

# Know Your Normal

A Beginner's Guide to  
Women's Reproductive Health



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**Pussy Power:** The formidable strength, influence, and resilience derived from the unique attributes of womanhood and femininity, encompassing the ability to inspire, create, and transform. It signifies the empowerment and assertive energy that women harness from their innate, life-giving capacities, their capacity for pleasure, and their enduring spirit.



## **Trauma Held in the Body: Reclaiming Pelvic Vitality and Whole-Body Freedom**

Many of us are taught to “move on” from painful experiences, to bury them deep and carry on with life. But trauma — whether it’s sexual trauma, childhood wounds, loss, or emotional suppression — does not simply disappear. When unacknowledged, it imprints itself on the body, often showing up years later as chronic conditions, tension, pain, and may contribute to degenerative illness.

The body’s tissues, muscles, and joints store unprocessed experiences. The pelvic bowl, hips, and lower back are particularly vulnerable because they are both physical and energetic centers of safety, creativity, and sexuality.

# Reclaiming Connection

When these areas hold unresolved trauma, women may experience:

- Pelvic floor dysfunction (incontinence, prolapse, painful sex)
- Chronic tension and misalignment in hips, lower back, and sacrum
- Accelerated wear in joints, which may contribute to osteoarthritis
- Hormonal disruption leading to dryness, irregular cycles, or menopause symptoms that feel extreme
- Loss of vitality and disconnection from sensuality

Healing begins not just in the physical body, but in giving space for what has been silenced. Practices like pelvic awareness, breathwork, energy meditation, mindset work, and somatic release allow women to safely meet the memories and emotions stored within. By addressing both the trauma and the physical symptoms, women can:

- Release deep-seated tension in the pelvic bowl
- Restore circulation and lubrication
- Rebalance hormones naturally
- Reduce inflammation that fuels pain and arthritis
- Reclaim confidence, sensuality, and strength

# Why It's Important to Know Your Normal

For too long, women have been taught to ignore, silence, or feel shame about their intimate health. Vaginal health is often whispered about—if it's spoken of at all—yet it is one of the most vital indicators of a woman's overall well-being. Just as we learn to recognise what feels “off” in our digestion, skin, or energy levels, we also need to understand what is normal in our vaginal and pelvic health.

Your vagina is not a mystery to be ignored until there's a problem. It is a living part of your body that deserves attention, care, and respect. By knowing your normal, you step into a deeper relationship with yourself—one where you no longer apologise for your body, but honour it as the foundation of your strength, sensuality, and life force.



When women know their normal, they can:

- Catch changes early. Subtle shifts like unusual discharge, dryness, or pain are often dismissed, but they can signal infections, hormonal imbalances, or deeper issues that benefit from timely support.
- Break cycles of silence. Too many women suffer in isolation with incontinence, prolapse, or pain, believing it is “just part of being a woman.” Knowing your normal helps you speak up, seek help, and reject unnecessary suffering.
- Strengthen body awareness. The vagina and pelvic bowl are not separate from the rest of the body—they are central to vitality, mobility, and pleasure. Awareness deepens your connection with your whole self.
- Reclaim confidence and agency. Shame thrives in secrecy. The more we understand our bodies, the more we step into power, dissolving stigma and rewriting the story of women’s health.
- Protect long-term wellness. Vaginal and pelvic health affect everything from sexual well-being to bladder control, joint health, and even mental clarity. Knowing your normal is prevention in action.

# Self-Examination: Reclaiming Ownership of Your Body

For generations, women have been taught to see their vulvas and vaginas as hidden, shameful, or mysterious. Medical language often distances us from our bodies, while cultural taboos discourage us from even looking. The result? Many women go through life without truly knowing what their vulva looks like, how it feels, or what is “normal” for them.

Self-examination is not indulgence—it is a radical act of self-knowledge and self-care. By learning the landscape of your vulva and vagina, you build a baseline of what’s healthy and natural for you. This awareness helps you notice subtle changes, catch potential issues early, and develop a relationship of respect and reverence for your body.

Self-examination is not about finding faults; it is about learning your body’s unique language. When you become familiar with your “normal,” you can quickly recognise when something is different and respond with confidence. More importantly, you develop a relationship of compassion and acceptance with yourself—a relationship that ripples into every aspect of your health, sexuality, and life.

