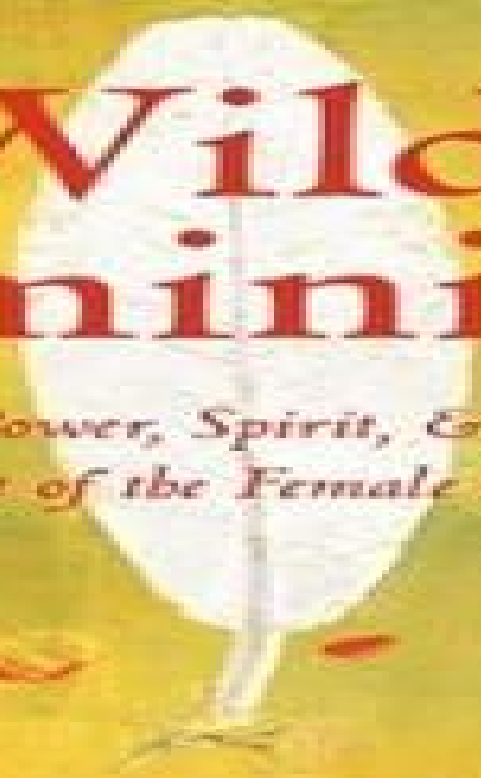




Wild Feminine

*Finding Power, Spirit, & Joy in
the Root of the Female Body*

TAMI LYNN KENT

*"Wild Feminine is the medicine that we all need to bodily reclaim
the power and pleasure that are our birthrights."*

*—Christiane Northrup, M.D., author of Women's Bodies, Women's
Wisdom, Mother-Daughter Wisdom, and The Wisdom of Menopause*

Wild Feminine Finding Power Spirit And Joy In The Female Body

Cheri Dostal Ryba



Wild Feminine Finding Power Spirit And Joy In The Female Body:

Wild Feminine Tami Lynn Kent, 2011-02-22 Ladies Tap into the wisdom of your womanhood and learn through real stories helpful visualizations and creative exercises how the sacred pelvic bowl supports and informs your ability to be creative self heal and feel empowered in your life *Wild Feminine Finding Power Spirit Joy in the Female Body* offers a unique holistic approach to reclaiming the power spirit and joy of the female body and the understanding of its connection to creative energy flow By restoring the physical and energetic balance in the pelvic bowl women can learn to care for themselves in a nourishing and respectful manner heal spiritual fractures and renew their relationship with the sacred feminine In today s age of women needing to reclaim their feminine power and bodily autonomy Tami Kent founder of Holistic Pelvic Care and a women s health and physical therapist provides a framework for healing the body and navigating the realms of the feminine spirit Through pelvic bodywork healing stories visualizations rituals and creative exercises women can explore the deep and natural wisdom inherent in the female body *Wild Feminine* reveals the amazing potential of the female body the potential to create to heal and to transform energy at the core of all womanhood and radically shift your relationship with your body and spirit *Wild Feminine* gives you the tools to awaken and retrieve your ancient wild self restore your joy and creative energy and reconnect to your sacred center

Wild Mothering Tami Lynn Kent, 2024-05-07 Takes a holistic approach to women s health and offers gentle guidance through the emotional and physical transformative process of pregnancy birth and motherhood Drawing on her work with thousands of women and the energy of the pelvic bowl the author teaches how to access the creative potential of your centre and the profound medicine it contains for all aspects of mothering and living creatively

Goddesses Never Age Christiane Northrup, M.D., 2016-12-13 THE NEW YORK TIMES BESTSELLER Though we talk about wanting to age gracefully the truth is that when it comes to getting older we re programmed to dread an inevitable decline in our health our looks our sexual relationships even the pleasure we take in living life But as Christiane Northrup M D shows us in this profoundly empowering book we have it in us to make growing older an entirely different experience both for our bodies and for our souls In chapters that blend personal stories and practical exercises with the latest research on health and aging Dr Northrup lays out the principles of ageless living from rejecting processed foods to releasing stuck emotions from embracing our sensuality to connecting deeply with our Divine Source Explaining that the state of our health is dictated far more by our beliefs than by our biology she works to shift our perceptions about getting older and show us what we are entitled to expect from our later years no matter what our culture tries to teach us to the contrary including Vibrant good health A fulfilling sex life The capacity to love without losing ourselves The ability to move our bodies with ease and pleasure Clarity and authenticity in all our relationships especially the one we have with ourselves Taking all the right supplements and pills or getting the right procedure done isn t the prescription for anti aging Dr Northrup explains Agelessness is all about vitality the creative force that gives birth to new life *Goddesses Never Age* is filled

with tools and inspiration for bringing vitality and vibrancy into your own ageless years and it all comes together in Dr Northrup's 14 day Ageless Goddess Program your personal prescription for creating a healthful soulful joyful new way of being at any stage of life

