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.

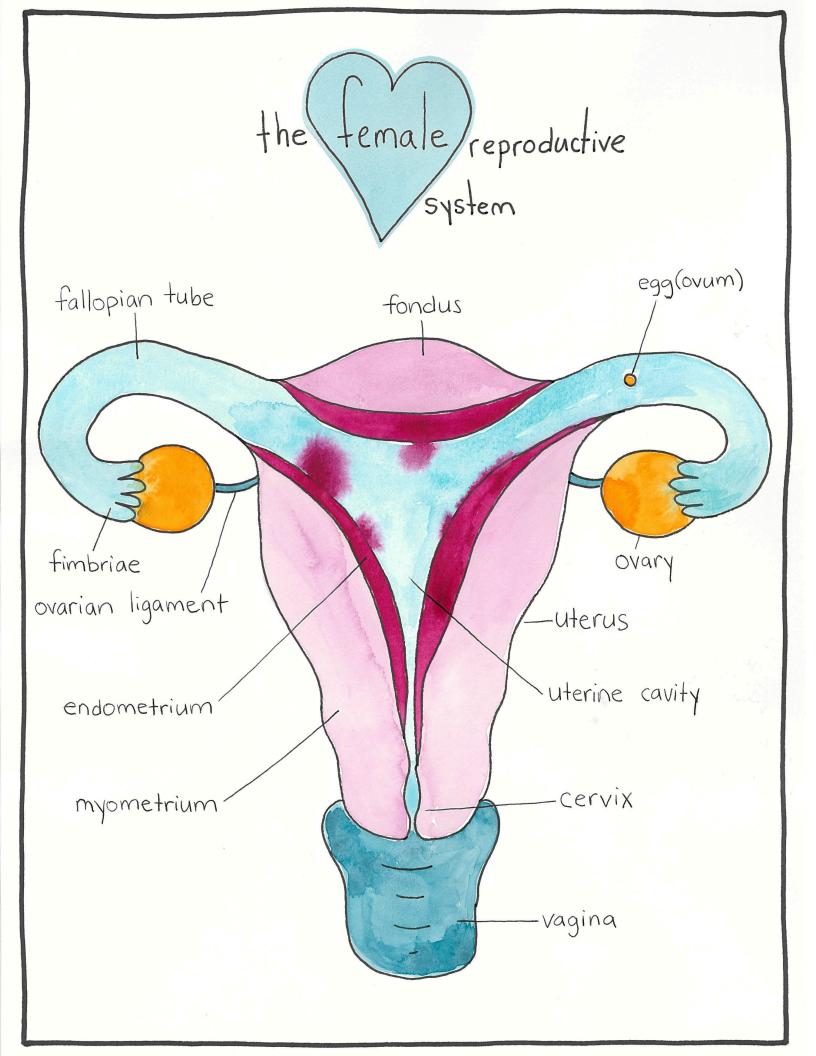


What words, thoughts, beliefs, images, or feelings come up when you think about the uterus and reproductive health?

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?

Your creative energy?

