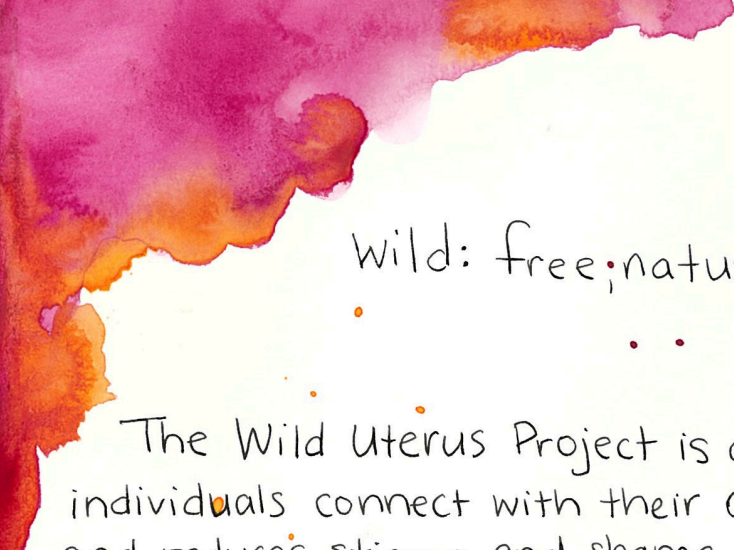


the wild
uterus project



wild: free, natural, unrestrained, uncontrolled

• •

The Wild Uterus Project is a craft-based project that helps individuals connect with their creative power, promotes bodily autonomy, and reduces stigma and shame surrounding the female reproductive system.

The uterus is a powerful symbol that holds many meanings across cultures. It's often celebrated as the creative center; a vessel not only for creating life, but for birthing ideas, projects, and dreams into the world.

The uterus can also hold negative connotations individually and societally. Individuals may have shame around menstruation and sexuality, grief related to infertility or miscarriage, anger due to pelvic pain, or trauma due to sexual assault. These negative associations with the uterus and pelvic area can cause many to become detached from this part of the body and therefore disconnected from their personal and creative power.

By consciously connecting with this symbol, individuals can start to acknowledge and heal these wounds, reclaim their bodily autonomy, and cultivate a loving and empowered relationship with their bodies.



Questions for Reflection

feel free to write or draw your responses!

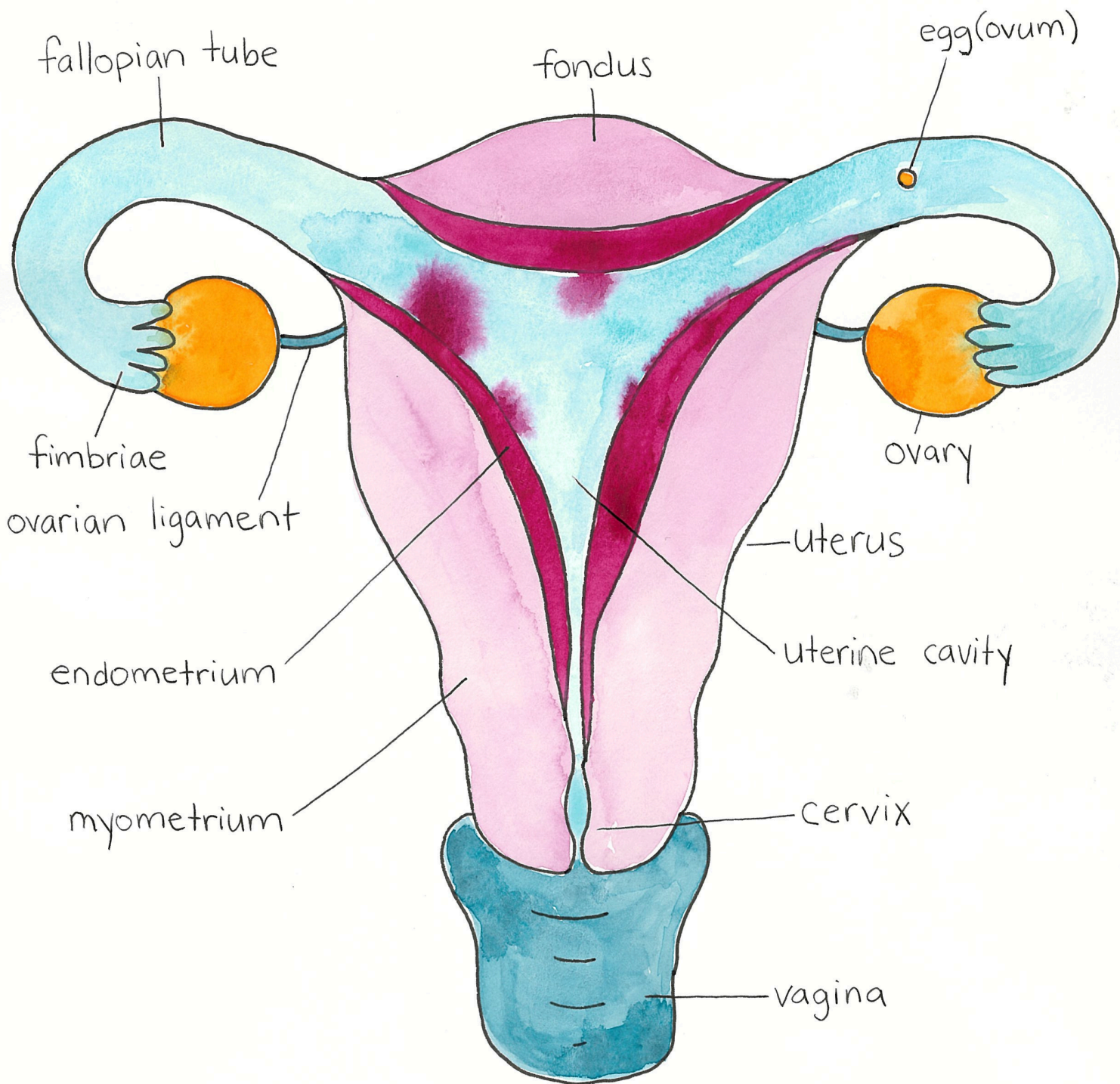
♥ What words, thoughts, beliefs, images, or feelings come up when you think about the uterus and reproductive health?

