

PREQUEL  
TO  
GREATNESS



# Decoding Wellness

LOADS OF FREEBIES

## AN ENTREPRENEUR'S GUIDE TO BOOK WRITING

SUE  
KENNEDY

## RETURN TO YOUR GODDESS-SELF: 3 CEREMONIES FOR FULFILLMENT, HAPPINESS & MANIFESTATION

PAULAMI  
DAS

## GRIEF AT WORK: WHY YOU SHOULD CARE AND WHAT CAN YOU DO

SUZANNE  
JABOUR



# TABLE OF CONTENTS

**WRITE YOUR SUCCESS STORY: AN ENTREPRENEUR'S GUIDE TO BOOK WRITING**  
BY SUE KENNEDY

**PAGE - 2**

Use book as a tool for success. Sue K. explains how with powerful ways lined-out for you.

**RETURN TO YOUR GODDESS-SELF: 3 CEREMONIES FOR FULFILLMENT, HAPPINESS & MANIFESTATION**  
BY PAULAMI DAS

**PAGE - 8**

Connecting to the monthly cycles and using the power of mensuration days with 3 ways to fulfillment

**FOCUS ON YOUR PATH**  
BY ASHER WRIGHT

**PAGE - 13**

Asher W.lays out details of how to build your path and focus on it in the most comprehensive and practical ways for you.

**FIND HEALING LOVE TO OVERCOME ADDICTIONS AND HEART WOUNDS**  
BY MATT CLINE

**PAGE - 16**

Matt C.shares some powerful experience with God and lay out ways for you to connect with this all-forgiving, loving and kind force.

**GRIEF AT WORK: WHY YOU SHOULD CARE AND WHAT CAN YOU DO**  
BY SUZANNE JABOUR

**PAGE - 20**

Suzanne J. shares valuable information about grief and how it isn't confined to losing someone but has different roots.

**AN INTRO TO PELVIC HEALTH**  
BY DR. MANDI KELSO

**PAGE - 24**

Dr. Mandi K. shares the much needed information about pelvic health and how you can get needed support if you are going through this discomfort.



WRITE YOUR  
SUCCESS STORY:  
AN  
ENTREPRENEUR'S  
GUIDE TO BOOK  
WRITING

SUE

KENNEDY

Are you a visionary with a passion for writing?

Have you always dreamt of sharing your unique story with the world?

It's time to turn those dreams into reality and write your success story. Writing a book has never been easier, and with the right guidance, you can become a successful author.

Writing a book is not just a creative outlet; it is also an incredible opportunity to establish yourself as an expert in your field and leave a lasting impact on your audience. By putting your thoughts and experiences into words, you can inspire and empower others, while simultaneously elevating you and your business.

But where do you begin?

IT'S TIME TO WRITE  
YOUR BOOK – YOUR  
SUCCESS STORY  
AWAITS.

With so many ideas floating around in your mind, the process of writing a book may seem overwhelming. This is where a book coach comes in. A book coach is your guiding light, the ally who will provide structure, accountability, and expert advice throughout your book-writing journey.

Let's embark on this journey together and become the successful entrepreneur and author you were always destined to be.

A good book coach understands the challenges and aspirations you face, which is why they support you in turning your creative vision into a reality. They acknowledge the struggles you encounter in finding the perfect book idea, balancing time, overcoming writer's block, and navigating the complex world of publishing. But fear not! In this article, we will equip you with practical solutions to overcome these hurdles and achieve your desired outcomes.

## **The Quest for a Compelling Book Idea**

*"Creativity is contagious. Pass it on."*

*— Albert Einstein*

Finding a unique and compelling book idea can feel like searching for a needle in a haystack. As you venture into the vast realm of ideas, envision yourself as a seasoned explorer. Set out to discover untapped territories within your passions and expertise. Like a gardener nurturing a seedling, let your ideas grow and evolve until you discover the perfect bloom that aligns with your vision.

To unearth your book idea, start by asking yourself:

- ~ What are the burning questions or challenges faced by your target audience?
- ~ How can your experiences and knowledge offer valuable solutions?
- ~ What unique perspective can you provide that others in your field might not have explored?

