

# *Energetic Anatomy*

Learning about our pelvic bowl and our unique female anatomy goes beyond the physical. Energetic anatomy is the world of the unseen; your body's grid of flowing life force that cannot be seen with the "regular eye".

Learning about these subtle connections may make you see this space completely differently as you walk your healing path. Knowledge of these connections come from the ancient yogic chakras and the nadis, the Chinese medicine meridian system, and my own lived experience and sight.

In this lesson, we will explore the expansive universe of your body and pelvic bowl, and how there are many threads of connections between your pelvis and different parts of your body.

Through this, you will be able to visualize pathways you can tap into for pelvic bowl energy release as well as utilizing as a source or channel of energy.

# Cervix-Crown Connection

The cervix is a portal. Every time the cervix opens (ovulation, menstrual blood, early birth, full-term birth, stillbirth), there is a portal that opens.

The cervix is higher during ovulation to connect to the crown and channel higher states of consciousness. During your bleeding time your cervix is lower, grounding you to the Earth.

Your cervix is the gateway between the worlds of the seen and the unseen. It is a portal to other states of consciousness. Oxytocin receptors located at the cervix (that are at their highest number towards the end of pregnancy than ever before in a woman's life) provide a route to bliss consciousness.

There is also a meridian channel (which are the intricate system of energy pathways in the body in Chinese medicine) that leads from the cervix all the way to the top of the head, the crown chakra. The crown chakra is our connection to the cosmos, to other worlds. It is all about spiritual connection, your connection to the Divine.

When you're aligned in your crown chakra, and blocks and stagnation are cleared, you do not feel lonely or separation or fear, knowing that Love and unity makes up the entire universe. You know your purpose, and you know you are a spiritual being living the gift of an earthly life. You have trust in nature's unfolding.

# Cervix-Crown Connection

The cervix is numb for many women, and that numbness is a protection, for beneath is often grief, or anger, or a longing that feels like it could never be sated. When you are numb here, it shows how you have been disconnected from your very soul. From the divinity within you.

To come into contact with your cervix again takes a tenderness and patience. It can feel like an incredible awakening to tap into the energies here, emotions you have been longing to feel all your life but weren't aware of.

Sometimes the cervix is so high that it is hard to reach, so tools can be helpful (see the lesson guiding you through yoni massage and mapping for tools I recommend), or you can feel for it just before your bleeding time when it is likely to be lower.

To start to work with the cervix, go through the guided meditation offered in this course. We will spend some time finding the cervix and massaging the area. You can also spend some time on your own with your cervix, getting curious with noticing feelings and sensations, however subtle, and breathing very intentionally into the space. You can create a simple breathing meditation, connecting the crown and cervix (root), by visualizing that line of energy and on an inhale, breathing up the line from cervix to crown, and on an exhale, breathing down energy, from crown to cervix. Breathe in this way for as long as you like, and over time you will actually feel an energy movement happen.

# Pelvic-Throat Connection

The vagina and throat are both centers of our POWER and creativity. They are our "appetite" - where we desire and birth out into the world our self-expressions. To be disconnected from one is to shut down the other. Not only are the pelvis and throat connected in an energetic sense, but in an actual physical sense as well.

Early on in our development in the womb, about 2 weeks after conception (often when a positive pregnancy test first shows), two depressions form on your embryo self. One becomes a membrane that forms the mouth, and the other will become the openings of the urinary, reproductive and digestive tracts. They remain connected long after full development, but separated by the spine..

The vagus nerve physically connects these two centers. This nerve connects the brainstem through the midline of the body (activated by diaphragm breathing), down to the uterus and cervix. The vagus nerve is a key part of your nervous system, helping you feel safe on a deep and subconscious level. It also controls basic and unconscious functions in your body like digestion, breath, and much more.

Holding your breath, and tension in your jaw/throat or pelvic floor affects one another. Relaxing your nervous system can be as simple as diaphragm breathing, singing, and/or an orgasm, which all activate the vagus nerve.

# Pelvic-Throat Connection

An interesting phenomenon has also been found about the role of the vagus nerve in our pleasure. Research has shown that women who have had a complete spinal cord injury, that severs the function of their pudendal, pelvic and hypogastric nerves (3/4 of the nerve pathways for female orgasm) can still have an orgasm through the vagus nerve, through its connection to the uterus and cervix! And this is stimulated deep in the vagina, near the cervix.

