



Healing the Pelvic Temple

Sacred ritual can be used in the service of holy healing.

Create a healing space by making it beautiful, comfortable, sensuous and warm. Bring in whatever evokes beauty and healing to you: candles, flowers, art, music, sacred symbols, etc. Remove or cover what does not contribute to creating a sacred space such as laundry, phone, computer, work-related material, etc.

Get comfortable. Close your eyes or put on your blindfold.

Begin by taking deep, slow breaths. Let your breathing center you in your body.

Bring your awareness to your breath. Watch as it flows in and out. Feel the ebb and flow as it enters and leaves your body. Gradually calm your breathing, allowing it to deepen and slow. Each in-breath draws in life energy and vitalizing oxygen. Allow energized relaxation to flow in. Each exhale releases tension, allowing your muscles to get soft, heavy and loose. Let your exhale carry away all your thoughts.

As you continue your deep, rhythmic breathing, begin to imagine a stream of light pouring through you, flowing in and out, filling you with warm vibration. Send it up and then down. Imagine that the stream is pooling in the warm dark center of your pelvis. Breathe it into the bowl of your bones.

Tune in and feel sensations. Notice how the energy shows up for you. Is there light or dark? Is it hot or cool? Is there a color? How does it feel? Play with the sensations of the energy flow.

Imagine it spiraling around your pelvic bowl. Breathe. Visualize the movement. Notice the sensations. Inhale pleasure and healing energy. Exhale pain and stress. Inhale freedom and flow. Release blockages, inhibitions and fears.

When you're ready, start to move the energy back up your body, feeling it move with your breath, spiraling up through your belly, your chest and back to your throat, and then in and out through your mouth and nose.

Linger as long as you like. When you're ready to re-enter the world, wiggle your fingers and toes. Stretch gently and then more vigorously. Slowly sit up, remove your blindfold and open your eyes.

You may want to journal or draw about your experience.

A variation on this theme is to add sexual arousal with optional orgasm(s) to your healing practice. To do so, after you've filled your pelvic bowl with lovely flowing energy, self-pleasure (or enjoy partner play).

During your arousal, hold the healing intention. If you include orgasm, imagine that the orgasmic energy is bathing your pelvis with healing power.