♥ How do societal, cultural, or religious views about the female reproductive system, sexuality, or gender influence your relationship with your own reproductive system and body?

♥ How connected do you feel to your uterus or reproductive system? Is it a source of pride, shame, power, pain, or something else?

♥ How does creativity show up in your life? Where do you channel your creative energy?

the female reproductive system



Things to love about the uterus

It is normally about the size of a pear (3" long, 2" wide), but can expand to the size of a watermelon during pregnancy

- ♥ The uterus is highly flexible and "remembers" its original shape and returns to its original size after pregnancy after just a few weeks!
- ♥ It is the only organ that can grow another organ (the placenta during pregnancy)
- ♥ By weight, it is the strongest muscular organ in the body
- ♥ It has a direct connection to the brain via the vagus nerve, and sends electrical impulses to the brain to communicate with it. Some studies show the uterus can impact cognitive functions, memory, and mood via the uterine-brain axis
- ♥ Some women have a bicornuate uterus which is more heart-shaped as opposed to round
- ♥ The uterus stimulates its own contractions during menstruation and labor

materials:

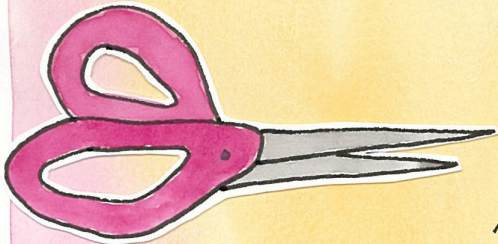


Strip of paper (1"x3")

pen

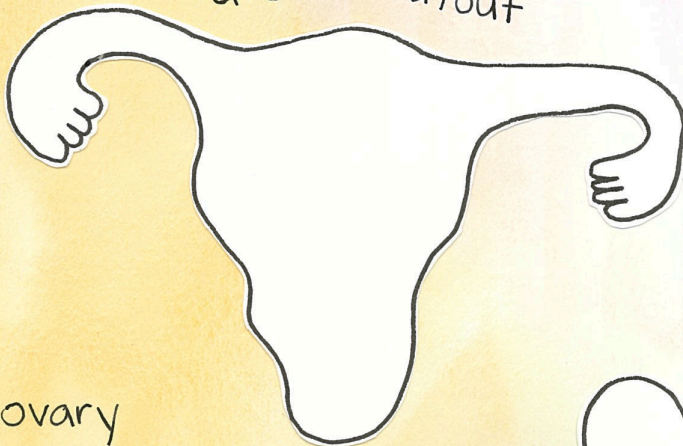


3 pieces of felt (9"x12")

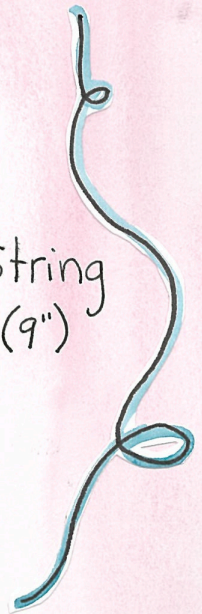


scissors

uterus cutout



String (9")

