

Healing your relationship with your Body



Workbook

www.tumelomoreri.com

About Tumelo



Hello! I am Tumelo Moreri, and I'm a Womb Medicine Woman. Through my work, I help mostly women leaders, healers and coaches to heal their inner womb wounds & pains, and experience pleasure, confidence & freedom in their bodies and lives.

I'm currently based in Molepolole, Botswana, where I run an online healing practice offering once-off healing immersions and a 12-week Private Healing Program, while also curating The Tumelo Moreri Podcast on Womb Medicine & Womb Healing.

The work I offer on Womb Medicine & Womb Healing is anchored within my training in leadership, integrative coaching, and in alternative mentorship and training in African Spirituality, Ancestral & Cosmic Wisdom, Cosmic Womb Wisdom, Sacral Body Wisdom, Pleasure & Intimacy Work and Sacred Sexuality.

This workbook serves as a supporting guide to teachings I've hosted on the various *Pathways to healing your Womb*, and quite specifically on ***Body Healing as a pathway to healing your Womb***. The intention of the contents of this workbook is to hold space for you in deeply exploring your relationship with your body and how this might impact on your emotional and womb wellness.

Explore and download others of my workbooks at www.tumelomoreri.com/resources and please feel free to reach out to me via email at hello@tumelomoreri.com with any questions or thoughts you might have about this work. For my private healing programs, please visit my website www.tumelomoreri.com

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Introduction

By virtue of your womb being housed in your body, and given that some of the wounding sustained by your womb would have happened through or to the body; we really can't do any work of healing your inner womb wounds & pains without also healing your body and clearing the inner wounding still sitting within her.

And one of the paramount elements in healing your body is that of healing your relationship with your body and clearing any wounding and conditioning/programming that might be resulting in your emotional and/or womb pain.

And through this Workbook, I'm going to sharing some journaling prompts with you, with the intention of facilitating a deep personal exploration of your relationship with your body and how some of the events in your life's journey as a woman might have impacted that relationship and the wellness of your womb.

Please have a pen and writing paper at the ready, and allow yourself some quiet and private space to deeply explore these prompts.

Section 1: Exploring your beliefs around your body

For many girls and women, across different countries and cultures, the teaching has been to keep their bodies hidden, closed or covered up. And this teaching is often either communicated directly or transmitted while still young by watching the ways in which their primary care givers relate with their own bodies.

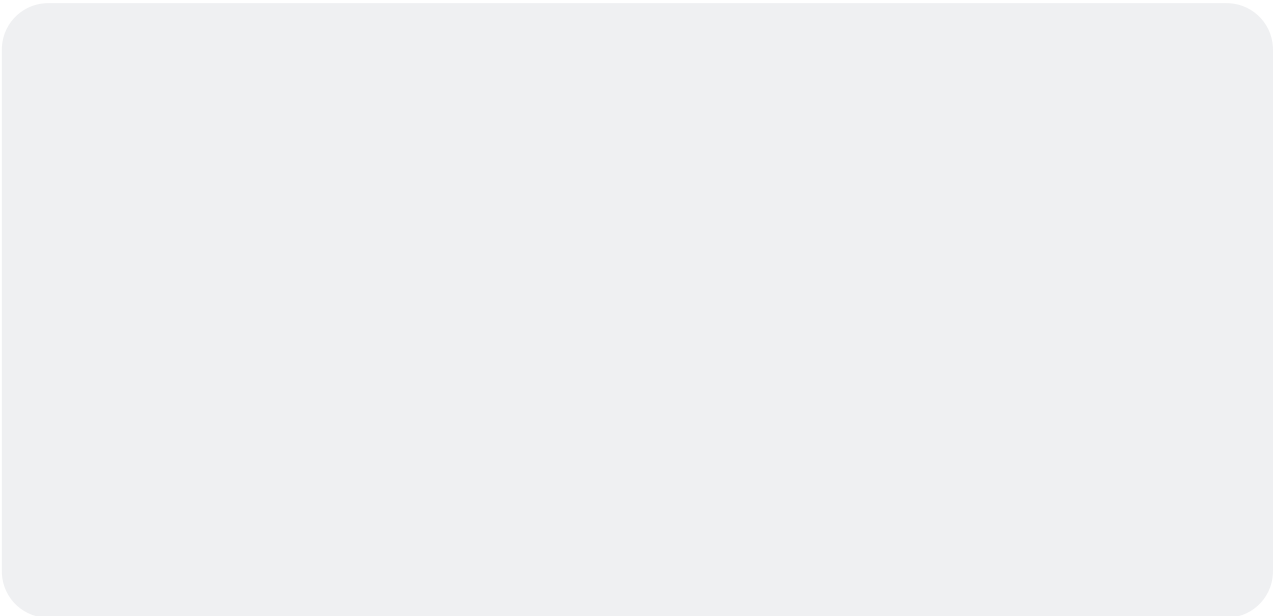
Such teachings often leave a woman feeling a sense of shame and self-rejection around her body, which can be wounding for her body and result in womb pain.

In this section, we're going to be exploring what you learned growing up about your body; the various teachings you received on how to exist in your woman body; and, how these have impacted your relationship with your body.

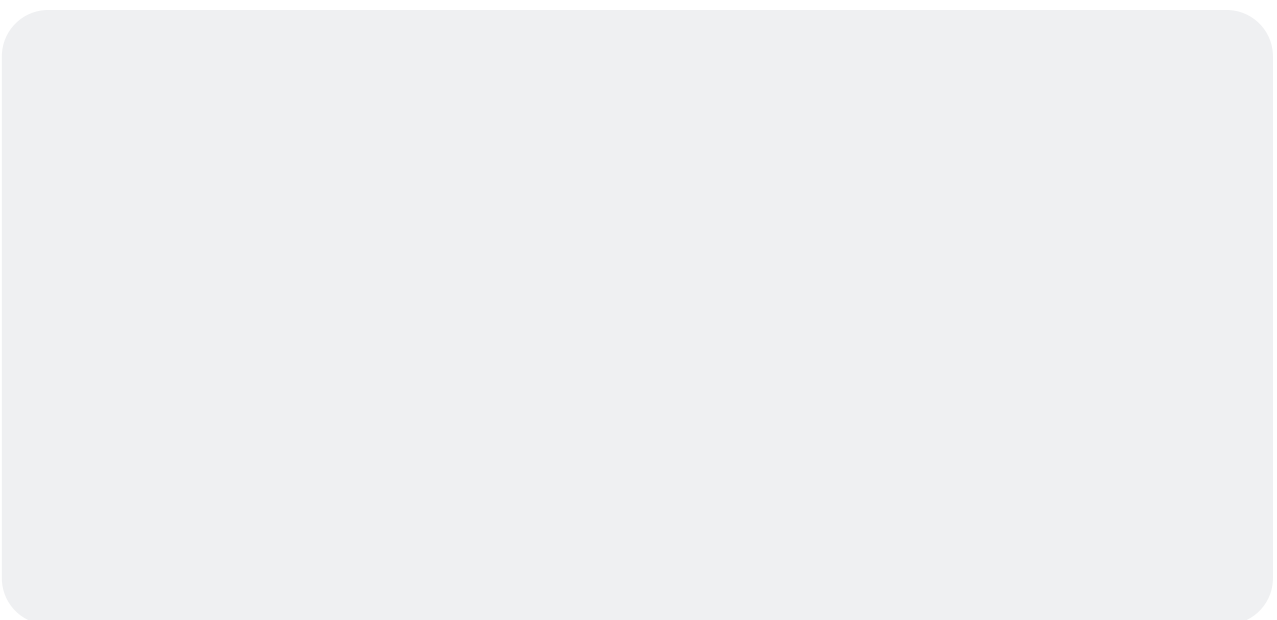
- **What do you love about your body?**

- **What do you not like about your body?**

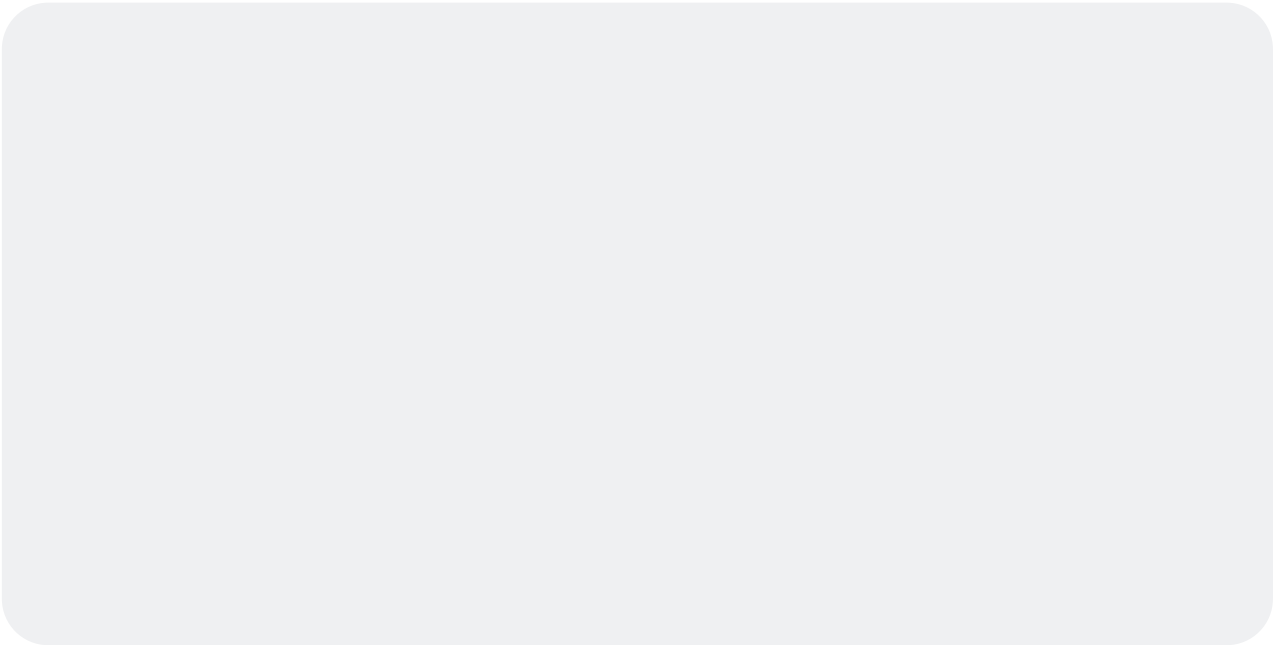
- **If she was present in your life, what did your mother teach you about the bodies of women by way of demonstration through how she related with her own body?**
- **And how has this influenced your own relationship with your body?**