Remember, inspiration can strike from the simplest things. Begin by identifying your passions and expertise, and explore how you can share them with your target audience. Like a gardener tending to her blossoming garden, nurture your ideas until you discover the perfect bloom that aligns with your vision.

## Balancing Time and Responsibilities

*"Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein."*

*~ H. Jackson Brown Jr.*

As a busy entrepreneur, we know your time is precious. Embrace time management techniques like a skilled conductor leading an orchestra, harmonizing each task in your day. Dedicate specific time blocks for writing, even if it's just 30 minutes a day. Make the commitment to your book a non-negotiable part of your routine.

Imagine yourself as a resourceful juggler, skillfully balancing the demands of your entrepreneurial ventures and writing aspirations.



To achieve this balance:

- ~ Create a realistic writing schedule that aligns with your existing commitments.
- ~ Utilise productivity tools and apps to stay organized and focused.
- ~ Seek support from family, friends, or colleagues to share responsibilities and free up writing time.

Remember, every small step adds up, and consistent efforts will propel you forward on your writing journey.

## Overcoming Writer's Block

*"When you have writer's block, try writing about having writer's block."*

*~ Tim Fargo*

Writer's block is a formidable foe, but it's not invincible. Picture yourself as a detective, exploring new avenues to unlock your creativity. Embrace the challenge with an inquisitive spirit, just like a detective solving a captivating mystery.

Experiment with writing prompts, freewriting exercises, or even shifting to a different chapter or section temporarily. Remember, it's okay to write imperfectly; the magic happens in the editing phase.

To overcome writer's block, consider these strategies:

- ~ Take short breaks to refresh your mind and rejuvenate creativity.
- ~ Freewrite without judgment to bypass the inner critic and let ideas flow.
- ~ Embrace the concept of "imperfect first drafts" – the initial goal is to get words on paper, refinement comes later.

## Validating Your Book Idea

*"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."*

*– Albert Schweitzer*



Seek validation for your book idea as an explorer seeking uncharted territories. Reach out to your target audience or trusted peers for feedback. Conduct surveys or polls to gauge interest and refine your book concept accordingly. Embrace the knowledge that connecting with your audience authentically will set your book on the path to success.

## **Understanding the importance of proofreading and editing**

This step is the most important part of writing your book. It is highly recommended that you get family and friends to read your book and give you feedback. However, the very last step is to make sure a professional get their eyeballs on your work to make sure it is properly polished and ready for publishing.

## **Navigating your Publishing Options**

*"A successful book is not made of what is  
in it, but what is left out of it."*

*— Mark Twain*

As you navigate the labyrinth of publishing options, approach it like a seasoned chef selecting the finest ingredients for a gourmet dish. Research the best option for you and beware of the publishers that offer you the world, when it sounds too good to be true, it usually is!

Writing a book is not just about words on paper; it's about leaving a mark on the world and sharing your voice with others. Embrace the struggles as stepping stones toward success.

Just as a caterpillar transforms into a magnificent butterfly, you too will blossom as an author. Take each step with confidence, knowing that your dedication will lead to a fulfilling and rewarding journey.



And in the words of J.K. Rowling,

**"The wonderful thing about writing is that there is always a blank page waiting. The terrifying thing about writing is that there is always a blank page waiting."**


Embrace the blank page, fill it with your brilliance, and unleash your inner author.

I am sharing a few free gifts, which you can download by clicking the button below. Please enjoy these as they are meant to help you get started with your writing. On this page, you can also book a free heart-storming session with me as your book coach where we will discover the blueprint for your writing journey!

Looking forward to bringing your book to life!





A close-up portrait of a woman with dark hair and brown eyes, smiling slightly. She is wearing a black top and a small earring. The background is a soft, out-of-focus light color.

## RETURN TO YOUR GODDESS- SELF: 3 CEREMONIES FOR FULFILLMENT, HAPPINESS & MANIFESTATION

**PAULAMI DAS**

Do you know the Goddess energy is alive within us and we can use our own monthly phase as a cycle of manifestation and wellness?

Moon Goddess and Archangel Haniel are favorites when working with moon magic, moon phase manifesting, and wellness. Every month Moon goes through a cycle in conjunction with a particular zodiac. Considering that each zodiac aspect is woven into our DNA, working with the Moon cycle makes good sense.