The Fourth Trimester Kimberly Ann Johnson, 2017-12-26 A guide to help support women through post partum healing on the physical emotional relational and spiritual levels This holistic guide offers practical advice to support women through postpartum healing on the physical emotional relational and spiritual levels and provides women with a roadmap to this very important transition that can last from a few months to a few years Kimberly Ann Johnson draws from her vast professional experience as a doula postpartum consultant yoga teacher body worker and women's health care advocate and from the healing traditions of Ayurveda traditional Chinese medicine and herbalism as well as her own personal experience to cover how you can prepare your body for birth how you can organize yourself and your household for the best possible transition to motherhood simple practices and home remedies to facilitate healing and restore energy how to strengthen relationships and aid the return to sex learning to exercise safely postpartum carrying your baby with comfort exploring the complex and often conflicting emotions that arise postpartum and much more

Pelvic Yoga Therapy for the Whole Woman Cheri Dostal Ryba, 2022-05-19 Focusing on women's pelvic health through yoga therapy this evidence based resource covers the intersections of biomechanics self study through yoga philosophy emotional resilience pain science and dynamic strategies for pelvic embodiment Integrating pedagogical frameworks that differentiate yoga therapy from pelvic floor physical therapy the book demonstrates how they can work together by including somatic education and case studies It also covers breath patterns mental constructs and conditioning and baseline body awareness taking the practitioner through the journey of self assessment building the therapeutic relationship and ongoing embodied practice Looking at the individual rather than pelvic health as a sole diagnosis Yoga Therapy for the Whole Woman is an invaluable guide for yoga teachers yoga therapists movement and fitness professionals and healthcare professionals working with women with pelvic floor challenges

28 Days Lighter Diet Ellen Barrett, Kate Hanley, 2013-12-23 Most women who are dieting do not realize that PMS and weight gain are connected and that to really lose weight increase energy and feel better they need to consider their monthly cycle Now The 28 Days Lighter Diet teaches women how to embrace their monthly cycle and follow its guidance so that they know when to push themselves when to treat themselves to some well earned rest and how to keep their hormones in balance It explains what to do during every week of the month to shed excess weight ease PMS and do it by working with your body instead of beating it into submission The female body changes from week to week and traditional diet and workout programs never acknowledge this phenomenon This easy to follow 28 day plan is an innovative combination of modern research and ancient traditions It outlines a core program of dietary suggestions fitness guidelines specific exercises and lifestyle recommendations for each of the phases of the menstrual cycle and how to take care of yourself throughout the month

Searching ... Donna Linn, Suzan J. Wells, 2018-09-27 Perhaps the way you have

been living is no longer working for you or maybe you feel there must be more to life Do you feel you would like to try a different path Are you looking for something new You already have the answers to your questions you just need to reach out and take them Discover how to access them through the world of energy and healing You can create positive lasting change and experience new possibilities insight and understanding Searching A Peek into the Invisible World of Energy and Healing explores the many options for healing available Healing yourself receiving healing and learning to give to others Twenty first century healing modalities Innovative modalities Established healing modalities Healing with the body Kick starting your healing In this simple and accessible guide coauthors Donna Linn and Suzan J Wells share their wisdom describe the things they wish they had known earlier and provide resources for further exploration You can change your energy and change your world Magical Fashionista Tess Whitehurst,2013 Teaches you how to use fashion as a magical tool to amplify your beauty and create the destiny you ve always imagined This title shows you how to select clothes shoes jewellery and other accessories that can help you look and feel your best and manifest positive life changes *Daring to Rest* Karen Brody,2017-11-01 What if you could reboot your health tap into your creative self reclaim your wild nature lead from your heart and still feel well rested As modern women we re taught that we can do it all have it all and be it all While this freedom is beautiful it s also exhausting Being a worn out woman is now so common that we think feeling tired all the time is normal According to Karen Brody feeling this exhausted is not normal and it s holding us back In *Daring to Rest* Brody comes to the rescue with a 40 day program to help you reclaim rest and access your most powerful authentic self through yoga nidra a meditative practice that guides you into one of the deepest states of relaxation imaginable It s time to lie down and begin the journey to waking up Though it comes from the yogic tradition yoga nidra doesn t look like a typical yoga class the entire practice is done lying down As you listen to a guided meditation you re gently taken into complete inner stillness effortlessly releasing into a healing state that works on both cellular and subtle body levels With *Daring to Rest* Brody presents a comprehensive yoga nidra program that unfolds in three phases rest for physical exhaustion release for mental and emotional exhaustion and rise for tuning in to the life purpose exhaustion that can come when we re not in our full power Each phase includes a downloadable yoga nidra guided meditation and supportive practices By directly accessing your subconscious mind yoga nidra helps shift the long held patterns that prevent you from stepping fully into your purpose and power writes Brody Now is the time to break the cycle of fatigue and return to your truest self the woman you are when you re not constantly exhausted *Yoga for Pelvic Floor and Postpartum Health* Rebecca Weisman,Meagen Satinsky,2024-08-20 The first comprehensive anatomy and yoga practice manual for postpartum pelvic healing a gender inclusive guide to poses practices and exercises for pelvic floor pain dysfunction and recovery Includes full color photos 7 weeks of yoga sequences and an individualized step by step guided self assessment Pelvic floor pain injury and dysfunction are incredibly common among postpartum people but despite the critical importance of ongoing pelvic support and recovery post birth most doctors