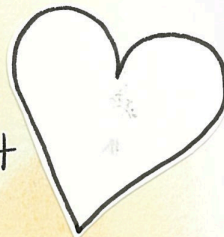


seed beads



ovary cutout

heart cutout



pipe cleaner



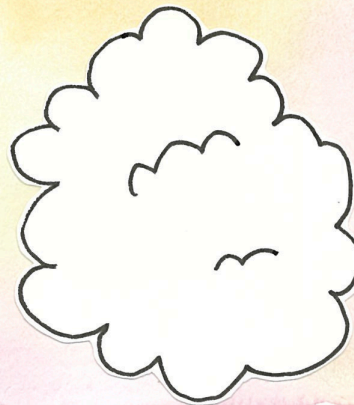
thread



needle

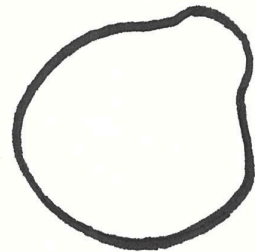
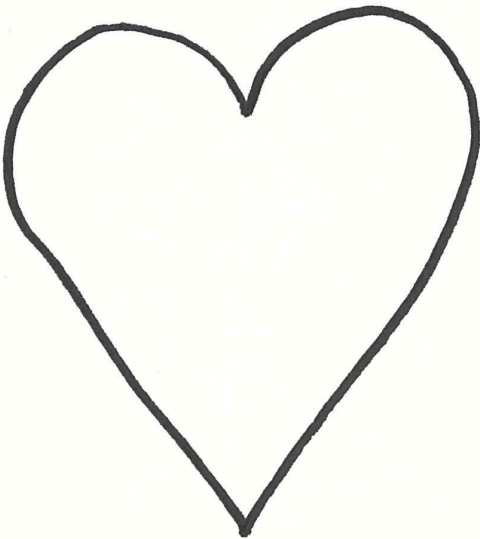
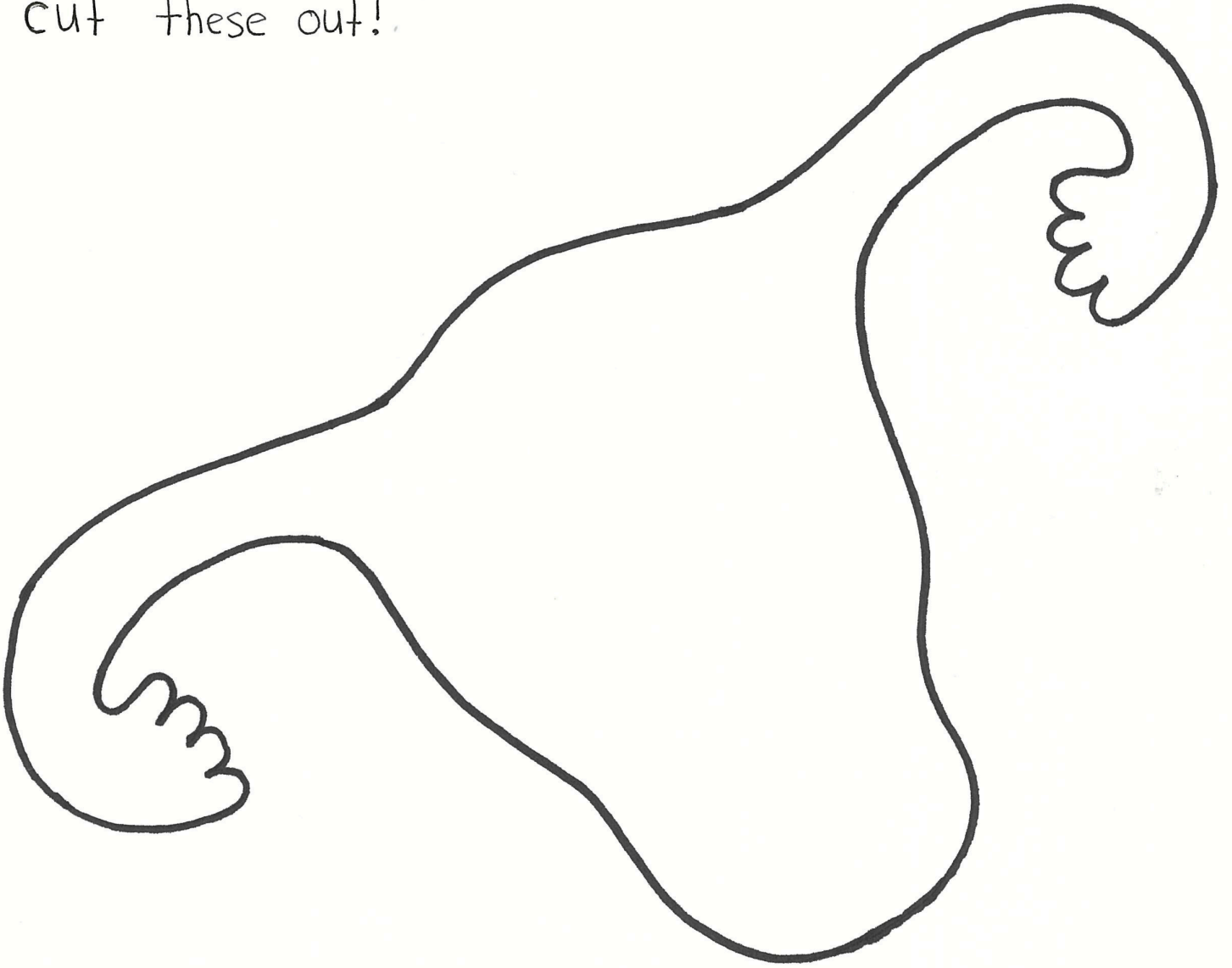