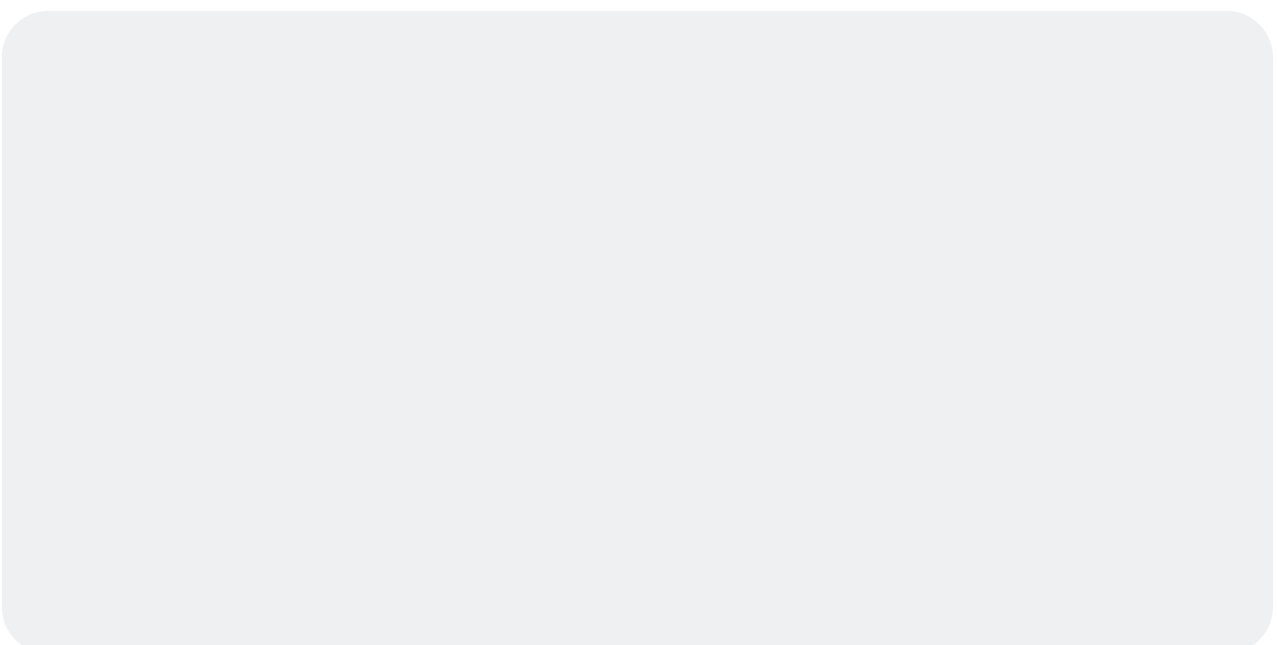
- **What did your mother say about the bodies of other women?**
- **And how has this influence your own relationship with your body?**



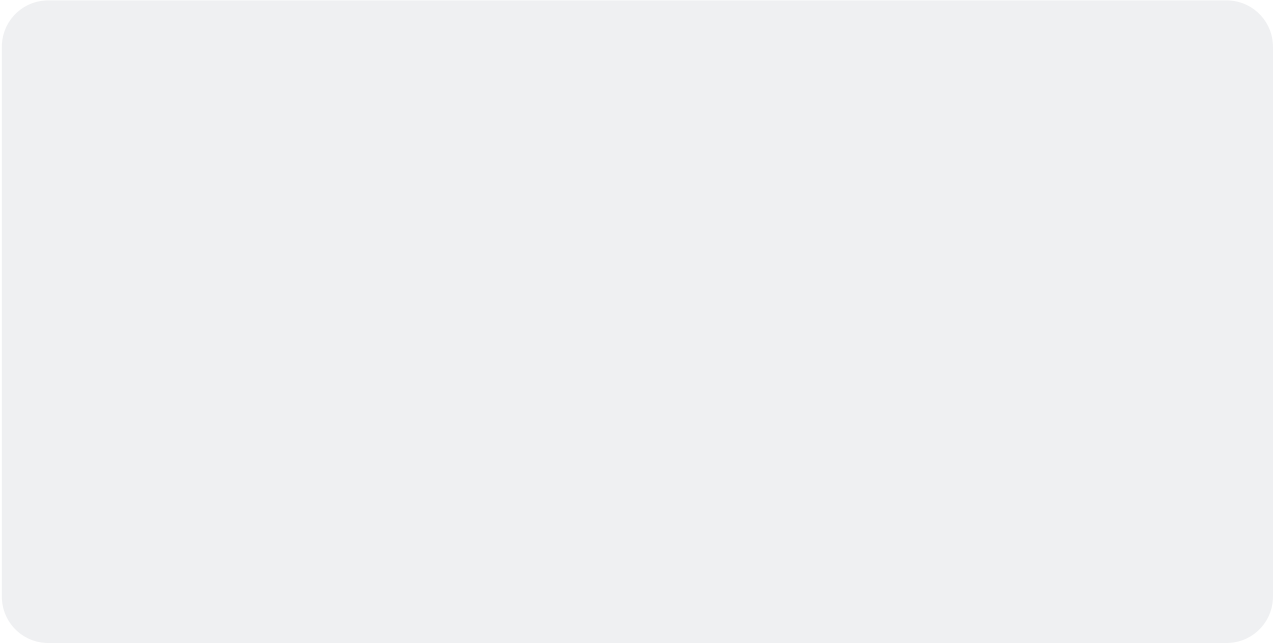
- **While growing up (and even today), what did your mother say about your body?**
- **And how has this influenced your own relationship with your body?**



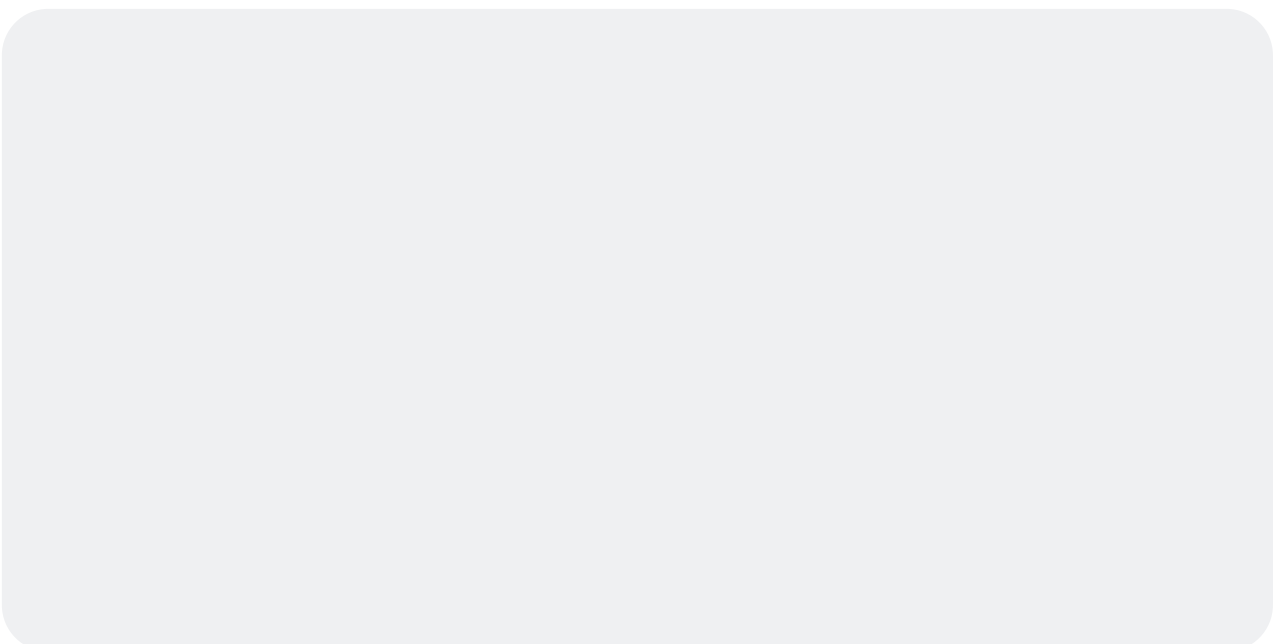
- **While growing up, what did you learn from your immediate society and community about your body (all parts of your body)?**
- **And how has this influence your own relationship with your body?**



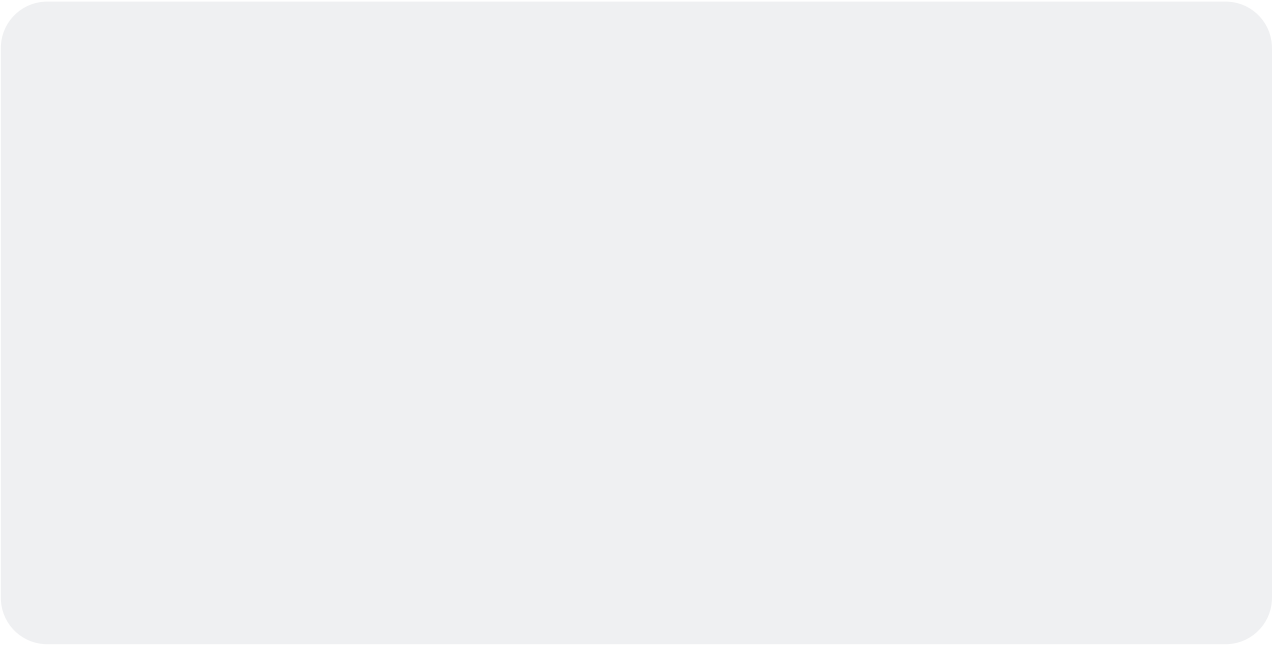
- **While growing up, what did you witness or observe in the behavior of men towards the bodies of women? These women could have been your own mother, your grandmothers, aunts or women in your community. And the men could have been your father, brothers, uncles or other men in your community.**



