



# The Heart of My Womb

A Healing Doll

Barb Kobe

[www.barbkobe.com](http://www.barbkobe.com)

[www.healingdollway.com](http://www.healingdollway.com)



# Healing Intention

I want to heal my heart  
I know I am healed when  
I no longer experience  
anxiety symptoms &  
fear of being alive.

January 2, 2014

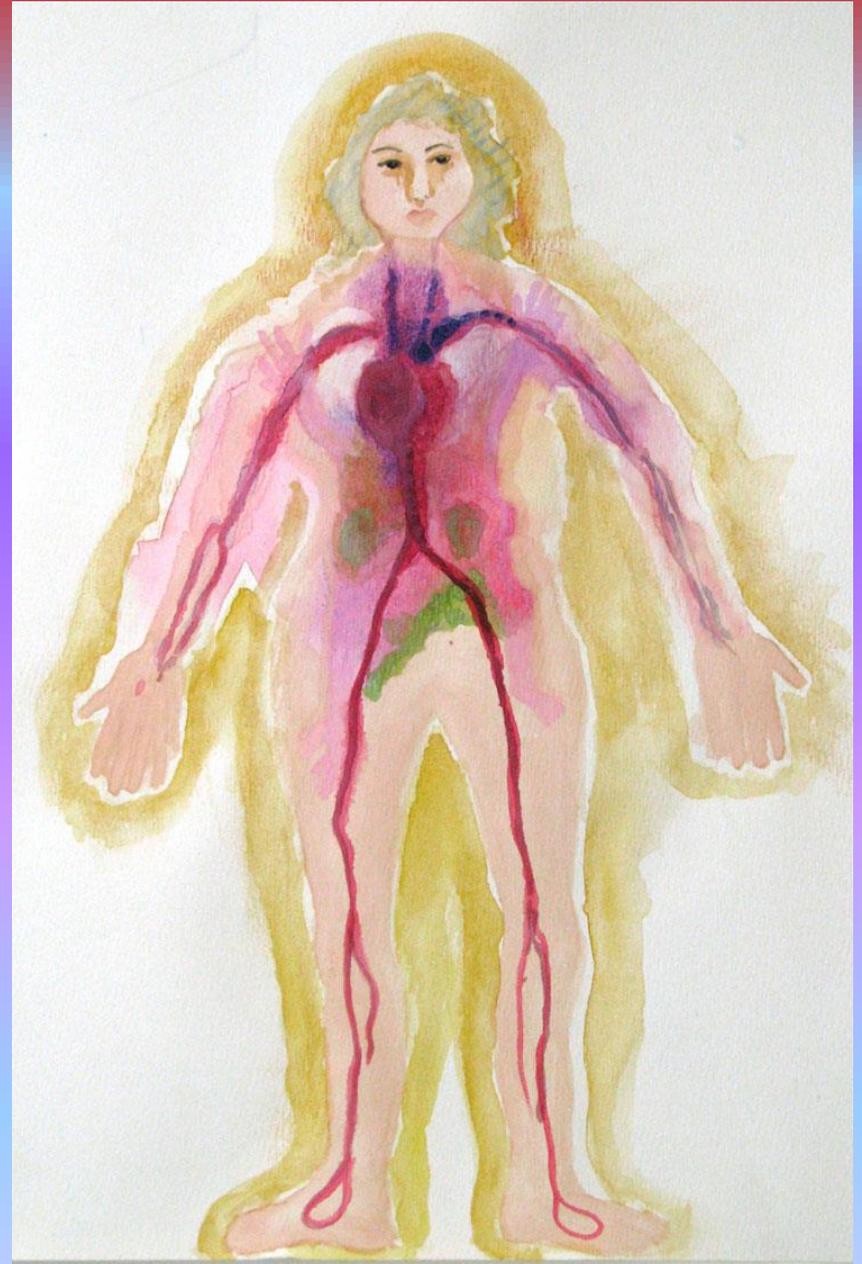
## Watercolor 1

*I studied the circulatory system and how the heart works in the body.*

*Then used watercolor to form the body and added images of the circulatory system.*