sewing pins

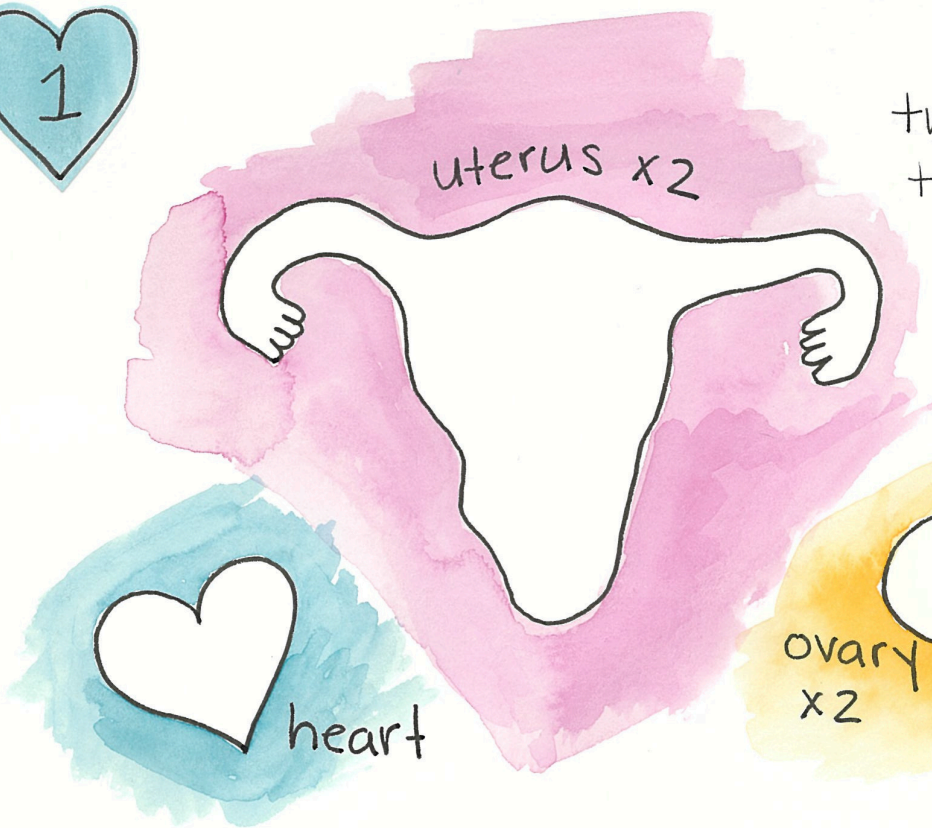


poly-fill

cut these out!



1



On the felt, trace two uterus outlines, two ovary outlines, and one heart outline (or shape of your choice).

Colors can be the same or different - your uterus, your choice!

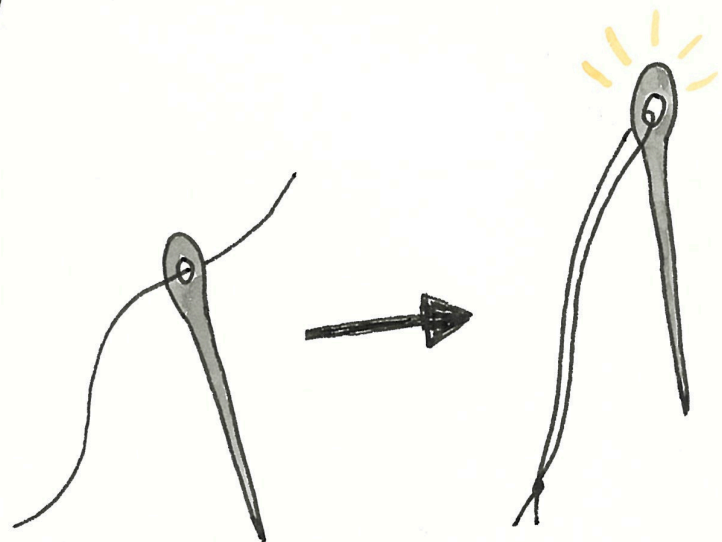
Cut pieces out and set aside.