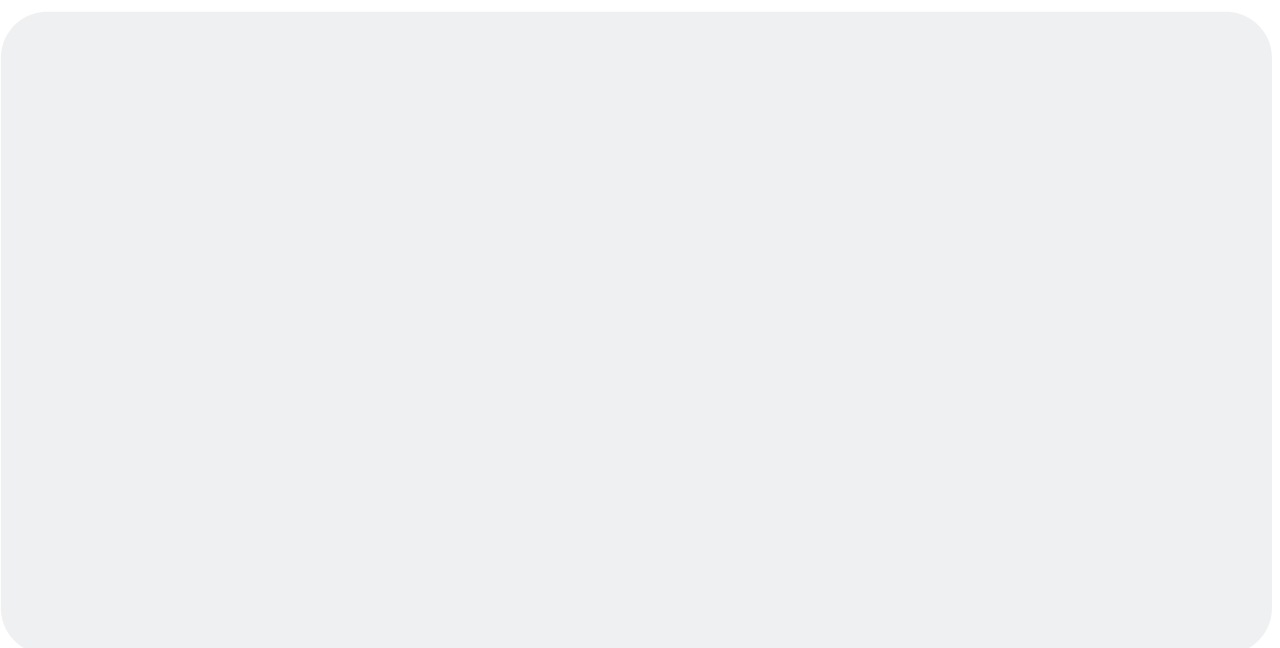
- **And how has the above influence how you relate with your own body and move about in society?**



- **How has what you feel about your own body influenced how you show up in your life, in intimate relationships and in your sexuality?**



- **What relationship do you wish you had with your body?**
- **What would you like to let go of, or heal, in your relationship with your body?**



Section 2: Exploring the beliefs you formed or inherited at your 1st menstrual period.

One of the key occasions in a woman's life at which teaching and conditioning is or may be transmitted to her about her body and what it means to live and move in this world in a female body is at the moment of her first menstrual period.

For many women, across different countries and cultures, the experience of their first menstrual period is often shrouded in taboo, silence and shame. And this often sends, to young girls, the message that their menstrual experiences are to be hidden, not spoken about and often, to be ashamed of.

And given that shame is one of the emotions that stand in the way of true connection with ourselves or with others, this shaming around the intimate experiences of women often leads to a self-rejection and a severing of inner relationship with their bodies and wombs, and something that can manifest as womb pain.

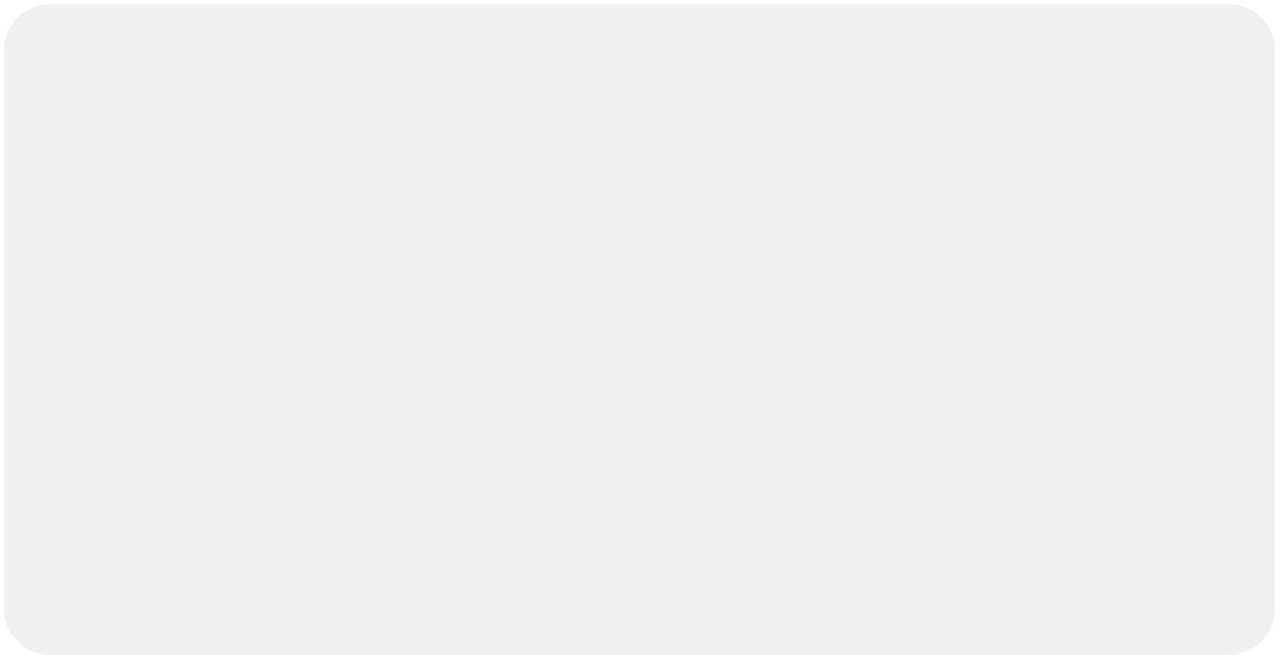
In this section of the workbook, we're going to be further exploring the relationship you have with your body as a result of the messages you might have received (or not received) at the moment of your first menstrual period.

Further, given that the experience of the first menstrual period is one of the rites of passage in the lives of women, and also given the level of wounding that often happens around this area and occasion; this therefore becomes one of the key experiences we ought to heal in our lives as women. So, I'm also going to be sharing prompts that will help you reflect on the moment of your first menstrual period and how that might have impacted you.

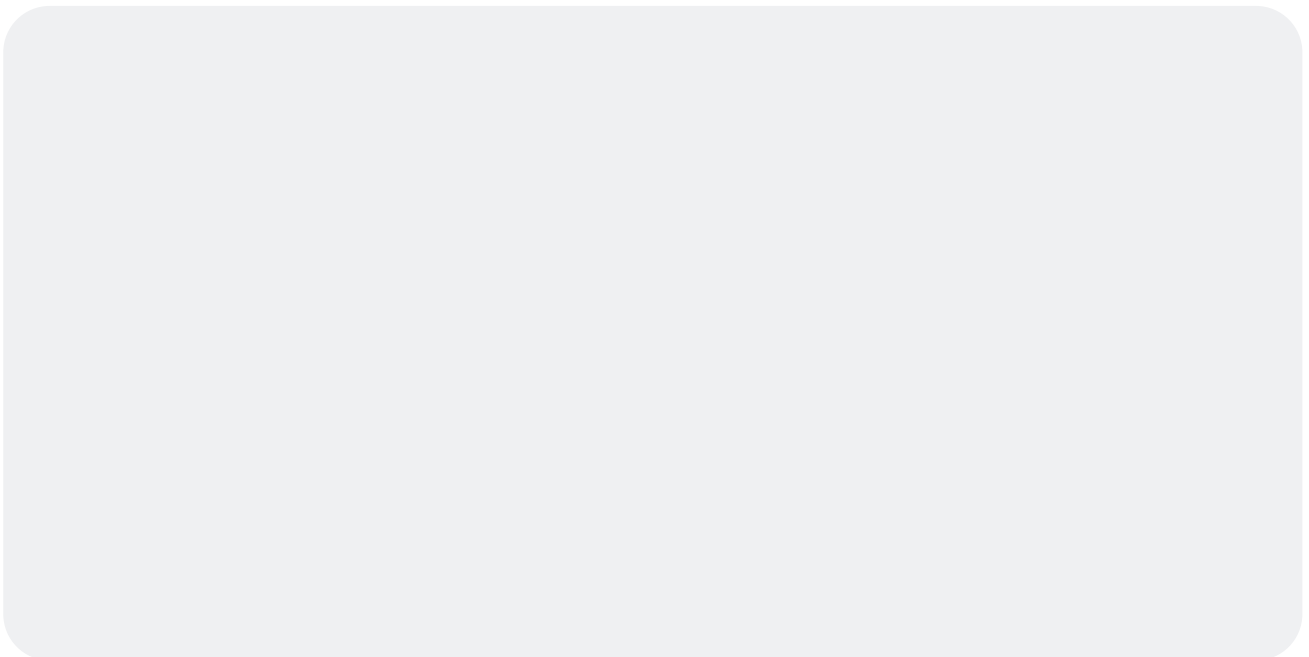
Please create quiet and private space to reflect on and actually write out your responses to the prompts below.

