

YONI



**The Power of
the Divine
Feminine Portal
Explained**

The Book

By Womanofthewomb

YONI, **The Book**

The Power of the Divine
Feminine Portal Explained

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TheFallBackUp

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*To reclaim our voice and our authenticity so that we
may lead more whole and fulfilling lives*

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1

What is The Sacred P*ssy?

Does the word *pussy* offend you? How does talking about vaginas in general make you feel? When is the last time you got naked and looked at your own self and your own vagina in the mirror? Did you know that there is a difference between the term *vulva* and *vagina* and they are not actually interchangeable? Do you know about the four phases of the menstrual cycle or how to track the changes within your body to know which part of your cycle you are in? Are you familiar with your body's erogenous zones and how to activate them to achieve an orgasm? If you've answered no to any or most of these questions, that's ok. It's simply a reflection of what we have not been taught about the sacred

storehouse of power that exists right in between our legs.

In fact, we are taught quite the opposite. We are taught to hide and be ashamed of our bodies and our sexuality. The same energy and part of our body that is used to create and sustain life, we are also told that it is dirty, smelly, shameful, and something to be hidden away or only reserved for the pleasure of a partner, even when the pleasure does not take us and our bodies into consideration. When a woman dares to embrace the power of her sensuality or sexuality, she is demonized and labeled as all sorts of things. The expression of this aspect of a woman is labeled as taboo due to the fears and misconceptions of female sexuality and power.

As societies evolved, organized religions and patriarchal structures played a pivotal role in shaping attitudes towards women's bodies. The concept of "original sin" and narratives depicting women as temptresses further deepened the wall of shame surrounding the vagina. We can even see this extended all the way to the medical industry. There was a turning point in history where traditional midwives and indigenous healers were removed by the developing medical association

that was comprised of men who had no true understanding of the female anatomy. The female body was brutally experimented upon, with complete disregard for women's well-being, especially in the obstetrics industry. Many times, these experiments were unethical and performed without consent. From forced procedures to dangerous interventions, these practices exposed vulnerable women to unnecessary risks.

From the marginalization of midwives—whose profession was rooted in female-centered care—to the medicalization of childbirth, to cultural and societal influences that portrayed midwives as “uneducated” and the overall practice of midwifery as “primitive”, there's a lot of work that has been done within just the medical industry alone that has contributed to abuse and shame around the vagina and the woman's overall sense of self, body image, and empowerment.

Cultural commodification and objectification have also reinforced the idea that a woman's worth lies in her body and her appearance. In media and popular culture, harmful narratives are perpetuated; in advertising, movies, and even literature, we are sold unrealistic ideals of beauty and sexuality, which has fostered unhealthy

dynamics within sisterhood that lead to competition, judgment, and comparison between women.

We see this play out not just in friendship dynamics, but often even in the mother-daughter dynamic. Overall, the ways of sisterhood, community, and village-making have been lost the more that we have been taught to shame and fear our own selves.

Overcoming this conditioning and rewriting this narrative begins with us returning back to our bodies and reclaiming them as our own; reclaiming them as sacred. The Sacred P*ssy—which we will refer to as *yoni*, a Sanskrit word meaning “womb” or “source” and is a representation of the Hindu Goddess Shakti—represents more than just our physical sexual and reproductive organs. When we refer to ourselves as Sacred, we are simply honoring the principles of the divine feminine that have been left out and shunned in the “stories of creation.”

The disempowerment of women and their bodies has also led to a disregard for the divine feminine principles that are needed to bring balance to all of nature. Values such as nurturing,

honoring one's own intuition (rather than placing their power outside of oneself), and existing in a state of receptivity have been lost.

Collaboration and the willingness to work together harmoniously have been overshadowed by hierarchical and competitive structures. The capacity to deeply empathize with other's experiences has been undervalued in power-driven environments. Emotional expression has been constrained by societal expectations of stoicism and emotional detachment. An understanding of natural cycles, both within the body and the environment has been disregarded in favor of linear and constant productivity. The reverence for and alignment with the rhythms of nature has been lost in societies that prioritize man's dominion over nature. The consideration of the mind, body, and spirit as one interconnected essence has been lost in favor of purely physical health. Meaningful rituals that honor traditions and moments of significance have been replaced with superficial and commercialized religions and practices. The art of building close-knit communities and supportive networks has sometimes been overshadowed by individualism and isolation. The freedom to explore creative

expression in various forms has sometimes been limited by societal standards and expectations. The capacity to embrace and learn from the "dark" aspects of life, such as challenges and shadow elements, has sometimes been stigmatized. The comfort with fluid and adaptable states has sometimes been overshadowed by a preference for rigidity and control. A deep sense of connection to the spiritual and mystical dimensions of life has been overshadowed by materialism and rationalism.