2



Choose the uterus cutout that will be on the top. Pin the heart cutout into place in the center (or wherever you choose!)

Thread the needle. Double the thread and knot the ends together.



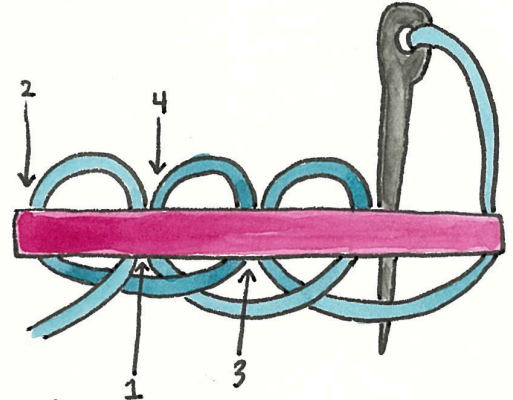
3



Using a backstitch, sew the heart into place, about $\frac{1}{8}$ - $\frac{1}{4}$ " from the edge of the fabric.

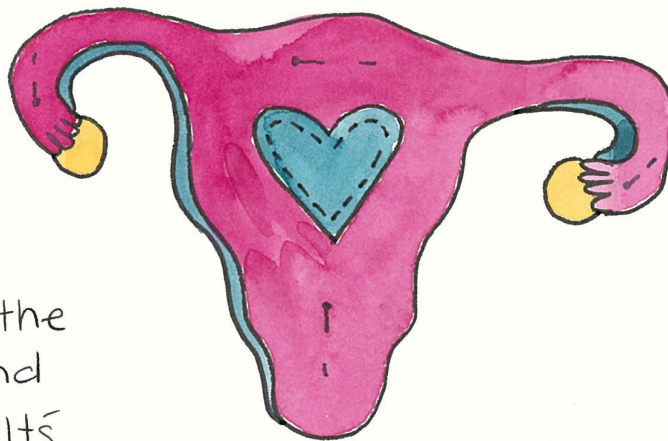
backstitch:

Bring the needle UP at 1. Insert the needle DOWN at 2, making a stitch backwards to meet the last stitch. Come UP at 3 and DOWN at 4. Repeat.



When finished, thread the needle under the last stitch and tie a knot. Cut string.

4



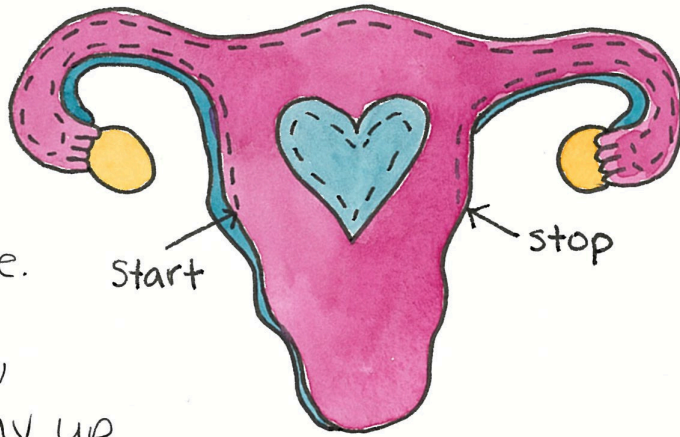
Place the bottom uterus cutout under the top. Line up and pin into place. It's okay if they don't line up exactly - imperfection is beautiful!

Take the ovary cutouts and tuck in between the ends of the fallopian tubes (fimbriae). Pin into place.

Ovaries are about the size and shape of an almond but can swell around ovulation.

5

Thread the needle as before. Using the backstitch, sew starting halfway up the uterus, about $\frac{1}{8}$ " from the edge.

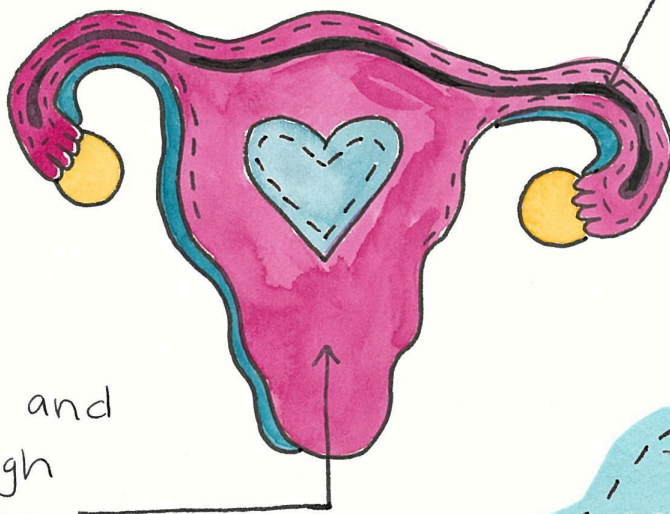


Continue around until halfway down the other side. Thread the needle under the last stitch and knot. Cut string.