May you be Divinely supported and guided as you dive into this process.

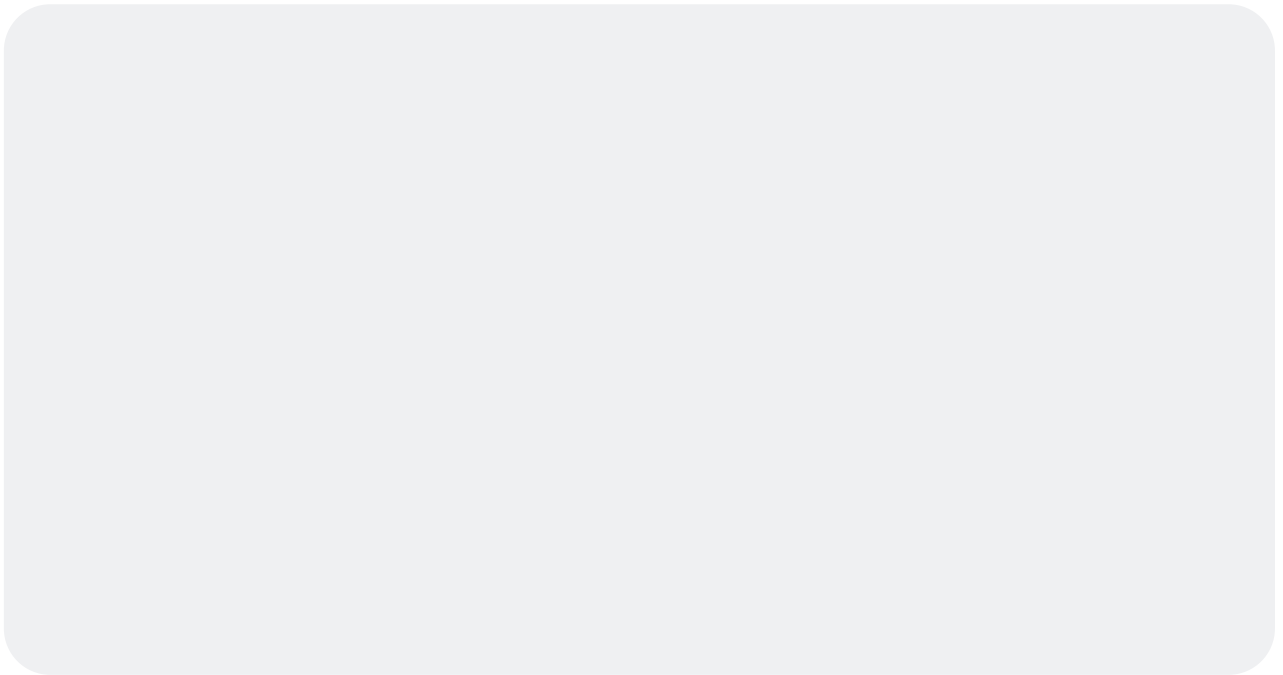
- **What do you celebrate about the moment of your first menstrual period?**



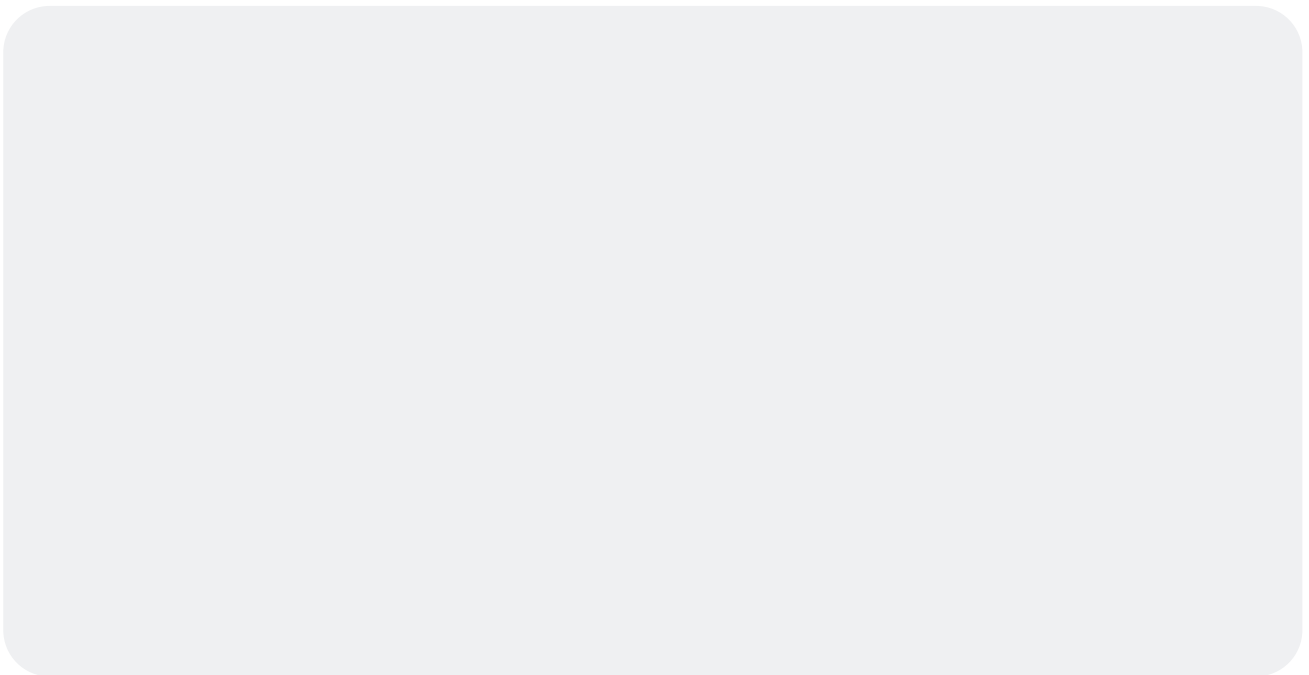
- **In the moment of your first menstrual period, who was there with you?**



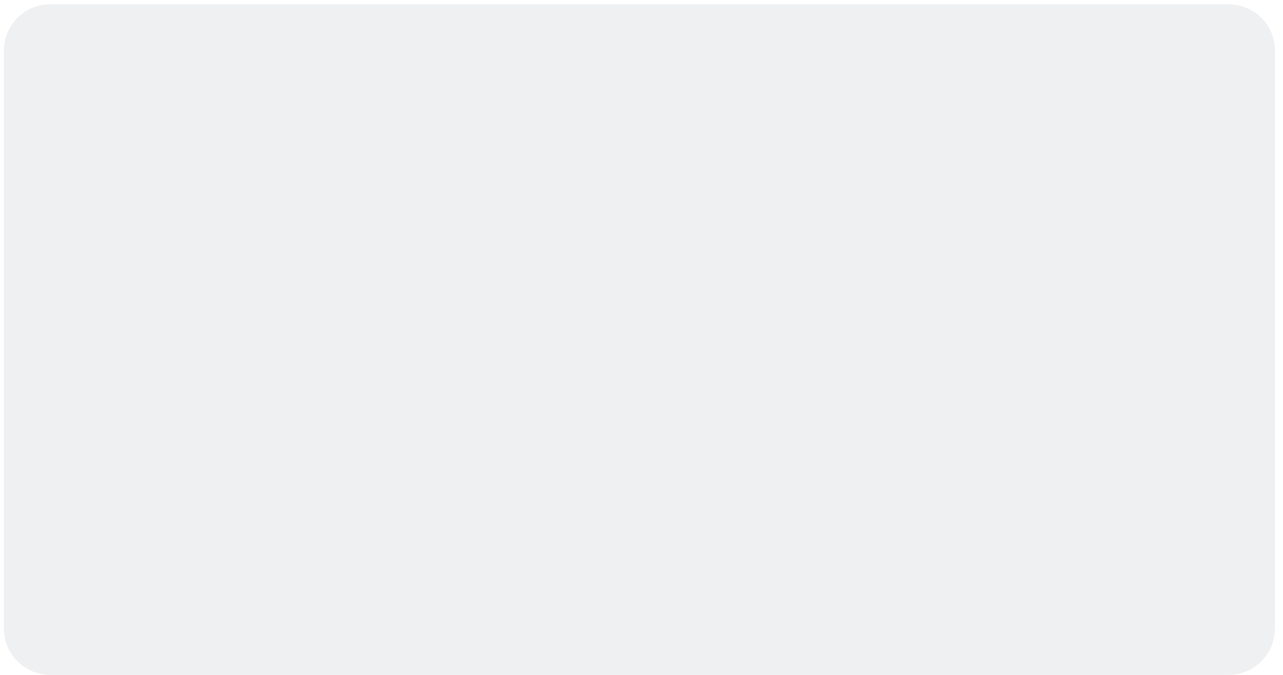
- **What were you told when you got your first menstrual period?**



