and open the gateway for you to discover the gold that lies hidden here.

When we we take this journey, 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.

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, to the sacred female body, to that which happens in the physical and brings us fully back into the here and now, and into contact with this inner portal where our greatest gifts lie.



*"She felt no interruption between the earth and her body as if the same sap and rhythm ran through both simultaneously, gold, green, watery, or fiery when you touched the core."*

*~ Anais Nin*



# BODY-SOUL ALCHEMY: SELF-EMPOWERED BODYWORK



One of the qualities that makes the Integrative Pelvic Health® method distinct 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.



*"As if you were on fire from within,  
The moon lives in the lining of your skin."*

*~ Pablo Neruda*





# *Exercises for Self-Practice at Home*

## 1ST EXERCISE: CONNECTING WITH THE 4 POINTS



- Come to identify the sit bones as well as the coccyx-pubis points
- Notice that you can walk up and down the height of the pubis. We are particularly looking to feel the lower ridge of it.
- You can use your hand to touch all points.
- Take a moment to breathe and sit with each touch
- Once you have done this, see a string connecting sit bone-sit bone and coccyx-pubis
- See what happens when you imagine shortening the string between the sit bones, and let your body feel what occurs. Do this a few times.
- Do not interrupt the breathing at any point, keep breathing normally.
- Then, see what happens when you imagine shortening the string between the coccyx-pubis, and let your body feel what occurs. Do this a few times.
- You can keep exploring this, following what feels right for your body.
- Whenever you feel ready, you can call into action all four points, seeing both strings shortening.
- Give yourself ample resting time between each interval, recognizing that the body needs time to feel what has changed.
- Repeat the exercise involving all four points several times.

## 2ND EXERCISE: FLEXIBILIZING THE RIB CAGE



- Come to lie on a mat, lying on the back
- Bend your knees and place your feet on the floor
- Breathe here for a few moments. Feel yourself getting ready to explore the thoracic (breathing) diaphragm that can help us remove the daily pressure from our pelvis.
- Lying on the floor, take one hand to touch the chest, then the chin (at this point, make sure your elbow is rotated in front of your body), then the forehead and the floor above your head.
- Then bring your hand down the exact same way, touch forehead, chin, chest, and rest it on the floor. Take time to rest during the intervals.
- You can begin to notice that it's more natural for the body to inhale as the arm comes up, and to exhale when it comes down.
- Repeat this for several rounds on the same side, then do the same on the other side.
- After resting, do the same with both hands. Allow the hands to touch all the points on the way up, feel the rib cage, and then bring the arms back down.
- As always, it is important rest a longer time between each interval.
- Repeat this several times.

3RD EXERCISE:  
FLEXIBILIZING THE RIB CAGE  
+ FEELING THE 4 POINTS  
+ ADDING VOICE OPTIONAL



- Lying on the back, identify where the 4 points of the pelvis are.
- Next time the arms are above the head, shorten the two strings between the four points.
- You can notice that it is easier to inhale as the arms reach up, then engage the four points, and exhale as you relax the points and bring the arms back down.
- Always rest after you are done with one round.
- Repeat this several times in a slow way, and savor each step. Do not skip any steps in the movement.
- Rest after you feel you have repeated this sufficiently.
- If you wish, you can repeat this exercise, and add one more step, namely when your arms are at the top above the head, hum (mmmmm) and then engage the strings. When the humming is done, bring the arms back down and rest.
- After a few rounds, you may choose to open the mouth to make an aaaa sound, with the steps staying the same.



*“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 Tzu, English version,  
Ursula K. Le Guin*



# Additional Practices to Awaken the Subtle Aspects of the Feminine



## 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 recommendations for this practice:

Kiss of a Rose, Deuter  
Jennifer Berezan, Returning



## ANOINT YOUR BODY'S SACRED POINTS

Our inner Maiden teaches us to awaken to our womb, to become aware of its power to create, and to step into a sense of profound innocence, joy and budding sensuality.

For this ritual, anoint your body's sacred points

Take a few deep breaths and send prayers and softness to your womb. Feel your feet firmly rooted on the earth.

Bless the Sacred Sites in your body with a flower essence or essential oil

Both of your feet  
Your Womb and lower belly  
Your heart space  
Your throat center  
Your third eye (between brows)  
The palms of your hands  
The back of the heart

Your lower back and Sacrum  
Your feminine 3rd eye (back of head where neck meets the skull)  
Imagine you are weaving a web of light between all these body parts.

Then come to lie down on your back, place your hands on your womb and visualize rose petals of energy swirling in your womb, awakening your yoni from the inside and reaching all the way into the womb. Connect with the feeling curiosity, excitement and blossoming sexuality. What does this feel like? Allow yourself to journey with this sensation.

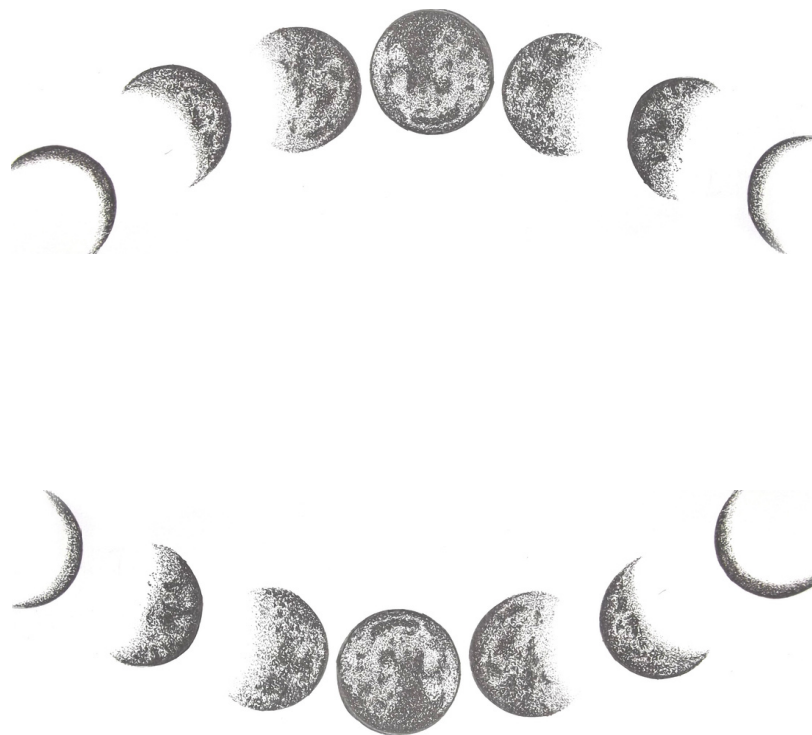
Music recommendation for this practice:  
[Voice of Many Waters, Esteban Antonio](#)

# MEDICINE WOMAN VOW AND PRAYER

Inspired by the feminine teachings that came before, and dedicated to all those that are yet to come. Repeat this to yourself out loud every time you wish to reawaken the feminine space within you.



*I open myself to this Great Feminine 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.*



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