



FERTILITY MASSAGE THERAPY.



CLARE BLAKE N.D.

FERTILITY MASSAGE THERAPY & TRAINING

**Published by**

Eco Earth 70 Church Path, Chiswick, London W4 5BJ

First edition 2013

Copyright © Clare Blake 2014

**All rights reserved.** No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher (Eco Earth).

**Disclaimer**

Every effort has been made to ensure that the information in this book is up-to date and accurate. As the information in this book may only be relevant to a majority of people and not applicable in each individual case, it is advisable to obtain professional medical advice on all personal health matters. Neither the publisher nor the author accepts any legal responsibility for any personal injury or other damage or loss arising from the use or misuse of the information and advice in this book.

# LOVE YOUR WOMB

Thank you for choosing to read "Love your Womb". I hope that you find this book useful and discover some interesting information about your womb, be it from a physical, emotional or spiritual aspect!

My name is Clare Blake, I am the founder of Fertility Massage Therapy and Training. I've been practicing natural medicine, in particular holistic massage for 15 years and in the last 7 years I have specialised in fertility massage. My passion is helping couples to achieve a happy, healthy pregnancy through women healing their wombs; physically, emotionally and energetically.

I was driven to write this book to provide women with a variety of ideas to connect, heal and cleanse their womb. Some ideas will appeal to you and others won't, and that is perfectly fine! The beauty of this book, is there will be something for everyone and you can dip in and out at your leisure, depending on your mood and situation.

I have enjoyed sharing my thoughts, ideas and knowledge in this book, and sincerely hope that you find a connection with at least one of these ideas to help you and your womb!

Warm Womb Blessings



Clare Blake

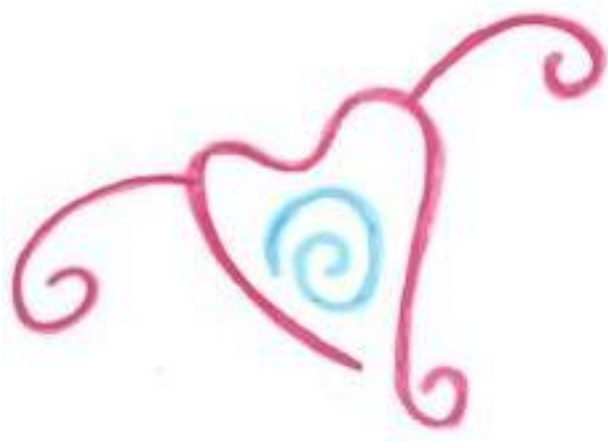
# **Love your Womb**

**Clare Blake**

# CONTENTS

<b>Introduction to Loving your Womb.....</b>	<b>6</b>
<b>Self Assessment.....</b>	<b>7</b>
<b>Self Help Fertility Massage.....</b>	<b>10</b>
<b>Castor Oil Packs.....</b>	<b>11</b>
<b>Yoni Steam.....</b>	<b>13</b>
<b>Core Exercises.....</b>	<b>18</b>
<b>Know your Body's Fertile Signs.....</b>	<b>29</b>
<b>Creative.....</b>	<b>30</b>
<b>Create a Womb Altar.....</b>	<b>30</b>
<b>Mood Board.....</b>	<b>32</b>
<b>Express Your Womb.....</b>	<b>33</b>
<b>Womb Goddess.....</b>	<b>34</b>
<b>Moon &amp; Feminine Wisdom.....</b>	<b>39</b>
<b>Lower Chakras.....</b>	<b>42</b>
<b>Fertility Crystals, Oils &amp; Flower Remedies.....</b>	<b>45</b>
<b>Calling in your Baby.....</b>	<b>47</b>
<b>Welcoming in Ceremony.....</b>	<b>48</b>
<b>Love Your Womb.....</b>	<b>49</b>
<b>With thanks.....</b>	<b>50</b>
<b>Contact Clare.....</b>	<b>51</b>

# INTRODUCTION TO LOVING YOUR WOMB



***I love my womb! I haven't always done so, I never gave her a thought until about 8 years ago when I first came across this amazing womb massage and then it was like, "BAMM!" I woke up to my divine feminine inner being and began to honour, respect and love my womb!***

I honestly didn't set out to talk about a body organ like she was a real person...but that's what's happened. Once I connected into my womb through the massage it opened up this amazing world and I lovingly share that with my clients and now, with you.

So what exactly do I mean by "Love your Womb?"

There are three aspects; mind, body and soul (energy). All aspects should all be addressed to allow your womb to fully heal.

I believe it is important to connect, heal and nourish her as once this happens, our creativity, intuition and feminine wisdom can be tapped into and expressed. From a fertility aspect, if we can connect to our wombs prior to our little babies growing in there, then we are creating a beautiful energy with which to welcome them in. Once your babies are nestled inside your womb, then you will be energetically connected right from the start, with some women even "knowing & feeling" the moment of conception and implantation.

Throughout this book, you will find self help methods to help heal your womb covering all three aspects through a variety of suggestions, hopefully, you will discover at least one that calls to you!

Enjoy your journey through this book, and please do share with me your experiences, images and thoughts.

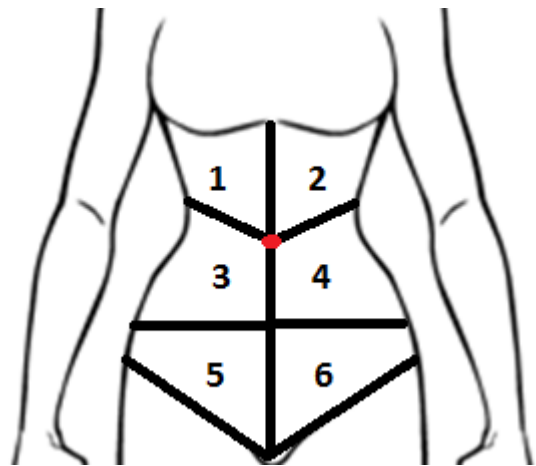
So, if you are ready to delve in and start on this beautiful womb healing...let's get started!

# SELF ASSESSMENT

Do you know what your abdomen feels like? Are there areas that are hard? tense? bloated? If you have scars, what colour are they? Do you feel cooler or warmer in certain areas of your abdomen? Does touching your abdomen make you feel uncomfortable?

This is the first step, to know what your body feels like. Why is it so important? Because it can tell you so much about what is occurring physically and energetically inside.

Use the template provided and assess yourself using the guide below.



## *How to Assess*

---

After emptying your bladder, lie on your back with your knees resting over a pillow. Take a few deep breaths, allow your hands and abdomen to relax.

**Temperature:** Using the flats of your fingers, feel each section for your temperature. This will be quite easy to define.

**Palpation:** Keeping your finger pads soft, place your hands on each section, allowing your fingers to gently circle downwards; feeling for tenderness, bloating, hardness or any other description you may have. You will also need to note any scars; their colour, any puckering, or raised sections.