These are the effects of dishonoring the qualities of the divine feminine, which begins with the dishonoring of the female body. As we begin to reclaim this aspect of ourselves and rewrite these narratives, we begin to reawaken these qualities within the collective consciousness. Once a woman decides to reclaim the holiness and sacredness of her body, she learns how to walk in her power once again. Not in the sense of dominating or controlling others, but in the sense of having full autonomy of herself, her thoughts, her actions, her emotions, and her opinions. She learns how to embrace her uniqueness and her authenticity. She moves beyond disempowered thoughts that once kept her trapped in negative cycles. She learns to

stop settling for less due to these deep-rooted feelings of shame and unworthiness. She begins to see herself as deserving of pleasure and knows that this does not automatically mean she is unholy or impure.

2

The Hidden History of a Woman's Power

Since the beginning of time, cultures across the world have told tales of women whose power has influenced the fabric of reality and society. From Yoruba stories of Oshun to the Goddesses of Greek or Roman mythology, to Hindu Goddesses such as Kali, these stories help us to remember the timeless truth of a woman's ability to influence cosmic order. These allegorical representations are encoded in myths and religious parables and serve as mirrors that reflect the intricate relationship between the divine feminine and divine masculine energies. It is essential that we understand their interconnected role when it comes to the power of creation and

manifestation. Regardless of the identities and labels we choose to carry, each of us embodies qualities of both energies within us, and we must learn to balance them both in order to master our existence in this physical reality.

In nature, all organisms operate within this balance of masculine and feminine principles. However, in a society that has become so disconnected from our organic, natural state of being—through conditioning, brainwashing, religious programming, political programming, and so much more, we are beginning to find ourselves more and more out of balance with our authentic selves and unique sense of expression simply because we have lost touch with the spiritual element that is represented by the divine feminine.

This is not about gender inequalities, but rather, an imbalance in the way we honor the sacred balance between the spiritual (divine feminine) and the material (divine masculine) worlds. Operating in the divine feminine principles calls us to make more space for rest, pleasure, ease, enjoyment, playfulness, compassion, collaboration, and emotional intelligence, while also operating in divine flow, not rushing,

honoring our sacred cycles, and moving more intuitively.

Reconnecting with the energy of the divine feminine is crucial in this time of energetic shifts within the collective consciousness, especially in the realm of business. As we see the economy begin to change, we realize that the reason we are experiencing this collective burnout is due to the way the divine feminine principles have not been honored, but rather dominated by masculine values. In this new era, we are learning to lead more soul-based and spirit-led paths, and in order to do that, we must learn to reconnect with the different divine feminine archetypes throughout history who have shown us how to operate in the seat of our own power to create massive impacts on humanity and society since the beginning of time.

These stories help us to better understand the strength and magnitude of our power, which is not as overt as the divine masculine, but that happens on a more subtle and spiritual level. The divine feminine is the ruler of the spiritual plane, and once the woman learns how to tap into this, she realizes that her power and influence begin to happen without force. She realizes that there is no

longer a need to toil or struggle for that which she desires, she must simply learn to align herself with the infinite power of the divine that is channeled through here.

Just as the woman is the one who was chosen to carry and sustain life, which is the ultimate act of bringing that which is up in the ethers, that which is up in the spiritual realms, down to earth and make it manifest in the spiritual plane. All that a woman has to do is choose and decide and then open herself up to receive. This is literally how it happens when a child is born. The woman chooses the partner that she wants, she sets the intention, and she gets it. When the sperm swims to the egg during conception, it is the egg that chooses and magnetizes the one that it wants directly to it, while simply sitting there waiting to receive.

This physical example is the representation of how a woman manifests when she is aware of her power and connection to the spiritual realms. However, due to the rewriting of HIStory, the role of the divine feminine has not been taught to us in great detail. In fact, we are left with imprints of the stories of Eve, who is seen as the one who brought the “curse” onto men and ourselves alike. We have been taught that our vaginas or periods are dirty

or impure and that we are bound to labor (give birth) in pain and agony. This collective curse on the energy of the divine feminine is a spell that has more to do with just the physical act of giving birth.

This mentality is a subconscious affirmation that the things we desire, we must toil and slave for; that we are bound to exist in a life of pain. The thing about this story is that it is true. When we succumb to the voices of our shadows, insecurities, fears, and doubts, rather than listening to the voice of the divine that told us we were abundant by birthright; when we begin to look outside of ourselves for the answers when the Most High already put the answers and the gifts within us, then, of course, we will go on to exist in turmoil because then we are out of alignment with the flow of our own divine energy. Which is what the story of Eve and the serpent actually represents. Eve's forgetfulness about who she already was, and what happens when she begins to operate outside of her role and her power.

The divine feminine principle was never meant to toil. Never meant to wear all of the hats. Never meant to exist in martyrdom. Never meant to exist in survival mode. Never meant to live in a constant

state of worry, fear, self-doubt, or in a perpetual state of slumber about her dreams, passions, and aspirations. The divine feminine is meant to naturally attract all that she desires, simply by setting her intention on it and saying “it is so.”

Even the story of Mary giving birth to Christ further reveals to us how we as women are able to operate in our divine feminine power. When we learn how to harness our own sensual, sexual, life force energy, we realize that this same power can be used in ways beyond the physical aspects of intercourse. When we tune into divine inspiration and set our intentions on a desired outcome, we can birth ideas and visions into physical manifestation.