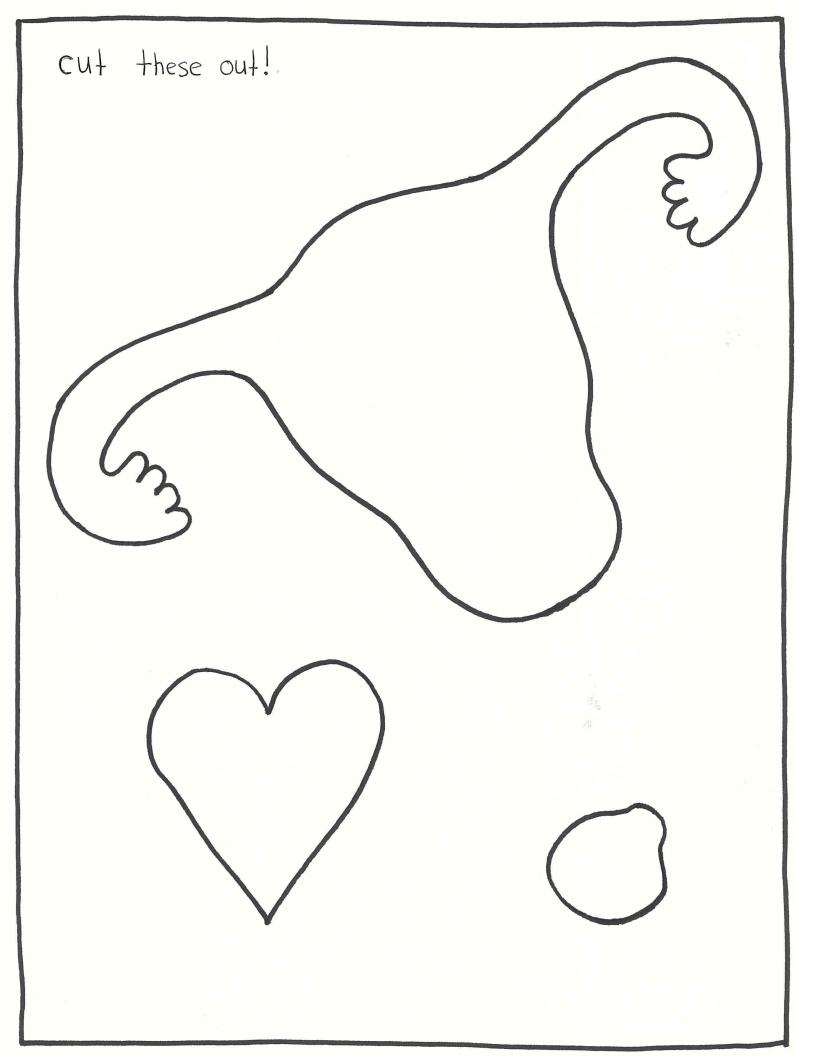


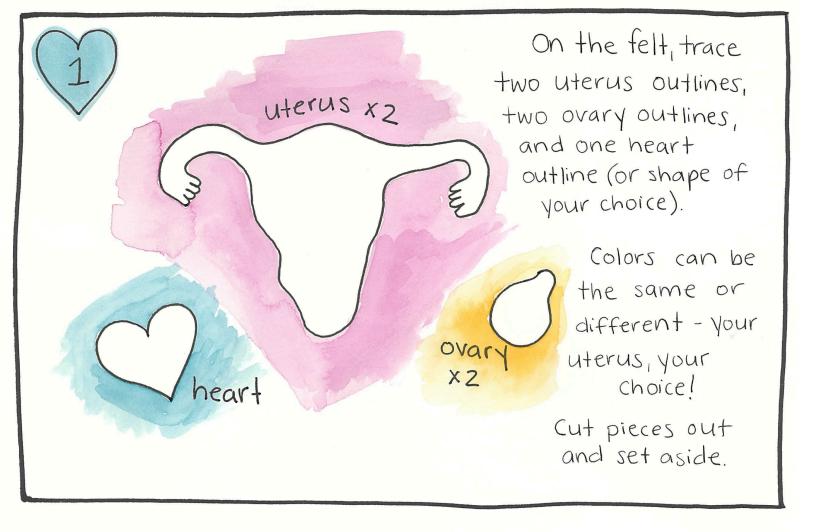
## Things to love about the uterus

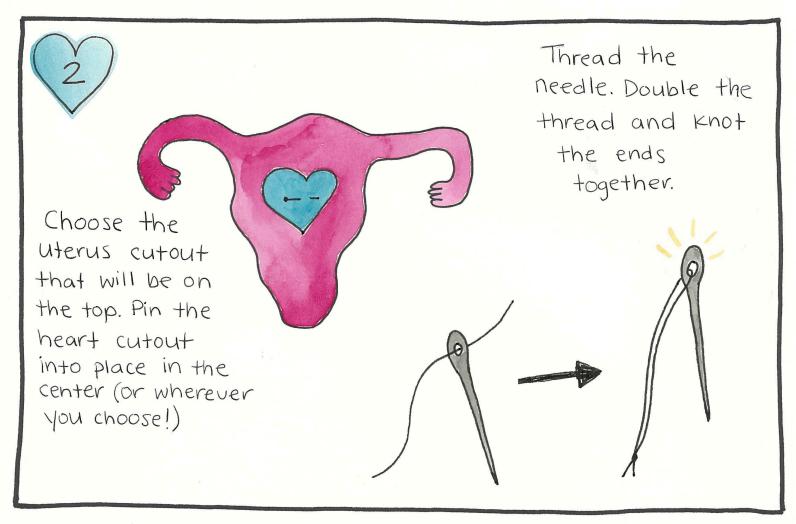
- ✓ It is normally about the size of a pear (3"long, 2"wide),

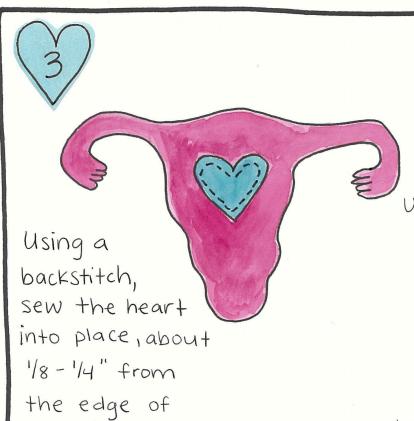
  but can expand to the size of a watermelon during pregnancy
- The uterus is highly flexible and "remembers" its original shape and returns to its original size after pregnancy after just a few weeks!
- It is the only organ that can grow another organ (the placenta during pregnancy)
- By weight, it is 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 heartshaped as opposed to round