*Then I started filling in with shapes of organs. I stopped and noticed that I had painted in a pink image in the center that looked like a child climbing up the chest. I wondered, "Is that my inner child? Why would she be showing up now?"*

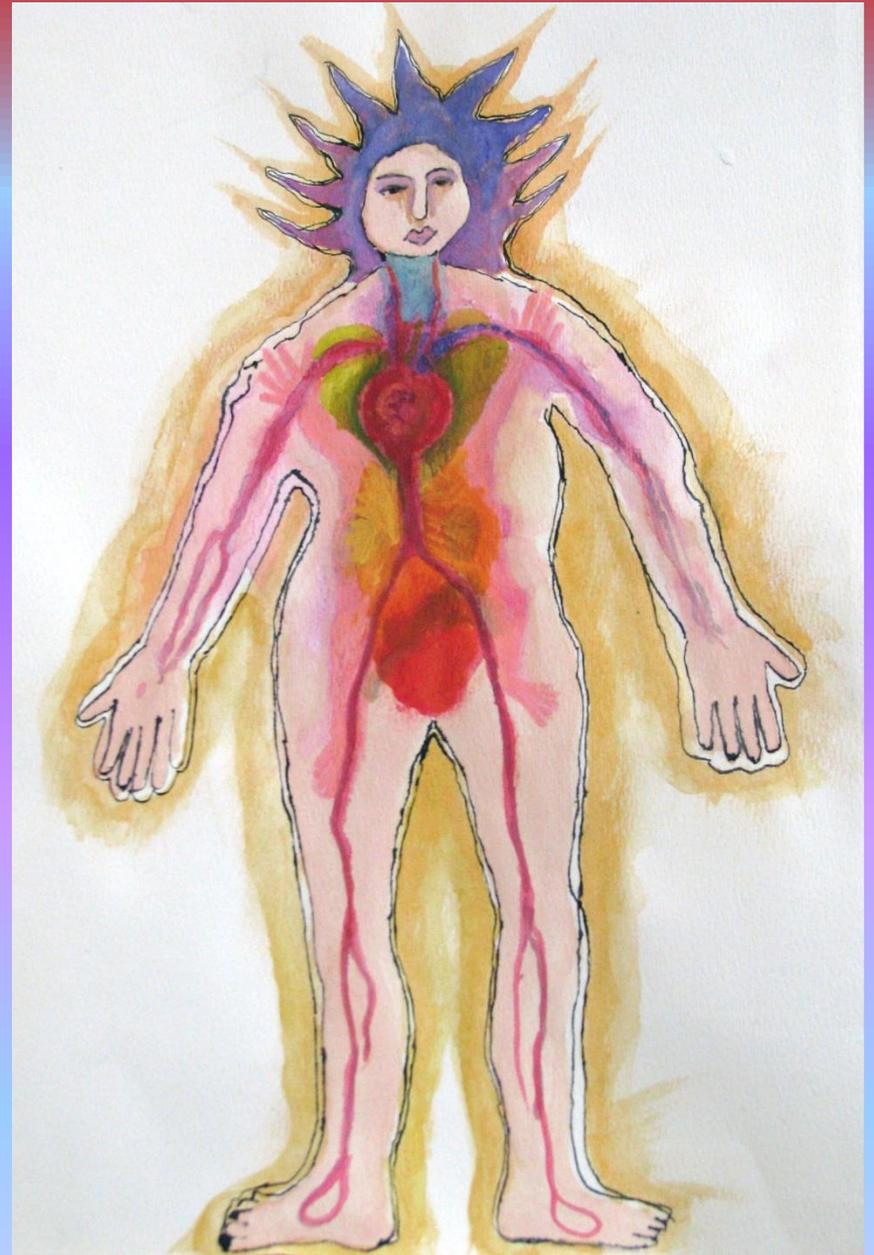
*Finished the watercolor by putting a golden color around the entire body.*



## Watercolor 2

*I revisited the watercolor and added more color and other shapes and colors still thinking that I was developing a relationship with my body's heart.*