## Temperature

Section 1	Cool	<input type="checkbox"/>	Damp	<input type="checkbox"/>
	Warm	<input type="checkbox"/>	Hot	<input type="checkbox"/>
Section 2	Cool	<input type="checkbox"/>	Damp	<input type="checkbox"/>
	Warm	<input type="checkbox"/>	Hot	<input type="checkbox"/>
Section 3	Cool	<input type="checkbox"/>	Damp	<input type="checkbox"/>
	Warm	<input type="checkbox"/>	Hot	<input type="checkbox"/>
Section 4	Cool	<input type="checkbox"/>	Damp	<input type="checkbox"/>
	Warm	<input type="checkbox"/>	Hot	<input type="checkbox"/>
Section 5	Cool	<input type="checkbox"/>	Damp	<input type="checkbox"/>
	Warm	<input type="checkbox"/>	Hot	<input type="checkbox"/>
Section 6	Cool	<input type="checkbox"/>	Damp	<input type="checkbox"/>
	Warm	<input type="checkbox"/>	Hot	<input type="checkbox"/>

## Palpation

Section 1	Tender	<input type="checkbox"/>	Hard	<input type="checkbox"/>
	Bloated	<input type="checkbox"/>	Scar	<input type="checkbox"/>
Section 2	Tender	<input type="checkbox"/>	Hard	<input type="checkbox"/>
	Bloated	<input type="checkbox"/>	Scar	<input type="checkbox"/>
Section 3	Tender	<input type="checkbox"/>	Hard	<input type="checkbox"/>
	Bloated	<input type="checkbox"/>	Scar	<input type="checkbox"/>
Section 4	Tender	<input type="checkbox"/>	Hard	<input type="checkbox"/>
	Bloated	<input type="checkbox"/>	Scar	<input type="checkbox"/>
Section 5	Tender	<input type="checkbox"/>	Hard	<input type="checkbox"/>
	Bloated	<input type="checkbox"/>	Scar	<input type="checkbox"/>
Section 6	Tender	<input type="checkbox"/>	Hard	<input type="checkbox"/>
	Bloated	<input type="checkbox"/>	Scar	<input type="checkbox"/>



## *Using this information*

---

So now you have this information, what does it mean?

Areas that are cold indicate lack of circulation or lack of energy.

Areas that are hot may represent an excess of energy in that organ for example a hot liver could be due to an overworked liver or from an energetic view, the liver is about "anger" or "resentment".

Areas that are tender or tight; this will indicate congestion or inflammation. In particular, when the small intestines are tender or tight, you are likely to have inflammation which would mean that your small intestines are not able to absorb the nutrients due to damaged sections. Tightness over the lower abdomen (areas 5 & 6), your reproductive area. This can be caused by a build-up of scar tissue or congestion in this area - alternatively, it may be due to you being "guarded" or "protecting yourself" over your womb centre.

When you shallow breath or are stressed, you will find that there is tightness through your upper chest.

The central line from the ribcage to navel is your conception vessel, which in Chinese medicine is vital for fertility, as the name suggests! I also believe that it represents the "**Maternal Ancestral Line**", which I will share more about later.

## *What to do now*

---

Keep a record of this information, and then over a period of time, go back and re-assess your body. How have you improved?

Read on, and find out what you can do for yourself...

# SELF HELP MASSAGE

Taking time every night, for a few minutes before you sleep, to massage your abdomen is a wonderful way to start increasing circulation to your whole abdomen and to start the connection to your womb.

Your womb only receives 5% of blood flow, and that is when there are no restrictions or blockages. You need your womb to be full of bountiful blood, so let's start encouraging the blood to flow to her.

Blood brings fresh nutrients, oxygen and hormones. but I'm not going to go into the ins and outs of the massage here and "**WHY**" it is so amazing for fertility. If you haven't already done so, pop over to my website [www.fertilitymassage.co.uk](http://www.fertilitymassage.co.uk) and download your copy of "**The Complete Guide to Fertility**"

## *So how can you perform Self Help Fertility Massage?*

---

Start by emptying your bladder, lie down on your back, knees resting over a pillow to allow your abdominal muscles to relax and your ovaries to drop back.

Place some oil in your palm, I personally like coconut oil, olive oil or anything natural, free from chemicals.

Keeping your hands soft, massage your abdomen in a large circular, clockwise motion starting from your right hip bone.

## *Online Programme or Fertility Massage Therapist*

---



I've shared the basic technique here, but if you want to follow the whole programme, you can purchase the 6 part online home programme, which includes an additional 3 bonus tracks and an introduction chapter.

[www.fertilitymassage.co.uk/online-program/](http://www.fertilitymassage.co.uk/online-program/)

Alternatively, treat yourself to a full Fertility Massage treatment with a certified Fertility Massage Therapist.

[www.fertilitymassage.co.uk/practitioners/](http://www.fertilitymassage.co.uk/practitioners/)

# CASTOR OIL PACKS

## *What is a Castor Oil Pack?*

---

A castor oil pack is an external application of castor oil. A piece of wool flannel is saturated in castor oil and applied to the abdomen with a hot water bottle or heat pack. The Edgar Cayce readings recommend castor oil packs to improve assimilations, eliminations, circulation (especially of the lymphatic system) and breaking down scar tissue.

## *How can Castor Oil Packs benefit Fertility?*

---

This treatment will help break down scar tissue including cysts, endometriosis and blockages in fallopian tubes, eases menstrual pain, draws out toxicity and helps to stimulate circulation therefore bringing a healthy blood flow to the uterus.



For those that suffer with constipation or bloating; the increased circulation and elimination will help ease these complaints.

Castor Oil packs are an ideal complement when used alongside Fertility Massage or Self Help Fertility Massage.

### *To make the pack*

---

Use an old flannel, big enough to cover your abdominal area. Put it in a pan or bowl and pour **warm castor oil** on it. Saturate the whole flannel, and leave it until it is well-saturated. When you use it, you want it saturated, but not dripping. After each use, you will probably need to add a little more castor oil. You can use the flannel many times. When you're not using it, you can store it in a plastic bag in the refrigerator or cool place.



### *Using the Castor Oil Pack*

---

- Use the pack in the evening, as you are resting before bed or when you have quiet time.
- Spread out an old towel, so that the castor oil won't leak onto the bed. Use an old towel that you will use only for castor oil packs, because the oil is almost impossible to wash out completely.
- Warm the heat pack/hot water bottle.
- Lie down on your back on the towel. Place the pack on your abdomen, with the heating pad on top and another towel on top of that. It should be very warm, but not so hot it burns you.
- Ideally, keep the pack on for 1 to 1 ½ hours. Although anything from 20 minutes onwards is beneficial.
- Have a paper towel or wipes handy to wipe the oil off yourself when you get up.

### *When to use the Castor Oil Pack*

---

- During the preparation for conception phase you can perform 3 times a week for a minimum of 30 minutes.
- When trying to conceive, perform only during the first half of menstrual cycle (from menstruation to ovulation).