If you are starting to run out of string, thread the needle under the last stitch, knot, and cut. With new string, thread the needle as before and pick up where you left off!

6

Take the pipe cleaner and go in through the opening

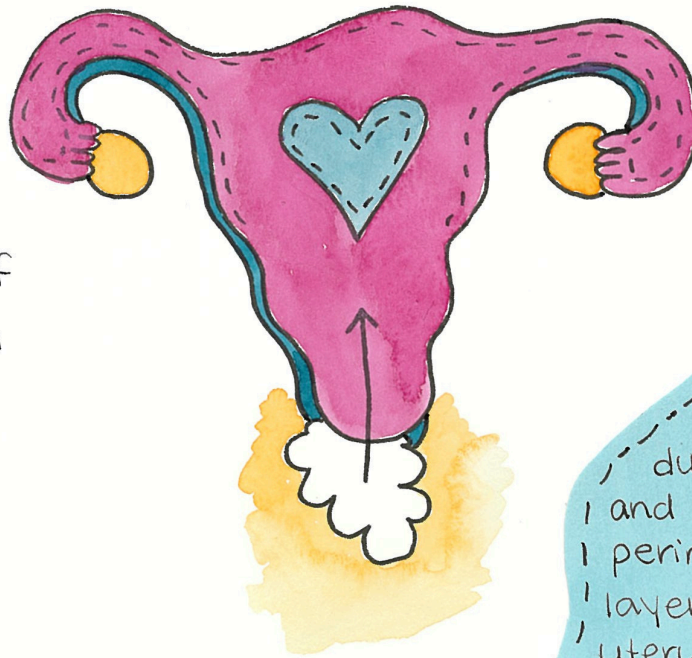


Push the pipe cleaner through the fallopian tubes on both sides.

The fallopian tubes aren't actually attached to the ovaries like we see in diagrams! The ends (fimbriae) reach out toward the ovary to catch the egg when it's released.

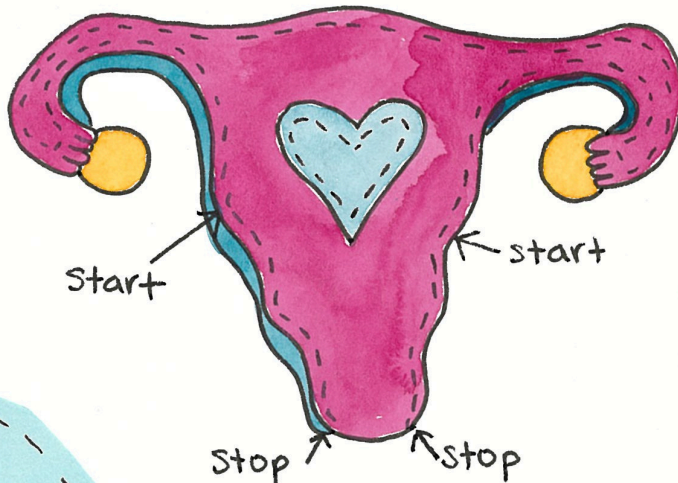
7

Going in through the opening, add some poly-fill to the inside of the top portion of the uterus.



The uterine cavity is made up of layers: the endometrium (inner layer, responsible for menstruation), the myometrium (middle layer of muscle that contracts during menstruation and labor), and the perimetrium (outermost layer that covers the uterus's outer surface).

8



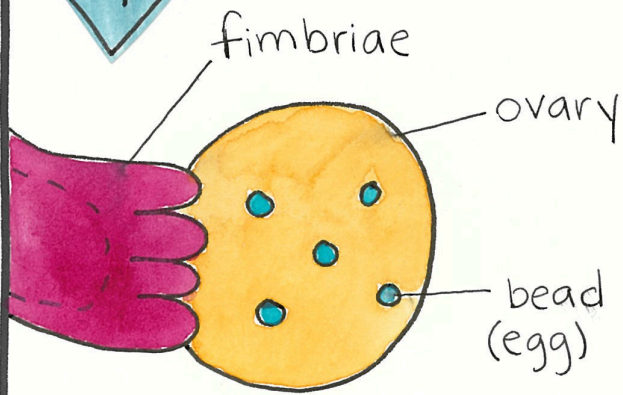
The cervix is the lower part of the uterus that connects to the vagina. It protects the uterus from infection, secretes mucus to help with fertilization, allows sperm to enter the uterus, and dilates during childbirth.

Continue stitching down the sides, leaving about a 1 1/4" opening at the bottom.

You just created a cervix!

Thread the needle under the last stitch, knot and cut string.