I believe this is why cervical orgasms can be so transcendent, so powerful, and so healing, because of that vagus nerve stimulation and the direct crown chakra connection that is activated here, along with our throat chakra and our power intricately linked with our voice.

But there is more to the pelvic-throat connection...

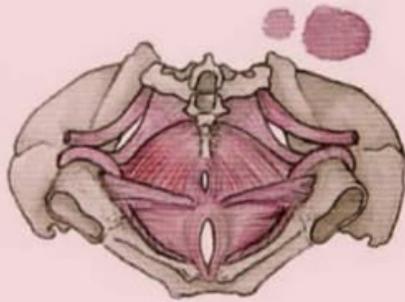
Women also instinctively know the relationship between our yonis and our voice from passing on wisdom to their sisters during birth throughout the ages. The quality of our breath, certain singing tones, as well as relaxing our jaw and mouth affects the relaxation (or with tension, the contraction) of our pelvic floor. We know the wisdom of deep sighs, guttural moans, a full exhale, and toning or singing to bring our baby earth-side.

If you look at anatomical photos of the different parts of the throat and vagina, there are incredible similarities (art by Luisa Alexandre)...

# Pelvic-Throat Connection



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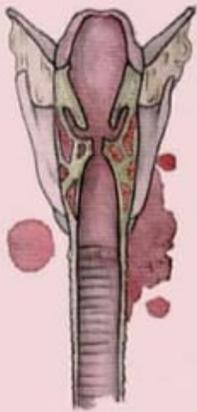
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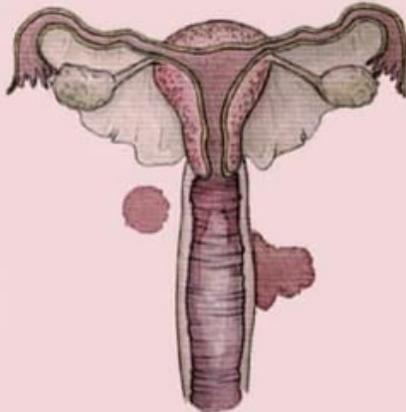
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UTERUS

# Pelvic-Throat Connection

And yet there are even more connections. There is also a fascial line from the pelvis to the jaw. Fascia is the dynamic tissue that holds our entire form together, encasing all of our organs, muscles, tissues and more, forming a web and connecting every part of your body together. Fascia also has an intricate system of sensory nerves, constantly sending messages to your brain about the state of your body.



In the work of bodyworker Thomas Meyers and his system of Anatomy Trains, he catalogues several different types of what he sees as "fascia meridians" that connect different parts of the body. One of them we will look at is called the Deep Front Line.

This line deeply stabilizes and aligns our body, and is a part of our core awareness. It links the deep fascia of our front and back, and travels through the throat and pelvic region among others: When there is tension or misalignment along one part of this fascia meridian, it affects the others.

# Heart-Uterus Connection

There is a special connection between the heart and the uterus. In traditional Chinese medicine, there is an energy channel called Bao Mai, the Uterus vessel that connects the uterus with the heart center. In Chinese medicine, the heart is the house of Shen, our spiritual energy and life force.

I believe this is also a factor in why women tend to receive more emotional experiences into their womb space. With this relationship, deep and overwhelming emotions felt within the heart center (emotional upheaval, stress, anxiety, grief) affect the uterus and its healthy receptivity. It makes us want to close off, shut that area down, in order to not receive anymore.

And yet as with all of life, there is also balance and opposites. Expansive emotions like joy and love and compassion felt in the heart can travel downward, bathing our uterus in those energies and heal it. That's why the meditation I share in my book as well as in this course, Cultivate Joy, is so very powerful. In it, we cultivate a sense of joy you can actually feel in your heart, and then send that energy downward through that natural energy channel, as a balm to your womb.

# Heart-Uterus Connection

Our uterus receives nourishment from our heart, in an energetic and emotional sense. And when there are blockages developed from shutting down this channel, we may feel like we do not belong. We may feel like there is a deep hole within us that we are seeking to fill, but not know where it is or how to do it. I see this as a sign of blockage here. I also see fertility challenges as linked to this heart-uterus disconnection. This is the channel that nourishes a fetus; nourishes the blood of the uterus. It is also intimately linked with menstrual issues, from pain to excessive blood to amenorrhea, all of these conditions are related to a Bao Mai blockage.