### *Purchasing a Castor Oil Pack*

---

You can purchase castor oil in some chemists, health food stores or online

# YONI STEAM

## Why perform a Yoni Steam?

From a physical perspective, Yoni steams are a great way to cleanse the Womb, helping to remove unwanted waste and old lining. It also helps to encourage the Womb into an open and more upright position.

**Yoni** is Sanskrit for Vagina to mean "*divine passage*" or "*sacred temple*"

From an emotional and spiritual perspective, it is literally entering through your Root Chakra to cleanse. So you may have upsetting experiences or unwanted memories of partners that have “been” and “attached” through your Root Chakra.

Alternatively, you may be looking to encourage Love or Fertility into your life, and if your Root Chakra is blocked, this could help to encourage the right energy your way. Yoni Steaming is a beautiful ritual that opens and connects you to your womb, allowing the space for the womb to be at the centre of your thoughts, bringing healing and love to the centre of a woman’s being!



## *How to Perform a Yoni Steam*

---



To do a Yoni steam treatment you need a large double handful of any of the fresh herbs mentioned below (or any combination of two or more) to boil in a large pot that holds about two litres of water. If the herbs you are using are dry, you will need a single large handful to the same amount of water. Boil the herbs in the water for twenty minutes and remove from the heat.

Place the steaming pot of herbs on the floor and sit over the pot on a chair with holes or slats in the seat. Your body should be one or two feet above the steaming herbs. You should be naked from the waist down with a towel wrapped around your legs and waist to hold in the heat. You should remain in the chair absorbing the herbal steam into your vagina for twenty minutes. If you feel like it is burning you, remove the pot of herbs and let them cool for five minutes and replace.

Afterward, one must be careful about exposure to cold drafts or sleeping in an air-conditioned room. You should keep warm after the steam bath. The ideal would be to go directly to bed and wrap up warmly for an hour. This will serve to strengthen the treatment and allow your body to process the healing effects of the Yoni steam bath. This can be performed at any time during your cycle, except for the 3 days prior to and during menstruation and may be repeated every month until improvement is realised.

***\*\*Do not use after ovulation if you are Trying to Conceive\*\****

## *Suggested Herbs*

---

The following selection of herbs is based on traditional methods rather than medicinal. I encourage you to use the herbs that feel right for you, for whatever reason. The intention behind this treatment is powerful.

## *Which Herbs to use:*

---

### **For Luck**

All Spice

Aloe

Daffodil

Holly

Oak

Rose

### **Love**

Basil

Cardamom

Chamomile

Cinnamon

Clove

Coriander

Daffodil

Daisy

Geranium

Jasmine

Juniper

Lady's Mantle

Lavender

Lemon

Lime

Lotus

Mistletoe

Orchid

Peppermint

Rose

### **Fertility**

Daffodil

Geranium

Olive

Pine

Hawthorn

Mistletoe

Myrtle

### **Healing**

All Spice

Cinnamon

Burdock

Eucalyptus

Fennel

Garlic

Hemp

Lime

Nettle

Oak

### **To Unblock**

Chicory

Mimulus

Mistletoe

### **Purification**

Bay

Chamomile

Fennel

Lavender

**Healing** (cont.)

Olive

Onion

Peppermint

Rose

Rosemary

Rue

Saffron

Thyme

**Love** (cont.)

Rosemary

Rue

Saffron

Thyme

Yarrow

**Purification** (cont.)

Parsley

Rosemary

Thyme

Turmeric

Vervain

**To release shame from Sexual Past**

Pine

**Connecting Mind to Body (3<sup>rd</sup> Eye to Root and Sacral Chakra)**

Marigold

Jasmine

Rose

Dried herbs can be purchased online. I use [www.woodlandherbs.co.uk](http://www.woodlandherbs.co.uk)

or [www.baldwins.co.uk](http://www.baldwins.co.uk) However, there are many others to choose from.

Or you can use fresh herbs. If you cannot find dried or fresh herbs, you can use 6 drops of essential oils.



## *My Favourite Yoni Steam Pack*

---

**The Herbs in my recommended Yoni Steam pack are:**

*Lavender, Yarrow, Lemon Balm , Marigold, Rosemary & Rose.*

The energy of this blend focuses on fertility, love, purification, healing and unlocking a closed root chakra. Helping to connect to spirit, encourage prophetic dreams & assist with those wishing to connect and bond to their future babies.

The energy of herbs connects to the 4 elements; Air, Fire, Water & Earth, the Masculine & Feminine energy, the Sun, Moon & Venus and Goddess Isis.



# CORE EXERCISES

## Core Functioning for Fertility

Along with fertility massage, core exercises help to strengthen and balance the muscles and connective tissues that hold the organs in their correct place. This has large implications for health and fertility as many important systems reside in the torso area (see below).

The immune and digestive systems could be called one and the same since as much as 80% of our immunity is formed in the digestive system (the gut). Similarly the organs, nerves and muscles of the abdominal cavity all share common pathways and communicate with each other. The reproductive system also shares many of these pathways with the guts, hence any disease or malfunctions can impact reproduction itself. This commonality helps us to understand why during menstruation many women typically have back pain or cramping in the stomach. Not surprisingly digestive problems are linked to hormone imbalances and reproductive conditions such as PCOS, Endometriosis, fibroids hence infertility. So the importance of a fully functioning core and digestive system cannot be stressed enough.

## WHAT IS THE CORE?

Core muscles can be viewed as the bridge between the upper and lower body that stabilises and enables the body to perform movements optimally. The core muscles include the exterior and interior core. The exterior core includes muscles such as abdominals, external Oblique's, hip flexors, but generally most of the large muscles that help us move. The main interior core muscles include the transverses abdominus, multifidus, diaphragm and pelvic floor. These smaller muscles aid in stabilising the trunk, support the internal organs and aid in circulation. Changes in the core also lead to muscle imbalances, which often reflect in changes of posture.

The Inner Unit became a term describing the functional synergy between the transversus abdominis and posterior fibers of the oblique's internus abdominis, pelvic floor muscles, multifidus and lumbar portions of the longissimus and iliocostalis, as well as the diaphragm. Research showed that the inner unit was under separate neurological control from the other muscles of the core. This explained why exercises targeting muscles such as the rectus abdominis, oblique's externus abdominis and psoas, the same muscles exercised with traditional abdominal conditioning programs used in gyms and athletic programs worldwide such as sit ups, were very ineffective at stabilizing the spine and reducing chronic back pain.

## **HOW DO I ACTIVATE OR ENGAGE IT?**

One of the most important things you can do to improve posture and core function is to make sure you are breathing correctly. This is done by breathing diaphragmatically.

The first thing to note is upon inhalation (breathing in), the air should expand the stomach first then move up to the chest. This activates the many trunk muscles that stabilize us, and helps us to move correctly. Practice this by putting your hand on your stomach while you breath, alternatively use this method of breathing with meditation.

