

# Holistic pelvic health

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*Women usually only focus on pelvic health when they're pregnant or there's a problem. However, it is here that our true creative centre lies. Julia Rossmanith reports.*  
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**M**ENSTRUAL difficulties, pelvic pain, incontinence, and fertility issues are just some reasons a woman might direct attention to her pelvic health. However, once these problems are solved her uterus and pelvic organs are quickly forgotten, unless ongoing discomfort brings awareness back to this area. Yet it is here in the pelvic bowl that we conceive, grow to fruition and give birth, both physically and metaphorically: not only to babies but also to creative projects. This centre is a woman's powerhouse, her core. Until now, women's pelvic health has not usually been addressed in terms of mind, body and spirit, says Tami Lynn Kent, founder of Holistic Pelvic Care™, and author of the book *Wild Feminine: Finding Power, Spirit & Joy in the Female Body (Beyond Words)*.

"Today's women have chronic pelvic tension because of habits that maintain pelvic stagnation, such as prolonged sitting, and a general disconnect from the feminine," she says. "They learn to live with the pelvic imbalances that result from accumulated stress and childbirth, unaware of the alternative - a healthy pelvic bowl and a strongly creative energy flow. Balancing pelvic energy may require that a woman expand her self-expression, grieve a past wound, or restore a lost creative pursuit. In this way, pelvic imbalances offer guidance for rediscovering the wild feminine landscape."

## What can go wrong?

The pelvic floor is made up of muscles and ligaments that act like a hammock to support internal organs. It can be weakened by the weight of a growing foetus, vaginal childbirth, chronic constipation, and chronic coughing. Kent has found that postural patterns, emotional stress, energy blocks, and trauma can also cause tension in pelvic muscles, restricting the flow of blood and energy, and leading to muscular imbalances, which can contribute to menstrual problems, fertility challenges, endometriosis, fibroids, haemorrhoids, uterine or bladder prolapse, and lack of progress in labour. Typically women are

Women can hold intergenerational trauma and emotions such as grief and shame from ancestors in the pelvis and womb.

taught Kegel exercises to strengthen the pelvic floor, but if the muscles are imbalanced these exercises can lead to one quadrant of the pelvic floor working harder than others. "Over time, muscular imbalances affect a woman's pelvic stability and root health," says Kent.