One of the most important aspects of working with the cyclic manifestation process for wellness, creation, and attraction is the truth of our own power over the material and energy World. When we have a mindset of acquiring energy from an outer source, half of the power of the Law of Frequency is lost with it. We also miss the opportunity of ascending our inner-system to a higher level of existence.

If you have been working with energy you already know how much time and persistence we need to upgrade our inner-system to a higher frequency.

Keeping all that in mind, the best way to work for yourself when you are focused on manifesting or wellness is to work with your own cycle.

The monthly cycle of every woman is a prime time (which never ends) to connect with your inner Goddess-Self and drive fulfillment, happiness and manifestation in your life. We're talking about the mirroring of our cycle with that of the Moon Goddess and how we have this period of New Moon, Full Moon and waxing periods along with time of rest & rejuvenation, power time and manifesting period within a month.

This was ancient knowledge and during the Golden period, there was this sacred ritual around the time of menstruation, and females were given a sacred place to stay secluded from others so they don't meet people and can protect their energy.

But with the advent of Kali-Yuga this ritual was twisted and adulterated into something that was shameful and derogatory. The sacredness of this ritual was robbed because of the closed mindset during the Kali-Yuga, and also because the patriarchal society was quick to dismiss what they couldn't wrap their head around. This was the time the male-dominated society viewed everything unknown as a threat to their rise and power and the female cycle was one such aspect.



But as we are growing through this Aquarian Age (Ascending Dwapara Yuga) we are making headways in going back to that beautiful and powerful spiritual culture of the Golden Era.

When a Woman understands how deeply her system is affected by her monthly cycle she becomes a force to be reckoned with. She doesn't crave for power or fulfillment again because she has already connected to the deep wisdom of the Soul's golden pot within her, which has the power to attract everything to her and help her ascend her mind, thoughts, and feelings to the level of her Goddess Avatar.



If you already have this deep understanding start using it for your betterment. I'm sharing 3 rituals to work with during your menstruation cycle (can be of 5-7 days).

### **Rejuvenate Yourself with Sun**

The period of monthly menstruation is a time for resting & rejuvenation. One of the best rituals for this is a ceremonial morning walk. Make it a habit for 5 or 7 days of your cycle to walk during sunrise and absorb the golden energy of the Sun.

While you are at it, visualize the sun-rays as the energy from your Soul, golden, sacred & pure washing over your body and moving inside you and in your aura as you walk. This will preserve the energy being used to release of the womb lining and also heal the traumatized parts/system within.

## **Forgive to Release Burdens**

Forgiveness can be a ceremony that we can enjoy while we release unwanted toxic emotions attached to a situation or person.

Just a reminder that forgiveness isn't for anyone else but for us to clear our aura from the burdensome and cumbersome toxic energy of the past situation that happened and the person/people involved, so our electro-magnetic energy can again be at its peak attracting what we want and not what we don't want.

During these 5-7 days you can use this forgiveness ritual daily because this is the time of release and the healing will be faster.

Use a flower of your choice and sit in an area with a little space around you. Make sure this is a secluded place. Keep this flower in between your palms and think of the most painful situation and the person involved in it which you are not able to let go and think about every day.

With a pure intention of clearing your energy, look at the situation/person without anger, pain, sadness while acknowledging & accepting it.

Now pluck each petal of the flower visualizing as if you are plucking out hatred, malice, anger, or whatever sentiment this situation & person evokes in you, from within your system. Then throw each petal behind never looking at them at this stage. Do it with all the petals, thinking/visualizing the same thing.

When done, take deep breaths and make yourself believe in this new reality of you being free of this situation/person.

Give thanks to your inner-being for helping you with this process of forgiveness. When done, throw the petals away.

## **Remember your Abundance**

Gratitude is a powerful practice but only when done consistently with clear intention. Using this easy yet powerful gratitude ritual throughout the 5 - 7 days of your cycle or even after that will change your perspective and life.

Every day before going to sleep, write about 3 things you felt thankful for.



These can be from the same day or from a different year altogether. Then read each one of them visualizing yourself dancing in glee because these situations happened.

Take a few moments to perceive the shift in your energy and then move on to read the second point and then the third.

This practice of embodying the gratefulness in your feelings will help you in attracting your goals and even soothing your energy.