The transversus abdominus is the key muscle as regards to core control. This muscle is like an inner belt and acts on the lower back and pelvis. There are two simple methods to activate this muscle.

**Method 1** The simple action of drawing in the belly button towards the spine contracts this muscle, stiffens the spine and creates stability between the upper and lower extremities. In order to move safely during any movement, activating the core is paramount to avoiding back pain. The transversus abdominus should be trained to be activated whenever we move or exercise.

**Method 2** The other good way to ensure activation whilst moving or exercising more vigorously is to breathe out through pursed lips during the hard part of the exercise or moment (usually against resistance or gravity). This braces the core and creates intra abdominal pressure which activates the muscles in a similar way. Get into the habit of breathing and activating the core correctly and you're moving in the right direction towards avoiding back pain. Don't forget, all the techniques above are transferable to real life too, so whether you are picking up or lifting something, the same rules apply. Use these methods on all exercises and movements.

Below is a series of simple but highly effective exercises and movements, if performed correctly will strengthen and stabilize your torso, enabling you to move more freely in a healthier manner and along with stretches improve posture.

## **HORSE STANCE**

Continuing the theme of very useful exercises you can do in the home, to strengthen and stabilize the problematic areas of the lower back and pelvis. The Horse Stance is a great exercise if done correctly to strengthen and stabilize the above mentioned problematic areas. Stretch out the hip flexors and shoulders before starting. Read the whole section before starting the exercise.

### **The Set-Up**

Place your wrists directly below the shoulders and your knees directly below their respective hip joint. The legs are parallel and the elbows should remain turned back toward the thighs with the fingers directed forward. Place a dowel rod along your spine and hold perfect spinal alignment. The rod should be parallel to the floor. The space between your lower back and the rod should be about the thickness of your hand.

This will not be an easy position to hold and is a great triceps workout in itself. This is the start position for the Horse Stance Vertical and Horse Stance Horizontal exercises.

It is advisable to find a spotter who can assist you with feedback about your body position. If you are not training with a spotter, it is highly recommended that you train in front of a mirror (45 degree angle) to make sure you stay in correct position throughout the exercise. When you are checking your body position in the mirror, do not move your head, just look up with your eyes.



Fig. 1



fig. 2

### **HORSE STANCE VERTICAL**

Take a deep abdominal breath and as you breathe out, draw the belly button towards the spine as you lift one hand and the opposite knee slightly off the floor. There should be just enough of a gap under your hand and knee to be able to slide a magazine into the gap. Hold this position for no longer than ten seconds, and then return to the start position. Repeat the exercise with your other side, and continue lifting opposite sides until the point of fatigue, or when you have completed ten repetitions. Try to breathe naturally during the movement, drawing your belly button in as you breathe out on the lifts. Try not to allow your weight to shift over to the support leg, which takes the emphasis of the exercise away from the back and supporting muscles

The target number of repetitions is ten reps per side with a two second hold in each position. When you are able to complete the exercise for three sets with a one minute rest between sets, you are ready to add the Horse Stance Horizontal to your program. Perform one set of the Horse Stance Vertical as a warm-up for the Horse Stance Horizontal.

### **HORSE STANCE HORIZONTAL**

From the set-up position, slowly sweep one arm out at 45 degrees to the midline of the body with the thumb pointing towards the ceiling, simultaneously extending the opposite leg backwards as shown. Again hold this position for a count of up to 10 seconds or fatigue, whichever comes first before lowering and repeating on the other side. see figs 3 and 3a



fig. 3



fig. 3a

It is very important to keep correct alignment and position to get the most from this great exercise as this movement is all about strengthening the pelvis, lower back, shoulder girdle and surrounding structures in their optimal position. Leading to an improved posture and a strengthened core structure. Only perform the movements as far as you can maintain good form, greater range of movement will come as you improve your flexibility with your flexibility program.

## THE FLOOR BRIDGE

This exercise is great for stabilization of the core and strengthens the postural muscles (hamstrings, gluteus group and lower back).

Start lying on your back with the knees bent and hands by your sides (palms up) fig. 1. Take a deep abdominal breath, and as you draw in your belly button push your hips upwards, so that your body forms a straight line between your knees and your shoulders (fig. 2), breathing out from bottom to top. The speed should be, push up for 3 seconds, hold for 3 seconds and lower for 3. Perform 1 set of 10 repetitions and build up to 3 sets of 10. When you can do 3 sets of ten, you're are ready to use the variations below.

Fig. 1



fig. 2



## VARIATIONS

To increase the difficulty, start as in fig. 1 and extend your right leg at the knee, so that both thighs are parallel. From this position activate the core and push up from the hips with your left leg (fig 3), hold for 3 seconds as above. The figure 4 variation is advanced and should only be used post pregnancy, once the previous variations can be performed as prescribed (at least 10 weeks post natal).

Fig. 3



fig. 4



## THE PLANK

The focus of these exercises deal with the muscles on the anterior side (front) of the body, transversus abdominus, rectus abdominus and hip flexors. These exercises help to strengthen and flatten the stomach wall and aid in stabilizing the back.

Lie face down with your elbows on the floor directly under the shoulders and your forearms pointing straight ahead with palms down. The foot should be at right angles to your shin with the balls of the feet on the floor. Take a deep abdominal breath and lift your hips up off the floor so that only your forearms and feet are on the floor. Your body should now be in a straight line as if standing against the wall with heels, bottom, shoulders and head touching the wall see fig. 1. Maintain this position as you breathe out through pursed lips while drawing the belly button in towards the spine without any movement in the back. Hold for two times 30 seconds building up to a minute for each rep. To make the exercise easier, simply perform it from the elbows and knees.

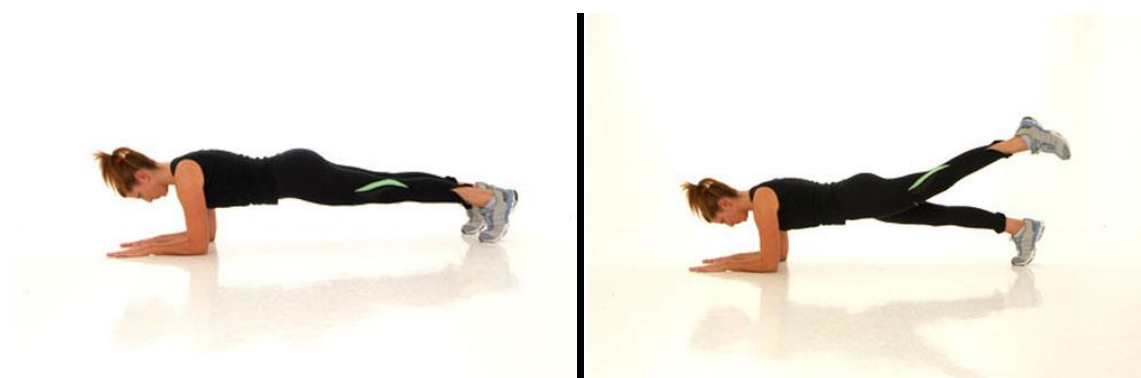


Fig. 1

fig. 2

## VARIATIONS

In the full plank position lift one leg off the ground (about 6 inches) and hold for about 10 seconds changing to the other leg until you lose form, at this point you stop, rest and start another set if desired see fig. 2. This puts more rotational forces on the pelvis and strengthens and stabilizes the muscles in the pelvis (core).