9

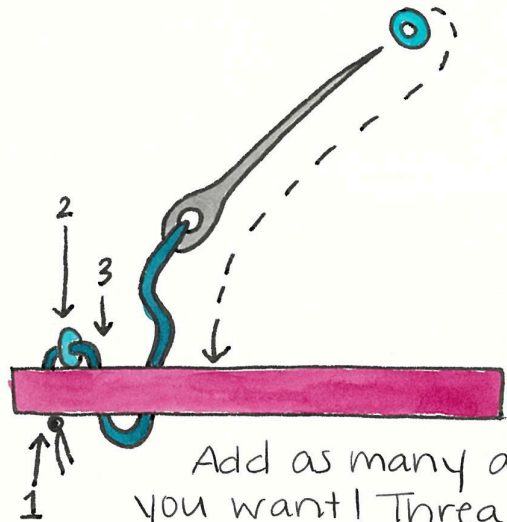


Glue or sew the beads (eggs) onto the ovaries.

Individuals born with ovaries have 1-2 million eggs at birth! By puberty, only about 300,000 eggs remain, and this number decreases each month.

to sew:

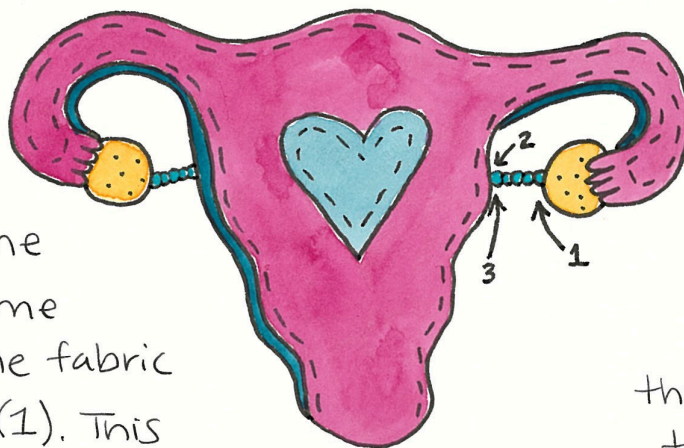
Thread the needle as before. Come UP at 1. Put the needle through the bead at 2. Insert the needle DOWN at 3.



Add as many as you want! Thread the needle under the last stitch, knot, and cut.

10

Following the process in the previous step, thread the needle and come UP through the fabric on the ovary (1). This time, string multiple beads, enough to reach the uterus.



Bring the needle UP through the fabric of the uterus (2). Insert the needle DOWN through the fabric near the first stitch (3).

Insert the needle through a stitch on the back, knot, and cut string.

Repeat on the other side.

This creates the ovarian ligaments, which attach the ovaries to the uterus!



a message to your body

On the strip of paper, write whatever you'd like to hold in your uterus!

a creative seed

an affirmation!

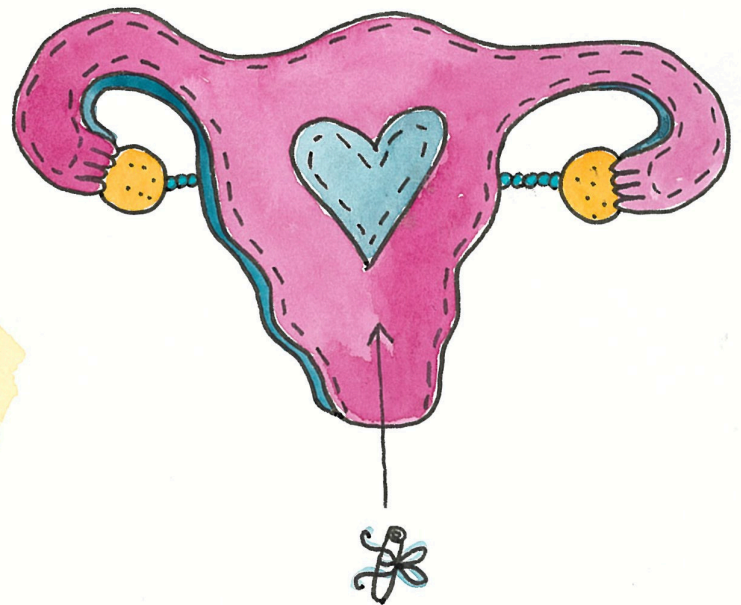
a wish

Something you appreciate about your body

an intention



Roll up the paper and tie with a piece of string.