The truth is, we are constantly giving birth to things every moment of every day, simply through our beliefs about ourselves, which influence our overall thoughts and things that we focus on, which influence our actions and the decisions we make, which influence the consequences that make up the reality of our lives. Our wombs, being the literal center of manifestation within our bodies, play an integral role in this process, which many of us have not been taught. So when we become disconnected from the womb, which is

something that has been done over time and through years of conditioning, we inadvertently give away our power, resulting in lives of confusion and chaos.

As we return to our organic ways of being and begin to reclaim and relearn our history and our stories, we activate and reawaken the energy that has been long hidden and suppressed. We awaken from the slumber of leading unfulfilled, uninspired lives, and we begin to choose again. We begin to assert our boundaries, saying yes to the things we truly want and no to the things we don't.

As we dive deeper into this book, we will explore the hidden practices and rituals that were observed for centuries by women throughout different cultures that helped them preserve their spiritual power and influence. By bringing these practices back into the collective consciousness, we are also bringing balance back to the divine masculine, creating a structure that embodies the necessary principles of both energies in order to thrive and exist in a life beyond survival mode.

3

How the Moon Affects a Woman's Cycle

Indigenous communities have long held an intimate connection with the moon, recognizing its profound influence on the ebb and flow of life—its literal push and pull, affecting our complete sense of gravity and roundedness to the Earth, as well as its effects on the movement of water on our planet. In this same fashion, the moon itself influences, pushes, and pulls upon the waters within our blood and our bodies. In this way, it is also intrinsically tied to the primordial waters of the womb and the divine feminine. The moon with its rhythmic dance is a reflection of the woman, and as women, we are the custodians of this lunar energy as we move through our own lives and energetic cycles.

For Indigenous people, the moon was not merely a celestial body but a revered guidepost, illuminating the passage of time and the changing seasons. The shifts in the moon even guided the working of agriculture, marking the seasons of planting and the seasons of harvesting, and reaping. Women, in particular, held a unique relationship with the moon. Just as the moon waxes and wanes, so does a woman's body (and thus her energy levels) ebb and flow throughout her menstrual cycle. Like nature and its seasons, we as women are also cyclical creatures. Our menstrual cycles move through four phases (menstruation, follicular, ovulation, luteal), just as we have the four seasons (winter, spring, summer, fall) and the four main phases of the moon (new moon, waxing moon, full moon, waning moon). Just as the lunar month spans approximately 29.5 days and comprises 13 cycles to complete a full year rotation around the Sun (which represents the cycle of the divine masculine), a woman's menstrual cycle is naturally attuned to this cycle. Through this intricate connection, women were seen as conduits of creation, aligning their own life-giving energy with the moon's.

This connection extended beyond the physical realm, diving into the realms of the spiritual and the intuitive. Indigenous women recognized the moon's influence on their own energy cycles, often referring to their menstrual periods as a time of heightened sensitivity and connection with the unseen. The moon's phases guided ceremonies, rituals, and decisions, as indigenous cultures understood that their connection with the moon bridged the gap between the material and the ethereal.

In indigenous wisdom, the moon wasn't a distant entity but a living embodiment of feminine energy and power. The moon was a guardian of cycles, a keeper of secrets, and a source of inspiration. Women held a revered place as the keepers of lunar traditions—through storytelling, art, and rituals that celebrated the moon's influence on their lives. The wisdom of grandmothers and medicine women was passed down, nurturing a deep understanding of the moon's impact on fertility, intuition, and interconnectedness.

As the world modernized, the threads that bound indigenous cultures to the moon began to fray. Disruption from colonization, industrialization, and the imposition of foreign

values eroded the symbiotic relationship between people and the land, severing the ties to the moon's wisdom. With the rise of artificial lighting, the constant stimulation of electronic devices, the ceaseless rush and movement of everyday life, and the distancing of communities from nature, the intuitive connection between women's bodies and the moon was disrupted, casting shadows on ancient practices.

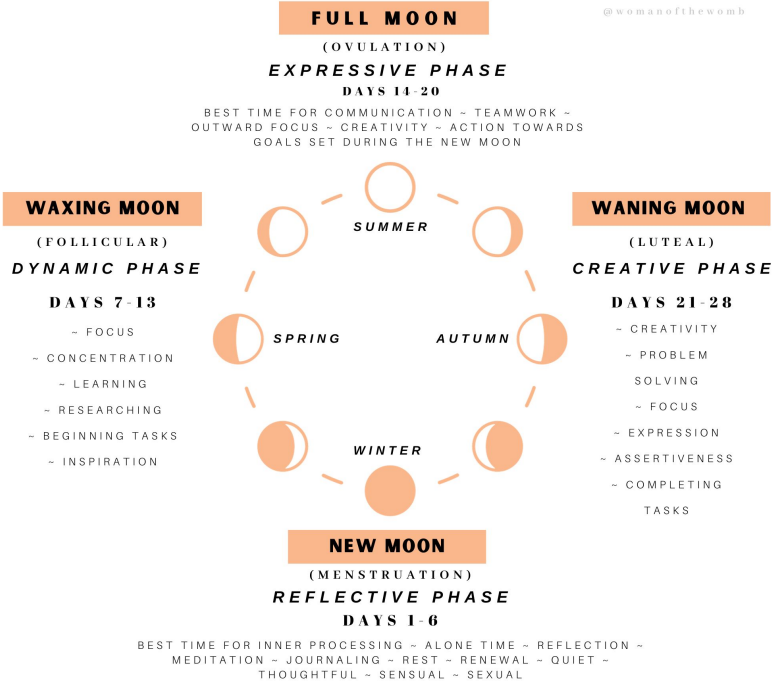
This disconnect from these ancient practices, the loss of ceremony, and the dismantling of the structure that provided safety and shelter for women to commune together to menstruate, birth babies, heal, nurture children, and share in their collective spiritual insight are what has set the tone for the imbalance we not only see in nature and the structure of society but also in the physical imbalances that we see with women's overall reproductive health and connection to their womb space. Irregular menstrual cycles, hormonal imbalances, and disconnect from nature's rhythms have become dishearteningly common.