If you want to go one stage further, from the lifted leg position, you can then take that leg directly out to the side to increase the resistance in the core even more.

As with all the exercises it's quality not quantity.

## ***SIDE PLANK***

This exercise focuses the attention on the Oblique's, which help the body with lateral movement, stabilizes the pelvis and works in conjunction with the other core muscles.

Lie on your side with the feet together, keeping the shoulders, hips and feet in alignment. Elbows should be directly under the shoulder, with the forearm facing forwards at 90 degrees to the body, palm on the floor.

Take a deep abdominal breath; lift the hips off the ground until the body forms a straight line. Extend the outside hand straight up with the palm facing forward. Ensuring there is no bending from the hips and the head is in perfect alignment with the rest of the body see fig. 1.

Work up to holding for 30 seconds to a minute either side.

Breathing should be deep and relaxed, drawing the stomach in as you breathe out through pursed lips.

### ***VARIATION 1:***

To make this exercise slightly easier, you can bend at the knees, 90 degrees so that the force is just between your knees and your elbows see fig. 2.





## THE PRONE COBRA

The prone cobra is particularly effective for reducing rounded shoulders that is often seen in the sedentary office worker and over exerciser. It also effectively conditions the long back extensors that run from the lower back to upper back, hence improving posture.

Prior to starting this exercise, stretch out the entire chest before immediately hand To start lie face down on the floor with the good alignment as in fig. 1/1a.

Take a deep diaphragmatic breath and activate the core as you contract the lower back muscles and bottom to raise the chest from the floor. Keep the feet on the ground, the extension should come from the back rather than the hips.

As you lift, rotate the arms so the thumbs go to the outside of the hand and points upwards. This brings the shoulder blades together and extends the upper portion of the Back as in fig. 2/2a. Keep your focus straight down to maintain alignment of the neck.

Hold this position for 10 seconds then slowly lower back to the starting position, breath freely at the top keeping the core activated. Rest for 10 seconds before repeating. When you can perform 3 sets of 10 repetitions of 10 second holds, reduce the recovery time to 5 seconds. When you can complete 15/20 repetitions progress to 1/2/3 minute holds



fig. 1



fig. 1a



fig. 2



fig. 2a

## CORE CONDITIONING EXERCISES

### Lower abdominals

The inability to coordinate pelvic stabilization along with leg movement is a common cause of back pain. The exercises below can be used to test and strengthen these essential movements.

#### Lower abdominal coordination test.

**Please Note:** *If pregnant these exercises are fine during the first trimester, but medical advice should always be followed if there are any complications. Sometimes in later pregnancy women get light headed and nauseous if lying on their backs for a long time. If this is the case then you shouldn't do this exercise.*

Lie on your back knees fully bent. Place one or two hands under the hollow of your back then bring your feet off the floor so that your knees are pointing straight up vertically. Tilt your pelvis backwards to flatten your back against your fingers. Hold this pressure and keep the bones of your spine against fingers as you lower your feet to the ground. If you cannot maintain the pressure on the spine, then these stabilization mechanisms need strengthening in order to prevent low back pain. Work through each level of these exercises until you can complete the desired sets before moving onto the next one.

This time lie on your back as before with your feet on the ground. Roll up a towel until it is about an inch thick and place this in the hollow of your back directly beneath your belly button.



Fig. 1

fig. 2

### **Exercise 1 fig. 1**

Take a deep breath in, exhale as you draw in your belly button in towards your spine and gently increase the pressure on the towel by rotating your tailbone towards the ceiling, there should be gentle but firm pressure on the towel. Hold this position for up to 10 seconds then rest 10 seconds. Repeat 10 times, 2 Sets.

### **Exercise 2 fig.2**

Resume as before but raise one foot off the floor until the knee is pointing straight up from the hip, lower back to the ground keeping a smooth steady tempo (3 seconds up, 3 down), alternate legs (1 leg moving at a time) keeping constant pressure on the towel, perform 12 – 20 reps. You should be breathing out and drawing in the navel as you raise the leg from the floor, breathing in as you lower the leg.

### **Exercise 3 fig. 3 & 3a**

This time raise both feet off the ground with the knees pointing straight up. Exhale, draw your belly button in towards your spine as you lower your foot towards the ground, keeping constant pressure with your back on the towel. Bring the leg back to the starting position while breathing out then lower the other leg. If you feel your back arching off the towel, use smaller movements.



Fig. 3

fig. 3a

When it becomes easier to perform this exercise, touch down with your foot further away from the body for an increased challenge, or lower both legs together. Keep the upper body relaxed all times.

## ***EXERCISE ORDER***

**Horse Stance** (Do number of sets before moving onto other exercise)

**Prone Cobra → Lower Abdominals** (paired together until all sets are done)

**Floor Bridge → Side Plank → Plank** (3 consecutive exercises until sets finished)

**PLEASE NOTE THAT IT IS ADVISABLE TO SEEK ADVICE FROM YOUR HEALTH PRACTITIONER BEFORE STARTING THESE EXERCISES**

# KNOW YOUR BODY'S FERTILE SIGNS

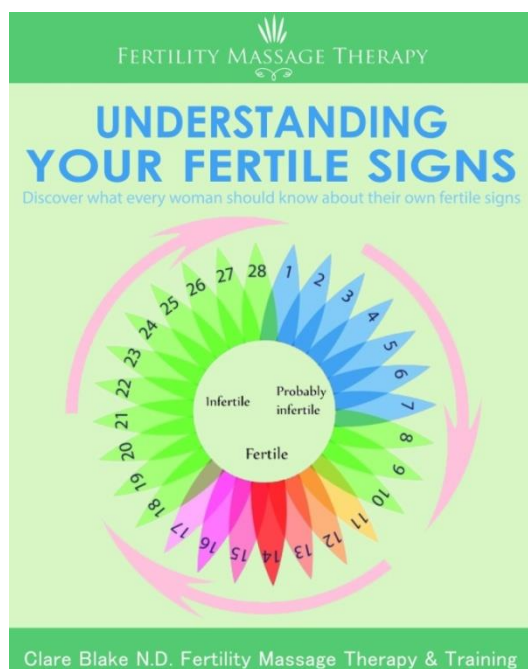
Are you relying on ovulation predictor kits to let you know when you are ovulating?

