



Energetic movements and bioenergetics are powerful body approaches aimed at releasing emotional blockages and rebalancing the flow of vital energy in the body. These practices are particularly beneficial for women wishing to reconnect with their bodies, heal their inner wounds, and fully unleash their feminine potential.

Bioenergetics developed by Alexander Lowen, is a psychocorporeal therapy that emphasizes the connection between body and mind. It is based on the principle that life experiences, particularly traumas and conditioning, are inscribed in the body as chronic muscle tension and restrictive breathing patterns. These blockages hinder the free flow of vital energy and keep the person in emotional states and limiting beliefs. By becoming aware of these tensions and releasing them through specific exercises, bioenergetics allows for the release of repressed emotions, the return of full breathing, and the restoration of a sense of vitality and well-being.

For women, bioenergetics is particularly recommended for working on issues related to body image, sexuality and self-assertion. Many women carry memories of shame, guilt or abuse in their pelvis and perineum, disconnecting them from their creative power and enjoyment. Bioenergetic exercises such as "grounding" (anchoring to the earth) or "pelvic stress release" help to restore a sense of safety and trust in one's body, to release emotions stuck in the lower abdomen, and to reclaim one's intimacy. By unblocking energy in the pelvis, these practices also promote better blood and lymphatic circulation, relieving many gynecological disorders.

Energetic movements, coming from various traditions such as yoga, qi gong or dance, are another way to explore the body-mind connection and promote the free flow of energy. Unlike traditional physical exercises that emphasize performance and results, energetic

movements invite subtle listening to body sensations and messages. They are usually practiced consciously, with deep breathing and attention focused on inner feelings. The movements can be gentle and fluid, like in "energetic belly dancing" which awakens femininity and creative sensuality, or they can be more dynamic and cathartic, like in the "5 rhythms dance" which allows for the expression and transformation of emotions.

For women, energetic movements are a powerful way to reconnect with their feminine essence, their natural cycles, and their intuitive wisdom. By exploring different qualities of movement and energy, they discover new aspects of themselves and broaden their emotional and expressive repertoire. They also learn to allow themselves to let go, to play and to be spontaneous, attitudes often bridled by social conditioning. By freeing their bodies and energy, they regain a sense of freedom, joy and power that radiates in all aspects of their lives.

To integrate energetic movements and bioenergetics into a practice of Divine Feminine Healing, one can, for example, propose individual or collective sessions that combine targeted exercises with times of exchange and sharing. One can also create thematic workshops related to feminine archetypes (module 1.4) or phases of the menstrual cycle (module 2.4), using movement as a path of exploration and transformation. The key is to create a caring and safe framework, where each woman feels free to experiment at her own pace and to express what is alive in her, without judgement or comparison.

Here is a concrete example of a bioenergetic exercise to release repressed anger, an emotion often difficult for women to express :

1. Stand with your feet hip-width apart, slightly bend your knees and ground yourself in the earth. Take deep breaths, releasing the weight of your body towards the ground.
2. Close your fists and place them on your lower abdomen, palms up. Inhale, contract all your body muscles, as if you were containing immense anger. Hold your breath for a few seconds.
3. Exhale through your mouth, and strike the air in front of you with your fists while letting out a powerful sound (a scream, a growl, or a "no!"). Imagine that you are expelling all the anger accumulated in your abdomen.
4. Repeat this cycle of emotional charge and discharge several times, gradually increasing the intensity. Let your body express itself freely, without restraint or censorship.
5. When you feel the anger subsiding, stop the movements and take a few deep breaths. Welcome the sensations of warmth, tingling or buzzing that are circulating in your body.
6. To integrate the experience, you can write or draw in a journal about your experience, or share your feelings with a trusted person.

Through regular practice of energetic movements and bioenergetics, women relearn to trust their bodies and its messages. They discover that their physical symptoms and emotional blockages are not enemies to fight, but allies that guide them towards greater awareness and authenticity. By welcoming and transforming their shadows, they open up to

more light, creativity and love. Gradually, they free themselves from limiting conditioning and painful memories, and reconnect with their wild, free, infinitely powerful feminine essence. They become the co-creators of their reality and radiate this healing to the world around them.

Key takeaways:

- Bioenergetics and energetic movements are body approaches aimed at releasing emotional blockages and rebalancing the flow of vital energy.
- Life experiences are inscribed in the body as chronic muscular tensions and restrictive breathing patterns, hindering the free flow of energy.
- For women, these practices are particularly beneficial for working on body image, sexuality, self-assertion, and memories of shame or abuse stored in the pelvis.
- Energetic movements invite a subtle listening to body sensations and messages, allowing women to reconnect with their feminine essence, their natural cycles, and their intuitive wisdom.
- Integration of these practices in a Divine Feminine Healing approach can be done through individual or collective sessions, thematic workshops, within a caring and safe framework.
- An example of a bioenergetic exercise is provided to release repressed anger, an emotion often difficult for women to express.
- Through regular practice, women relearn to trust their bodies, welcome and transform their shadows, free themselves from limiting conditionings and reconnect with their powerful feminine essence.