As we continue to return to these ancient practices, reviving the ways of our indigenous ancestors, we also return to nature and back into alignment with our own natural ebbs and flows. As

women, when we relearn to operate according to our cycles, we learn how to better exert our energy and utilize our power of giving birth to also help us give birth to ideas and visions. This is why one of the first steps to reclaiming your power and activating the gifts and treasures that are stored within your body is learning how to reconnect with your womb by reconnecting with your menstrual cycle. So many women suffer in their relationship with their menstrual cycle, often viewing it as a curse. This is also something that has been collectively programmed into us through religion and colonization, which was also a major factor in separating our indigenous ancestors from their natural practices.

Studying the moon phases is important for us to gain a better understanding of how the energy of the divine feminine flows. This not only helps us to restore balance in our own lives and work *with* our energies rather than against them, but it can also help us to reverse many of the physical ailments that are on the rise in women's reproductive health. By better understanding our cycles, we can learn how to provide our body with the proper herbs, nutrition, rest, and energetic practices that will support its overall health.

The diagram below depicts the phases of the menstrual cycle and the associated seasons and phases of the moon. This represents a “typical” menstrual/moon cycle that’s in alignment with Earth’s natural cycle but for many women, the



phases of our cycle may sync up differently with the phases of the moon. In fact, each alignment carries its own energetic significance and potential for healing, growth, and manifestation.

The White Moon Cycle: The Path of the Mother

The White Moon cycle occurs when a woman ovulates during the full moon and menstruates during the new moon, as depicted in the diagram. This cycle aligns with the traditional nurturing energies associated with fertility and motherhood. Women who align with the White Moon cycle were revered as life-givers, aligned with the earth's cycles of growth and abundance. These women are believed to be in a phase of their life where their energy is inwardly focused, often on nurturing, creating, or bringing new life into the world. This can be both literally or figuratively, as being fertile with ideas and giving birth to visions and creations are common themes of the White Moon cycle.

In Hindu traditions, this cycle is connected with the goddess Parvati, the nurturing mother, and creator. Parvati's energy is invoked during this time to support fertility, protect children, and ensure the success of creative endeavors. Women who conceive during the White Moon cycle are believed to bring forth children who are deeply connected to the earth, with strong nurturing instincts and a natural affinity for family and community.

The Red Moon Cycle: The Path of the Wise Woman

The Red Moon cycle is the inverse when menstruation aligns during the full moon and ovulation aligns with the new moon. This cycle is associated with the Wise Woman or Crone archetype and is linked to the energies of wisdom, healing, and empowerment. Historically, women with a Red Moon cycle were considered to be healers, wise women, midwives, or spiritual leaders within their communities, possessing a deep understanding of the mysteries of life and death. The energy here is outwardly focused, making it an ideal time for manifestations related to leadership, personal empowerment, and transformative work.

In ancient cultures, such as those in Mesopotamia and among the Mayans, menstruating during the full moon was seen as a time of heightened power and spiritual insight. The full moon amplifies energies, and during menstruation, this could mean an intense release of emotions, old patterns, or traumas. It's a time of letting go of what no longer serves and embracing change. Ovulation during the new moon, a time of new beginnings and planting seeds, symbolizes the

woman's ability to create and nurture in the spiritual or communal realm, rather than focusing solely on physical fertility.

In tantric practices, the Red Moon cycle is linked to the goddess Kali, the fierce mother who destroys in order to create. Kali's energy is about transformation, cutting away the old to make space for the new. Women who conceive during the Red Moon cycle may give birth to children with strong leadership qualities, innate wisdom, and a deep connection to the spiritual realms. These children are often seen as bringers of change, destined to lead or heal others.

The Pink Moon Cycle: The Path of the Maiden

The Pink Moon cycle occurs when ovulation aligns with the waxing moon (as the moon grows from new to full) and menstruation aligns with the waning moon (as the moon retracts from full to new). This cycle is associated with the maiden archetype, symbolizing growth, new beginnings, and the blossoming of potential. It is during this cycle that the energy is vibrant, forward-moving, and full of possibilities. Women experiencing this

cycle may find themselves in the phase of new beginnings, where the focus is on self-development and expansion. Manifesting new opportunities, relationships, or personal goals is particularly potent during this cycle.

