

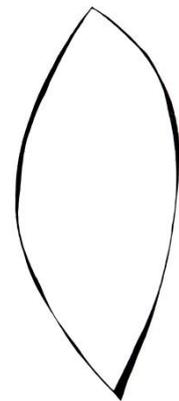
Hi and welcome to:

## *Mapping the Inbetween*

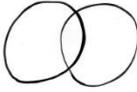
A gentle, meditative and creative process birthed into the world for healing purposes. Mapping is a non-invasive and empowering form of exploration. It is an opportunity to build a relationship with parts of ourselves that may feel distant, de-activated, shamed or laden with other peoples meaning and values.

It's a way of finding your way with your own femininity and seat of power. When I say seat of power, I refer to your womb, vagina, ovaries, basically the womanly parts that sit between your legs. (Known in Sanskrit as Yoni.)

That's why the basic mapping shape is this:



This sacred symbol is also known as the vesica piscis and can be recognised

as a petal in the 'seed of life':  Or in the mandorla: 

## Instructions for Mapping:

This shape is one of sacred geometry that, when put together with many others, becomes the flower of life. But for now, this is the basic shape to draw first and fill it in with lines, colours, patterns, whatever comes. Allow it to be as it is, it does not need to 'look good' or be skillful.

The process: (This is a suggested structure - you might stumble upon something that works better for you, and in that case – USE IT!)

1. Take 3 deep breaths and call your attention into your body. Notice the air filling your lungs and leaving via your nostrils or mouth.
2. Bring your attention to the very tip of your head (you might feel a little tingle there), and let it move towards your feet, as if someone were pouring a glass of water over your head. Your attention can move quite quickly through your body, go as fast or slow as suits. Just notice how all the parts of your body are; check in, notice your feet last and really soak the attention there. Feel your connection with the earth. Allow full body attention, feeling all of you at once.



(see note at the end if you struggle with this)

3. Next bring your attention into your womb centre. Focus on what is known as your 'hara' which is a few centimetres below your belly button.
4. Hold your attention there and begin drawing, or, ask 'what do I need to know today?' (ask into your body, into your womb), and begin. Start with a loose hand drawn Yoni shape and then begin to fill it in with lines, shapes, patterns. Stay with the process and don't worry about what it looks like. If you feel like you get too distracted during the drawing process, gently bring your attention back to this hara spot.
5. When your drawing is finished, give the drawing a name and date. (Over time this provides some really interesting information for you.)
6. Check in with yourself after the drawing and see how you feel now. Do you notice anything different about how you feel post-drawing? Does the drawing speak to you of anything specific?

You can do this daily or weekly, or use it to map your menstrual cycle, your moods or just as a random relaxation exercise.

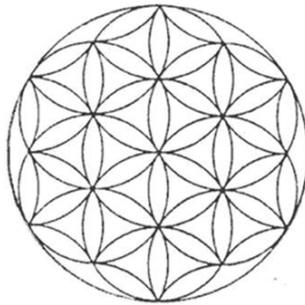
This technique may be akin to doing mandala's, but as a shape with a story the Yoni shape is the bridge between worlds, the map of our origins – the great inbetween! It's a powerful shape to work with and I hope it will provide some deep insights and a safe container for you to explore and draw from and in.

I hope this can be a tool for women to make their own discoveries and have their own journeys.

**may this bring you closer to home, closer to you..**

Kind and Creative Regard

*Ky Alecto*



Note: sometimes bringing the attention into the body can be challenging. Gentleness is very important. Meditation, yoga, therapy, body work or energetic healing may be helpful.

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