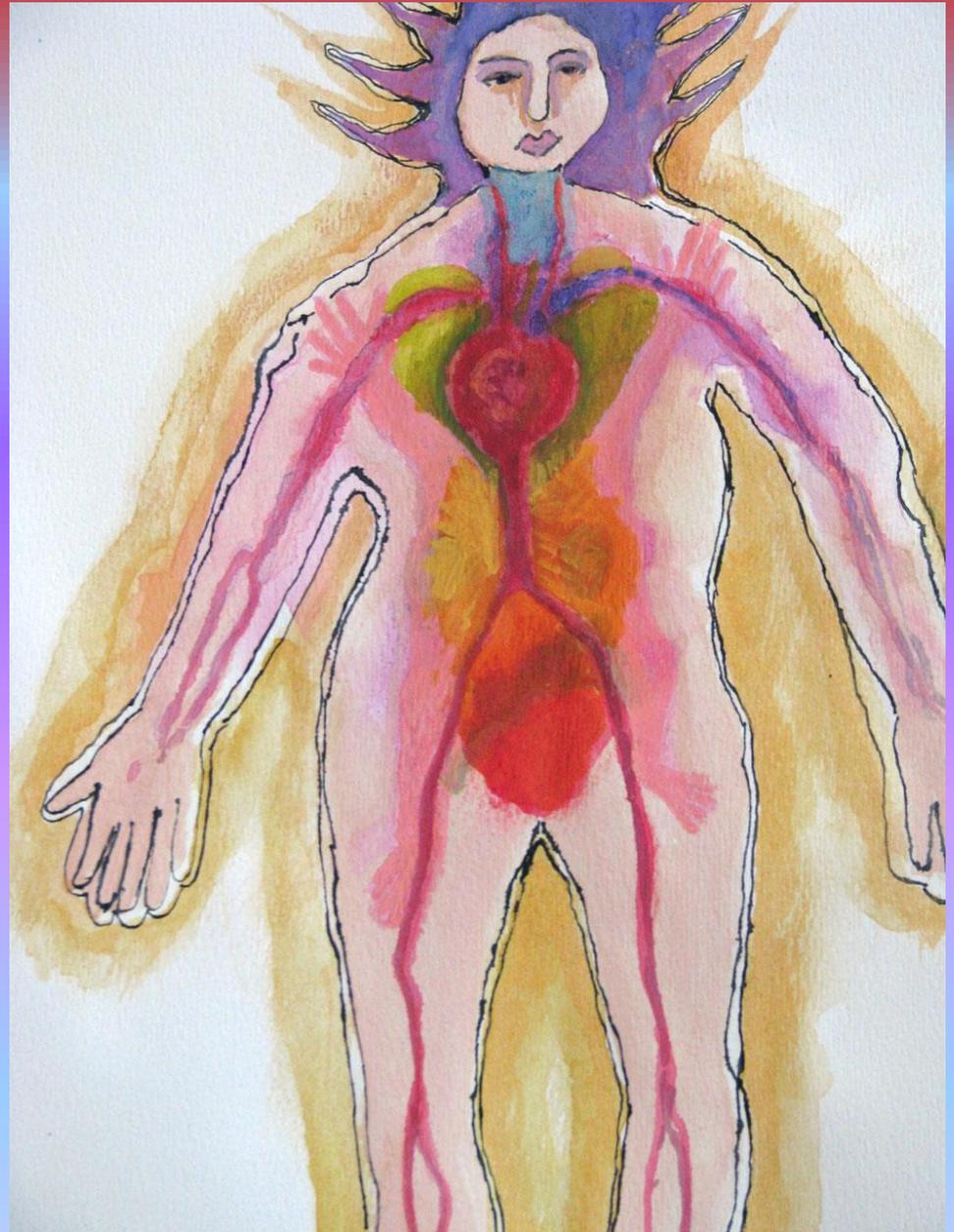
*I used chakra colors and finishing her by putting a violet energy headdress.*



## Watercolor 2

*I revisited the watercolor and added more color and other shapes and colors still thinking that I was developing a relationship with my body's heart.*