## Why Self-Examination Matters

- Early Detection of Health Issues
- Just like checking your breasts for lumps, vulva and vaginal self-exams allow you to spot changes such as unusual discharge, swelling, cysts, lumps, or sores. These may be early signs of infections, hormonal shifts, or gynaecological conditions that require attention.
- Breaking Shame and Taboo
- Looking at and touching your vulva dismantles generations of conditioning that told women their genitals are dirty, ugly, or unworthy of attention. It's an empowering declaration: My body is not taboo.
- Restoring Sensation and Connection
- Many women experience numbness or disconnection in their pelvic region due to trauma, surgery, childbirth, or simply years of ignoring the area. Gentle self-examination can help awaken sensation and restore a sense of ownership and vitality.
- Building Confidence in Sexuality
- The more familiar you are with your body, the more confident you become in intimacy. Knowing your anatomy helps you communicate your needs and desires to partners with clarity and self-assurance.
- Energetic Awareness
- On a deeper level, the vulva is an energetic gateway. When you explore it consciously, you tune into where tension, fear, or unprocessed emotions may be stored. This awareness is the first step toward release and healing.

# How to Begin

- Set the Space: Choose a quiet, private environment. A mirror, natural light, and a comfortable seated or lying position will help.
- Breathe First: Ground yourself with deep breaths. Release judgment and approach the practice with curiosity.
- Look and Notice: Using a handheld or full-length mirror, observe the colours, shapes, folds, and textures of your vulva. Notice any asymmetry, swelling, or changes.
- Touch and Feel: Gently explore the outer and inner labia, clitoral hood, and perineum. Notice areas of softness, sensitivity, or numbness.
- Record Your Findings: Use your journal to note observations—both physical (texture, colour, sensation) and emotional (what thoughts or feelings arise).

## Questions to Reflect On

- How does my vulva look today compared to what I remember?
- Do I notice any areas of tightness, pain, or numbness?
- What emotions or judgments arise as I look and touch?
- Can I replace negative thoughts with affirmations of appreciation?

# Pelvic Mapping: Listening to the Story Your Body Holds

Your pelvic bowl is not just a cluster of muscles and organs; it is the archive of your life. Every tension you've held, every trauma you've endured, every moment of joy or intimacy—it all leaves an imprint here. Many women live disconnected from this space, unaware that what shows up as incontinence, pelvic pain, hip stiffness, or even osteoarthritis may be linked to what has been stored silently for years.

Pelvic mapping is a way of bringing those hidden stories into the light. It is not about finding faults or diagnosing problems—it is about awareness. It helps you recognise the difference between areas of flow and areas of contraction, between places that feel alive and those that feel numb. In this, the pelvic bowl becomes less of a mystery and more of a guide.

When women begin to explore their pelvic map, they often discover patterns that mirror their emotional lives. Pain or tightness may correspond to old wounds, boundaries crossed, or times when their voice was silenced. Numbness may reflect years of disconnect, self-abandonment, or survival mechanisms that once kept them safe but now block vitality. On the other hand, areas of ease and openness can reveal where creativity, pleasure, and resilience are thriving.

What makes pelvic mapping powerful is that it connects the physical and the emotional in ways that words alone cannot. It becomes a dialogue with the body—one that often leads to profound insight, emotional release, and the possibility of rewriting your relationship with yourself.

This work is not about fixing; it is about listening. And in listening, you begin to reclaim the parts of yourself that were silenced, strengthening not only your pelvic health but also your confidence, sensuality, and sense of self.

To know your normal, you must be willing to meet yourself in the places that have been hidden.

Pelvic mapping opens that doorway.



# Constipation and Bowel Health: The Weight We Carry

The bowels are often the most overlooked part of women's pelvic health, yet they play an enormous role in how the body feels, functions, and heals. Constipation is more than just an inconvenience—it is a signal that something is stuck, not only physically but often emotionally. When the bowels do not move with ease, the entire pelvic floor is placed under strain. The muscles tighten, the organs become pressured, and over time this can contribute to prolapse, incontinence, and chronic pelvic pain. Many women carry the shame of irregular bowels quietly, normalising the discomfort or relying on quick fixes, without recognising the cumulative impact on their overall vitality.