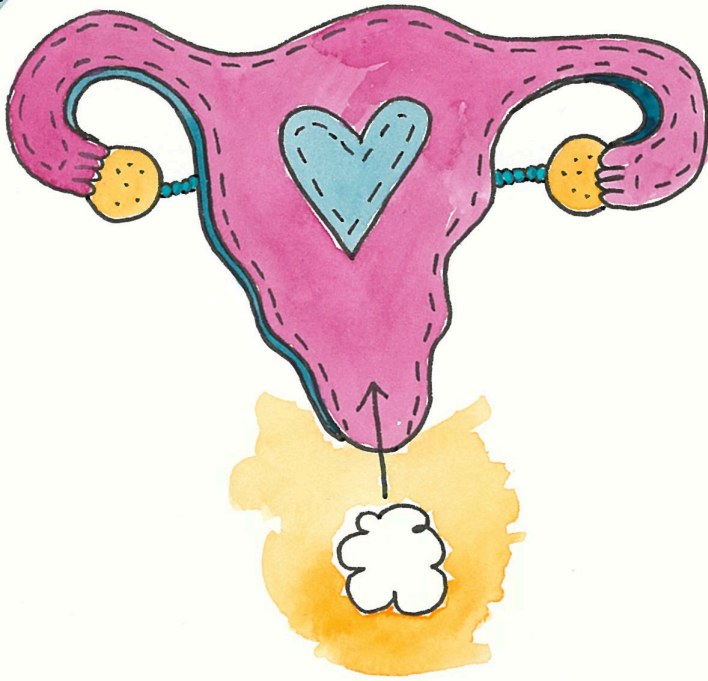


The cervix can dilate up to 1cm during menstruation and 10cm during childbirth!

Place your scroll inside the uterus through the opening (cervix).

13

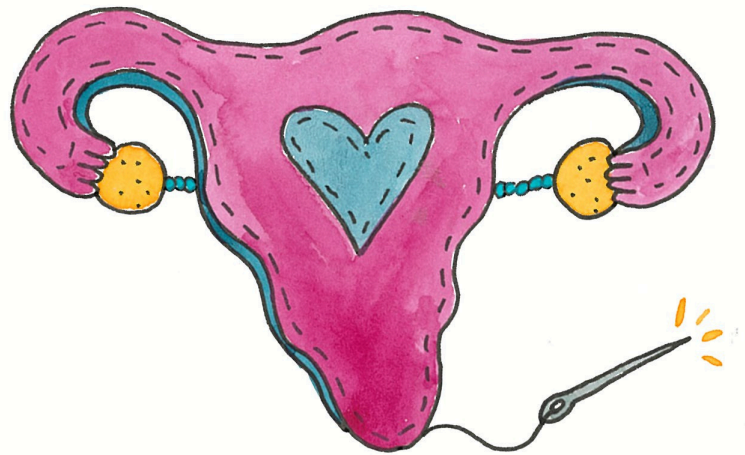
Add poly-fill to the remainder of the uterus, making it as firm as you like.



The cervix changes positions throughout the menstrual cycle. It moves higher and becomes softer during ovulation, after which it drops lower and becomes harder.

14

Sew the remainder of the uterus closed.

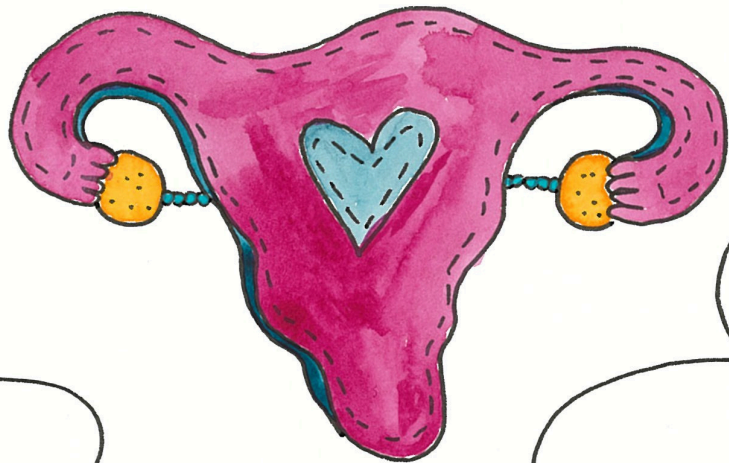


The cervix looks like a little pink donut!



Thread the needle under the last stitch, knot, and cut string.

15



Now sit
back and
admire your
creation!

this project was developed by

Ashley Sonnone,

ATR-BC, LMHC

creativesoulsounseling.com



Seeds of inspiration were drawn from other creative projects, including
The Exquisite Uterus Project, The t cunt Project, and The Wandering Uterus Project

Questions for Reflection

- feel free to
- write or draw
- your responses!

♥ What was this experience like for you? What thoughts or feelings came up during this process? Has anything shifted in regard to how you feel about your uterus or reproductive system?

♥ What experiences, emotions, or sensations are held in your uterus or pelvic bowl? What needs releasing? What do you want to invite in?

♥ What creative seeds do you want to plant in your life? What ideas, projects, or dreams can you cultivate?

♥ How can you send more compassion, gratitude, or care to this part of your body?