- The uterus stimulates its own contractions during menstruation and labor





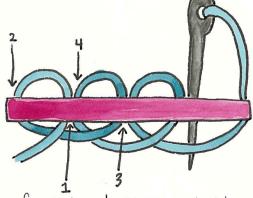






## backstitch:

Bring the needle UPat 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 tre a knot. Cut string.



the fabric.

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

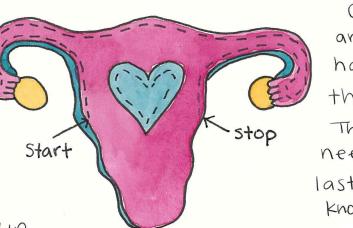
tubes (fimbriae).

Pin into place.

/ Ovaries are / about the size / and shape of an / almond but can | Swell around | ovulation.

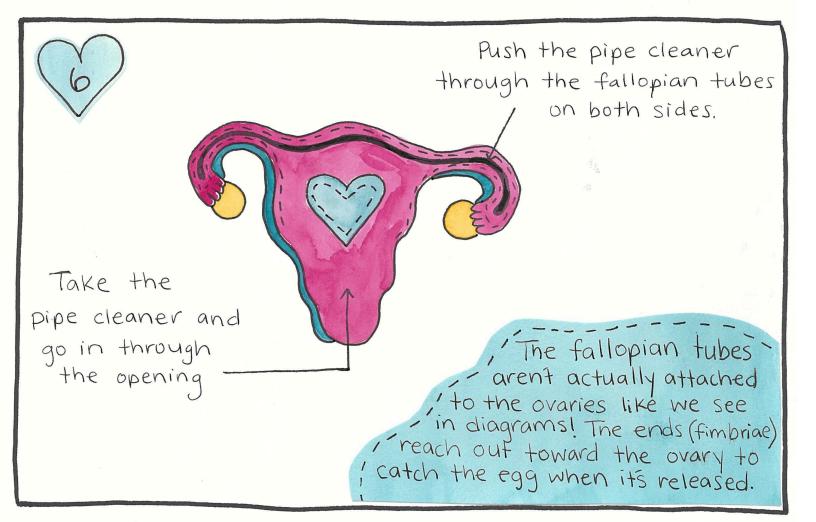


Thread the needle as before. Statusing the backstitch, sew starting halfway up the uterus, about 1/8" from the edge.