But constipation is rarely just about food or digestion. For many women, it mirrors the patterns of holding on—holding emotions, unspoken words, responsibilities, or trauma that was never given space to move through. The bowel becomes a metaphor for what we refuse, or have been unable, to release.

Bowel health is therefore both a physical and energetic key. When waste moves freely, the body feels lighter, the pelvic floor is supported, and the nervous system can relax. Emotionally, the act of letting go is mirrored in the psyche: release brings clarity, softness, and a sense of renewal.

Addressing constipation is not simply about comfort. It is about restoring flow where there has been stagnation, reclaiming a sense of ease in the body, and recognising that release is as essential to health as nourishment.

When you know your normal in this most basic rhythm of elimination, you strengthen not just your digestion but your relationship to letting go—in body, mind, and spirit.



# Posture and Pelvic Alignment: The Way You Hold Yourself

The way a woman carries herself tells a story. Posture is not only about bones and muscles; it is about how we inhabit our bodies, how safe we feel to take up space, and how much weight—seen and unseen—we carry on our shoulders. When posture is out of alignment, the pelvic bowl often bears the consequences. A tilted pelvis, collapsed chest, or tense shoulders ripple down through the core, straining the pelvic floor and weakening its natural support. Over time, this imbalance may contribute to prolapse, incontinence, hip or back pain, and arthritic changes in the joints that are forced to compensate.

But posture is more than mechanics—it reflects our inner landscape. Rounded shoulders may speak of protection, a body folding in to shield the heart. A locked jaw or clenched hips may reveal unspoken words or unprocessed tension. Conversely, standing tall with ease reflects openness, confidence, and trust in the body's strength.

The pelvis is the foundation of this alignment. When it is balanced, the body can move with flow rather than strain. Breath deepens, circulation improves, and the nervous system feels safe to soften. Women often notice that when they shift their posture, they don't just feel taller—they feel lighter, more grounded, and more present.

Awareness of posture is therefore a gateway to knowing your normal. It invites you to ask: How am I holding myself? What am I bracing against? Where can I allow more softness, more support, more ease?

To reclaim pelvic health is to reclaim posture—because the way you hold your body is the way you hold your life.



# Bladder Irritants: When the Body Speaks in Urgency

The bladder is often the first place where women notice discomfort, yet the last place they give attention. Urgency, frequency, or leakage are brushed off as “just part of being a woman” or “something that happens with age.” But behind these symptoms, the body is speaking—asking us to notice what is unsettling the system.

Certain foods and drinks act as irritants, creating inflammation in the bladder lining and overstimulating the urge to urinate. Coffee, alcohol, sugar, and acidic foods are well-known culprits, but each woman’s body has its own sensitivities. What looks like a simple dietary trigger is often more than that: it reflects how finely tuned and responsive the bladder truly is. The bladder does not just store liquid; it mirrors our ability to hold and release emotional waters. Irritability in this organ often parallels irritability in life—the things we cannot hold any longer, the pressures we feel, or the restlessness that keeps us on edge. Just as a bladder flare demands release, so too does the psyche when it has reached capacity.

When women begin to notice the relationship between what they consume, how their bladder responds, and what they are emotionally carrying, a powerful awareness emerges. It becomes less about avoiding triggers and more about understanding the dialogue between body and mind.

To know your normal here is to pay attention to patterns, to honour the signals rather than silence them, and to see bladder health not as a nuisance but as a reflection of balance.

When the bladder speaks, it is asking us to listen—not just to what we drink, but to what we hold onto.



# Vaginal Massage & Myofascial Release: Unlocking What Lies Beneath

The tissues of the vagina are far more than soft muscle and fascia—they are a living archive of everything a woman has lived through. Childbirth, surgery, sexual experiences, illness, and even unspoken emotions leave their imprint here. Over time, these tissues can become tense, restricted, or numb, creating pain, disconnection, and dysfunction.

Vaginal massage and myofascial release offer a way of meeting these stored patterns with compassion. This work is not about performance or pleasure; it is about restoration. Just as a deep tissue massage softens a knotted shoulder, intravaginal release helps unwind layers of holding that have been silently shaping a woman's health for years.