In many ancient Greek traditions, this cycle was honored through rites dedicated to Artemis, the virgin goddess of the hunt and protector of young women. Artemis embodies independence, strength, and a deep connection to nature, and those who align with the Pink Moon cycle are believed to be in a phase of self-discovery, learning, and personal growth. Ovulating as the moon waxes symbolizes the increasing creative energy and the potential for new beginnings while menstruating as the moon wanes represents the shedding of what is no longer needed, making way for the new.

Women who conceive during the Pink Moon cycle are believed to give birth to children with a strong sense of purpose and a deep connection to their inner truth. These children are often seen as innovators, artists, or pioneers, destined to explore new paths and create change in the world.

The Purple Moon Cycle: The Path of the Enchantress

The purple moon cycle is when ovulation occurs during the waning moon (as the moon recedes from full to new) and menstruation occurs during the waxing moon. This cycle is associated with the Enchantress archetype, a figure of deep connection to intuition, spiritual insight, and inner reflection. Women who align with the Purple Moon cycle are often in a phase where introspection and spiritual growth are paramount. This is an ideal time for manifesting deeper understanding, spiritual alignment, and inner healing.

In Celtic and Druidic traditions, this cycle was honored by rituals dedicated to Cerridwen, the goddess of transformation, knowledge, and the dark moon. Cerridwen's cauldron represents the depths of the subconscious, where wisdom and magic are brewed. Women who align with the Purple Moon cycle are often in a phase of life where spiritual growth and inner reflection are at the forefront of their journey. Ovulation during the waning moon, a time of introspection and release, aligns with the desire to connect deeply with

oneself and one's inner guidance. Menstruating with the waxing moon, as the energy begins to rebuild again, symbolizes the cycle of rebirth and renewal, preparing for new insights and spiritual growth. This cycle may be experienced as the Dark Night of the Soul or signify the beginning of one's shadow work journey.

Conceiving during the Purple Moon cycle is believed to bring forth children with profound spiritual gifts, intuitive abilities, and a strong connection to the unseen realms. These children are often seen as old souls, carrying wisdom and lessons from past lives, and are destined to play a significant role in the spiritual evolution of their family or community.

Children will also carry the energy of both the moon phases of their conception as well as the phase that the moon was in when they were born.

When a woman's menstrual cycle aligns with the phases of the moon, it is often seen as a reflection of a harmonious and healthy connection between her body and the natural world. Traditionally, this alignment—whether menstruation occurs with the new moon, waxing moon, full moon, or waning

moon—has been considered an indicator of a well-regulated, balanced menstrual cycle. A cycle that mirrors the lunar phases suggest that a woman's hormonal rhythms are in sync with the natural environment, which is often a sign of overall well-being.

Conversely, an irregular menstrual cycle can sometimes be an indication of underlying mental, emotional, physical, or spiritual health issues. Physically, an irregular cycle might signal hormonal imbalances, stress, poor nutrition, or other health concerns like thyroid dysfunction or polycystic ovary syndrome (PCOS). Emotionally and mentally, chronic stress, anxiety, or unresolved trauma can disrupt the delicate balance of hormones that regulate the menstrual cycle, leading to irregularities. Spiritually, disconnection from one's body, intuition, or the natural rhythms of life can also manifest as menstrual irregularities, as the body's cycles are deeply connected to the cycles of nature.

4

The Power of Sunbathing Your Yoni

Sunbathing your yoni is a practice that goes far beyond the physical benefits of allowing the sun to shine on your sacred space. This practice is also a spiritual process that allows us to bring an aspect of ourselves out of hiding, releasing the shame that has surrounded the topic of womanhood, sex, and femininity.

If you are unfamiliar with this practice, sunning your yoni is simply the act of allowing the sun to shine on your yoni and perineum. As previously mentioned, the moon represents the qualities and energies of the divine feminine principles, while the sun represents the qualities and energies of the divine masculine. The sun, long revered as a

symbol of life and vitality, is recognized by ancient and indigenous civilizations as a catalyst for growth, healing, and spiritual awakening. Just as plants turn to the sun for sustenance, so too can the human body and spirit benefit from basking in its radiance. Sunbathing the yoni is a practice that invites us to receive the sun's energy directly into one of the most sacred parts of our being.

Scientifically speaking, sunlight is a rich source of vitamin D, which is a crucial nutrient in supporting bone health, immune function, and overall well-being. Sunlight exposure also triggers the release of endorphins, which help promote a sense of joy and relaxation. The practice of sunning our yoni invites us back into the present moment, allowing us to immerse our bodies in the experience of pleasure that goes beyond the physical act of intercourse or sharing our bodies with another person. For this reason, sunning the yoni can be an extremely beneficial practice in the journey of celibacy or healing from past sexual experiences or traumas.