These practices aren't time-consuming nor are too elaborate, but we're trying to create a few moments of magic for us as we change our vibration and use the alchemical properties of these ceremonies to change our inner matrix.

All these three ceremonies are a part of the Goddess Phase Manifesting Journal which will be up for its digital release on 20th August. We're offering a discount if you preorder this journal now, link is shared below for your convenience.

We haven't given our self the time and focus to connect to our own comic yin power and this Goddess Journal is a part of the movement of not only discovering but decoding these powerful energy-systems hidden in our astral DNA.

GET THE  
PRE-ORDER  
DISCOUNT.

# FOCUS ON YOUR PATH

ASHER WRIGHT

Purpose, Awareness, Transformation, and Healing in a world overflowing with distractions. Focusing on our PATH—Purpose, Awareness, Transformation, Healing—offers a guiding compass. How do we construct this path, and what tools can we use to navigate it?

## **Discovering Purpose through Challenges**

I'd like to share a personal story. Struggling with symptoms of ADD and Dyslexia, I faced many challenges. Yet, these very challenges inspired me to read and listen to 100 books a year, and now, in my 7th year, I have accomplished 700 books, totaling 1000 in ten years.

EMBRACE THE JOURNEY,  
AND LET THE PATH LEAD  
THE WAY.



This process of reprogramming my mindset and transforming my life has led me to write, and I'm now in my second year with my book series, working on my third volume. Having set a goal to write 86 books by my 86th birthday,

*I found purpose in addressing what seemed 'not right,' giving my life meaning and mission.*

## **The Journey into Your Past**

Let's begin by journeying into your past. Reflect on the past 90 days of your life. Think about the victories you've celebrated, the achievements you've earned, and the success you've experienced. Do not rush through this; take your time. Let the memories flow, and when they do, write down up to 10 instances that stand out.

*This exercise isn't about judging your past but appreciating it.*

## **Acknowledging the Present Moment**

Now, gently shift your attention to the present moment. Consider what is currently demanding your energy. What challenges, troubles, or obstacles are you grappling with in your life right now? Write down up to 10 things that come to mind.

*Remember, this isn't about solving problems right now; it's about acknowledging them.*

## **Casting Sights Forward**

Finally, let's cast our sights forward. Envision your life 90 days from now.

What sparks a light within you when you think about it?

What are you looking forward to?

What are your hopes, dreams, and aspirations?

Write down up to 10 things that inspire joy and anticipation.

*This isn't about setting hard goals; it's about giving your dreams a voice.*

Life's road may be winding and filled with obstacles, but by focusing on your PATH, you can find direction and fulfillment. Your purpose is waiting for you, crafted by your hands and guided by your passions. Embrace the journey, and let the PATH lead the way.

Should you find yourself inspired to pave a few more miles toward a longer-term vision and mission, know that I'm here to walk beside you. I believe in sharing tools and systems that make life not only easier but filled with purpose and meaning. If you feel a calling to explore further, I welcome you to reach out to me. No obligations, just an open hand extended in support of your unique PATH.





# Find Healing Love to Overcome Addictions and Heart Wounds

MATT CLINE

Have you ever seen God? I had a supernatural experience one time that couldn't be made up. I experienced the love of God in a way that I couldn't dream of and it was the best experience I've ever had. I'll tell you more about it at the end of this article.

The love of God is more powerful than any sin, any human love, any accomplishment, and any other spiritual being that exists.

In our busy lives, we often face big challenges that leave us feeling hurt and trapped.

Sometimes, these problems turn into addictions and emotional pain that are really tough to handle, especially when we don't have a personal relationship with God. His love can help us heal from anything, no matter how much we know about God. Let's explore this.

Before we talk about God's healing love, let's understand what addictions and wounds are. Addictions are when we get stuck doing things that hurt us, even when we know there are consequences. There are all kinds of addictions, but the ones I deal with are sexual in nature. People often turn to pornography, brothels, or affairs as an attempt to soothe the pain of life or insecurities.

Wounds are the bad feelings we get from bad experiences, like being treated badly or being neglected. These things can mess up how we feel and act, years down the road. This is because God made us to experience joy, love, peace, significance, community, and so when we don't experience these due to wounds in our hearts, we turn to behaviors that make us feel numb. Instead, we need to let God heal us and lead us into freedom from harmful behavior.