*I used chakra colors finishing off by putting a violet energy headdress.*



## Healing Doll Step 1

*I formed a body out of wire, wrapping it in red sticky tape.*

*Wrapped the torso with quilt batting.*

*Designed a image of heart and lungs and positioned in on the body.*

*Started forming head using air dry Creative Paperclay.*



# Healing Doll Step 1



## Healing Doll Step 2

*I developed the face adding more  
Paperclay*



## Healing Doll Step 4

*I developed the face adding more Paperclay*

*I added strips of quilt batting and wrapped the body.*



## Healing Doll Step 5

*Developed the face and neck adding more Paperclay*

*Added strips of quilt batting and wrapped the body.*

*I started giving her hands, feet and skin.*



## Healing Doll Step 6

*Developed the face and neck adding more Paperclay*

*Added strips of quilt batting and wrapped the body.*

*Started giving her hands, feet and skin.*

*I wrapped more fabric and stitched it into place.*

*I positioned her heart onto the body.*



March 7, 2014

## Intention Shifts

***My intention to healing my heart now shifts to healing the heart of by womb.***

*I make a pink figure (from watercolor) from sheer fabric and pin on the doll.*

*In my research on alternative healing methods I come across Mayan Abdominal Massage. The research mentions a book called Wild Feminine....I find a copy of it on my bookshelf that's been there for 2 years, but never read. I visit the author's website and find out that there is a Mayan Abdominal Massage center in Minneapolis.*

*I make an appointment and meet Jen, a Holistic Nurse, trained in MindBody Medicine and the massage. She answers all the questions I have about healing my uterus and helps me learn to connect with my womb and massage my abdomen.*