Sunning your yoni also frees the yoni from the restriction of clothing, which we typically don't get to spend enough time doing. This exposure, not just to the sunlight, but to the elements in general,

not only helps with circulation and blood flow to this area, it also allows us to connect more deeply to our senses. How does the wind feel on your skin? What emotions arise as you engage in this practice? What fears arise? What does the sun physically feel like to you as it shines on this area that is typically covered away and hidden in darkness? How does the theme of “hiding yourself in darkness” show up in other areas of your life? Have you been hiding your gifts away in the darkness? Are there parts of yourself that you keep tucked away out of shame? These are important self-reflection questions to ask as you engage in this practice to help you evolve in your relationship with yourself, which ultimately shifts the way you show up in your relationships around you.

The yoni is literally the portal through which all spirits come to enter into this physical world. For this reason, it is our body’s wellspring of creativity and life force energy, that also gives birth to all sorts of ideas and visions. This is why as women especially, we have to be very careful about what is programmed into our minds, thought patterns, and even our speech, for all of these things become seeds that are manifested through the

portal of our wombs if we water those seeds long enough. This means when we plant seeds of insecurity and self-doubt and we water them by constantly repeating these thoughts and beliefs about ourselves, then we manifest this energy into our lives that keep us stuck in cycles that are out of alignment with our truest selves.

As the portal of creation, the yoni is also associated with our sacral chakra, the center of our creative and sensual power. When we invite sunlight to shine onto our yoni, we are activating this creative center, bringing warmth and circulation where there was once darkness and stagnancy, and we harmonize with the rhythms of nature in order to kindle our inner flame. This helps us to ignite our passions, our drive, and our willpower (qualities of the divine masculine principles) to achieve what it is that we want in life. Through this simple practice, we open ourselves up to a transformative journey of self-discovery, spiritual growth, and empowerment. We learn how to harness this power and project it into other areas of our lives, feeling confident and powerful enough to achieve those goals and aspirations.

Sunbathing the yoni is much more than a physical practice; it's an opportunity for us to be

fully present in the moment, fully present within our bodies and the new sensations that it feels, encouraging us to become curious and explore this newfound sense of freedom. For many people though, the practice of sunning your yoni will be completely new to you and can feel somewhat intimidating, especially if you do not have the personal space to be fully nude for this practice. In this case, it is beneficial to start small, easing your body and nervous system into this new practice. Begin by simply freeing your yoni when you go to sleep, wearing no underwear or even sleeping completely naked. Even if you choose to wear clothes, attempt to sleep with a nightgown, skirt, or loose-fitting pants with no underwear then eventually work your way up to sleeping nude. There should be at least one point in the day when you allow your skin, the body's largest organ, to breathe.

When you are out in nature or at the park, let the sunshine on your yoni, even if you have on pants. Experiencing this warmth for the first time, even if only for a moment or in a subtle way will help you to become more comfortable. One of the best ways to sun your yoni, even in your own backyard if you fear the neighbors seeing you, is to simply wear a

long skirt or wrap that you can shift to the side without anyone seeing. If you live in a home with windows that get great sunlight, this is also a great way to start.

The more that you incorporate yoni sunbathing into your wellness routine, the more comfortable you will become in easing into your sense of play and self-expression, opening you up to new creative ideas and inspiration and guiding you back to a sense of balance, empowerment, and spiritual awakening. Your body will become more attuned to the experiences that activate your pleasure centers, and as these centers are activated, you become more subtly aware of the things that bring your energy out of alignment. You will become more sensitive to being in places, spaces, and relationships that drain you, whereas before, you may not have been able to recognize such things. Energy that doesn't feel like the sun filling you up, which is what you experience when sunning your yoni, is energy that you may need to remove or transform within your life. This is what it means to learn to listen to the wisdom of your body. Rather than questioning or second-guessing the decisions that you make, your body is becoming more regulated to help send the

appropriate signals to let you know when your decisions are in or out of alignment. You will learn how to start listening to the ancient wisdom of your womb that connects you back to the wisdom of the Earth itself.

5

How Women Create Sacred Nectar

Amrita, a Sanskrit term that translates to “nectar of immortality” is a substance that is said to be generated within the body that bestows both physical and spiritual benefits. Its production is stimulated by the interplay of body, energy, and emotion—typically arising during moments of deep emotional or spiritual connection, especially during experiences such as sexual climax, or during meditation and heightened states of spiritual insight. During such moments, the body’s physical and energetic systems align, giving rise to the production of Amrita.

Physically, it is often likened to a subtle fluid or essence that carries rejuvenating qualities. It is believed to nourish and revitalize the body’s

tissues, promoting a sense of vitality and radiance. Amrita's creation and release are intertwined with the body's energy centers, such as the chakras, suggesting a harmonious interaction between the subtle energy system and the physical form.

Yet, the impact of Amrita extends far beyond the physical realm. Emotionally, the experience of Amrita's release is described as deeply cathartic—a process of emotional liberation that allows for the shedding of emotional burdens. This release fosters a sense of emotional authenticity and freedom, promoting a state of emotional well-being and inner balance.