## **The Power of God's Love**

Even if we're not sure about God or don't believe in Him, His love can help us heal in a really amazing way if we turn to Him. Here are some powerful attributes of God's love.

- God's love is without conditions: God's love is special because it accepts us no matter what, even with our mistakes. This love makes us feel whole and accepted even though we don't deserve it.
- God's love heals: God's love can heal our inner wounds unlike anything else or anyone else can. In the Bible, it says "Behold, I will bring to it health and healing, and I will heal them; and I will reveal to them an abundance of peace and truth." (Jeremiah 33:6).
- God's love breaks shame: Shame will often lead to addictive behavior and then that behavior creates more shame. It's a damaging cycle and creates layers of crippling shame. Shame becomes part of our identity, but God's love separates what we've done from who we are. He makes us feel valuable and not ashamed, which helps us stop doing things that hurt us.
- God's love forgives and strengthens us: God's love isn't just a nice feeling. He forgives us of our sin when we come to Him and confess what we've done. This makes space for His love to strengthen us for the next time we feel down or tempted to numb out on a harmful behavior.



- God's love helps us find ourselves: Just like the maker of an object knows the inner workings of that object better than anybody, God knows who we are, what our strengths are, and what we are made for, more than even we do. After all, it was God who dreamt us up and created us! Luke 12:32 in the Bible says: "It gives your Father great happiness to give you the Kingdom." We were made to experience everything that He has in store for us and it's His pleasure to give it to us. We just have to approach God and ask for Him to help us experience His amazing love.

To experience God's love even for the first time, here are four simple tips:

### **Seek God**

Jeremiah 29:13 says "You will seek me and find me when you seek me with all your heart." You can simply ask Him questions like: "If you're real, can you show yourself to me?" Or "I want to experience your love. Can you help me do that?"

### **Repent**

Confess your sins to God and to others and then ask God to help you as you do everything you can to change your behavior. This eliminates the frequency of shame in our lives that often stops us from experiencing God's love.

### **Believe**



John 3:16 says "For God so loved the world that he gave his one and only Son (Jesus), that whoever believes in him shall not perish but have eternal life."

### **Be thankful**

When we thank God for things in our lives, He will show us more supernatural things and we will experience more peace in our hearts. Choose to make a habit of being thankful to God every day, even when it's hard.

Nine years ago, I was asking God continually to help me get to know Him personally. I looked in my mirror and saw these eyes staring back at me that weren't my eyes. The pupils contained bright red swirling fire and it was the most beautiful - and powerful - sight I had ever seen.

I saw power and love coming from the eyes and I knew it was happening inside me. I was fully aware that I had sinned that very week, but these eyes adored me and forgave me of all my sin.

Shortly after that, I prayed for a friend who had a broken ankle and as soon as I prayed for him, his ankle miraculously healed in the moment and it's been healed ever since. God's power and love was in me.

The day after seeing these eyes in the mirror, a friend who didn't know about my experience told me that if he imagined looking at God, he thinks he would see blazing eyes of fire. I didn't know it then, but in the last book of the Bible, it says that Jesus' eyes were as a flame of fire (Revelation 19:12).

God wants to truly meet you and heal you from addictions and wounds in your heart. Today and every day, seek Him with an open heart and believe that He can transform you.



# Grief at Work: Why You Should Care and What Can You Do

SUZANNE  
JABOUR



After all, we've been through in the last few years and the constant disruption and chaos that seems to be the new normal, almost everyone has encountered grief. Many may have also lost a loved one and we expect grief to be there, and then there is grief for other losses.

Whether it's the loss of a loved one or other losses, like a business, a job, a home,

*an opportunity, an experience, or our sense of how life works, as a collective, we can do better at supporting each other in grief.*

*Grief has remained a taboo topic in our society. It is something that all of us have experienced but most of us aren't talking about. We don't share the feelings or physical symptoms we go through, we don't share how much our capacities diminish because of the experience, and we don't share how lonely and isolated we feel. All these compounds, and "grief" becomes far worse of an experience than it needs to be.*

In our current societal system, in offices, nobody is given rest days to grieve properly. At the most, it's one to three days off depending on the relationship to the deceased. We then are expected to return to work as normal, which is an impossible expectation. In a recent UK study, 43% of employees felt pressured to return to work before they were ready. Most grieverers need to be at work for financial reasons and many others find work a respite from grief and a chance to interact with the regular world.

