

Exercise: Honoring Your Pelvic Bowl (E)

1. **Reflection:** Bring awareness to your pelvic bowl and ponder your relationship to your feminine core. Notice how it feels to spend time in your creative center. Acknowledge places in need of healing or celebration.
2. **Ritual:** Take a piece of paper and spend five minutes writing about your pain or any desires for healing in your pelvic bowl or your relationship to the feminine. On the other side of this paper, write for five minutes about your joy as a woman and your desires for celebration. When you finish, place the paper on your altar or plant it in a garden to honor your pelvic bowl. Each pelvic wound you begin to heal for yourself and each pelvic appreciation that you find allows you to more joyously embody your feminine form.