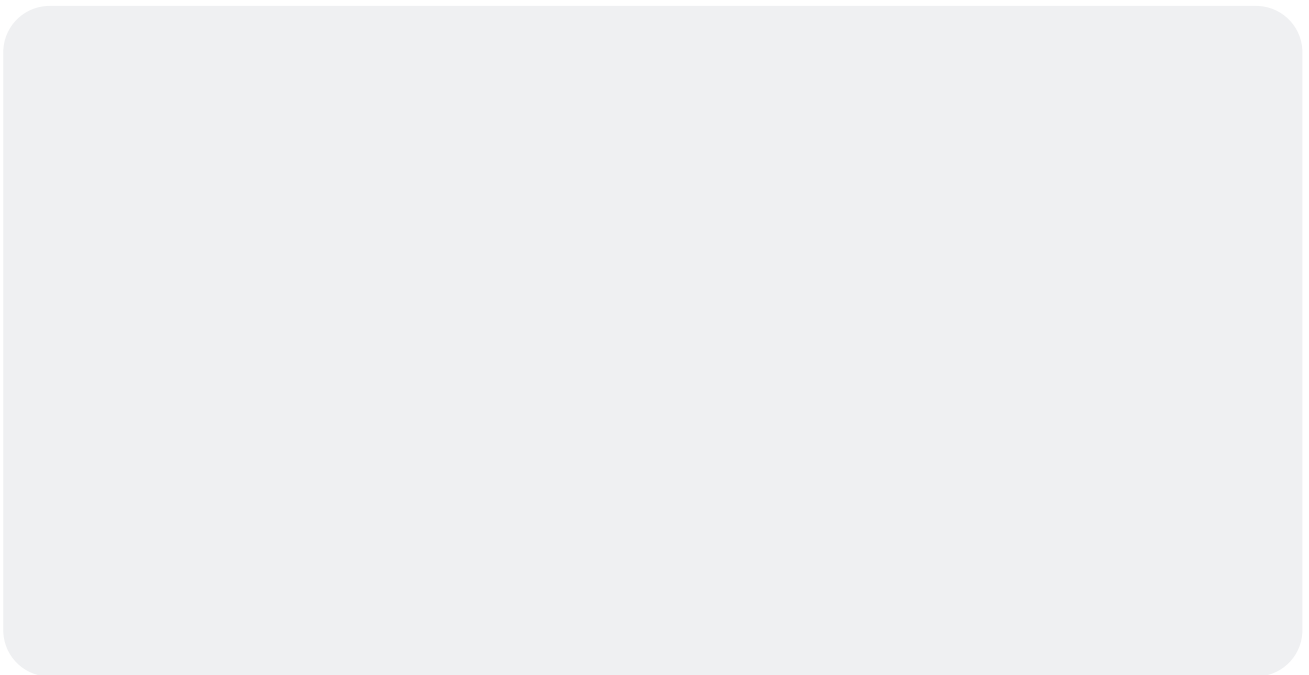
- **What was said to you? And who said it? How did you feel?**



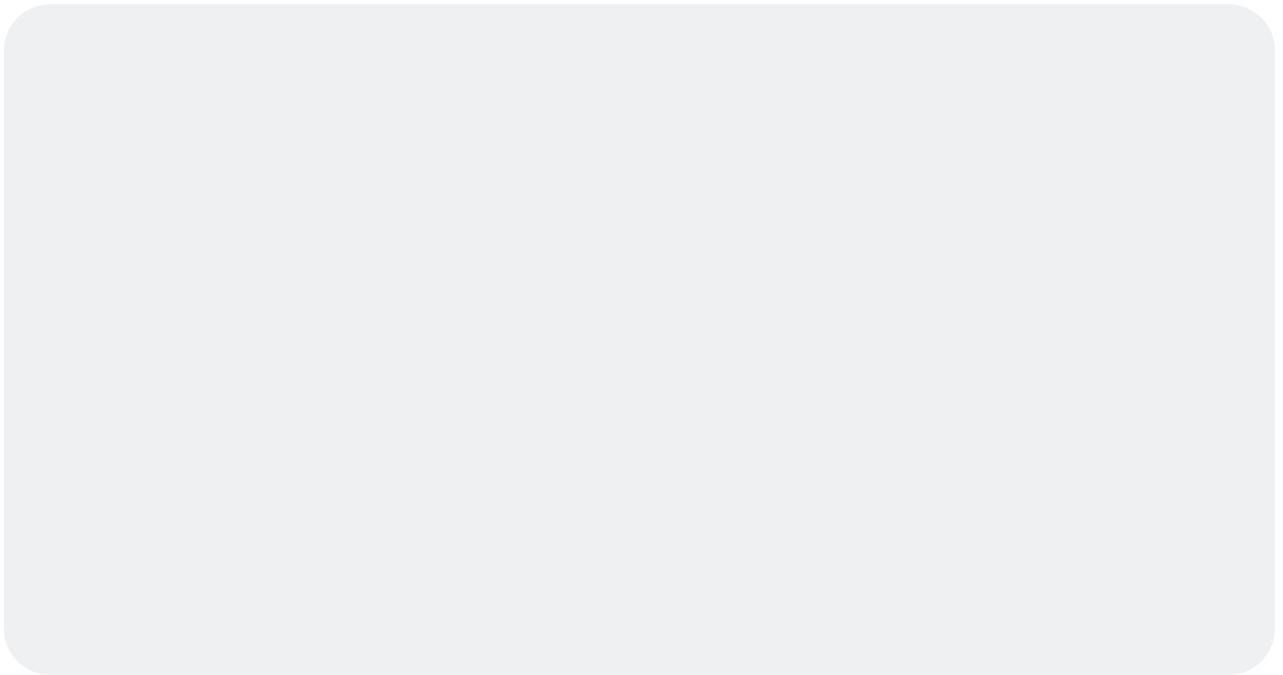
- **What teaching (verbal or non-verbal) did you receive?**



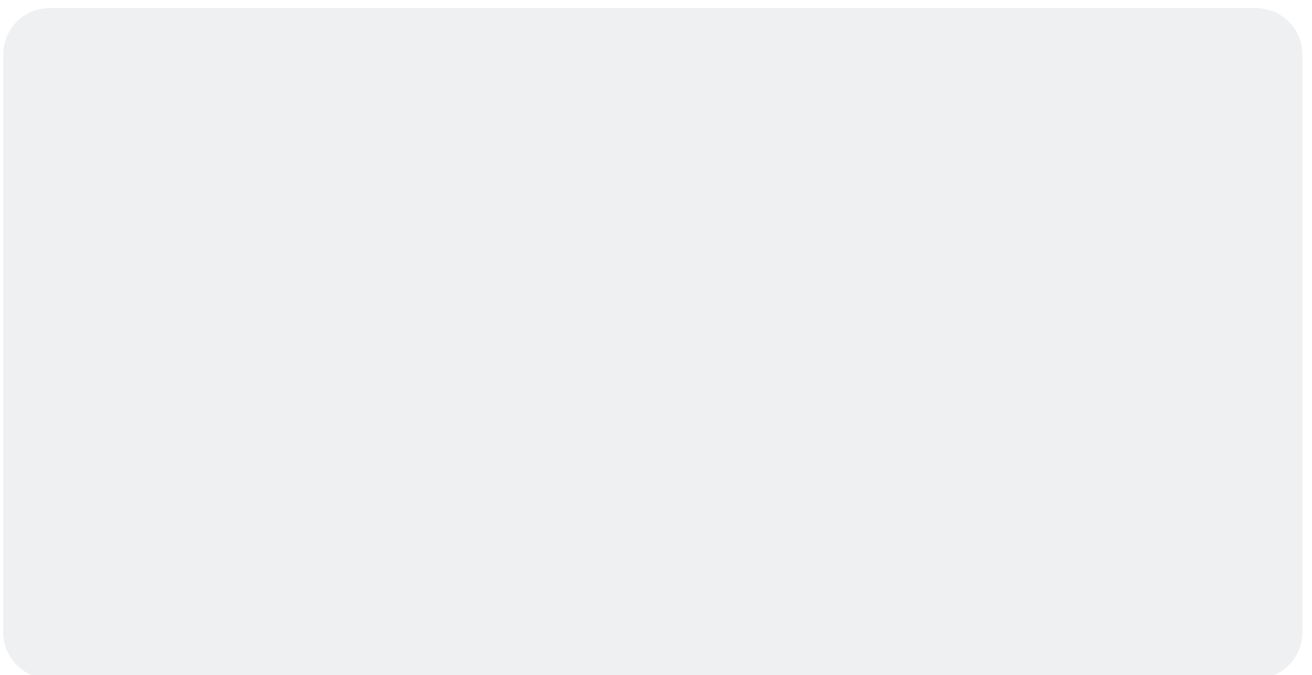
- **What was said or demonstrated to you about your body?**



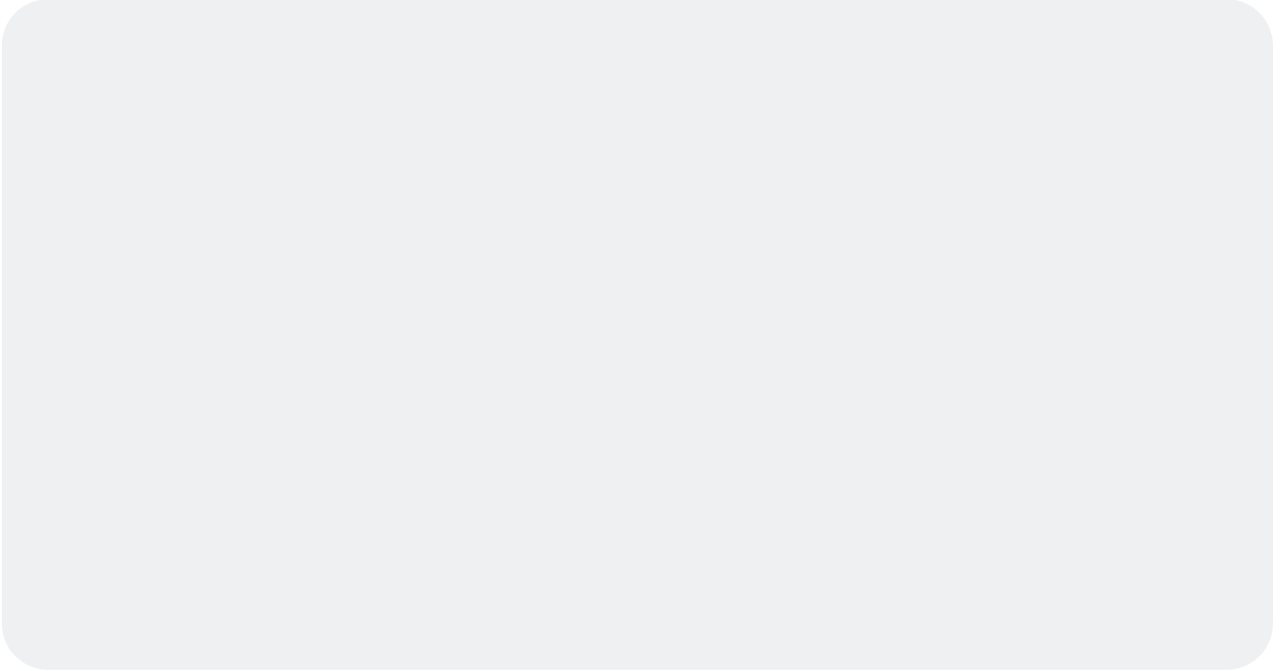
- **What was said or demonstrated to you about sex and your sexuality?**