For so many women, we are so out of touch with our bodies, not really knowing or understanding what is happening each month. For many of us, we spend many years on the Oral Contraceptive Pill (OCP) which not only means that we have synthetic periods but we are disconnected to the natural rhythms of the moon and our intuition. I'll touch on the moon later, but for now, let's start with recognising our fertile signs.

## RECOGNISING YOUR FERTILE SIGNS

You have 3 fertile signs that Mother Nature has provided us with to help us "know" our ovulation time rather than be "told" when this is occurring.

- **Slippery wet mucus**, after a progression of changing mucus from dry to damp & creamy, to wet and slippery. Last day of slippery sensation is **PEAK**
- **Swollen Vulva**
- **Lymph node**, pea sized node in inguinal lymph area on side that ovulating



To discover more about your fertile signs, I have written a short book that is available to download here:

<http://www.fertilitymassage.co.uk/fertilebody/>

# CREATIVE

We've looked at the more practical and physical aspects of healing, cleansing and loving your womb. Now, let me take you on a journey through some creative ideas.

## *CREATE A WOMB ALTAR*

A womb altar or a conception focus point, can be as elaborate or as inconspicuous as you like, it is your altar, and purely for your own enjoyment.

So what is exactly a womb altar?

This is an area set aside for you to place items that you feel connect you to your womb and conception. This womb altar below contains rose petals, a rose and rose oil - all 3 are different ways to express feminine energy through rose.



The red fabric represents rich, red blood flow of the womb. There are crystals, goddess Gaia and images of angels. You can add anything you wish, the idea is that you can place your focus and bring yourself back to a positive centre.

## IDEAS

- place items that focus on babies i.e. a photo of you and your partner as babies, small pair of baby booties or if you have an item from when you were a baby
- Images of pregnant women
- White candle to represent light, positivity and cleansing
- Red candles to represent your full womb
- Green candles to represent fertility.

If you wish to take this a step further, you can incorporate some traditional aspects by bringing balance and calling in the energy of the 4 elements: Air, Earth, Water & Fire by placing items such as:

- Plant - Earth - North
- Feather - Air - East
- Candle - Fire - South
- Bowl of water - Water - West



## HOW TO USE

Once this has been set up, it is there for you to use as you please. You may wish to meditate in front of it, whilst calling in your baby, or have it in your bedroom to encourage the energy of conception whilst love making.

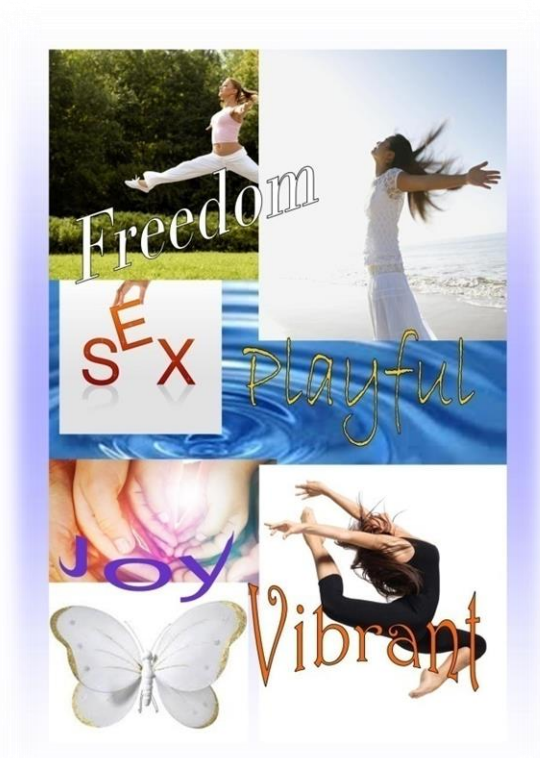
There are no right and wrongs with this....be creative, and enjoy!



# CREATE A MOOD BOARD

Get creative, but be POSITIVE! Positivity breeds positivity. You can add other images, things that make you feel great, they don't even need to have anything to do with pregnancy, like the mood board on the right.

Here are a couple of ideas to get you started, however, it's about your expression, your feelings, your creativity...





# EXPRESS YOUR WOMB

Once you have connected to your womb, allow the expression of her to come out in a creative manner.

I've had clients who have seen their womb as a flower or a tree. Other's see her as themselves as a young child. Some see her as colours, words or music.

However she presents to you is fine, amazing in fact, just that she is showing herself to you.

So now...take this and create...

## IDEAS

- write a poem, journal or story
- draw or paint her
- make a clay model and paint her
- sew a "womb flag"
- make a flower arrangement
- play her song



# WOMB GODDESS

Our wombs are our inner Goddess just waiting to be discovered and expressed.

So who are you drawn to?

Cast your eyes over the images below, using your initial response, which of the images are you most drawn to right now?



From left to right, top to bottom:

Air - read **Goddess Uzume**

Earth - read **Goddess Gaia**

Fire - read **Goddess Lilith**

Water - read **Goddess Yemaya**

## GAIA

Our Earth Goddess. She is the centre and foundation of all life, the mother of all things. Her womb is so fertile and thus all of life springs from within her.

Her expression and qualities are:

- Fertility
- Feminine energy
- Mother
- Vitality
- Stability
- Season - Winter
- Colour - Green & Brown

### *HOW TO CONNECT TO HER*

Take a walk in the park, forest or woods. Spend time in your garden or anywhere amongst nature where you can breathe in the deep green lushness of earth energy.

Place something from nature at your womb altar i.e. a pine cone, flowers, plant...



*Diosa-de-la-Tierra. Earth Goddess by Tanya Torres*



## YEMAYA

The Goddess of water. She is the soother of troubles and a wise prophet. Here energy is fluid, allowing the healing process to take place within you.

Her expression and qualities are:

- Flowing & fluidity
- Purifying & healing
- Soothing
- Intuition
- Radiance & Glow
- Season - Autumn
- Colour - Blue

### *HOW TO CONNECT TO HER*

Be amongst water. A lake, pond, ocean, river, beaches, bath...immerse yourself if possible.

Place something from the water at your womb altar i.e. shells, pebbles or bowl of water.



*Diosa-de-la-Mer. Sea Goddess by Tanya Torres*

## LILITH

The Goddess of fire. She is connected to Aries, which is presented as the Ram head - shaped like a womb. Fire clears to allow for the new to make way.

Her expression and qualities are:

- Passion & Sexuality
- Wildness
- Wings of Freedom
- Power
- Trust
- Inner passion
- Season - Summer
- Colour - Red

### *HOW TO CONNECT TO HER*

Be amongst fire; light candles or a fireplace, allow the sunshine to wash over you,

Place something from the water at your womb altar i.e. candles



*Atabey-pare-el-coqui. Atabey births the Coqui by Tanya Torres*

## UZUME

The Goddess of air. She is our inner child, so feel that playfulness as it rises up and come out to play.