Spiritually, Amrita serves as a bridge between the human and the divine. The act of its creation is often associated with moments of profound spiritual insight and heightened states of consciousness. Many spiritual traditions view Amrita's emergence as a sign of spiritual union—a tangible manifestation of the divine energy within the human experience. As such, the release of Amrita is perceived as a sacred act, facilitating a deeper connection with higher realms of consciousness.

The connection between Amrita and the divine feminine lies in its symbolism and association with feminine energy, creation, and transformation. In many cultures and belief systems, the divine feminine is considered a source of life, nurturing, and intuitive wisdom. Amrita embodies these qualities as it is often associated with the creative energy within women, particularly related to aspects of reproduction, sexuality, and spiritual insight.

The concept of Amrita as an elixir for immortality is rooted in mythological and philosophical narratives. In Hinduism, for example, Amrita is said to have emerged from the churning of the cosmic ocean during a divine event known as the "Samudra Manthan." This nectar granted immortality to those who consumed it, highlighting its connection to the spiritual quest for transcendence and eternal life.

In the context of the divine feminine, Amrita symbolizes the inherent power of women to create, nurture, and transform. The act of its creation is often associated with intense emotional or spiritual experiences, suggesting a profound connection between the sacred feminine energy and the release of this metaphorical nectar.

Amrita's emergence is sometimes related to moments of deep intimacy, spiritual insight, or emotional catharsis, emphasizing its association with emotional and spiritual transformation.

The metaphor of Amrita as an elixir for immortality speaks to the idea of transcending the limitations of the physical body and ego and entering into a state of spiritual realization and unity with the divine. It's a reminder that the divine feminine energy within both women and men holds the potential for deep transformation and a connection to higher states of consciousness.

When we tap into our creativity, sensuality, and even our sexuality (especially as we explore the healing energy of orgasming), we generate more of this life-giving Amrita, infusing its energy into all things that we create and those we share our intimate space with. It is the energy of this potion that binds and connects us to others, especially sexual partners that can open the gateway to other spiritual gifts, such as telepathy between partners. We can harness this energy to utilize it in other ways as we learn to exercise its metaphysical and spiritual powers.

6

Mastering The Female Orgasm

When the body is in a state of arousal, it ignites the energy of our sacral chakra. This center, situated in the lower abdomen, is associated with emotional expression, desire, and sensuality. When our sexual energy is awakened within the root chakra, it spirals upward, activating the sacral chakra and initiating the arousal of our kundalini energy from the base of our spine, up to our third eye—the center of intuition and spiritual insight. At the peak of this energy of pleasure, each chakra awakens, helping us to expand our awareness and open the gateway to inner realms. The mind's limitations are transcended and a state of present moment awareness unfolds.

In the climactic release of orgasm, the crown chakra—a bridge to higher states of consciousness—is activated. This chakra serves as a portal, connecting the individual with universal energy and the divine. The boundaries of the self dissolve, leading to a sense of oneness with all that exists.

The energy that surges and spirals through the body during orgasm is not limited to the physical form; it also echoes out in the energetic fields that envelop us. The auric field, often referred to as the "energy body," begins to vibrate with heightened frequency after orgasm, enhancing the connection to higher realms and facilitating expanded states of awareness. At this moment, we may open ourselves up to aligning our path and intentions with the divine, using this moment to manifest our deepest desires and continue to welcome connections and opportunities that make us feel safe, seen, confident, and supported. In this way, even the orgasm becomes a sacred ritual to assist us in our journey of manifestation.

The release of sexual energy during orgasm is not a mere release of tension—it's an offering, a surrender to the divine flow of life force energy. In this surrender, the ego's grip loosens, and the ego-self merges with the greater cosmic dance. The

individual becomes a conduit for universal energy to flow through, transcending the individual experience.

Post orgasm, the body and soul rest in a state of stillness—a gateway to meditative states. The boundaries between the self and the universe blur, and one is able to bask in a sense of unity and inner peace. Our bodies are open to a state of receptivity, leaving the meridians and chakras open for an unrestricted flow of energy. This energetic ripple of orgasmic awakening resonates long after the physical experience has faded, leaving us open to divine insight from the spiritual realms. In this moment, we can bring our awareness to the intentions we have set within our minds. When we combine this practice of manifestation with a partner, the results become even more amplified. This is why sex and orgasm have been used as tools to reach higher states of consciousness and attain spiritual enlightenment.

However, in order for this energy to flow, we must become clear vessels, which means becoming clear in our minds and our bodies. The reason why many may never achieve an orgasm in their life is not because of the lack of physical opportunities, but simply because there are major internal

blockages that keep this energy from flowing. These blockages can be a result of deeply held insecurities, anxiety, inability to be present in the moment, or simply being disconnected from one's own body. In order to move past these blockages, we must learn to become aware of our breath and how to utilize it to ride the waves of the orgasm and channel it through the various chakras up to the crown of our head.

For a woman to achieve orgasm, she must be even more deeply in tune with her body, her breath, and the moment of energy throughout her body. The entire body and its senses must become aroused and awakened before rushing to achieve orgasm, so this process teaches us the art of slowing down and becoming more present. Taking our time with exploring areas outside of the sexual organs, and allowing yourself to play and indulge in sensations that you perhaps were not yet aware of.