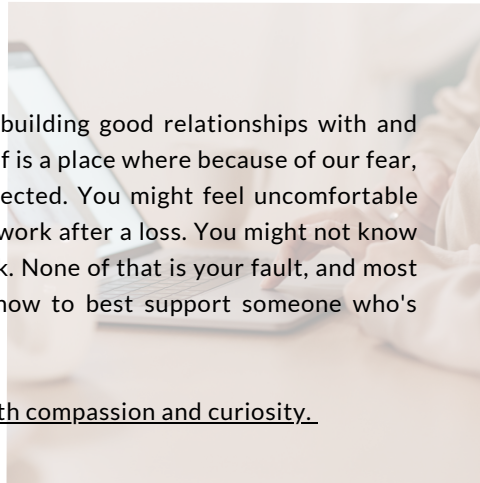
If you're a business leader you know that building good relationships with and among your team is critical for success. Grief is a place where because of our fear, we end up feeling isolated instead of connected. You might feel uncomfortable about what to say to someone returning to work after a loss. You might not know what to say when the loss happened at work. None of that is your fault, and most of us don't know what to do or say and how to best support someone who's experiencing grief.

We can change that by approaching grief with compassion and curiosity.

To start, take a look at where grief might be impacting your business. The following details will help you become better informed and aware of the situation.

Where and how are your staff bringing grief from their personal lives?

- Perhaps you have employees who have lost loved ones or experienced other losses.
- Perhaps there is something happening in your community that is creating collective grief.



*Where and how is grief being created at work?*

- *Perhaps you have had a staff member die or your employees have faced loss of patients or clients.*
- *Perhaps you had a restructuring lately and the people who kept their jobs have survivor's guilt, feel uncertainty, and miss their colleagues.*
- *Perhaps you launched a product that didn't take off the way you had hoped.*

*Where and how are your customers experiencing grief?*

- *Perhaps you provide a service that people often need after the loss of a loved one like real estate or financial services.*
- *Perhaps your client group has higher than normal levels of grief because of higher risk factors.*

*Responding to these areas requires business leaders to have high emotional intelligence, self-regulation, and an ability to have awkward conversations. These are skills we can develop and improve with practice. One great place to practice getting more comfortable with grief is by talking about and supporting smaller griefs as they happen. To change the culture around grief so that we can have our employees fully engaged at work regardless of what is going on for them, we must lead by example.*

*Once you've located grief in your business, there are supportive tools you can put in place.*

Grief impacts each person differently but there are several things that are common and impact us, especially in the workplace. Brain fog, which impacts our memory, sense of time, and ability to do multi-step tasks is a great place to start.

Every business is different, which is why I love building customized support structures with input from staff and leadership. Here are some of the top suggestions I hear repeatedly:

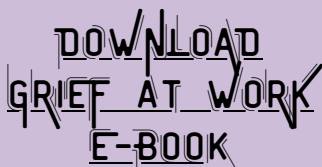
- Flex time: if you can, be flexible around when and where your employees do their work.
- Shared calendars, Google Docs etc. If you have ongoing projects have information and deliverables documented which helps grievers, and everyone else, stay on track.



- Safety protocols: If you have workers in high-risk jobs implement additional safety protocols for when they are easily distracted in early grief.
- A private space to grieve: Sometimes grief can temporarily overwhelm us and it is very helpful to have a private place to grieve that is not the bathroom stall.

Great business leaders know the better we take care of our staff, the more we increase job satisfaction, engagement, and productivity. Opening conversations about grief and loss and having consistent, documented policies and protocols to support people shows everyone they are seen, heard, and valued - even when they are struggling and their productivity temporarily drops. That's a win-win.

To learn more about what you can do, get a free copy of my e-book at the link shared below.



DOWNLOAD  
GRIEF AT WORK  
E-BOOK





# An intro to Pelvic Health

## DR. MANDI KELSO

Pelvic floor symptoms are very common, and YOU ARE NOT ALONE!!

1 in 3 women suffer with incontinence (unwanted leaking of urine).