February 5, 2014

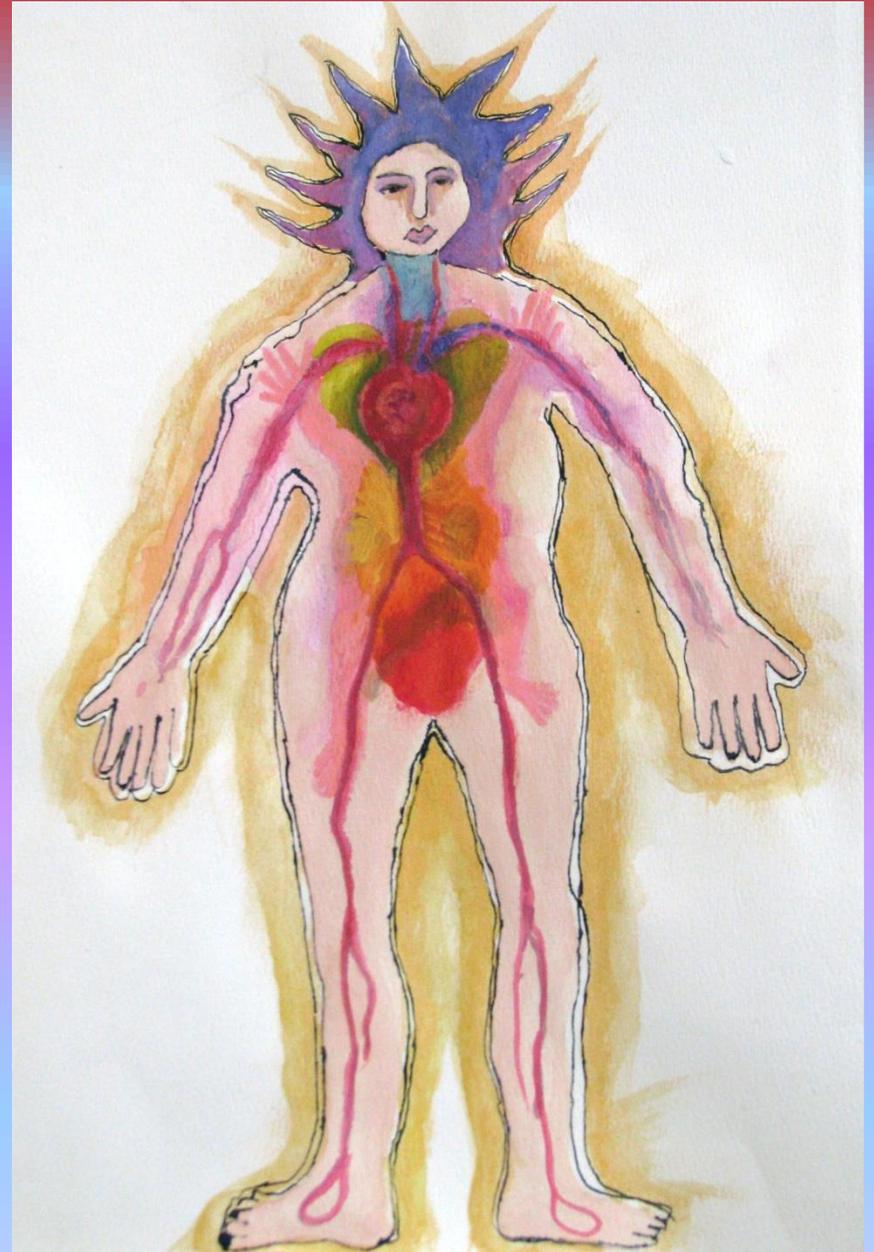
## Uterine Prolapse

*During a routine physical on January 29<sup>th</sup>  
I am told I have a uterine prolapse.  
I did not know what this was, nor feel what  
I was told were the symptoms.*

*I revisit my water and notice a large  
red heart in the same location as my  
uterus.*

*This is not the first time that my art  
has shown me what's next, or led me to  
the next stage of my growth.*

*Now the image of the child rising up from  
the uterus was making some sense to me.*