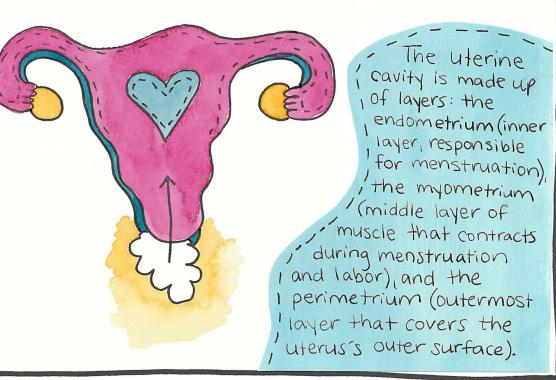
Continue around until halfway down the other side.
Thread the needle under the last stitch and knot. Cut string.

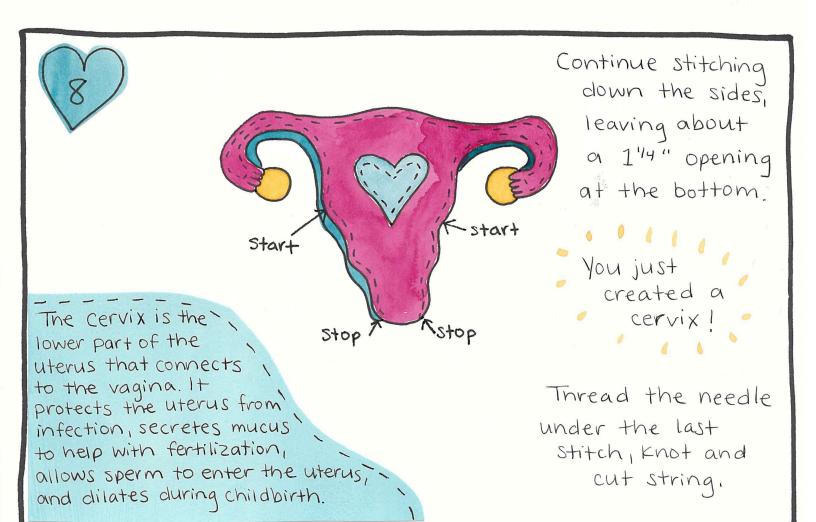
If you are starting to run out of string, thread the needle under the last stitch, knot, and cut. With new string, thread the needle as before and pick up where you left off!

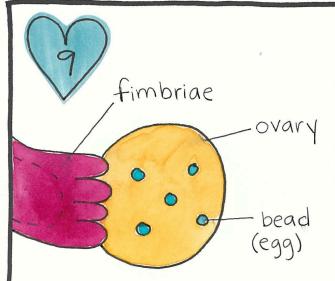




Going in through the opening, add some poly-fill to the inside of the top portion of the uterus.





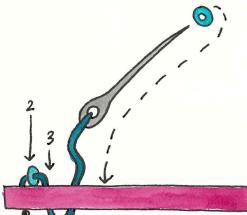


Glue or sew the beads (eggs) onto the ovaries.

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.



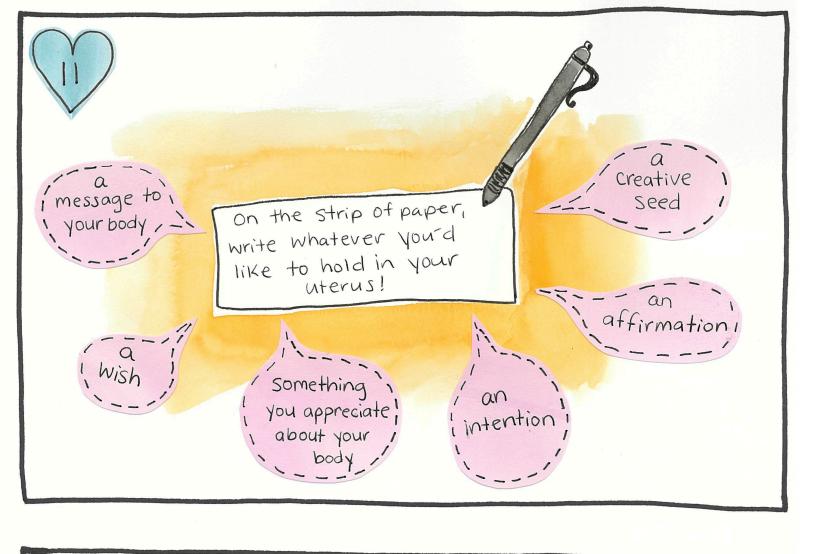
Following
the process in
the previous
Step, thread the
needle and come
UP through the fabric
on the ovary (1). This
time, string multiple beads,
enough to reach the uterus.