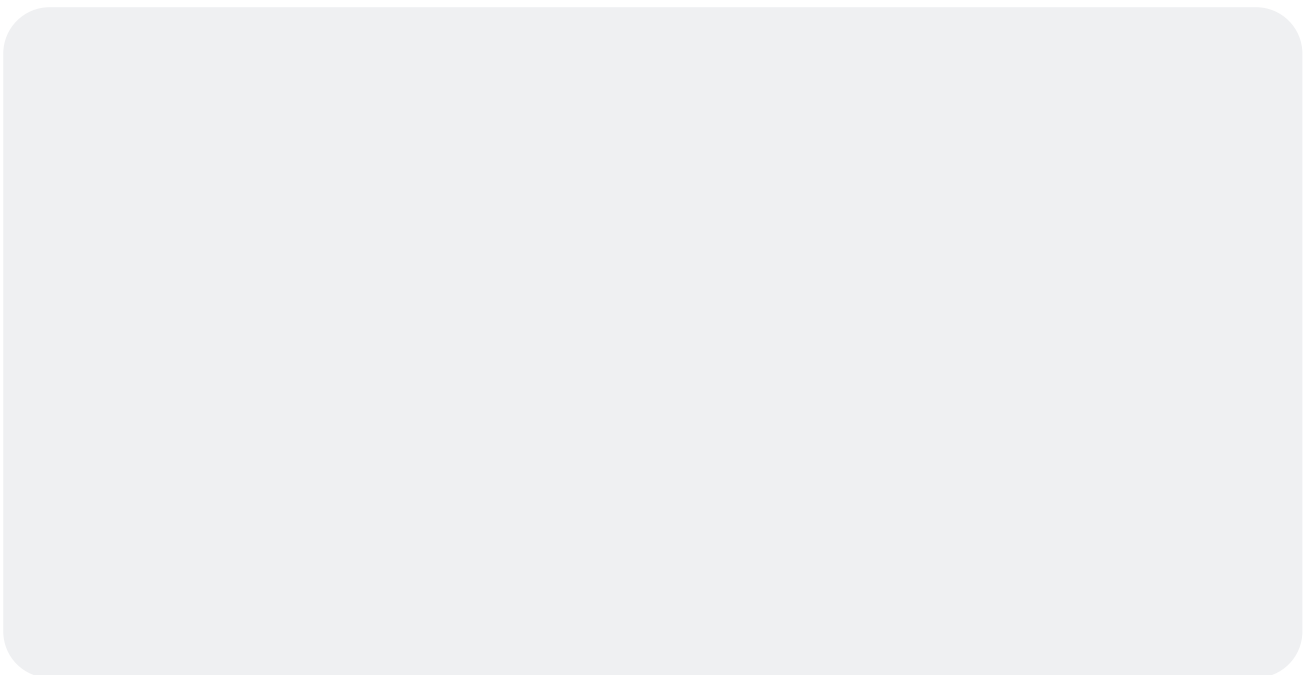
- **How did the teachings you received (or didn't receive) influence the relationship you have with your body?**



- **How did the teachings you received (or didn't receive) influence how you show up or navigate intimate relationships and sex?**



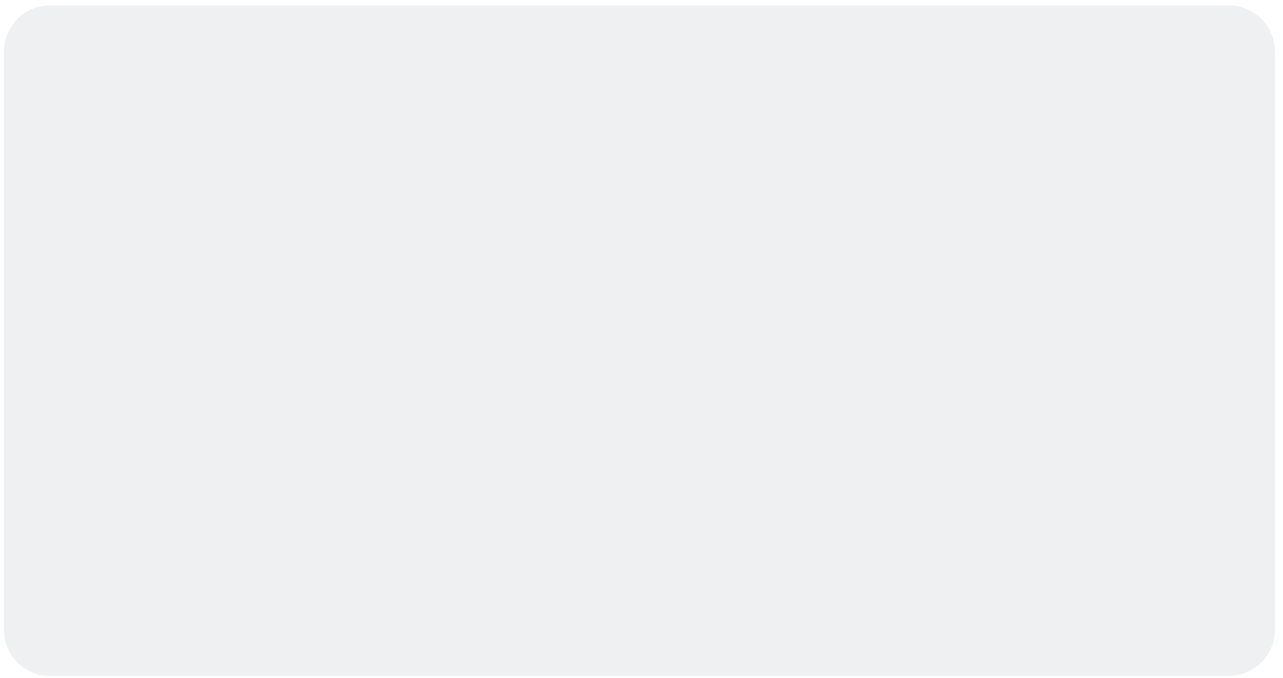
- **What do you wish could have been communicated to you when you got your first period? What is your ideal "first menstrual period experience"?**



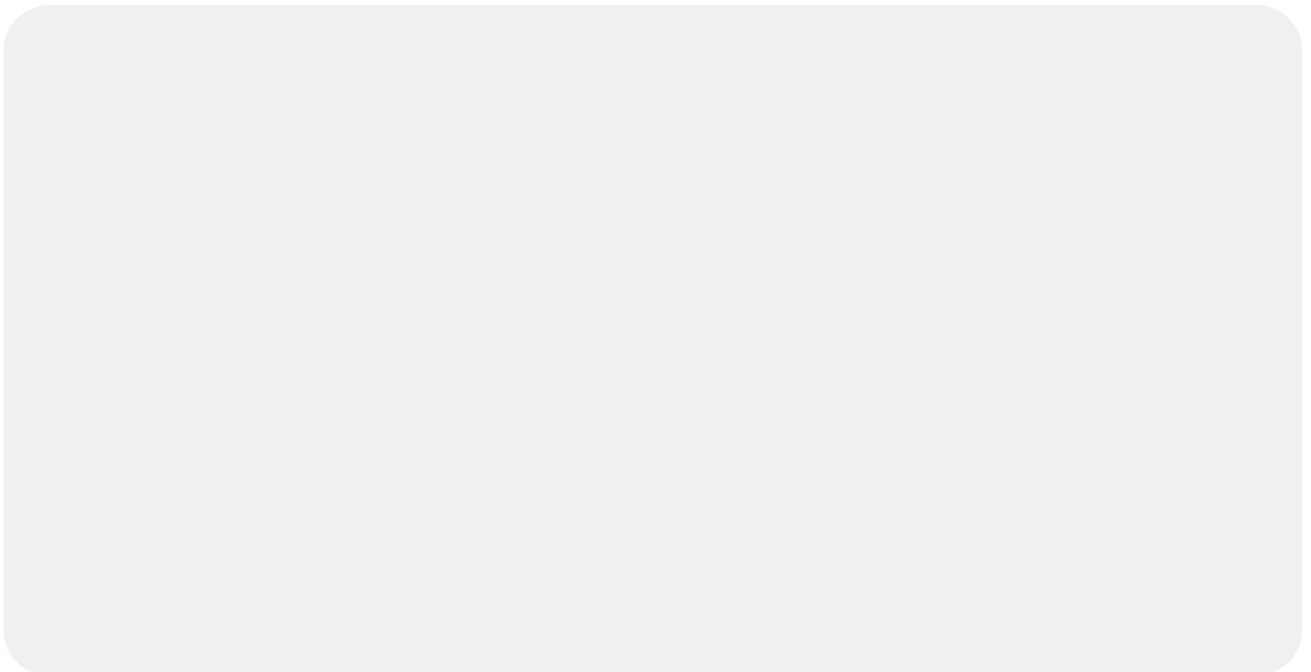
- **What do you wish you had known?**

- **What do you wish you could have been taught?**

- **Who do you wish could have been there for you?**



- **What would you like to let go of, or heal, around the experience of your menstrual period?**



Section 3: Do you have a relationship with your Vagina?

One of the consequences of the conditioning and programming for women around their bodies has been a severing (a cutting off) of the inner relationship they have with their bodies and wombs.

And one of the agents of this collapse in the connection that women have with their bodies has been the shaming of their bodies and body parts, and the inner, intimate and often life-giving processes of their bodies.

