

A photograph of a woman lying on her back, eyes closed, with her hands resting on her forehead and abdomen. She is wearing a red top and a red beaded necklace. The background is a soft, out-of-focus grey fabric.

Medicine Woman Handbook

*Body Practices to Awaken Your Feminine
Intuition, Womb Wisdom & Pelvic Health*

by the School of Embodied Healing Arts



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Sanja Hurem

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*All information given in this book is based
on the personal experiences of the author.*

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“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 WOMB WISDOM PATH OF THE MODERN MEDICINE WOMAN



The pelvis and womb are centers of feeling, physical sensation, birth, life force, conception & creativity in its many forms. Now is the time for us to reclaim this forgotten part of ourselves, a part that has been shamed and silenced due to its sheer power to create, enchant, transform mesmerize and embrace.

As we step into into our own power as women, we become the weavers of a new reality. Many traditions that existed all across the world saw the womb as a potent space filled with the pulsing river of the deep feminine.

This second heart of the female body has been forgotten, as many practices relating to women's health and wisdom were forced into hiding.

The remembrance of our womb wisdom is now making its way back into our shared awareness as we move into a new time that honors the feminine wisdom which brings healing balm to a world out of balance.

You are part of this massive wave of awakening happening all around us.

As you awaken your emotional and physical awareness of your pelvis and womb, you naturally begin to trust your body and the intuitive signals it sends you. You discover that within you there is well of insight ready to guide you as you heal your own heart and help light the way for others.

The feminine heart can never be removed or cut out- its pristine innocence remains untouched, waiting for us to make our way home to it.

The practices here are designed for you to awaken the archetypes that live within, so that they can bless your life and ignite your innate gifts. You will also be guided on somatic practices that are more body-based so that you can root yourself firmly in embodiment. Your intuition, sensuality and wisdom are all waiting to be awakened on this path.



"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."

~ ANAÏS NIN



RITE OF THE MAIDEN



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 rite, awaken your body's key points ▼

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

Bless the your body with a flower essence or essential oil

Touching both of your feet
The back of your knees
The bony parts of your pelvis
Your Womb and lower belly
Your heart space
Your throat center
The space between your eyebrows
The palms of your hands
The back of the heart
The top of your head

Then come to lie down on your back, place your hands on your pelvis and see rose petals of swirling in your womb space, 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 stay with this sensation and take notes afterwards to acknowledge everything that arose.

Music recommendation for this ritual:

Jennifer Berezan, Returning



“AS IF YOU WERE ON FIRE FROM WITHIN.
THE MOON LIVES IN THE LINING OF YOUR SKIN.”

~ PABLO NERUDA



RITE OF THE LOVER



*Our inner Lover invites us to release shame around our pleasure and
fully ignite our sensuality.*

For this rite:

▼ Activate your yoni pleasure ▼

Yoni is an ancient word for vulva and is considered a loving and powerful name for the feminine crown. Thorough this practice, 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



"I DWELL WITHIN THE SILENCE,
IT IS I WHO POURED FORTH THE WATER.
I AM THE WOMB THAT GIVES SHAPE TO THE ALL."

~ TRIMORPHIC PROTENNIA



RITE OF THE CRONE



Our inner old wise woman, known as the crone, guards the deepest secrets and represents the gatekeeper to our inner wise nature. Symbolically, she is often associated with the cervix, the opening connecting the vaginal canal with the womb.

For this rite:



Immerse in 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 pelvic bowl, 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? 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



SOMATIC WOMB HEALING



To really heal your womb space and reclaim this feminine center, you must pass through the physical and move beyond just 'energy'. In a world where it is so easy to get lost in words, one of the most radical things we can do is get back into the nitty-gritty of our physical bodies — and in women's womb work, this is the forgotten key that changes everything.

For this rite:

▼ Heal your womb somatically ▼

Somatic comes from the greek root word soma, and means the body, or the living body. We frequently hear the womb & pelvis referenced in energetic terms, but are rarely taught to experience our own pelvis as a sensory, body-based structure— leading many women to feel that they have to rely on mystical insight or guru-like figures.

Self-empowered and body based knowledge, on the other hand, roots us fully into ourselves. Here are 3 practices for you to reclaim your womb in an embodied way:

- ★ Learn to feel the bony structure of your pelvis. Practice palpating your sit bones, pubis and sacrum. Place a palm on or under each of these parts, breathe & stay for 3 min.
- ★ Notice the interplay of your breathing & pelvic floor, and work with modalities that go beyond 'breathwork'. Unbeknownst to many, these are fundamentally masculine practices originally created by male teachers, leaving out essential insight on female pelvic health.
Move into gentle, slow breath awareness.
- ★ Lying on the back, lift your pelvis up on a pillow to give uterus gets a rest from daily downward pressures. A healthy womb position is supported by our pelvic floor, which hold the uterus like a hammock, but also our ability to counteract daily pressures. Changing pelvic orientation creates better circulation & a potent way to nourish organ position.

The return to your bodies will organically activate your intuition, creativity and all the other ethereal qualities you seek. It's where the secret of the feminine lies, waiting for us to claim the somatic wisdom in plain sight.

BONUS: WOMB-VOICE CONNECTION



Did you know that your pelvic floor & womb are intimately connected to your primal voice. Starting all the way with your embryonic development in the womb, the canal that houses your vocal chords and the one making up your pelvic openings used to be one tube before splitting into two. This intimate connection always stays with you.

Stagnation in these body structures is a reason why so many women have trouble freeing their voice to its full potential. Through body practices, we can loosen these invisible rigidity patterns that limit our expression, finding a primal, raw voice that runs all the way from the pelvis up to the mouth.

In this practice, you learn to awaken the physical connection between womb & voice:

- Set a cozy space with candles, a yoga mat, music and incense.
- Stand up with feet hip-width, let your tone come out of our mouth, not forcing it but rather letting it bulge out gently towards your chin.
- Notice how your throat & chest feel, and stay for 2-3 minutes. Continue breathing smoothly.
- With the tongue bulging out, begin to move your eyes & look at all corners of the room. The eyes connect to the throat area & impact voice expression.
- Then come on all fours. Continue with the tongue out and eyes looking all over.
- As you do this, let a full 'Aaah' sound to come out. Then begin to move and snake your spine all the way from the pelvis to the neck, tongue & eyes still moving.
- Go on for 5-6 min, then lie on your back & relax.



Deep pelvic floor from above. ©Embodied Healing Arts

~::~~ABOUT THE AUTHOR~::~~



Sanya is a Dream Journey Guide, Anatomy Professional and lead facilitator of Feminine Somatic Practice. Building on a rooted repertoire of professional backgrounds, Sanya leads with a grounded, open-hearted quality that invites your natural radiance to shine. Her courses reflect her comprehensive experience as teacher & student of body-soul practices, including Somatic Dreamtime®, Perineum & Movement®, Breathing Kinetics, Womb Wisdom Arts & Vocal Freedom Practice.

She is trained as a Transdisciplinary Holistic Education Specialist and holds a Masters (MFA) in Creative Arts, lending a pedagogical expertise and imaginative depth to her offerings. As co-founder of the hub for an internationally acclaimed anatomy school, she specialises in grounding feminine work in a somatic experience, rooted in physical step-by-step discovery of the body's true anatomical structures.

Sanya is the creator of Holistic Somatic Healing® & Integrative Pelvic Health®, two internationally accredited anatomy-based modalities with practitioners in 20+ countries.





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