

Article dedicated to Moon Mothers

- Women's rituals - Discovering the potential of your perineum -

"Rituels de femmes pour découvrir le potentiel du périnée"

Efféa Aguilera interviewed by Hadda Djeribi et Veronica Morosi about the book "Rituels de femmes pour découvrir le potentiel du périnée" (Women's rituals - discovering the potential of your perineum), written by **Efféa Aguilera**, illustrated by Julia Larotonda, published by *Le Courrier du Livre*, in the *L'Eveil du Féminin* series.

Why, in your opinion, is the perineum so important to the body? Can you give us your view?



Efféa: "The human body is organised as a single physiological, anatomical, postural and functional whole. A muscle or a system, which is what we are dealing with here, cannot be considered independently from the other body constituents. Because of its location and functions, the perineum, or pelvic floor, is impacted by almost all our body systems (ligaments, bones, joints, neuro-functional, hormonal, digestive, urinary, blood, respiratory systems etc.). In particular, it plays a strategic role in posture and balance due to the interaction of the muscle and joint chains. But that's not all - although the perineum does, indeed, serve physical functions, we have come a long way from the belief that the body is a just clever machine that performs what the brain tells it to do. Of course, our body is - we are - much more than that. And the perineum is no exception to this holistic approach to the human being. Our emotions, feelings, our experiences and personal perceptions, our memories and beliefs embedded in our own fabric or in the female bloodline, also have an impact on our body. The perineum, the womb and the belly are specifically affected by female memories, which are calling to be liberated, released."

And if we take a broader view and take into account all dimensions of a being, we discover that our relationship with the earth, the moon, the elements, nature, the universe... is infused with a new harmony. By finding our inner compass, we recapture our women's wisdom and strength. Our inner being is united with our heart and our body. Our perineum, the symbol of grounding and strength, gradually becomes stronger. Each conscious act of harmonisation reinforces it even more”*

Could you explain the physical, energetic and spiritual links between the perineum and the womb?

Efféa: “The perineum sustains our entire lower pelvic structure both physically and in relation to our energies. It is the companion of the womb, the respiratory system and also our overall posture. It plays a fundamental role in linking the womb in our overall connection with the Earth, source of sanctuary, vital energy and anchoring forces. It harbours the source of body energies; it is a place of connection. But for me, it is also both a "door" to and the "home" of our Inner Temple.”



For you, what is the relation between the perineum and women's rituals? Why did you write a practical handbook on the subject of rituals relating to the female perineum?

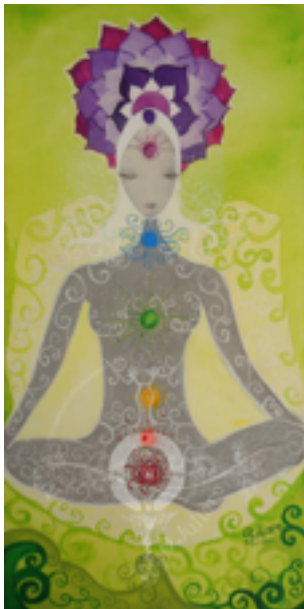
Efféa: "A ritual affects us deeply, it remains with us. In the space of a moment, a ritual enables us to communicate with a place deep within ourselves, often due to its symbolic nature or because of the familiar way in which it unfolds, the connection that it engenders." .../...

"In addition to collective rituals, there are other, more personal rites with specific functions that our ancestors were quite familiar with and which comprise set practices that are symbolic or sacred in nature. These are elements in the transformation of a person or a community; they play a role of consolidation; which is well illustrated by the two meanings of the term: "connect, join, bind" and "gather, assemble". In this moment of devotion, we connect with our inner self, our inner being. We abandon our "doing" mind-set.

We make an appointment with ourselves, a moment of consecration made possible by our inner attention and awareness, by the power of our will.

