

I AM SACRED WOMAN

10 WAYS TO CONNECT WITH YOUR WOMB WISDOM



A 10 step guide to connecting deeply with
your own womb wisdom as medicine

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INTRODUCTION

Everyone has a womb story to tell. A story that explains how they came to realise and live the wisdom of their womb as medicine.

My story was propelled by a yearning to truly meet the needs of Women in healing and noticing the gaps in modern gynaecology.

I started working in hospitals, then homebirths, and opened my own holistic women's health practice.

Working with the wisdom of the Womb has revealed a pathway and a depth to healing that is profoundly encompassing and true.

I am sure by engaging with our womb wisdom, and thereby directly with Mother Nature we can learn to guide our healing journey to grow into a depth of satisfaction, peace and freedom we deeply deserve as women.

This is my wish for you.

Love Gauri





STEP 1

CONNECT

Take a few minutes or even moments to simply sit in silence, or with some gentle music in the background.

Place your hands over your womb area. Close your eyes and imagine you are connecting with your womb.

It is as simply as saying, "Hi", or feeling into the space. Allow your breaths to deepen and imagine you are breathing into your womb space with every breath.

Remove any expectation from this exercise. It is simply about connecting.



STEP 2

FILTER

Practice using your womb as a filter.

Take a pause before each decision, answering a question, deciding what to do, what to wear, what to eat.

Ask your womb and then follow that.



STEP 3

REFLECT

Keep a note of your energy and mood everyday. Jot down a few words at the end of every day. You can align this with the day of your menstrual cycle.

This practice helps you to identify cyclical patterns in our energy and moods, as a result of your biological hormones changes each month.

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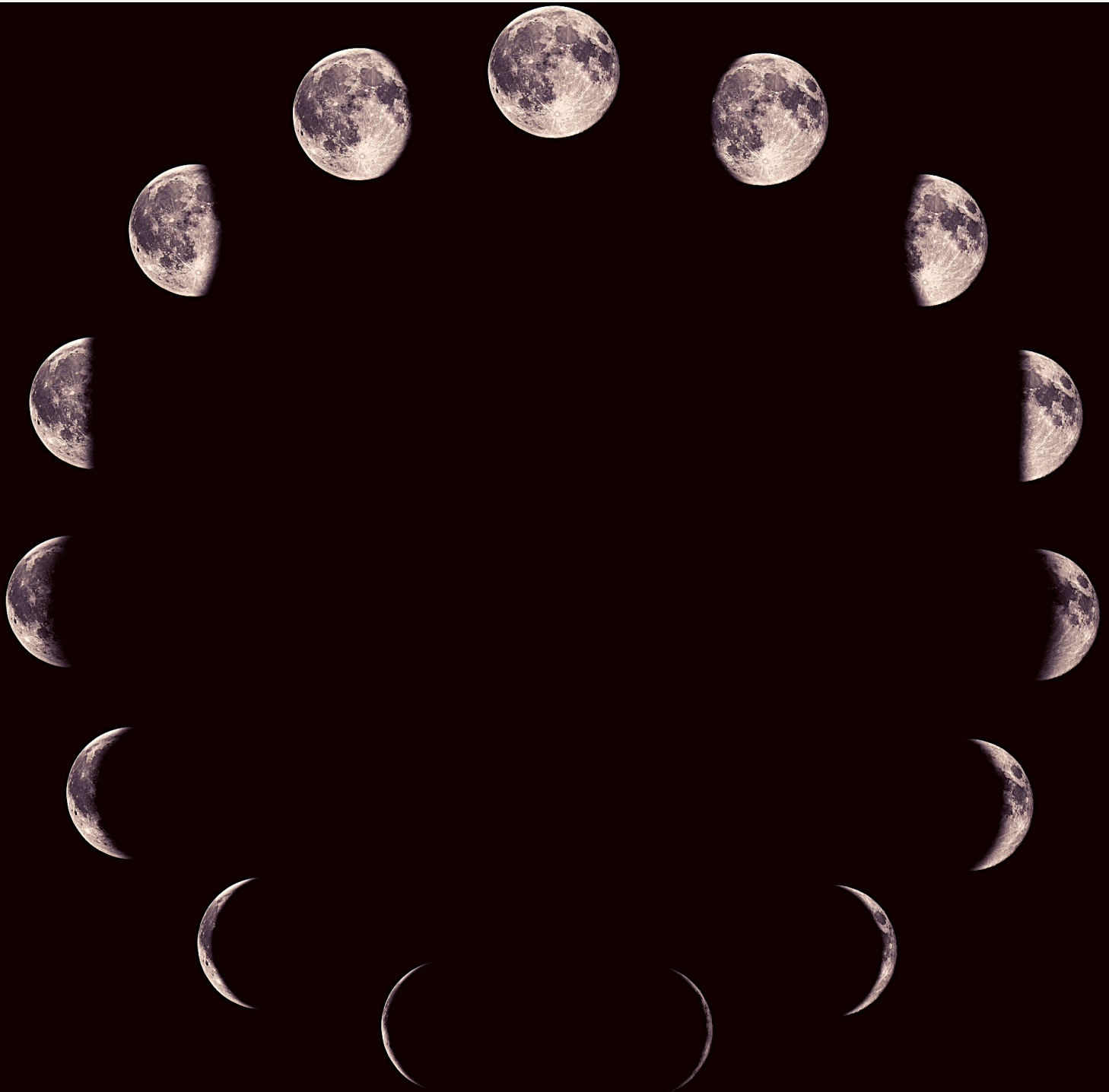
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STEP 4