The life of a woman in our current patriarchal and capitalist culture is often one shrouded in a lot of shame. From the size & shape of her breasts, the size & shape of her body, the fluids flowing through her body (be it breast milk, vaginal ejaculate, menstrual blood, tears etc) to the size & shape of her vulva and vagina.

And this shame is part of what we're called to heal & clear in the inner processes of healing our bodies and wombs and the relationship we have with these bodies and wombs. And, we're going to begin the process of exploring your relationship with your body parts by exploring the relationship you have with your vagina.

For many women, the world over, the teaching or conditioning around vaginas is often that they are a dirty body part, and one that is to be hidden and ashamed of. For many, touching or looking at their vaginas was never allowed, with some young girls being punished or scolded for touching this body part.

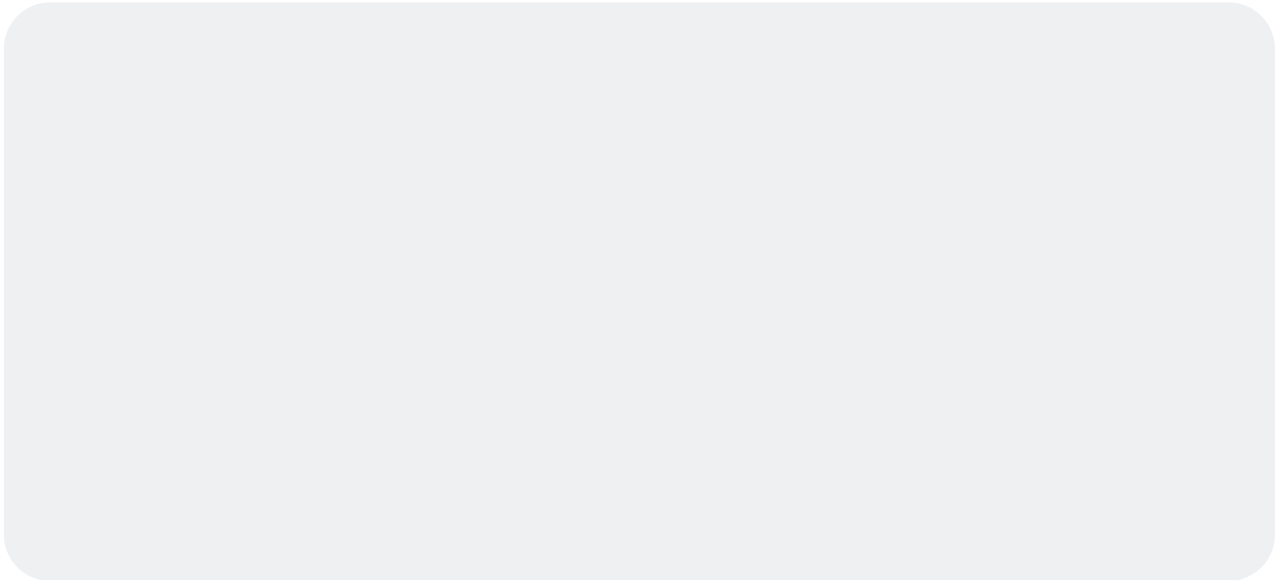
Such a shaming of the body parts of a woman and the lack of a gentle facilitation of an inner relationship with her body in a way that ensures a connection to her own inner womb wisdom and medicine is something that can result in emotional and womb pain for women.

With the prompts below, I invite you to reflect on relationship with your vagina.

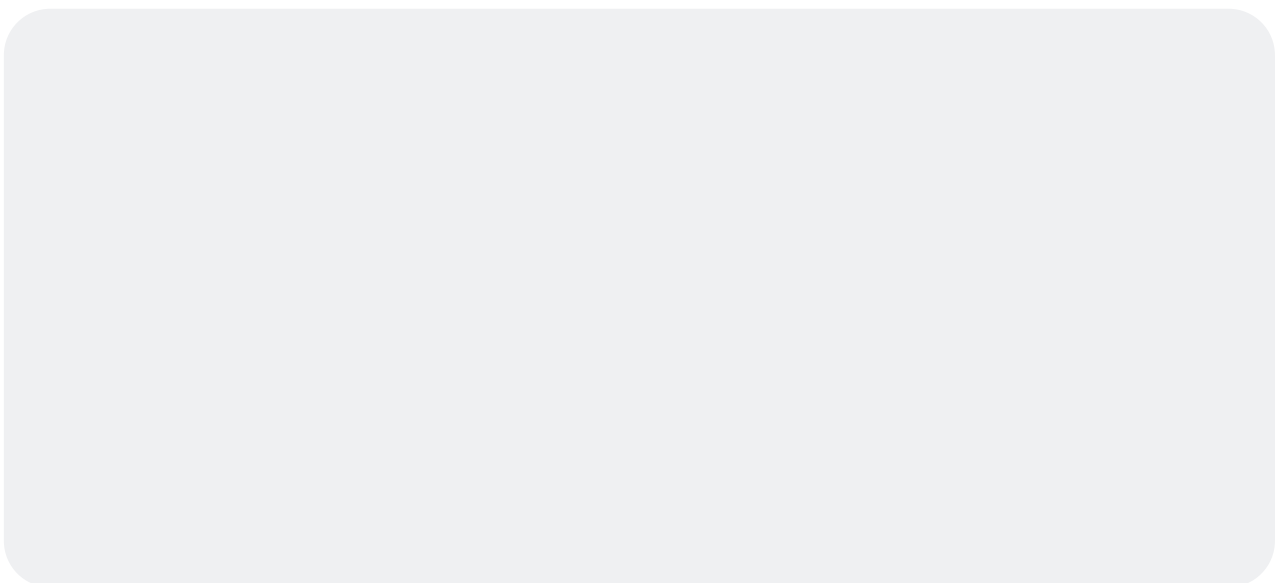
- **Have you ever seen your vagina?**

If yes; how was the experience for you?

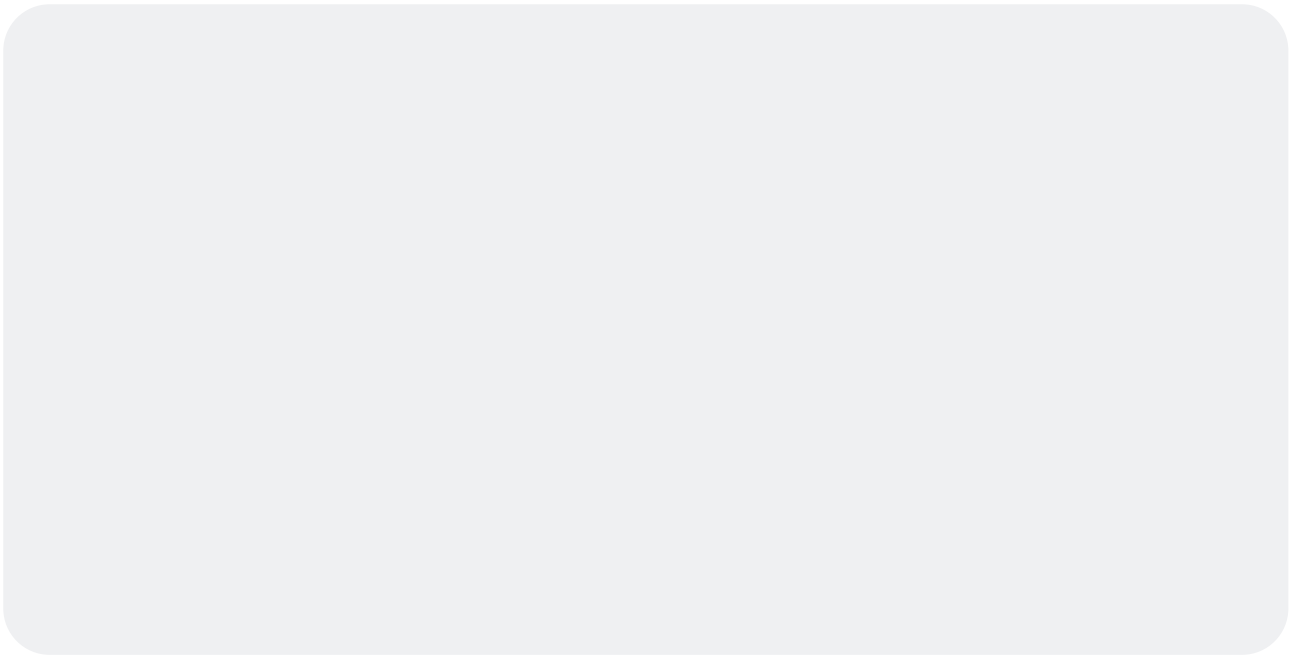
If not; how come you haven't yet looked at it?



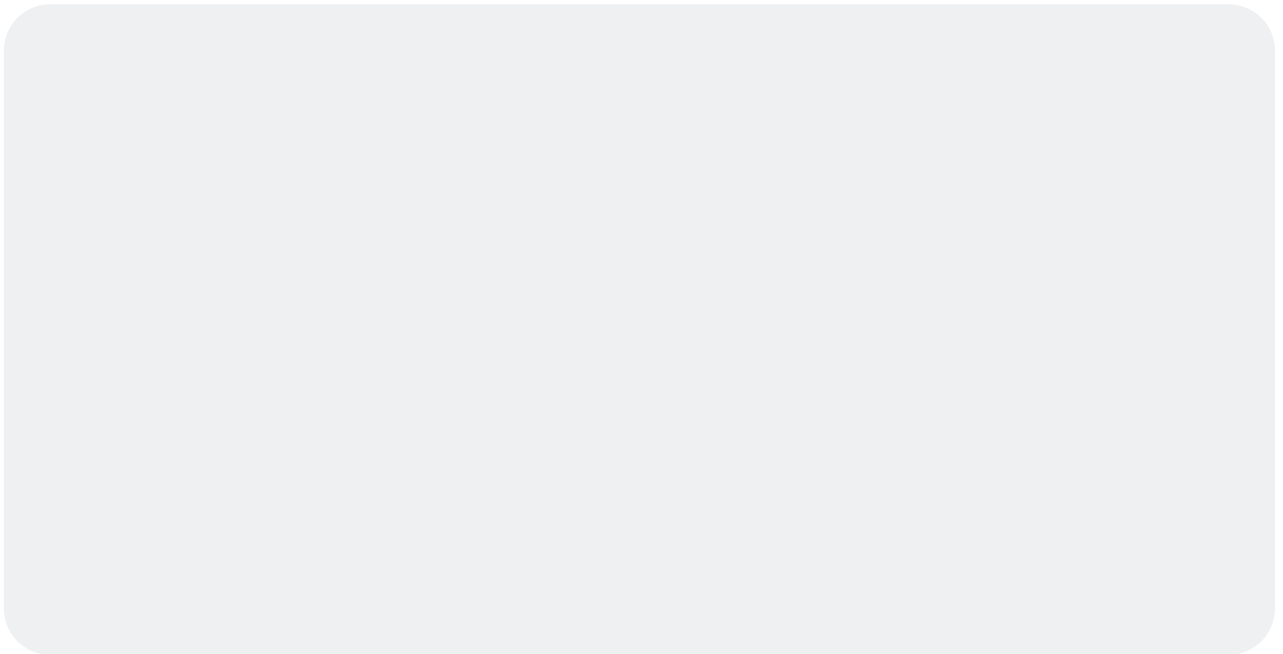
- **While growing up, what were you taught about your vagina? Verbally and non-verbally**