There is a physical severing that takes place along this channel during a cesarean birth. In my postpartum healing course, I talk more about this and some suggestions for healing.

These two centers, the uterus and the heart, are our two hearts as women. Our human heart, and our feminine heart. They are both centers of our soul and our emotional self. This connection when severed causes a lot of internal pain and searching and searching, but when restored, provides you a sense of peace and sureness in your life and in your body.

The healthy functioning of one depends on the other. Heal the heart, heal the uterus. Heal the uterus, heal the heart.

# Uterus-Earth Connection

There is another energy channel that connects our pelvic bowl to the Earth. I see it traveling from the uterus, to the cervix, down through the legs and deep into the Earth through the bottom of our feet. And wow, is this a powerfully grounding energy we can and should tap into.

Simply creating a meditation practice around this visualization will help you connect to this. This is where you can send and release deep and overwhelming emotions and traumas that you do not want to carry in your body anymore. You can know and trust that the Earth can witness you in your pain, and transmute it into something beautiful.

Not only can it be a place of release, but you can also draw in Earth energy through this channel. It can go both ways. When you are feeling uninspired, floaty, dizzy, connecting here can provide you a sense of embodiment and help you manifest your dreams in the real, physical world. It can make you feel more stable and powerful in your body.

One thing to be aware of is the tendency to lock your knees; continually remind yourself to keep a slight bend to them. Locking your knees blocks the flow of energy from your pelvic bowl to the Earth, and we want to keep that channel open so we can be grounded, and stable.

# Uterine Energy

Your uterus, your womb, is a powerful organ. It is constantly changing and moving through cycles; shedding, building up a lining, from the time of puberty to the end of your fertile years, again and again. And on the other side of your fertile time, the uterus shrinks and that energy gets transmitted to all other parts of the body. Before puberty, children have LOTS of energy! In our elder years, we can utilize that energy for wisdom and nourishment to the rest of our bodies.

During our fertile years, the majority of our lives, the uterus draws in much energy. I talk about this in more detail in the audio class on feminine rhythms and energetics, and I will also share here about the receptive and magnetic energy of the womb space.

It is in its nature to draw in powerfully: to channel in spirits from other worlds, draw in partners, and the way I visualize this is like a powerful magnet and spiral, bringing in things to us, to this center. We are naturally magnetic. Understanding this, we can direct the flow of what comes to us with consciousness, so that we can manifest our dreams.



# Ovarian Energy

Our ovaries are like little concentrated powerhouses of energy. They each store our DNA, our lineage, and the blueprint of life itself. They are like bow and arrow, at the moment before the arrow is released. Like a coil of energy, at its peak.

Through the self-massage practice in this course, we will stimulate flow and health to the ovaries, and you can create a specific meditation in order to tap into ovarian energy if you are feeling a real lack of creative fire, stagnation and dullness in your life.

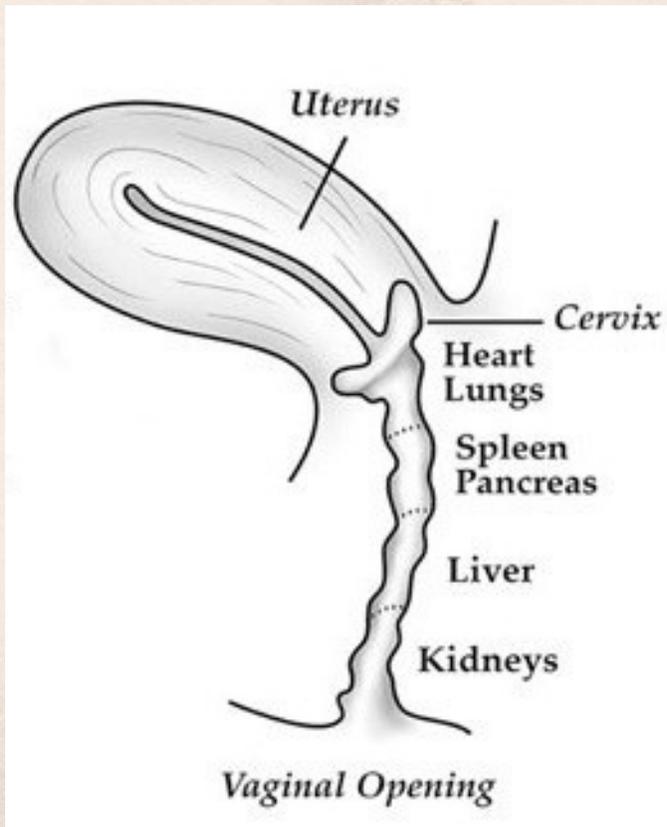
The left side of the body is related to the right side of our brain and has to do with our receptive nature, our mother-line, and our relationships with women. It is the energy of what we receive from the outside world, themes of being supported and loved by our close circle. Are you receiving enough support and nourishment?