1 in 2 women struggle with painful intercourse after childbirth.



1 in 3 men experience some degree of sexual dysfunction.

1 in 2 women experience some degree of pelvic organ prolapse.

1 in 2 moms experience diastasis recti at one year postpartum.

Pelvic floor dysfunction (PFD) is often undiagnosed because of the vast array of symptoms, and not enough education on what it is or what concerns to look for. PFD is COMMON, but not normal, and it is TREATABLE!!

Someone who would benefit from pelvic health therapy may be experiencing symptoms such as:



- Leaking of urine or stool.
- Constipation or diarrhea.
- Pelvic pain with intimacy, menstruation or pelvic exams.
- Bladder urgency or frequency.
- Difficulty initiation the stream of urine
- Difficulty fully emptying bowel or bladders.
- Post urination dribbles.
- Low back pain.
- Hip pain.
- Tailbone pain.
- Pubic pain.
- Sciatica.
- Difficulty reaching climax or low sex drive
- Diastasis recti abdominis - abdominal separation which occurs during pregnancy, but can also happen outside of pregnancy with weakened or stretch tissue; looks like a bulge or a football when you change positions or lift something.
- Pain in pregnancy (commonly SI joint pain, pubic pain, or round ligament pain)
- Challenges related to menopause and hormone changes.

- Childhood bedwetting.
- Chronic UTIs.
- Difficulty achieving or maintaining erection.
- Pelvic organ prolapse: when the bladder, rectum or uterus falls into the vaginal opening and feels like a heaviness or pressure.
- Preparing the body for labor, delivery and the 4th trimester.

These symptoms are often not talked about and many men and women suffer in silence for months, or even years, because they think that it's embarrassing to talk about, and many patients and clients have confided in me that they didn't feel comfortable speaking about them with their healthcare team. Others have reported that they when did report to their physician, they didn't feel heard or were blown off, or let's just say it was brushed over. One study suggests that 2 /3 of people who suffer have NEVER discussed their concerns with a doctor!

This is where a a *pelvic* health therapist is not really much different. PELVIC PTs are musculoskeletal experts who have additional POST-DOCTORAL specialty training in pelvic floor anatomy and dysfunctions as it relates to the skeletal and muscle tissue of the pelvis. This includes pregnancy, labor and delivery and postpartum recovery. We look at your muscle strength, joints alignment, range of motion, flexibility, how you move, and how your nervous system responds to movement, As in any therapy session, we discuss your history, talk about your goals; we also look at your pelvic floor function, how it reacts with different movements, and assess your body as a whole.



Pelvic floor therapy is for EVERYBODY; kids to adults. Many pelvic floor therapists, including myself, niche down even further within this specialty and focus their attention on and trainings on very specific complaints.

So, what does a typical visit with a therapist look like?

You will first have an in depth conversation of your symptoms, your medical history, your lifestyle and your goals. Your therapist will perform a physical examination that will look externally at your posture in various positions, muscle strength, muscle length, muscle tone, joint mobility, movement patterns and nerve mobility.

In many cases, an internal exam is performed (with your consent!); this includes a finger inserted into the vagina or rectum to assess for prolapse, scar tissue, muscle tone and coordination, ability to both contract and relax your muscles and trigger points of the muscle that can be contributing to your symptoms.

Your therapist will explain to you all of his/her findings, and together you will establish a plan to improve your symptoms so you can get back to life without pelvic floor symptoms!!!

Don't suffer in silence when you have all the support you need at hand. Always show some self-love and remember your health and you are important.

GREATNESS ISSUE

We want to share our excitement of hosting these amazing mentors in our magazine.

This is our 3rd Issue and am always blown away by the information I am receiving. There is so much to know and gather support from in our healing journey. It's what I call is *magic*.

We will soon be hosting an online summit with some amazing giveaways for our subscribers, so if you haven't joined our list, do so asap!

Grateful  
to  
all  
miracles.

THANK YOU  
FOR READING!

Paufami Das



Let's get to  
know our  
authors.