Women who engage in this work often find that physical release is accompanied by an emotional one. Tears, memories, or sensations long forgotten may rise to the surface as the body finally feels safe to let go. What was once numb may awaken. What was once painful may soften. What was once hidden may come into awareness.

The benefits ripple outward—improved circulation, greater lubrication, reduction of pelvic pain, restored sexual sensation, and a profound sense of connection to the self. But beyond the physical, this practice can feel like reclaiming lost parts of the body, welcoming them home with tenderness and respect.

It is important to understand that this work is delicate and sacred. It requires safety, presence, and consent—qualities that are often absent in the experiences that caused the tension in the first place. When done with intention, vaginal massage and myofascial release are not simply techniques; they are acts of healing and remembrance.

To touch this space consciously is to touch the core of womanhood itself—unlocking what lies beneath, and opening the path back to wholeness.



# Vulva Gazing: Meeting Yourself with Reverence

Looking at your vulva is one of the simplest yet most radical acts a woman can take. For many, it feels uncomfortable at first, shaped by years of cultural silence, shame, or distorted images of what female bodies “should” look like. But vulva gazing is not about comparison—it is about recognition. It is about finally meeting yourself where you are most hidden.

This practice transforms what was once taboo into something sacred. By simply looking, you begin to dismantle inherited narratives that told you this part of your body was dirty, ugly, or best ignored. You reclaim it as your own, with reverence rather than judgment. In doing so, you rewrite the story of your body from one of shame to one of belonging.

Vulva gazing nurtures body confidence by allowing you to see your own unique anatomy with fresh eyes. You begin to notice the folds, textures, colours, and shapes that are yours alone. Over time, this familiarity deepens into trust. Instead of being a stranger to yourself, you become your own witness.

There is also a practical wisdom in this ritual. When you know your normal, you are better able to recognise changes that may require care—irritation, swelling, or unusual patterns that would otherwise go unnoticed. Vulva gazing therefore becomes not only an act of love but also an act of protection.

At the same time, vulva gazing often reveals the inner dialogue we carry—the negative thoughts, judgements, and beliefs we hold about ourselves. In the reflection, we may notice shame, comparison, or old stories about worth and beauty rising to the surface.

Yet the greatest gift of this practice is the intimacy it builds with yourself. To look with softness and curiosity is to invite yourself home, to embody confidence that does not depend on external validation. Vulva gazing is a mirror—not only of your body, but of your relationship with yourself. To look with love is to see yourself whole.



# Vulva Massage: Returning to Softness and Sensation

Touching the vulva with intention is a profound act of healing. For many women, this part of the body has only ever been touched in the context of medical procedures, sexual encounters, or, in some cases, experiences that were far from safe or consensual. Rarely has it been met with the kind of presence, gentleness, and reverence it deserves.

Vulva massage is not about performance, goal, or orgasm—it is about returning to softness. It is about creating a safe container where touch is guided by love and curiosity rather than expectation. In this space, tension begins to melt, numbness can awaken, and the vulva itself is honoured as more than an object of desire—it is recognised as part of your wholeness.

Physically, vulva massage improves circulation, nourishes the tissues, and helps release built-up tension from the surrounding muscles. For women who experience dryness, pain, or hypersensitivity, this kind of touch can support healing by gradually reintroducing comfort and connection.

Emotionally, it can be a homecoming. Memories or emotions long held in silence may surface, giving the opportunity for release. What was once hidden becomes acknowledged; what was once rejected becomes embraced. This can spark profound shifts in how a woman relates to her body, her sexuality, and her sense of self-worth. Spiritually, vulva massage can feel like a reclamation. It reawakens the energy that flows through the pelvis—the energy of creation, pleasure, and life force. Instead of being an area overshadowed by shame or neglect, the vulva becomes a centre of reverence, deserving of touch that is tender, conscious, and deeply respectful.

To massage the vulva with intention is to remind yourself that this part of you is worthy of care, not silence. It is to return to sensation, softness, and the sacredness of your own touch.



# Breathwork: The Bridge Between Body and Spirit

Breath is the most constant rhythm of life, yet it is the one we notice the least. It moves through us from the moment we are born until the moment we leave this world, shaping every experience in between. And yet, when stress, trauma, or tension builds in the body, the breath is often the first thing to change—becoming shallow, held, or constricted.