## Art Leads the Way

*I read in a book about soul language:*

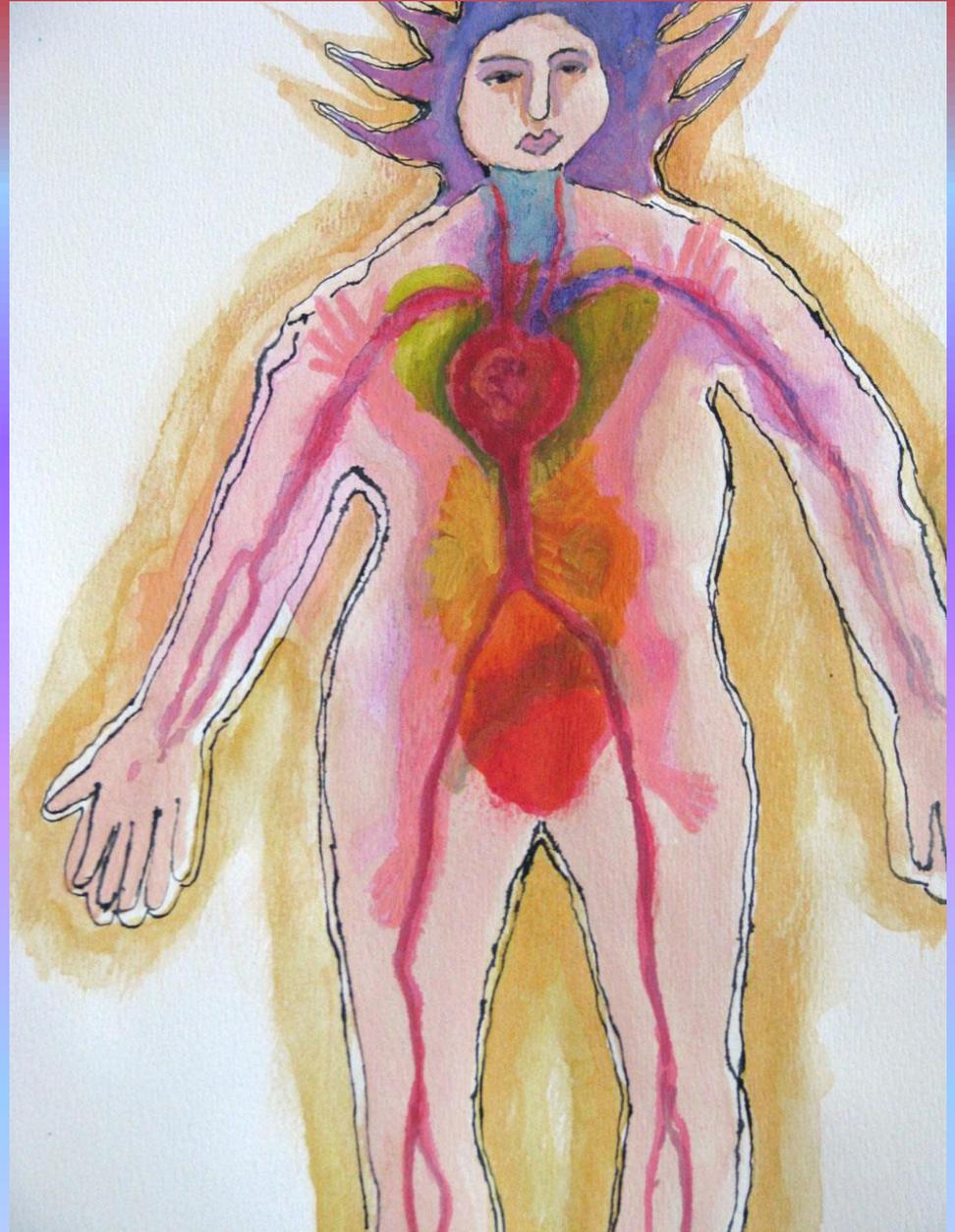
### Internal Signs

- *Intuitive signs that are persistent and do not go away.*
- *Dreams*
- *Physical symptoms – sometimes illness*

### External Signs

- *Specific number of signs seen that I give meaning*
- *Words in book, bumper sticks, billboards*
- *Overhear a conversation*

*My friend Maureen reads from a book that pain and symptoms are opportunities to get freed to get in touch with one's own soul as it connects with the mystery of life.*



March 7, 2014

## More Information

*I make an appointment with a OB-GYN who specializes in prolapse.*

*He confirms the diagnosis and tells me the only thing that will “fix” this is a hysterectomy. Surgery that is done by a robot that he guides.*

*I am stunned, schedule the surgery.*

*When I get home I rethink the decision and cancel the surgery.*

*I have always been a seeker of alternative ways of healing.*

*I wonder what are my options. Can this be healed?*

*I look at my watercolor and my doll  
“Is there such a thing as the heart of the womb?”*



March 7, 2014

## Healing Resources

*I love doing research and go to my computer and do a search for “heart of the womb.”*

*I am amazed by what I discover and dive in to feed my mind...and body with new information.*

*I find books and websites, not just on the subject of prolapse, but about women’s wisdom, womb stories, meanings for the uterus and ovaries.*

*I learned that there are helping women to do the work of healing the pelvis, hips, pelvic floor, and all organs in this part of a woman’s body.*