A new space then opens up, a place of creation, of authenticity, where all the vulnerability of letting go is expressed at the same time as the power of awareness in action. We open up even more to our inmost depths. By gaining access to our inner selves, in all simplicity and authenticity, we connect with our strength, our inner guide." *

As you know, Moon Mother practice advocates locking the perineum during a womb blessing. Have you any recommendations to give to those Moon Mothers who may have to make more demands on their perineum?



Efféa: “As a Moon Mother myself for several years now, I follow the practice of locking the perineum during the womb Blessing ceremony. And I have had discussions with other Moon Mothers who find it difficult to hold the perineum for that length of time. I have found that some Moon Mothers confuse the act of closing of the perineum with contracting it. Of course, it is very difficult to contract the perineum for the entire duration of a womb Blessing. In my view, all you have to do is raise the perineum slightly and it automatically closes tight.

I have devised a sequence to help those women who might need assistance. It is a practical exercise that can be extremely useful:

- in a comfortable seated position, use your fingertips to carefully locate the entire perineum surface starting with the bony landmarks (ischium, coccyx, sacrum) and then moving towards the tendinous tissue at the centre (located between the vaginal opening and anus). Sometimes there is scar tissue here as a result of an episiotomy or tearing during childbirth
- softly and delicately massage the tendinous area with the fingertips. If you do this on bare skin, you could use high-quality borage oil to strengthen the perineum. If possible, delicately work the tissues allowing them to slide against each other, particularly if there is scar tissue.
- then, using the fingertips, gently and effortlessly push the perineum centre upwards (towards the womb). Repeat gently several times. Gradually try to raise the perineum a little, then a little more, continuing to use your fingertips for support and without attempting to contract at all.

- Once you have done this several times, lift a little and try to find the lock...without any effort... it just sort of clicks shut. Then unlock, release and repeat the cycle but keeping the perineum closed for slightly longer whilst breathing smoothly. Then, at the same time, place the tongue behind the front teeth, like for the Blessing. Release, unlock, and repeat for an even longer period ... and then thank your perineum! Encourage it, don't force it, encourage it to find the lock effortlessly. Call upon Mother Earth to provide her help and support. Breathe with Mother Earth and, although it is difficult, do not despair, remain calm and happy, laugh and dance because needs and loves this!

- when you are preparing your circle or Blessing, when you are setting things up, try to close and release your perineum a few times, give it a smile... yes ... smile and be grateful to your perineum and think "Lift the perineum centre effortlessly, without contracting and slowly close. My breathing is smooth, my jaw is soft, my shoulders are loose".

Enjoy your practice, dear Moon Mothers!

* the passages indicated by asterisks are extracts from the manual, "Rituels de femmes pour découvrir le potentiel du périnée", graciously offered by the author, Efféa Aguiléra. Interview by Hadda Djeribi and Veronica Morosi. It may be copied or transmitted in its entirety only, subject to the appearance of the author's name and book title.

Initiated in Paris by Miranda Gray in 2012, **Efféa Aguiléra** is an Advanced Moon Mother. Her home lies in a vast forest on the fringes of Paris. Her pioneering work on the perineum, entitled *Rituels de femmes pour découvrir le potentiel du périnée* (Women's rituals - discovering the potential of the perineum), comprising around forty rituals, exercises and meditations, was published by the *Courrier du Livre* publishers in October 2015. At present, the book exists in French only.



Effe's site (author): www.effaaguilera.com, email: effea.aguilera@free.fr

The work is splendidly illustrated by **Julia Larotonda** from Brazil, also an Advanced Moon Mother who trained in Argentina.

Julia's site (illustrator): <http://palomailustrada.blogspot.com>



Hadda Djeribi, Advanced Moon Mother, Guidance, Reiki et Life Coach.

[être-femme.com](http://etre-femme.com) - FB: HaddaDjeribi - email: hadda.djeribi@gmail.com

Veronica Morosi, Advanced Moon Mother - veronica.womb.blessing@gmail.com