physical therapists and healing professionals simply aren't equipped to offer helpful personalized advice to ease postpartum symptoms like postpartum pain discomfort urinary incontinence and painful intercourse Rebecca Weisman CIYT CYT and Meagen Satinsky MPT PYT offer the first comprehensive anatomy and yoga practice manual geared toward healing postpartum pelvic issues With full color images accessible tools and step by step poses and breathwork exercises Yoga for Pelvic Floor and Postpartum Health empowers readers to get to know this vital part of their own body and reclaim agency in caring for their own postpartum recovery postural support organ health and sexual function Part 1 Anatomy reviews the anatomy of the pelvis and surrounding regions with a special emphasis on helping you develop a deeper more knowledgeable and more loving connection to your own body Part 2 Sequences of Asana for Practice introduces Iyengar yoga and breathwork practices to support pelvic healing and guides you through a flexible 7 week asana sequence that you can do on your own time and come back to again and again Part 3 Special Topics addresses specific pelvic concerns like painful intercourse perineal tears Cesarean delivery pelvic organ prolapse diastasis rectus abdominis urinary issues pelvic pain during menopause low back pain postpartum depression and anxiety and more Yoga for Pelvic Floor and Postpartum Health is appropriate for any stage of your postpartum journey whether you gave birth vaginally or by Cesarean ten days ten weeks or ten years ago With a guided self assessment full color and 3 D layered graphics and compassionate expert counsel readers can return to specific poses and sequences again and again on their pelvic healing journey

To Tend and To Hold Eileen S. Rosete, 2024-10-22 You Are Not Alone A Gentle Companion for Enduring Grieving and Healing from Pregnancy and Infant Loss We too are postpartum after pregnancy and infant loss says Eileen Santos Rosete And we deserve the same care all who give birth need with an added sensitivity to our grief and our trauma Pregnancy loss Infant loss Womb loss Such losses are as valid as any other yet these experiences and the individuals who endure them remain largely unrecognized and unsupported To Tend and To Hold honors survivors and the depth of what they've gone through with a reverence that has until now been missing Within this carefully crafted resource Rosete emerges as a warm confidante helping us articulate our experiences understand our options and tend to our unique needs as both postpartum and bereaved helping you Center Your Needs Listen to what your body is calling for and honor what feels supportive in the moment Use Your Voice Articulate your experiences with words that resonate and comfort Understand Your Journey Gain insights that put your feelings and experiences into context Access Healing Tools Utilize simple grief and trauma informed practices tailored to meet your needs Woven with threads of wisdom from a trusted collective of health and healing arts practitioners comforting stories nourishing postpartum recipes and grounding embodiment practices To Tend and To Hold is a heartfelt holistic source of solace for all who bear loss