Her expression and qualities are:

- Playful
- Dancing
- Wild woman
- Freedom to express
- Movement
- Essence of spirit
- Season - Spring
- Colour - Yellow

### *HOW TO CONNECT TO HER*

Spend time in open spaces, dance and feel freedom in your body. Play as you would as a child; swing high, whizz down slides, and jump in muddy puddles!

Place something to represent air at your womb altar i.e. feather, incense, bells...



*Susurros-del-cielo by Tanya Torres*



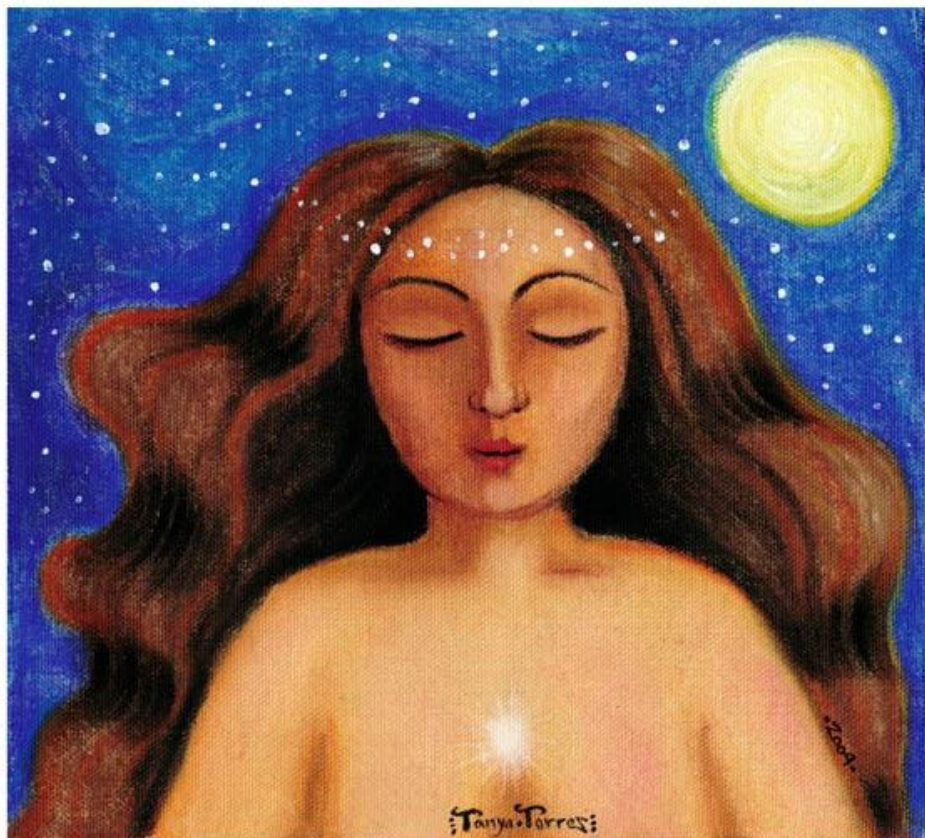
# MOON & FEMININE WISDOM

Mother Moon connects us to our divine feminine energy, our ancestral maternal line and the rhythm of life. This rhythm includes our menstrual cycles, hormones and emotions.

Menstruation is known as "Moontime" for the very reason that the moon governs our cycles, just as the moon effects the oceans ebbs & flows.

By connecting to the moon, we can enhance our fertility, particularly if we ovulate at the full moon.

In days gone by, all women cycled in tune with each other; coming together to bleed at the dark moon, resting and honouring our flow.



*Kissed by the Stars by Tanya Torres*

## ***CONNECT & TUNE INTO THE MOTHER MOON***

There are 4 phases to the moon cycle, as there are also 4 phases to a woman's cycle.

If we are to tune in to the moon now, what does she tell us?

### **New Moon (Dark Moon)**

This is when women should bleed. A time for reflection and rest, and to tap into our intuition.

### **Waxing Moon**

As the moon starts to grow, this is also the time for your ideas, creativity and energy to grow. You are in your follicular phase, heading towards your fertile phase.

### **Full Moon**

You reach the peak of your fertility, energy and creativity. You are like a flower that has come to full bloom, or a fully ripened fruit.

### **Waning Moon**

As the moon starts to fade away, it is time to reflect upon your life, knowing what needs to be cleared and released. Time to let go of all that doesn't serve you well.

This is our luteal phase and the lead up to our moontime. This phase for most women is when PMS kicks in and we become angry or moody at what appears to be trivial things. However, when we can reflect upon what is bothering us in the "PMS" week, we can address underlying issues that may be causing us distress.





### *HOW TO CONNECT TO THE MOON*

- Find out what phase of the moon we are in, and when it is Full Moon, spend a few minutes each night gazing at her beauty.
- Chart your cycle and the moon phase to see how they correlate.
- Visualise the full moon above you, bathing you in her silver moonlight, filling you up with her feminine wisdom.
- Use moonstone crystals to connect to the moon - sleep with them.
- Read **Lunar Fertility** by Francesca Naish. An interesting insight into the possibility of a second ovulation each month in tune with your moon phase.
- Read **Red Tent** by Anita Diamant. This fictional biblical tale of women coming together to share, cherish and honour their bleeds.

# THE LOWER CHAKRAS

There are 7 main energy centres of the body, known as Chakras. A chakra is like a spiral or wheel through which energy flows. Each is connected to a colour, emotion, sense or period of life. They are located at a physical part of the body, starting at the top of the head (Crown Chakra) through to the Root Chakra (Yoni).

Chakras can be blocked (so the spiral stops turning) and this means that energy is not flowing, your Chi or energy will be depleted, and create illness within, including fertility issues.



A woman's lowest three Chakra centres are the most important for healing. Any of the following stresses held within the body will be stored within the area from Solar Plexus downwards – the most important energy centres for conception, pregnancy & birth.

- Any and all angry feelings
- Resentments and feelings of rejection
- Blame and guilt
- The need for revenge
- Wanting to leave a relationship but fearing the financial consequences
- Shame of one's body
- Shame about one's family background or husband's social status
- Guilt about the quality of one's mothering
- Being a child abuser instead of an abused child
- A history of incest or rape
- Guilt over an abortion
- Inability to conceive
- Deception over sexual activities
- Inability to launch one's creations
- Problems with money
- Sex and control issues with other people
- Power/control
- Safety/security in the world
- Inability to trust others
- Fear, intimidation
- Lack of self esteem

This list is not exhaustive, but will provide you with an idea as to the emotions and feelings that may create a blockage in the lower chakras.

### ***THE FIRST CHAKRA ~ ROOT CHAKRA***

Our first chakra is connected to our life from pre-conception through to the age of 3. It is related to our upbringing and early life, this includes our immediate and extended family, our race, social status, educational level, family legacy and family expectations as handed down through generations.

Psychological programming from one's early years that are limiting, such as: "You're stupid" "You're useless" "You're a bad girl" "Only Catholics go to heaven" "Girls are meant to serve men" "Men always come first" "women can't make money, they should marry it" – etc... any negative programming that leads you to have certain belief patterns stored within you.