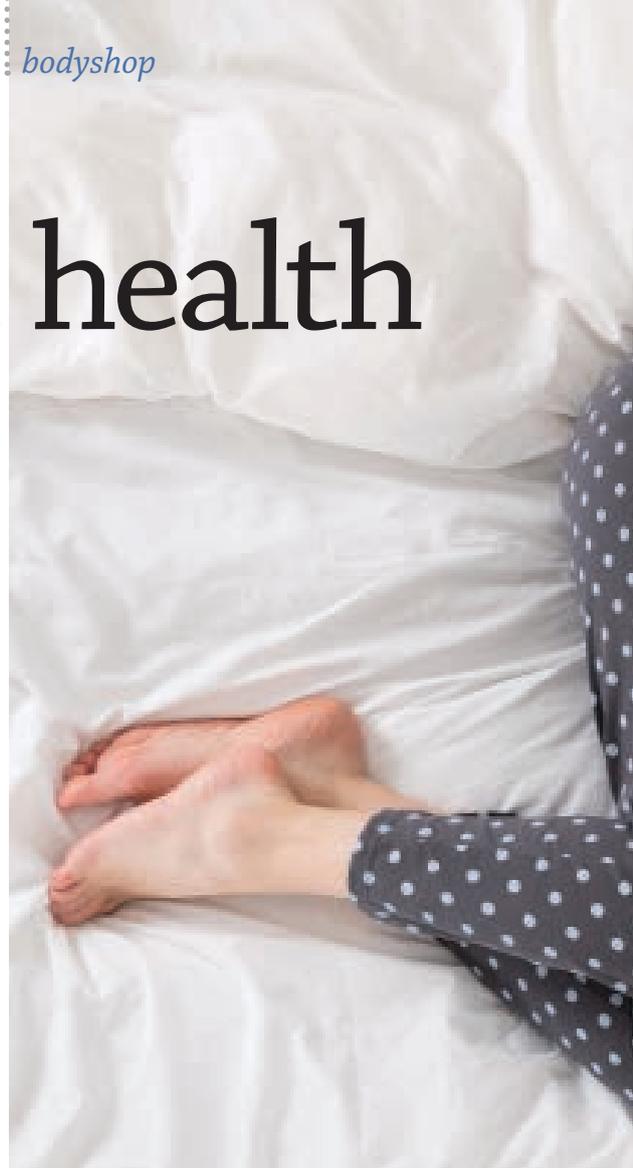
## A holistic solution

### 1. Bodywork

A Holistic Pelvic Care™ practitioner restores balance in the female pelvis to strengthen core muscles, enhance pelvic energetic vitality, improve sensation, provide support for infertility, help recovery after pregnancy and childbirth, and reconnect to the beauty of the pelvic bowl. During a Kegel exercise, tension patterns are noted, helping to direct treatment. The pelvis is then rebalanced through techniques such as intervaginal massage with myofascial release (physically or energetically), trigger point work, visualisations, breathing exercises, and energy work.

### 2. Visualisation

Close your eyes and bring your attention down to your pelvic bowl, the root of the female body.





## **Profound shifts**

“In my work with women, I have witnessed profound shifts and healing of deep wounds on both the physical and energetic level once the pelvic area has been consciously reclaimed,” says Kent. “One woman had constant pain around her left ovary for years. An initial assessment identified intergenerational trauma, and after two treatments and self-care tools, she reported that her symptoms had diminished drastically. A year later she is still pain-free.”

“Many women also suffer from shame associated with their pelvic area. The result is disconnection from the pelvic bowl, which can have a range of consequences including issues with fertility. By releasing old emotions like shame, women discover a well of joy and the confidence to begin creating from their dreams.”

It may feel unfamiliar and even foreign; you may feel tense, uncomfortable, or distracted. Just keep breathing into the area. Then begin by walking the perimeter of your pelvic bowl, starting at the front and moving right and continuing around to the left. Visualise the cleansing of your pelvic bowl and see any stagnant energy leaving and moving down through your root and into the earth. When you finish, visualise golden light filling your centre.

### **3. Express your wild feminine**

The ovaries, with their potential for creation, provide a woman with creative energy as long as they are balanced. With their distinct qualities, the left and right ovary work together so that you can express your creative fire, your true spirit. Even when an ovary is absent, the energy remains. The left ovary connects to the true, receptive feminine, while the right connects to a woman's external roles in the world. Nurture your left ovary by writing in your journal or reading an inspirational book; nurture your right ovary by honing a new skill or taking action on one of your dreams.

### **4. Manage emotions**

Unaddressed emotions, such as sadness, fear and rage, are held in the root of the female body, causing tension. You may feel a heaviness in this part of the body without knowing why. Loss in all forms, such as lost opportunities and miscarriages, can settle here. With focus on this area, these emotions can be addressed, enabling stagnant energy to be cleared and released. “Clearing stagnant energy and emotional burdens from the pelvic bowl, we have more creative energy,” says Kent.

### **5. Nurture your feminine nature**

In this results-orientated world, a woman can forget to nurture her feminine, receptive nature. Returning to the root of your body helps you to stay centred and calm. Find time in your daily routine to pause and be still, even for a few minutes. Sit uninterrupted with a cup of tea, lie in the sunshine, light a candle. Bring awareness to your womb space and feel the energy there. The uterus holds or releases energy as it follows its internal creative cycle. Consider shedding self-limiting beliefs. Ask yourself what you would like to hold onto in your life as a woman. ✨

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