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

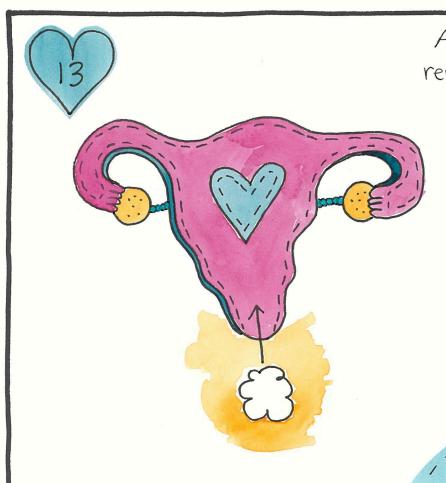
Insert the needle through a stitch on the back, knot, and cut string.

Repeat on the other side.

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





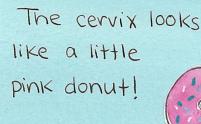


Add poly-fill to the remainder of the uterus, making it as firm as you like.

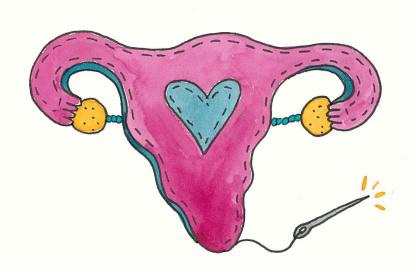
The cervix changes
positions throughout
the menstrual cycle.
It moves higher and
becomes softer during
ovulation, after which
it drops lower and
becomes harder.



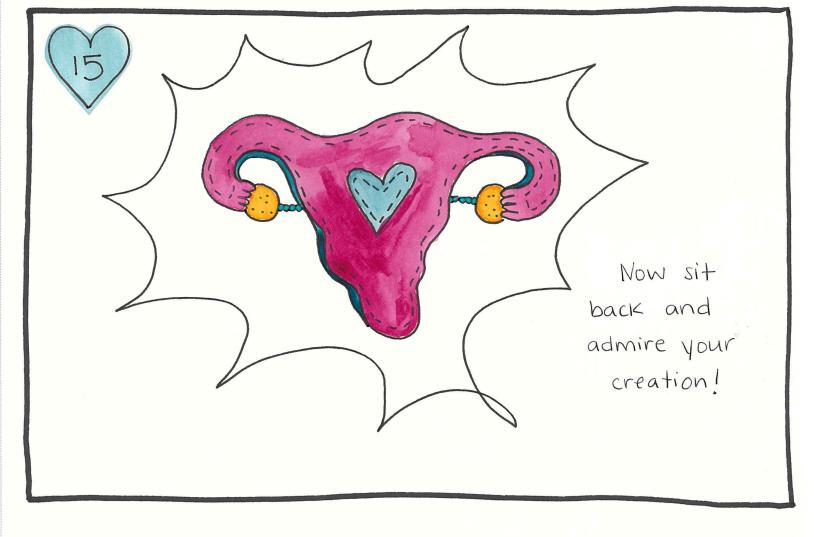
Sew the remainder of the uterus closed.







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



this project was developed by

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

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 your uterus or reproductive system?