Massage for Pregnancy and Beyond Michele Rosa Morrison, 2020-08-18 Soothing massage to support a mother before during and after birth Pregnancy is an exciting and challenging time and expectant mothers need all the physical and emotional support they can get A massage from a partner or loved one can be a beautiful way to offer that

support *Massage for Pregnancy and Beyond* is your how to guide for safe and comforting massage techniques that can be used by anyone looking to do something helpful and healing for a mom to be You ll learn the basics of effective massage therapy including simple sequences to relieve everything from sore feet and hip tension to supporting a woman through the remarkable event that is birth *Massage for Pregnancy and Beyond* features Advice for the entire journey Understand the changes mom s body is undergoing during each trimester of pregnancy as well as labor and the postpartum phase No experience required Simple instructions ensure you can easily learn techniques to soothe calm and support a pregnant loved one A closer connection Discover the beauty of healing touch to provide comfort safety and bonding for mom baby and partners Learn how pregnancy massage can help loved ones connect on the journey of bringing a new life into the world

Femme Fatale and Dark Feminine Energy Mirelle Soren,2025-10-25 A woman s allure can be her greatest shield her deepest wisdom and the key to a life defined on her own terms Are you tired of feeling invisible while your energy drains away in endless giving Have you ever wondered what it would be like to turn the tables and become irresistible to yourself and others *Femme Fatale and Dark Feminine Energy* is your invitation to reclaim the potent mystery within you unlocking the hidden strengths that society often asks you to suppress Through a blend of psychological insight and practical tools you ll discover how to step into your true power magnetic unapologetic and whole This is not about playing games or becoming someone else but about awakening the archetype that already lives inside you and learning to let it guide every aspect of your life Inside you ll discover how to Harness the magnetic presence of the femme fatale for greater confidence and personal boundaries Transform negative self talk and rewrite your personal narrative with compassion and courage Use body language and emotional intelligence to attract meaningful relationships and opportunities Embrace your shadow self tapping into the powerful wellspring of dark feminine energy for healing and growth Navigate power dynamics both at work and in love without sacrificing your authenticity Balance vulnerability with strength integrating all parts of yourself for lasting fulfillment You don t need to be mysterious manipulative or emotionally distant *Femme Fatale and Dark Feminine Energy* offers grounded step by step guidance that is as empowering as it is accessible perfect for real women navigating a real world It s time to take back your power and let your presence speak for itself Begin your transformation with *Femme Fatale and Dark Feminine Energy* today

Pagan, Goddess, Mother Chandra Alexandre,Nane Jordan,2021-01-01 This anthology calls Pagan and Goddess mothering into focus by highlighting philosophies and experiences of mothers in these spiritual movements and traditions Pagan and Goddess spirituality are distinct yet overlapping and diverse communities with much to say about deity as mother and about human mothers in relationship to deity Authors share creative voices stories and scholarship from the forefront of Pagan and Goddess centered home in which divine mothers Goddesses diverse female embodiments and generative life cycles are honoured as sacred Authors inquire into how their spirituality impacts the perceived value and experiences of mothers themselves while generating new ways of imagining and enacting motherhood in

spiritual and daily life Pagan Goddess Mother opens spaces for dialogue in areas such as how Pagan and Goddess centred mothers engage in and are impacted by their spiritual leadership through practices of ceremony ritual magic and priestessing Authors consider mothers lived connections with their children family life and themselves through nature the Earth and mothering as a spiritual practice Chapters reflect upon the ways that Pagan and Goddess identified mothers creatively navigate daily interactions with dominant religions the public sphere community leadership and activism facing the challenges of such while forging new pathways for spirited well being in mothering and family life Lunar Abundance Ezzie Spencer,2018-03-06 Lunar Abundance is a beautiful and practical guide for today s women on cultivating peace purpose and abundance in both their personal and professional lives guided by the phases of the moon In a world in which women feel increasingly disconnected from their inner selves each other and the world Lunar Abundance offers a path to reconnection with results that you can actually see It shows how by tuning into the natural rhythm of lunar ebbs and flows you can connect with work relationships your body and surroundings on a higher level than ever before becoming more productive and self aware in the process Filled with inspirational photography and interactive features it s also a practical guide to self care that will help you summon your true potential and create a better life for you and for those in your orbit This beautiful book is perfect for any woman seeking holistic wellness and unique inspiration to feed mind body and soul

It's Your Power Portal Kathie Bishop,2022-03-28 The go to self help hand book for all aspects of vaginal health and ecology In this book medical herbalist Kathie Bishop draws on her passion and clinical experience of helping women achieve vaginal health and comfort following chronic or recurrent issues Often a subject that causes shame Kathie s mission is not only to break down that taboo and normalise vaginal health but also provide good solid information that everyone can draw on to understand and navigate this previously mysterious space Using natural methods based on research experience and tradition this handbook aims to help in a variety of uncomfortable but common situations It s Your Power Portal covers all ages of female life from neonate to post menopausal and the conditions commonly experienced at each stage bringing in information from the newly advancing field of the vaginal microbiome mapping as well as commonly accessible therapeutics and the best ways to use them Kathie is careful to point out when you should get yourself or a loved one to see a health professional and also brings in women s voices and experience to make this a truly rounded accessible and useful compendium