Our right side is related to the left side of our brain, has to do with our father-line, relationships with men, and the energy of our projections to the outside world. Are you struggling with self-expression and using your voice? Is there a disconnection between your internal self and what you are intending to express to the world?

You can choose one side that has current themes you are working through, and meditate on these as you put both hands over that ovary. As you focus on these themes, what comes up? It is helpful to pay attention to what comes up, and then visualize a healing: letting sunshine, warmth + glowing light bathe the area.

# Yoni Reflexology

The concept of yoni reflexology comes from Mantak Chia, a Taoist master who brought many sexual cultivation practices to the West through his prolific work and wisdom. Taoism is rooted in Chinese medicine, and so the areas of the yoni are associated with the organ system in traditional Chinese Medicine, and have emotional associations we will explore. It's also something to keep in mind before you do the yoni massage practice in this course, to understand another layer of emotions that may follow these subtle, energetic locations.



## Emotional Associations

- **Heart** - anxiety, impatience, depression, joy, love, compassion
- **Lungs** - grief, sadness, integrity, courage
- **Spleen + Pancreas** - worry, openness, trust, surrender
- **Liver** - anger, resentment, generosity, kindness
- **Kidneys** - fear, loneliness, wisdom, trust

# Chakras

Understanding the root chakra and its associated themes helps us as we make contact with this physical area, guiding our healing. It brings yet another layer to understanding the emotions that comes up.

Chakras are the yogic concept of concentrated energy centers (along the nadis, which are similar to the Chinese meridian system) that live within the body, and they are depicted as spinning wheels of light. The chakra system is thousands of years old, and sometimes there are variations in the number of centers described, but most often there are seven that run along the midline of our body. Each energy center has themes to work through here in your life, and are rooted in certain physical spaces of your body. So when we massage or touch these areas, or meditate on them, we can connect to them as energy centers and work through and heal these themes.

I will focus on the root and sacral chakras as we work with the pelvic space. The root chakra is energetically linked to the cervix, as well as the tailbone (they are also physically very close to each other). So when we make contact with these areas either physically or energetically, these themes can come up.

The root chakra is our stability, presence, and embodiment on this Earth. If our basic survival needs are not met, if we continually struggle with getting our financial needs met or food or shelter or any of those basic needs, it affects us on a deeply primal level. We don't feel trust in this world to provide.

# Chakras

We block the flow of abundance to us, we shut down from this basic trauma. We cannot focus on higher needs or goals, when our basic, human, primal needs have not been met and we are living in a fight-or-flight state. We may not even realize this is the state we are in.

So these themes may come up when you contact these areas. You may feel a wave of fear, and not know where it's coming from. You might consider and reflect on your history. Were your parents living paycheck to paycheck when you were growing up, and you feel "silly" for focusing on what they might consider frivolous pursuits, like personal development? Do you feel a deep sense of distrust in the world?

Everything that comes up is an invitation to bring consciousness to it. Your body, your psyche, always wants you to hear its feelings. It cannot let it go of these stories until you listen.

The sacral chakra is energetically located at the level of the uterus and ovaries. It governs themes in our lives such as our creative flow, and feminine energies such as surrender and magnetic radiance. If you are dealing with any menstrual or reproductive issues in your life, or fertility challenges, this is a call to work with restoring flow to this center.

Everything within this course will support this work! Know that all you've been through... this is part of the great school of life. We go through traumas, and our body keeps pushing us to work through it, always asking us to come home and heal. You can trust in that.