## ***THE SECOND CHAKRA ~ SACRAL CHAKRA***

This is related to ages 3 - 8 years old and is also concerned with day to day physical aspects of living, with the people to whom we relate and with the quality of our relationships. Also relates to everything we own: money, relationships and possessions. The Uterus and ovaries are the major organs in this Chakra and is both literally and figuratively “creative space” out of which women can produce babies, relationships, careers, novels, insights and all creative works. When our energy is not flowing smoothly in this area, gynaecological problems arise.

## ***THE THIRD CHAKRA ~ SOLAR PLEXUS***

This is the last chakra of our childhood years, linked to the ages of 8 - 11years old. The foundation for a women’s sense of self – her self esteem is formed by her sense of security and safety in the world (1st chakra) combined with the quality of her relationships (2nd chakra). If we feel safe and secure and have supportive relationships we will be in a good position to achieve our goals in the outer world.

Third chakra strength or weakness is related to feelings of adequacy and competence in the world and holds our daily emotions.

## ***Healing the Chakras***

Ideally, find someone who can help with clearing and cleansing your chakras to balance them.

### **Self Help Tips**

- You can use colour therapy to help heal the chakras, try wearing Red, Orange or Yellow to focus positive energy into those chakra centres.
- When you drink water, imagine the colour of the chosen chakra centre filtrating through the water...as you drink that water, feel it filling that energy centre with cleansing energy.
- Use aromatherapy oils either in a bath, oil-burner or massage within some oil. Try Sandalwood for Root Chakra, Rose or Jasmine for Sacral Chakra or Lavender or Rosemary for Solar Plexus.

# FERTILITY CRYSTALS, OILS & FLOWER REMEDIES

*“WELCOMING BABY SPIRITS INTO OUR WOMBS & HEARTS  
THROUGH NATURE'S GIFTS”*



*Maria Magdalene del Corazon Ardiente-Mary Magdalene of the Burning Heart by Tanya Torres*

The following is a guide as to crystals, essential oils and Australian Bush Flower Remedies that can be used however you wish - whether you take the flower remedies as drops, or place the crystals under your pillow at night or place on the womb altar.

You can create a "Fertility Spritz" using some of these tools, and spray the bedroom or yourselves at times of love making...

Be creative with your use, and do feel free to share with me how you used them.

## **CRYSTALS**

Many of the crystals energy is about enhancing fertility, clearing blockages either physically within the body or emotionally and clearing the root chakra. Also included are crystals to clear negative energy; in particular those comments and fears surrounding infertility. Many couples find that it's truly hard to express their feelings and emotions during the fertility journey, therefore lapis lazuli helps to open the communication. Rose quartz invokes love energy, whilst the clear quartz brings peace and a clearing energy. My ultimate favourite crystal, Moonstone, is a powerful crystal that I have used over the years with fertility, pregnancy and birthing clients...connecting the womb to the moon energy; our powerful fertility goddess.

- ❖ Carnelian
- ❖ Chrysophase
- ❖ Moonstone
- ❖ Jade
- ❖ Rose quartz
- ❖ Zoisite
- ❖ Smithsonite
- ❖ Lapis lazuli
- ❖ Quartz
- ❖ Black tourmaline

## **AROMATHERAPY ESSENCES**

The essences below invoke feminine energy, clearing of negative energy and the beautiful scent of jasmine has been used for centuries amongst pregnant and birthing women.

- ❖ Frankincense
- ❖ Melissa
- ❖ Jasmine

## **AUSTRALIAN BUSH FLOWERS**

She Oak, Bush Fuchsia and Pink Flannel Flower connect the heart, pituitary/mind and womb. Dog Rose clears any fears whilst Boab encourages your baby to come into your womb leaving behind them any past negative karma.

- ❖ She Oak
- ❖ Bush Fuchsia
- ❖ Pink Flannel Flower
- ❖ Dog Rose of the Wild Forces
- ❖ Boab

## CALLING IN YOUR BABY

There is a tribe in Africa that count the birth date of their child from the day that the baby was a thought in their mother's mind. When the woman decides that she will have a child, she goes and sits under a tree, and she listens until she can hear the song of the child that wants to come in.



*Powerful Hand of the Tree of Life by Tanya Torres*



*Placenta by Tanya Torres*

Once she hears this song, she teaches it to the man who will father her child and so whilst they make love to conceive that child, they both sing that song to invite them in.

I am not suggesting you follow this exactly, however, the spirit of your child needs to know that you are ready to welcome them in.

I'd like to share my own personal experience of our "Welcoming in Ceremony" . I hope that you feel drawn to this beautiful and can create your own welcoming in ceremony for your baby.



# WELCOMING IN CEREMONY

We chose a date to coincide with a full moon, and returned to the place where we had wed 4 years previously, a beautiful spot next to a river in Mid-North NSW, Australia.

We created an altar, using a red bowl filled with water from the river to represent my womb, a candle from our wedding, statue of Goddess Gaia, Incense and crystals. (Moonstone, Rose Quartz and Clear Quartz)



*Eros & Psiquis by Tanya Torres*

Sitting opposite each other, hands crossed in a figure of "8", we shared with each other how we felt the other would be as a parent, why we had chosen them to be the father/mother of our baby and the amazing qualities we would share with our child.

Then, using the name "Savannah", we called her in, we let her know that we were ready for her to come to us, and that we opened our hearts and my womb to her.

At that moment, a white butterfly flew between us, I admit I wept...and the following month, our darling daughter came into my womb and heart.






# LOVE YOUR WOMB!

Thank you for taking the time to read through this book. I hope you have been inspired by some of the ideas in here, and take the time to connect, heal and nourish your womb.

Our wombs share our journey, whatever stage of our reproductive life we are at, and I truly hope that after reading this book, you and your womb become soul-sisters!

*Love your Womb !*



Woman I am,  
Woman I be,  
Heal my Womb,  
Set me free

## WITH THANKS...

Donovan Blake for his article on Core Exercise

[www.donovanblake.co.uk](http://www.donovanblake.co.uk)

### *IMAGES*

With thanks to the following artists for their contributions of images

Tanya Torres [www.tanyatorres.com](http://www.tanyatorres.com)

Per Ola Wiberg

Carl Wycoff

Matt Reinbold

### *My Womb!*

Without being connected to my womb, I would not have the vision, intuition and guidance to share this information and offer the nurturing Fertility Massage treatments to so many women.

I also give so much love and thanks to my womb for my greatest gift, my daughter.

## CONTACT CLARE



**Clare Blake**

w: [www.fertilitymassage.co.uk](http://www.fertilitymassage.co.uk)

e: [info@fertilitymassage.co.uk](mailto:info@fertilitymassage.co.uk)

### *JOIN ME ON FACEBOOK & TWITTER*



<https://www.facebook.com/FertilityMassage>



<https://twitter.com/fertilemassage>