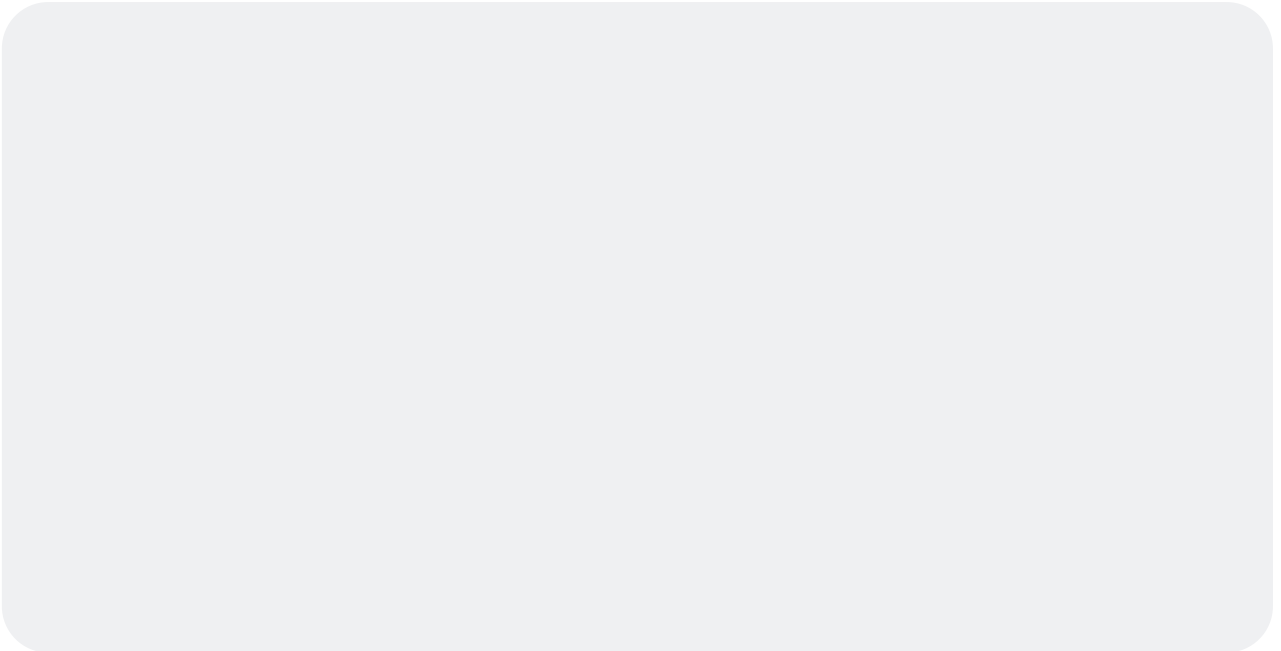
- **What does your community & society believe and say about vaginas?**



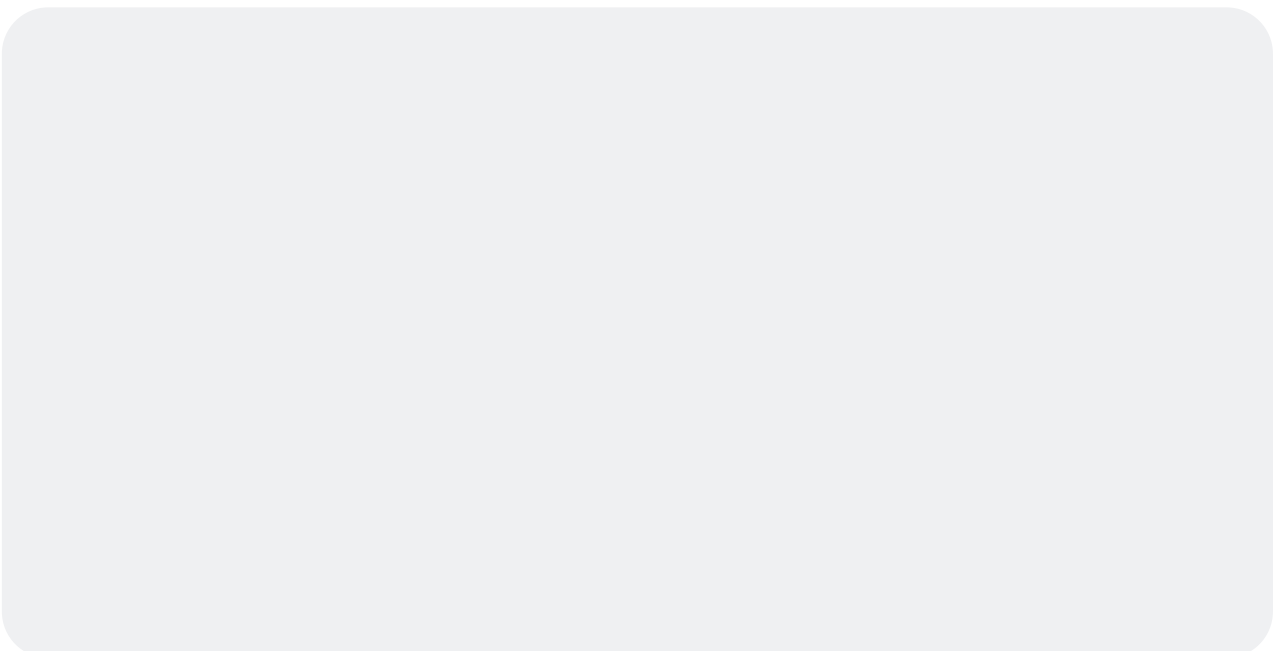
- **What do you think of your vagina?**



- **What relationship do you wish you had with your vagina?**
- **What would you like to heal in your relationship with your vagina?**



- **What steps are you going to take today to begin to build this relationship?**



Section 4: Next Steps.

If you feel called to go deeper with this work and heal your body, womb and life, then I invite you to explore my private healing offers below:

- **Book a once-off Private Healing Session with me.**

This Private Healing Session is a single 2-hour online session for inner healing & clearing. In your session, we'll work on one of the themes below, depending on what you most need to work on.

- Womb Healing & Clearing
- Generational/ Bloodline Healing
- Intimacy & Sexuality Healing
- Body Healing & Clearing
- Activating your Inner Womb Medicine.

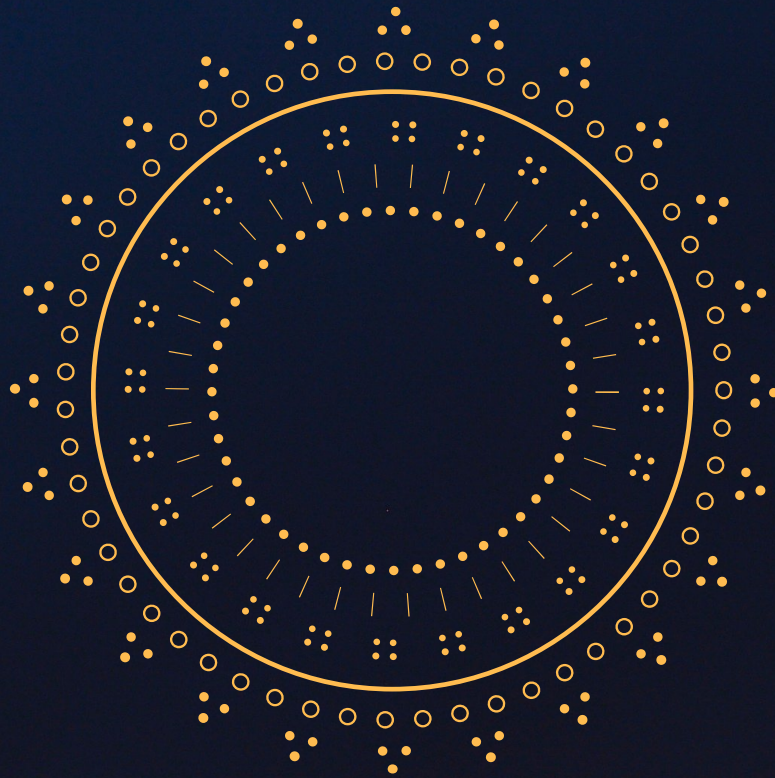
Book your session [HERE](#).

- **Work with me in the 12-week Private Healing Program.**

This Private Healing Program is a 12-week inner healing program for a woman seeking to heal her inner womb wounds & pains, including healing after an abortion; healing after pregnancy loss; healing menstrual cycle issues which may present as PMS or PMDD (a more severe form of PMS), heavy menstrual bleeding, severe menstrual pain or cramping, pain during intercourse, cysts, fibroids etc.

In our work together, we will incorporate Inner Child Work; Mother Wound & Father Wound Healing Work; Generational/ Bloodline Healing Work through the maternal, paternal and spiritual lineages; Womb Work; Body Healing; Intimacy & Pleasure Work; Sacred Sexuality Work and Womb Medicine Activations.

Read more and apply for the program [HERE](#).



If this work has been of value for you and
you'd like to go deeper, and heal,
feel free to reach out to me at
hello@tumelomoreri.com

And for more of such work, visit:

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