*I realized that I was opening to the wisdom of life energy.*



March 7, 2014

## Intention Shifts

*My intention to healing my heart now shifts to healing the heart of by womb.*

*I start researching alternative ways of healing pelvic floor issues.*

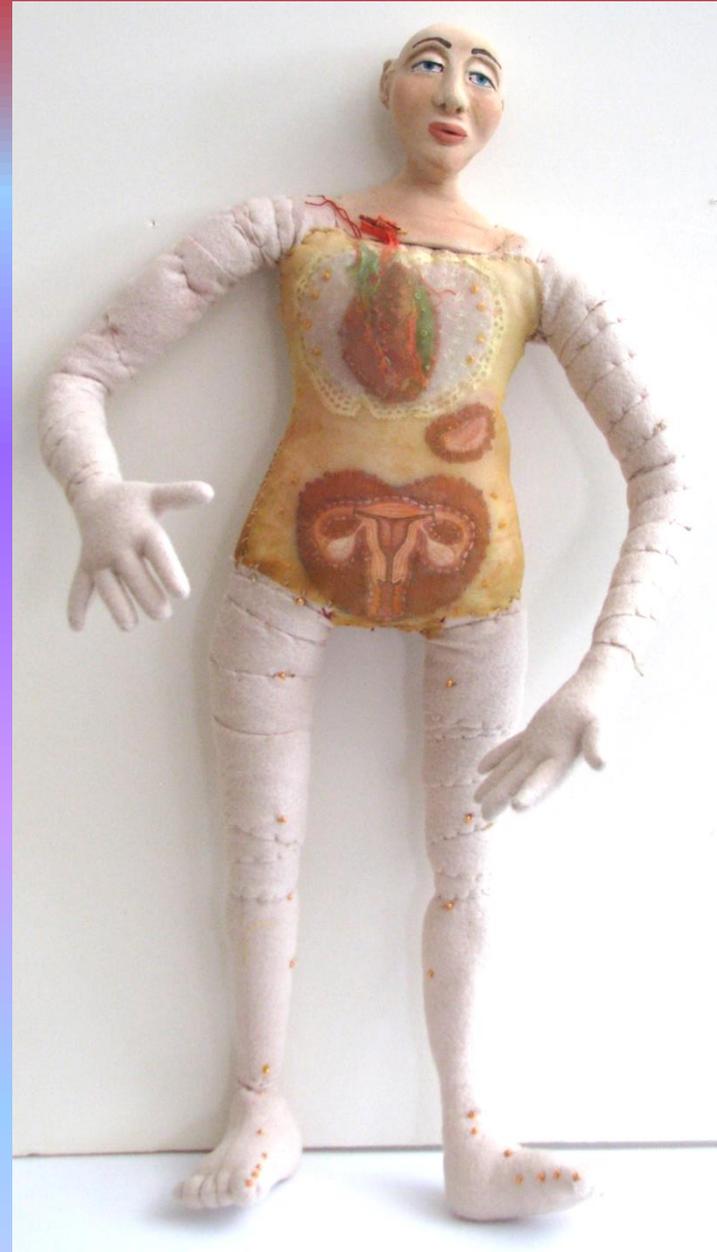
### *Bowen Therapy*

*This is a holistic hands on therapy that introduced me to my body's inner healer.*

*I would compare this technique to a blend between network chiropractic, physical therapy and massage. I got relief from the symptoms and the message that this is more about being in relationship with my body not fixing a part.*

### *Accupuncture*

*My acupuncturist tells me that I am dealing with spleen energy (notice small spleen on doll and yellow beads for spleen meridian points). She tells me that spleen is about my chi (life force) and that I am exhausted and need rest, connecting to my body and warm meals...no cold, no damp. I continue to see her.*



March 7, 2014

## Intention Shifts

### **Pelvic Floor Physical Therapy**

*Pelvic floor rehabilitation is a treatment option for patients with various conditions affecting the pelvic floor. These therapists help to determine the issues the patient is suffering from.*

