



Video Transcript

Womb Wisdom Movement For Healing & Empowerment

Hi everyone. Elisa here and today's class is called Womb Wisdom Movement for Healing and Self-Empowerment. We'll begin today's practice in a seated meditation, so you'll want a cushion and something comfortable to sit on. After our opening meditation, we'll come onto hands and knees. So if you need something to cushion your knees, a mat or a blanket, have that nearby and we'll eventually come up to stand.

So you'll also want to clear space for guided movement. Lastly, because we will be going deep into a healing of our womb and really connecting with our womb wisdom. You may want to light a candle or have some incense, or gather anything at all that helps you create a sense of sacred space. So I invite you now to pause this video and when you're ready, when you have everything you need, come and meet me in a seated meditation.

So to begin, take your seat. Find a seat that's comfortable, that allows you to lift your spine with ease and relax your hip flexors. And as you're ready, allow your eyes to close and simply notice the breath. Allow the. Movement of your breath to bring you into the present moment, the here and now,

and feel the contact of your pelvis with whatever's supporting you with feeling the ground of Gaia. Beneath you

from thisplace, I want you to imagine roots just like a tree growing down from the base of your seat down into the heart of the earth. Take your time here and allow your roots to grow deep. Deep into the earth, plugging yourself into the wisdom and intelligence of Mother Earth.

And when that connection feels rooted and clear, allow your spine to lift a little bit taller. Take a deep breath and reach your arms up to the sky. Before we dive into connecting with our womb, rooting in earth and connecting to sky, reaching up, up, up and visualizing the light of the sun above you, allowing the light of that sun to fill the space between your hands.

And as you lower that hands, guiding that purifying light down through the crown of your head. Through the center of your brain, through your throat, your heart, all of your organs, including your womb, and anchoring that light through your roots into the heart of the earth, taking a deep breath in and out.

As we arrive more fully into our practice

and from here, I want you now to imagine that from that source above, however you visualize. The energy of source that there is a beautiful flowing stream, the purest, most crystalline water you've ever seen or felt, and allow that water to flow like a waterfall down from above you, down through the crown of your head.

Following the same pathway as that golden light down through the crown of your head and down into the center of your brain, allowing this crystalline cleansing water to clear the mind, cleanse your thoughts, and reset your nervous system, allowing this cooling healing water. To move down through the eyes, the ears, the mouth, relaxing, blessing, and resetting the tongue, the jaw, allowing this water to flow down through the throat.

Cleansing the throat, pouring across the collarbones, down to the elbows, the forearms, out the wrists, and out through the fingertips back into the earth, allowing that flow to continue through the arms as you let that water continued down from the throat. Cleansing, resetting the lungs into the heart. Let that water swirl around the heart cleansing any emotions, any stuck energy in the heart.

Crystalline water flowing down through all of your organs. And let this water bless, heal, and reset your womb. Spend a little extra time here allowing this water to fill and cleanse and reset the womb space.

Notice what you feel allowing this water to circulate through the ovaries. Bringing healing to your creative energy, and as it continues down through the pelvic floor, through the legs, through the knees, the shins, and out the toes into the earth, allowing this water, this circulation to take with it.

Anything that doesn't serve you from anywhere in your body and especially from your womb, allowing this. Water to cleanse and release.

Letting your breath do whatever you need to support this practice.

Keep that flow going, and as you inhale, extend your arms out to the sides. As you exhale, bring your hands down to your womb space. And let your wombs soften. We hold so much tension in the womb tension that we unconsciously carry. And as you make contact with your wombs, allow some of that tension to release and soften, allowing that healing water to continue to flow.

And as you rest your hands. On your womb. Listen, in what ways are you ready to more deeply connect with the wisdom of your womb, and what kind of healing are you inviting? And the sacred movement session, the sacred dance with your womb

as you. Inhale, fill the womb with breath, let it expand and open. And as you exhale, soften

again. Inhale, open and expand the womb. Exhale and soften.

One more. Deep breath, just like that. Inhaling and exhaling.

It is so powerful to simply let your womb know that you're listening and to give her a space to more fully express. Maybe there's a clear intention emerging around the theme of womb wisdom, or maybe your intention is. Simply to connect and make more space in your life to listen wherever you are is perfect.

Clarifying whatever you're journeying with today around this theme of womb wisdom. And as you're ready, we'll come onto hands and knees to begin the next part of our practice. So coming onto hands and knees, having your wrists under your shoulders, your knees, under your hips. And we're in this posture because our pelvis is free to move.

We can really explore the movement of our womb more fully. So I want you to just start to make small circles, just stirring the hips, moving in one direction.

I am following the music.

Good. Switch directions. Don't think about it too much. Just move.

Good. Start to bring in your rib cage, allowing your hips. Your head and your shoulders to essentially awaken.