Other Than Mother - Choosing Childlessness with Life in Mind Kamalamani,2016-04-29 Choosing to have children is a private decision with global consequences Other Than Mother explores the decision making process around not having children It is in three parts Part I The Worldly Winds explores the backdrop to deciding whether or not to have children including the cultural changes brought about by a rise in voluntary intentional childlessness Part II A Private Decision with Global Consequences explores the pros and cons in the decision making process including ecological and environmental considerations Part III New Horizons and Baby sized Projects explores living with the decision *Rainbow*

Way Lucy H. Pearce, 2013-12-13 Visioned as the guide and mentor that most creative women yearn for but never find in their daily lives The Rainbow Way explores the depths of the creative urge from psychological biological spiritual and cultural perspectives This positive nurturing and practical book will help to empower you to unlock your creative potential within the constraints of your demanding life as a mother Featuring the wisdom of over fifty creative mothers artists writers film makers performers and crafters including Jennifer Loudon multiple best selling author Pam England author artist and founder Birthing From Within Julie Daley writer photographer dancer and creator of Unabashedly Female Indigo Bacal founder of WILDE Tribe Foreword by Leonie Dawson author artist entrepreneur and women s business and creativity mentor

Choose Your Self Megan Sherer, 2025-05-06 A liberating guide for every woman ready to embrace her own worth heal deeply and find fulfillment from within Wendy Valentine host of The Midlife Makeover Show and author of Women Waking Up If you ve been waiting for your life to start once your relationship status changes it s time to rethink things and learn to choose your self first We often relate to singlehood as a phase that should be rushed and remedied by finding a partner rather than relating to it as our most potent opportunity for growth But if the priority is on being chosen over being the one to choose you re more likely to keep ending up with the wrong partner It s time to break these old patterns and embrace single life with compassion One of the great advantages of spending time intentionally single shares expert coach and therapist Megan Sherer is having time to self reflect to learn from your past and to experiment with new ways of being Key word intentionally Sherer teaches how to fall in love with your own life and be unwilling to waver in the pursuit of a relationship as strong as the one you build within your self Using personal story as well as potent reflection prompts somatic exercises and self care practices she shepherds you through the process of moving beyond attachment wounds to new levels of self awareness to build a rock solid foundation for your relationship with self If you have an interest in partnering in the future you ll also discover how to do so in a way that allows you to remain true to your self Here you ll uncover Clarity in defining your desires How your attachment style has impacted your relationships Why you keep choosing emotionally unavailable people What your patterns are and how to clean up old habits How to manage your nervous system and heal your inner child The magic of doing the things you thought you needed a partner for It s time to move from the disempowered experience of loneliness to an empowered version of singlehood one filled with joy adventure play passion and all the other things that you thought you had to wait for the perfect person to experience You are that person and that time is now

Tweede lente Kate Codrington, 2024-12-04 Tweede lente van Kate Codrington is eindelijk eens een positief praktisch grappig en zinvol boek over de peri menopauze en daarna Kate Codrington geeft met haar boek Tweede Lente een positieve en frisse blik op de overgang Deze periode in je leven kan voelen alsof het tapijt onder je voeten wordt weggetrokken Kate Codrington laat zien dat het ook echt anders kan Ze laat zien dat de overgang een tijd van persoonlijke groei en bloei kan zijn een tweede lente waarin je vitaliteit en levensvreugde herontdekt Ze begeleidt je als een beste vriendin soms een beetje

vloekend maar altijd ondersteunend door de lichamelijke en mentale uitdagingen die de overgang met zich meebrengt Door te begrijpen wat de oorzaken zijn van je klachten kun je waar nodig je levensstijl aanpassen Of je nu kiest voor een natuurlijke aanpak hormoontherapie of een combinatie van beide Codrington biedt een schat aan ideeën om je symptomen te verzachten Wat we nodig hebben in moeilijke tijden is geen schaamte of de drang om door te buffelen maar eerder onszelf met zachtheid en zorg omringen Met kleine veranderingen en een heldere blik op wat je niet langer dient kun je de overgang omarmen en gebruiken als een kans voor persoonlijke ontwikkeling

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