*I learn:*

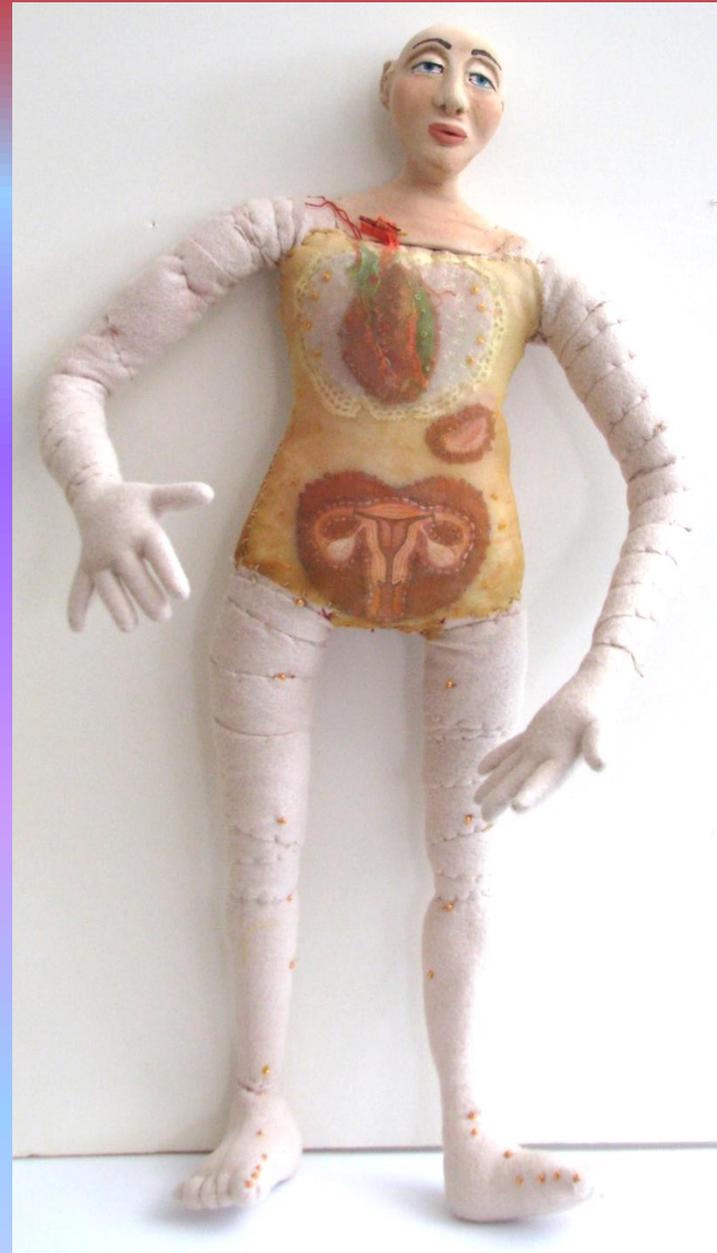
*My pelvic floor muscles are unable to relax because they are tight. I have pelvic pain, unexplained hip and back pain and constipation.*

*I have scar tissue and some nerve damage from a left hip replacement.*

*I have sensitivity issues and have difficulty controlling and feeling my muscles in my pelvic floor.*

*I have weak pelvic floor muscles and pelvic organ prolapse including stress incontinence.*

*I work with my pelvic floor physical therapist for over a year. I was able to strengthen my muscles and raise my pelvic floor by doing a series of exercises.*



March 14, 2014

## More Layers

*I put a sheer layer of yellow over the torso of the doll. To me this represents 3<sup>rd</sup> chakra energy.*

*I read this,*

*“It is not so much work that tires us, but ego-driven work. When we are selfishly involved we cannot help worrying about our success or failure. The preoccupation with results makes us tense, and our anxiety exhausts us. Do not ask “Am I equal to the task?” It is enough that the job needs to be done and that you are doing your best to get it done.” – Eknath Easwaren*



March 14, 2014

## Intention Shifts

*My intention to healing my heart now shifts to healing the heart of by womb.*

*I add an image of a bucket/bowl placed all around her pelvic floor.*

*I sew colored ribbon around the bowl and used dark red embroidery floss to stitch the ribbon all around her.*

*I then sew long red stitches pulling up from the base of her pelvis.*

*I image I am stitching my core and bringing it up toward her heart.*



March 14, 2014

## Intention Shifts

*My intention to healing my heart now shifts to healing the heart of by womb.*

*I stitch an image of the pink inner child that appears to embrace both hearts.*

*I put long black hair to represent me being in mid life. I had two ten-pound babies between the age of 34 and 36.*

*The second one was a vaginal birth. Carrying him to full term and a long delivery stressed my pelvic floor and did some damage.*



March 14, 2014

## *I Complete Her*

*I add an image of a basket/bowl placed all around her pelvic floor.*

*I sew colored ribbon around the bowl and used dark red embroidery floss to stitch the ribbon all around her.*

*I then sew long red stitches pulling up from the base of her pelvis.*

*I image I am stitching my core and bringing it up toward her heart.*

*I then stitch an image of the pink inner child that appears to embrace both hearts.*

*I know that I have been pushing myself too hard...and listen to my acupuncturist and find ways to slow down and breath.....this is what doll making allows me to do.*

*Making this doll raised my awareness and helped me connect with my body. Healing a pelvic floor is and will be a life long process.*