Good switch directions.

And here, I want you to just give your pelvis a space to express pressing into the earth, pressing into Gaia, and awakening the wisdom of your womb. There's no right or wrong way to move,

getting your juices flowing, opening the breath

in just another minute or so. So see what else you need. Maybe rolling through the spine.

Maybe shaking your booty. How does your womb want to express as we begin this journey?

Hands and feet pressing into the earth, strengthening that connection.

And circle your hips,

go the other way and.

Amazing job. We're gonna come up to stand

and with your feet wide. Now I want you to again, explore the movement of your hips, different orientation, still rooted in the earth, connecting your womb. To the heart of the earth,

awakening the ancestral wisdom that lives in your hips.

Let your arms do whatever feels natural, making space for pleasure.

Circles and spirals.

Beautiful job. Everyone keep moving hits the next song comes in. Okay, and now we are going to shake up and out anything that's left to release, making space for more of your own energy, fresh energy, life energy. Don't think about it, just shake your hips.

Your body knows exactly what to do.

Give yourself permission. This is the place. Bend your knees and get low.

Include your heart, shake, hips, and heart.

And even as we're releasing, maybe there's emotion, right? Maybe there's emotion, stuck energy that's coming out. Let it out. Or maybe you're more in a space of fun

and play wherever you are. Welcome your authentic expression coming through the wisdom of your womb,

letting go of all the shoulds of how you should or shouldn't move.

Playing with the rhythm. Let the rhythm be your lover.

Keep going, even if you're tired. Keep going a little more. What's left to release.

We released and cleansed through water. This is our release through fire. Use your breath.

Stay with it.

Pulsing your pelvis from the earth up, from Gaia up. You are not separate from the womb of the earth, from the heart of the earth. Womb wisdom is earth. Wisdom womb wisdom is water Wisdom.

Amazing job. Alright, one minute to shake it all out. Full body shake out anything that's left to release. Don't think about it. Just move your body and let your head go. Celebrate your wild woman.

That's it. Just a little bit more. Anything you've got left.

Amazing, amazing job. And imagine you feel a little bit lighter. Ah, I want you to just start to sway side to side with me. With your roots in the earth. Connecting again to the element of water moving like the tides, like the cycles of the moon and our bodies ebbing and flowing.

Good. Bringing that up to the center, to the middle space, side to side, and to the space above you.

Finding that watery flow. Good. Take that watery flow all the way down to the ground, finding a nice sway in the hips, bending your knees, creasing in the hips. Let your head go.

Good. Rolling up. Keep that sway side to side. Keep it going. Coming all the way up to stand.

We are rolling through your shoulders. And any other movements that feel good, feel like a beautiful expression of your womb wisdom flow with that.

Beautiful. Just another minute or so.

Flowing like water.

Beautiful job coming to close. Our practice first with breathing and then with a closing meditation. Step your feet wide, bend your knees, join your palms together in front of your heart with your roots deep in the earth. Take a deep breath in. We welcome the air element. Exhale, lower your arms, join your palms, round your back, and bring your thumbs to your forehead.

Inhale, spread your wings. Lift your heart. Exhale round your back, gathering in your energy. Three more breaths like that. Inhale.

Exhale.

Inhale.

Exhale,

God. Last breath. Really honoring all that you received as you inhale and exhaling, honoring all that you released. As you inhale, come up to stand tall. Turn your palms to face forward and reach your hands out to the sides. Feel your roots in the earth. Strong your heart bright and wide. And as you exhale, bring your hands down to your womb.

Remember that flowing water from source. Above your head, pure crystalline healing, divine waters flowing down through every part of your body.

With special attention to your ovaries and your womb blessing. This place of birth of creation and renewal.

Take another moment here, and when you feel ready, come to meet me in a seated position for our closing meditation. So finding your seat for one more moment of grounding here. Closing your eyes. And remembering those roots you sent deep into the womb of the earth, connecting the womb of the earth to your womb with your spine long and clear.

Feel those crystalline waters flowing from source healing, blessing, and cleansing your body. And with your next breath, inhale once again, reach your arms out to the sides. And as you exhale, bring your right hand to your heart and your left hand to your womb. Feel your heart and your womb soften into your hands and give thanks for the wisdom within you and for all that your womb showed you today in the Sacred Movement journey to reconnect to your womb wisdom.

As we close our practice, know that you are encouraged to take as much time as you need here to journal, to sit with your candle, to do whatever you need to integrate this deep transformative womb wisdom movement journey. And as we close, just take one more deep breath in and one more deep breath out.

Sending your gratitude down to the womb of Gaia. Thank you so much for dancing with me, blessing your journey, blessing your womb. You may all wombs be well. Have a beautiful day.