**Sue Kennedy**



**Paulami Das**



**Asher Wright**



**Matt Cline**



**Suzanne Jabour**



**Dr. Mandi Kelso**



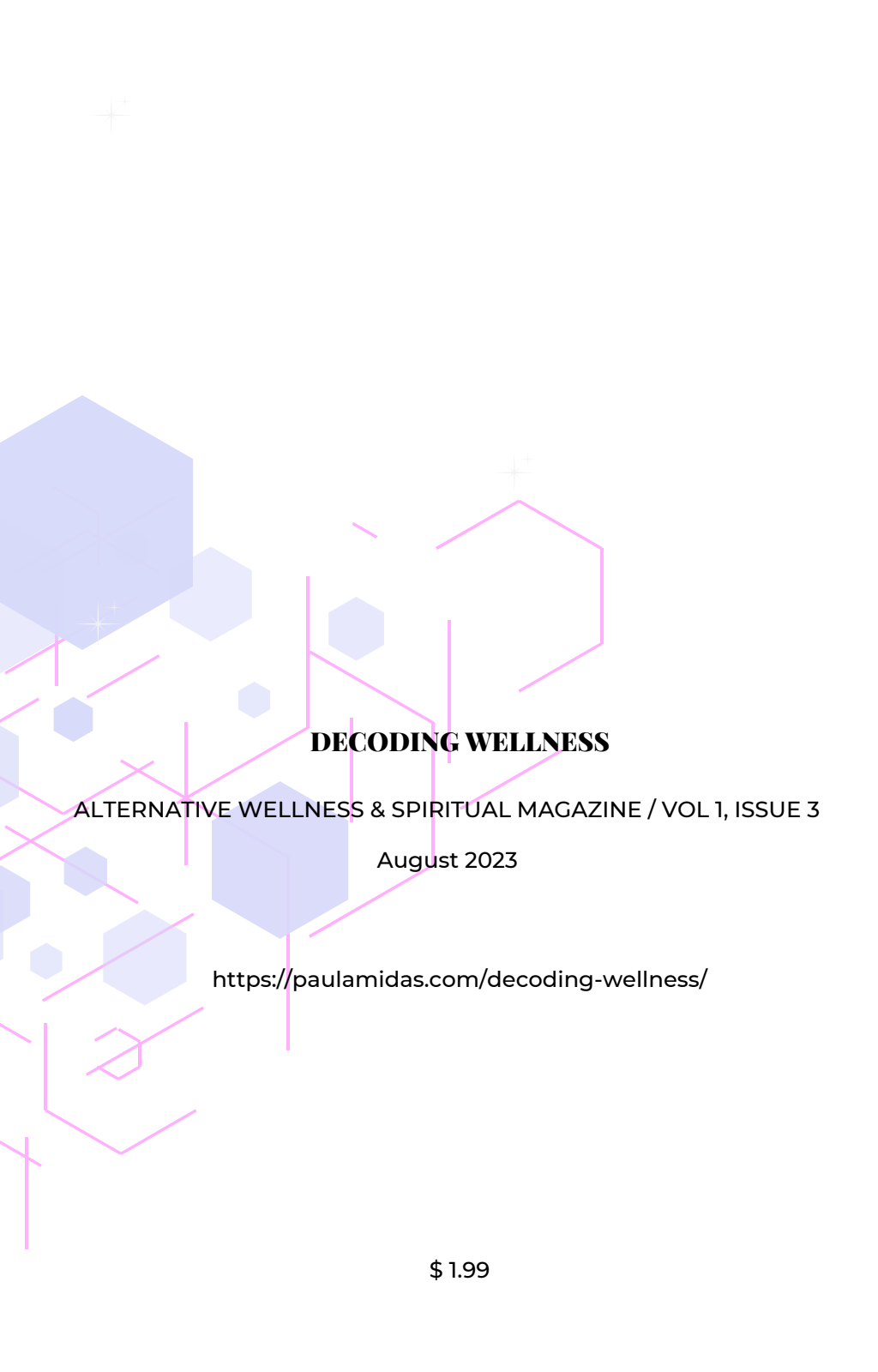
**Tell our authors, how  
their story impacted  
you.**

**CLICK HERE**

# CONNECT

Decoding Wellness





# **DECODING WELLNESS**

ALTERNATIVE WELLNESS & SPIRITUAL MAGAZINE / VOL 1, ISSUE 3

August 2023

<https://paulamidas.com/decoding-wellness/>

\$ 1.99