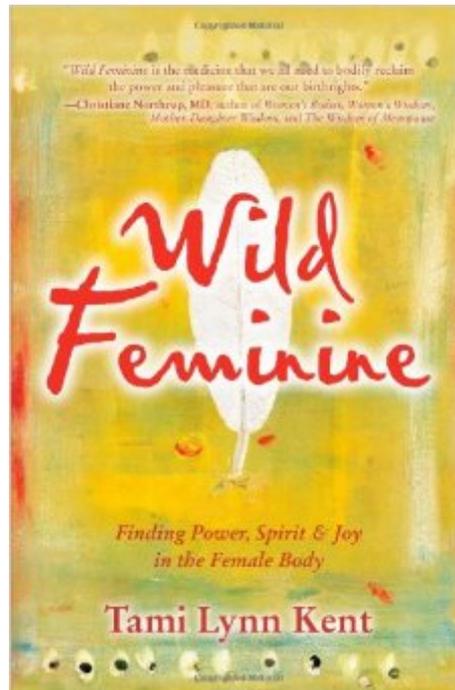


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# Wild Feminine: Finding Power, Spirit & Joy In The Female Body



## Synopsis

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.

## Book Information

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## Customer Reviews

I travel the country, a 3 -D model of the female pelvis in hand and educate women about their pelvises. I try to read every book out there to recommend what i feel are the best on the market about this covert subject. Wild Feminine stands out amongst all the books that i recommend because it takes on the subject in a very different way. Wild Feminine asks women to do some of our own deep internal work both literally and psychologically/spiritually. Tami Lynn Kent asks us to stop and take the time to figure out how we FEEL about our pelvis and how our pelvis feels about us. She guides us to listen with compassion to the stories of our pelvis. Having taught this work for over 5 years, I know EVERY woman's pelvis has a story. Many of them are filled with sorrow and pain. Ms. Kent's voice is one of a true healer that puts the reader at ease and guides the reader to invite the feelings to be experienced and brought to light. The book is filled with writing exercises and rituals to get the communication lines open between you and your pelvis. If you are ready to go deep, i give this book my highest recommendation!

Beautiful book for helping woman to reclaim their divine feminine nature. The techniques Kent recommends are very honoring and healing for the female body. I recommend this book to all my clients now who have any type of lower chakra imbalance, including infertility issues, sexual blocks or wounds, pelvic distortions, menopause, gynecological challenges, etc.

I was encouraged to read this from some friends and while I don't mind the more esoteric notions of womb energy as I know of the body/mind connection it really bothered me the constant reference to birthing and children and pregnancy-i never wanted kids, have never been pregnant and find there to be alot of focus on "birthing" metaphorically and literally in this book. Its kindof annoying, and after a few pages it feels really denigrating to me as I am not that earth woman with children. I felt like a fly on wall reading it as she was clearly not making exceptions to those of us without children who could try to relate in some way but she didn't explain her methods how to. I did like her exercises and explanations of ovarian energy and they do seem to be relevant to my personality and health so that was worth it.

I am lucky to live and work in the same community as the author, Tami Lynn Kent. That she has brought us this book, while raising 3 children and working outside the home is a miracle in itself!

This book will help all students of natural medicine and women's health weave together the lessons we have learned from our great teachers, Dr. Northrup, Dr. Arvigo, Clarissa Pinkola Estes and Ina May Gaskin - to name just a few. Tami is a scribe for those of us pioneering back into the frontier we left behind, but can never escape, the Wild Feminine! This book is also written in a way that all students, regardless of experience or training can comprehend.

I would recommend this book for ALL women. It is a must have, I chose this book based on the reviews given here. It is really amazing. It has helped me to be even more in touch with my feminine and to listen to my body and its cues to make important decisions in life. I am grateful that this book is out and I think all mothers should teach their daughters about the importance of knowing, understanding and nurturing our feminine core. Thank you Tami!

This book was published in 2011 and it has a lot of exercises with regards to the womb. The exercises within help a woman connect or reconnect or embrace their sexuality completely and fully. Our womb is a big part of our fertility, of our femininity, and of our power as women. And to the men who love them, you can actually support your partner by doing the exercises with her.

I think this book doesn't try to convert the non believers. It assumes you agree with a strong premise and goes from there. I was hoping for more concrete information about the pelvic floor to be included in the spiritual ideas.

I read this book with a critical eye and I can say the author offers authentic heart-felt insights from her own experiential wisdom as well as her clients experiences that is yet unmatched in other self-help books. She is simple in her insights and offers even more simple exercises to follow. I have been waiting for a book for women that can help us all connect to our Feminine Divine that is not 'feminist' or slanted but states facts with compassion and heartfelt insight. The exercises are laid out simply and you can use it in any given setting. While the book is chock-full of exercises, I also recommend that women try out a Mayan Abdominal massage session with a practitioner near you. There is nothing like experiencing some of the exercises with a trained holistic practitioner as well. I highly recommend this book to all survivors trauma whether it be sexual abuse, violence, miscarriage, uterine problems, menstrual problems, to those of us living in our heads a lot etc. And while all specific scenarios of trauma or hormonal/pelvic bowl/obgyn imbalances may not be addressed in this book, the principles of connecting back to our deep core is invaluable. There are

gentle reminders of simply getting back to the basics. I also suggest using highlighters, page tabs to mark your exercises and use them monthly in some regular fashion. Thank you Tami for sharing ancient core wisdom that has been forgotten in modern times where women's roles have changed so drastically, where menstruation is regarded as an inconvenience and a woman's body is projected in a minimized role amounting to tantalizing sexuality. Thank you RSN

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