OBSERVE THE MOON

Notice which phase the moon is in - new, full, waxing and waning. Note which phase your menstruation falls in.

On full moon spend time outside bathing in the moon light.



STEP 5

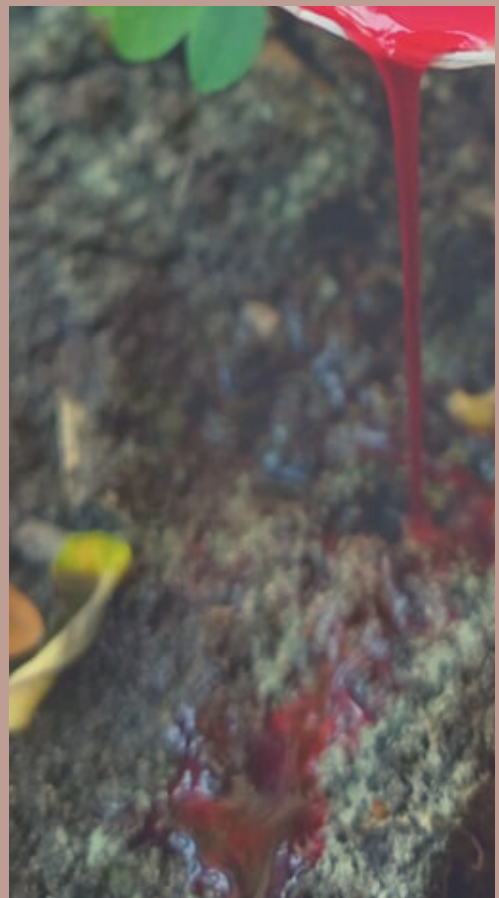


MOTHER EARTH

Give your blood back to Mother Earth.

At the time of your menstruation, collect some blood from your menstrual cup (or water from rinsed pads) and intentionally pour the blood back to the soil.

Honour your connection with Mother Nature in your mind as you do this.





STEP 6

REMEMBER

Take some time to remember your first period. Write down the story of your menarche.

Remember if you were prepared, how your mother or someone else helped you, or if you were alone.

Remember how you felt and how you felt about your body.

Find out what was happening in your life, family, school, political and social environment to understand even deeper.

Ask your mother, if you can to remind you in her words too.



STEP 7

LINEAGE

Find out how your mother and her mother dealt with their first period.

Ask how they felt about it, was it spoken about, was it shamed, was there a ceremony or acknowledgement, was it kept quiet?

As women we share a line of menstrual inheritance and underlying attitudes towards women and fertility.



STEP 8

BLEED ON IT

If you are unsure about a decision, need to make a big choice, feeling anxious or worried in the mind, there is a term coined by the Red School - "Bleed on it".

Let go of the need to have an answer now and let grace, time and Mother Nature ripen your perfect solution.

Simply waiting and observing while bleeding often grants a liberating perspective.

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COMMIT

Commit to devoting some time during the first days of your menstruation to self care. It can be 10 minutes or 2 hours.

Just make sure to keep you commitment to yourself to devote some time to doing something for you that makes you feel good, special and fantastic!



STEP 10



INTENT

Each new cycle - whether menstruation or lunar cycle, gives us an opportunity to Release what is no longer needed and set an Intention for the next cycle.

Perhaps a focus, a dream, a creation, a decision, or a project - personal, work or family.

Make it a practice to set an intention at each new cycle. Honour it by journaling, light a candle or say a prayer.





THANK YOU!

I wish you a deeply healing journey
connecting with your womb and
remembering your beautiful Sacred Self.

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