

Wild Feminine: Finding Power, Spirit & Joy in the Female Body

By Tami Lynn Kent

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Wild Feminine: Finding Power, Spirit & Joy in the Female Body By Tami Lynn Kent

Wild Feminine invites every woman to journey deep into the heart of her female body, to her root place, and the center of all womanhood. Through stories, visualizations, and creative exercises, the wisdom arising from the female body has been distilled as never before into this guide to nurturing, healing, and exploring the feminine nature.

Wild Feminine: Finding Power, Spirit, & Joy in the Female Body offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine.

Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body.

Wild Feminine reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman’s everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. *Wild Feminine* gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

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Wild Feminine: Finding Power, Spirit & Joy in the Female Body By Tami Lynn Kent Bibliography

- Sales Rank: #24033 in Books
- Published on: 2011-02-22
- Released on: 2011-02-22
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x 1.00" w x 5.50" l, .75 pounds
- Binding: Paperback
- 400 pages

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Editorial Review

From Publishers Weekly
Holistic women's healthcare provider and Holistic Pelvic Care founder Kent offers a groundbreaking yet practical mapping of the female energy system with her first book. In a world in which women are notably absent in "all things worthy of study," Kent argues for the importance of exploring the base of female power. Holistic Pelvic Care was created to help women return to their roots and resolve childbirth trauma, sexual trauma, stress, and other issues. Kent believes that women, using her methods, can access the heart of the feminine, reclaim their sacred selves, and heal. She offers exercises to assess levels of spiritual wholeness, and includes detailed instruction on self-administered pelvic care, which she believes helps women to re-embody the feminine. In her book, Kent proceeds with a solidly New Age vibe, which some readers may mistake for a lack of substance or depth; the focus here is on releasing negative energies from "the pelvic bowl" through self-awareness, breathing, and vaginal massage, which in Kent's practice has yielded positive effects for her clients. Leaders in the alternative women's health movement have already embraced Kent's teachings wholeheartedly, and many readers are sure to follow suit.
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From Booklist
Physical therapist Kent, founder of Holistic Health Care, wants to restore a sense of the sacred at each woman?s core. This pelvis-centered self-care book that?s both a health and a spiritual guide helps women find and use the ?spirit in our wombs??that is, in the pelvic root of the body?that ?opens us to spirit.? This focus, Kent believes, can help women understand their personal relationships with ?the wild feminine? as they reclaim the wild energy within. Medical practices, including organ-alignment techniques, along with visualization and body-awareness exercises to restore balance and energy-flow to the pelvic bowl are essential to easing the conflicts women face in a man?s world, Kent claims. She also offers exercises and advice for the development of individual energy pathways to reinforce core radiance and suggests starting a ?wild feminine? book club. --Whitney Scott

Review
“*Wild Feminine* is the medicine that we all need to bodily reclaim the power and pleasure that are our birthrights.”
—Christiane Northrup, MD, author of *Women’s Bodies, Women’s Wisdom*, *Mother-Daughter Wisdom*, and *The Wisdom of Menopause*

“As a former midwife and the current organizer of international conferences for women, I am thrilled to recommend this unique book by Tami Lynn Kent. There is not a woman in the world who would not benefit from reading it. Whether you are seeking healing from emotional or sexual wounding or you just want to learn how to more fully enjoy and inhabit the most feminine aspect of yourself, this book will be a friend for life.”
—Elizabeth Lesser, cofounder of Omega Institute, author of *The Seeker’s Guide* and *Broken Open*

“Never before have I seen an author put into words concepts that encompass the deepest, spiritual meaning and eternal symbolism of what it means to be a woman. Kent’s book is a must-read for any student or teacher of the mysteries of the female body and the energies that define us.”
—Rosita Arvigo, DN, traditional healer and founder of the Arvigo Techniques of Maya Abdominal Massage, author of *Sastun* and *Rainforest Home Remedies*

“By suggesting a return to the root, Tami Lynn Kent offers direction for a path largely forgotten. Within the pages of *Wild Feminine* lies great hope for women, natural birth, and all things precious to the female body.” **—Ina May Gaskin**, midwife and author of *Spiritual Midwifery* and *Ina May’s Guide to Childbirth*

Users Review

From reader reviews:

James Goldman:

Do you have favorite book? Should you have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each e-book has different aim or perhaps goal; it means that reserve has different type. Some people sense enjoy to spend their time to read a book. They are reading whatever they take because their hobby is definitely reading a book. How about the person who don't like studying a book? Sometime, particular person feel need book once they found difficult problem or perhaps exercise. Well, probably you will want this Wild Feminine: Finding Power, Spirit & Joy in the Female Body.

Tammy Campbell:

This book untitled Wild Feminine: Finding Power, Spirit & Joy in the Female Body to be one of several books this best seller in this year, this is because when you read this reserve you can get a lot of benefit in it. You will easily to buy that book in the book retail store or you can order it via online. The publisher on this book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Mobile phone. So there is no reason to you to past this publication from your list.

Richard Thompson:

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Richard Sauls:

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