For women's pelvic health, breath is not optional; it is essential. The diaphragm and pelvic floor are partners, rising and falling together like waves. When breathing is shallow or restricted, the pelvic floor tightens and loses its natural rhythm. This can contribute to pain, incontinence, and a sense of disconnection from the body's core. But breathwork is more than a physical mechanism—it is also a key to emotional and energetic release. The breath is the body's language for letting go. When we breathe deeply and consciously, we invite the nervous system to soften, signalling safety where there was once vigilance. We create space for emotions that have been held tight in the body to finally move through.

Women often discover that when they reconnect with their breath, they also reconnect with pleasure, creativity, and presence. The pelvis softens, the mind quiets, and energy begins to flow again. Breath becomes a bridge—not only between the lungs and the pelvic floor, but between the self that has been holding on and the self that longs to be free. In this way, breathwork is not just an exercise—it is a practice of remembrance. It reminds us that our bodies are designed for flow, not tension. That we are meant to expand and contract, to inhale and release, to live in cycles of receiving and letting go. Every breath is an invitation to return—to your body, to your centre, to your normal.



# Pool Noodle Proprioception: Playful Awareness

Healing the pelvis does not always have to be heavy or serious. Sometimes the most powerful shifts come through play, through simple tools that invite us to reconnect with our bodies in new ways. A pool noodle—something usually associated with fun in the water—can become a surprising ally in awakening pelvic awareness. Proprioception is the body's ability to sense where it is in space, and many women have lost this subtle awareness in the pelvic region. Years of disconnection, tension, or trauma can create numbness or misalignment that the brain no longer fully registers. By engaging the body in gentle, playful practices, we reawaken those neural pathways and restore connection. Rocking backwards and forwards on a pool noodle may appear simple, but its impact is profound. This gentle motion begins to undo patterns of chronic holding and congestion that many women carry in the pelvic bowl. The rhythmic rocking encourages lymphatic drainage, helping the body release stagnation and restore natural flow. It also acts as a feedback loop to the brain—teaching the nervous system how to soften, adjust, and realign posture with ease.

What begins as a playful exercise quickly becomes a powerful way to retrain the body. Subtle shifts in weight and movement bring new awareness to alignment, grounding, and balance. Many women discover that by simply rocking, the pelvis becomes more fluid, the breath deepens, and the entire body feels lighter.

Beyond the physical benefits, there is symbolism in this practice. The pool noodle reminds us that healing doesn't always have to come through intensity; it can also arrive through curiosity and play. It teaches that even in the journey of pelvic restoration, there is room for lightness, laughter, and joy.

Sometimes it is the smallest, most unexpected tools that help us know ourselves better. In playful awareness and rhythmic rocking, the body learns to release, rebalance, and return to flow.



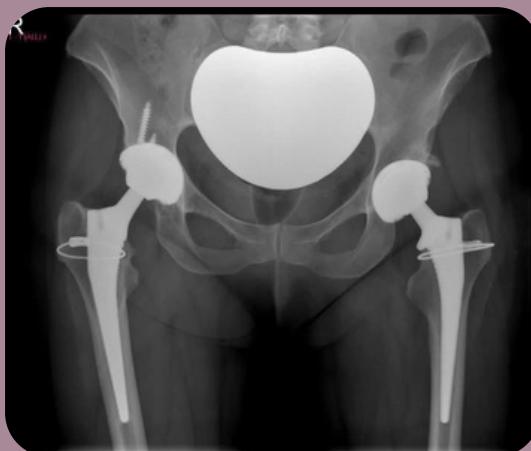
# The Link Between Pelvic Trauma and Osteoarthritis

The pelvis is the foundation of our movement and stability, yet it is also where many women unconsciously store tension, grief, and trauma. When these experiences remain unresolved, the body often responds by tightening, holding, or restricting movement in this area. Over time, this chronic holding can create imbalance, altering the way the hips and lower back carry weight. These imbalances don't directly "cause" osteoarthritis, but they can contribute to increased wear and tear on the joints. If one side of the pelvis is tighter or more restricted, the hips and spine may be forced to compensate, placing greater stress on certain joints. Combined with inflammation—which is often heightened when the nervous system is stuck in long-term stress or trauma—this can accelerate joint degeneration and discomfort.

I know this truth in my own body. For eight years, I carried deep, unresolved trauma in my pelvis. I had no pelvic care routine, no conscious connection to this part of myself, and I completely disconnected from self-pleasure. My body became locked in holding until, eventually, I needed two hip replacements. My experience showed me just how profoundly disconnection and unprocessed trauma can shape our physical health over time.

It's important to understand that trauma doesn't just "live in the mind" — it leaves its imprint on the body. As Bessel van der Kolk so powerfully describes in his book *The Body Keeps the Score*, unprocessed trauma shapes our posture, our nervous system responses, and even the way our cells function. Left unacknowledged, this stored trauma can contribute to chronic pain, inflammation, and degenerative conditions over time.

By bringing awareness to the pelvis and addressing unresolved trauma — through conscious movement, breathwork, energy practices, or therapeutic support — we create the possibility for both physical relief and deep emotional healing. Restoring flow in this foundational space helps not only with joint health but also with reclaiming a sense of safety, stability, and vitality in the whole body.



# Conscious Walking – Dropping Awareness into the Pelvis

Conscious walking is a simple yet powerful practice that brings you out of the mind and back into your body. As you begin to walk, shift your awareness down into your pelvis. Instead of letting your attention scatter into thoughts, guide it toward the sensations in your hips, your sacrum, and the space between your thighs. Notice what you feel.

Does one side feel fuller, heavier, or more fluid than the other? Perhaps one hip feels tighter or more restricted, while the other moves with more ease. You may also notice an absence of sensation — a void where the energy doesn't seem to flow at all. These subtle differences are valuable clues, showing you where tension, disconnection, or blocked energy may be held. Walking in this way allows a woman to reconnect with the wisdom of her pelvis. It becomes more than movement — it is a dialogue with your own body. By listening, you not only drop into the space of your feminine power but also gain insight into where energy is stagnant or overactive. With this awareness, you can then apply the practices and tools in this guide to release, soften, and reawaken those areas, inviting balance and vitality back into your system.

# Conclusion: From Knowing Your Normal to Claiming Your Power

Every theme in this guide—whether it is self-examination, pelvic mapping, bowel health, posture, bladder awareness, breathwork, vulva massage, or even playful practices with a pool noodle—carries the same invitation: to come home to yourself. To turn toward the parts of your body that have been ignored, silenced, or shamed, and meet them with attention, compassion, and respect.

Knowing your normal is not just about catching changes or preventing illness—though that is part of it. It is about cultivating a relationship with your body that is intimate, trusting, and alive. When you know your normal, you are no longer at the mercy of silence, stigma, or the stories of what it means to be a woman. You move from uncertainty into awareness, from disconnection into embodiment.

And this is where Pussy Power comes alive. Pussy Power is the formidable strength, influence, and resilience derived from the unique attributes of womanhood and femininity. It encompasses the ability to inspire, create, and transform. It signifies the empowerment and assertive energy that women harness from their innate, life-giving capacities, their capacity for pleasure, and their enduring spirit.

This is not about perfection. It is about presence. It is about honouring your body's rhythms, cycles, and truths—whether they are comfortable or confronting. Each act of awareness strengthens your connection, each moment of release expands your capacity, and each choice to listen draws you deeper into your power.

To know your normal is to know your body. To know your body is to reclaim your power. And to reclaim your power is to embody Pussy Power—the fierce, creative, transformative force that has always lived within you.



# A Gentle Note on Healing

As you begin to explore these pelvic practices, it's natural for emotions, memories, or sensations to rise to the surface. The pelvis often holds stories of tension, trauma, or unexpressed energy, and when we bring awareness here, it can begin to release. This is not something to fear — it's part of the healing journey.

You don't have to navigate this alone. This is where I come in with my Holistic Energetic Rebirth Session, a safe and supportive space to process what arises and guide your body back into balance.

If you feel called to explore this deeper, I invite you to book a free discovery call with me. Together, we can uncover what your body is asking for and begin the journey toward more ease, flow, and connection.

**Disclaimer:** This guide is for educational and self-awareness purposes only and is not a substitute for medical advice. Please consult a healthcare provider for diagnosis or treatment.

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