The act of self-pleasure is a great place to start when it comes to mastering the orgasm because then you are able to learn more about what feels good and pleasing to you, how and where you like to be touched, and other safe and healthy boundaries that can assist you with developing

better parameters around consent. If we do not spend this intimate time with ourselves, then how will we know what it is that our bodies need and desire? And if we do not know, how can we communicate these boundaries to exercise consent with others around us? This lesson is not just about sex and orgasm, but our journey through life as we continue to grow and evolve.

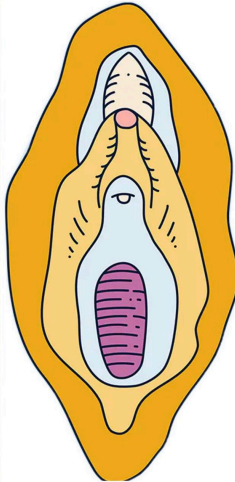
In the spiritual journey, we must also spend this same type of intimate time with ourselves, celibate from the energy of others, to learn what it is that feels aligned, authentic, and true to us. So that we can develop healthier energetic boundaries and become more mindful of who and what we give our consent to.

It's important to know that achieving an orgasm is not always sexual. Orgasm simply refers to the sudden release of the accumulation and build-up of life force energy. This can happen when working out, engaging in healing or meditation practices, practicing breathwork, or even engaging in chanting. Working out and activating the core muscles with exercises such as planks or crunches can result in orgasmic and pleasurable sensations due to the stimulation of the pelvic and abdominal muscles that trigger the nerve pathways leading to

the genitals. Practices such as chanting or even singing can activate that same orgasmic energy, as the vagus nerve connects the throat and vocal cords directly to the pelvic floor and cervical muscles. By vibrating the throat chakra, especially with specific sounds that resonate with the root, sacral, or solar plexus chakras, it can help to awaken that life force energy that results in the same orgasmic release as physical intercourse.

7

Manifesting With Your P*ssy



The saying that “sex sells” is the simplest form of yoni manifestation. The attraction, magnetism, Amrita, allure, and sacredness of the divine feminine

energy are qualities that make the divine feminine irresistible to that which she desires. If she focuses her attention and intention long enough, that which she wants becomes hers. Some may judge the line of sex work as something that is immoral, although that is not what we are here to discuss or debate at this time. However, this energy of pussy

power, of raw, primal energy, is at the basis of spiritual transformation and manifestation. It is the precursor that awakens us to the presence of our powerful life force energy. However, we must learn how to harness this energy, so that imbalances within our root chakras (which is where our sexual, life-force energy stems from) are not used to become destructive in our own lives or in the lives of others.

Manifesting with your pussy is about becoming aware of the potential that you as a woman possess. The potential to give life. The potential to create and destroy. When we have not learned how to properly integrate this energy, especially if we are exposed to sex prematurely and without proper guidance, we can ultimately mismanage this power simply because we do not have an understanding of the foundational principles of the energetic workings of our wombs.

This is where we dive into the allegorical story of Mother Mary's divine conception so that we may understand from a mystical perspective that this can be seen as a metaphor for the woman's ability to harness the metaphysical power of creation within her womb to manifest her ideas and visions in life.

The story of the Annunciation portrays the divine invitation to Mary—who is a representation of every woman—to step into her role as a co-creator with the universe. The angel's message symbolizes the call to align her consciousness with the divine source and to recognize her capacity to birth profound manifestations. The fact that Mary was a virgin plays a significant role as well. The word virgin does not just mean one who is unmarried, it also means one who is whole, sovereign, and free to herself. In other words, one who knows that all she needs is already present within, not because she doesn't *need* anyone or anything, but that she is not lacking and has no need to look outside of herself for approval and validation. The virgin is one who is in control of her own destiny and her own path, yet using the Most High as the source to receive divine insight on how, when, and where to move to make the best decisions that are in alignment with her authentic desires.

The role of the Holy Spirit in Mary's conception can be seen as the embodiment of that divine source of inspiration. It comes as the result of being still and remaining patient, waiting for divine inspiration to hit, trusting in the intuitive messages

that were received, and acting on that information with conviction. This is what it means as a woman to be in divine flow, with no need to force things. We must simply open ourselves up to become channels to what the divine wishes to give birth to through us. When we align our visions and desires with what the Divine Spirit wants for us then we are awarded with gifts, abundance, and an elevated state of being—aka, Christ consciousness.

This principle of remaining in alignment also helps us to better understand the concept of purity and Mary being free of “sin.” By remaining on her path and staying true to her authentic self, not succumbing to the voice of fear or doubt, and relying on the strength of God (the literal meaning of the name Gabriel, who was the angel—or divine insight/inspiration—that came to her to announce the birth of this new vision) she had the power to give birth to something (Christ) that would truly transform reality. She remained pure in her mind and her thoughts. She trusted the divine path for her life, and because of that, it really did come to be.

The mystic observes this element of the story as the purity in intention that a woman must bring into her creative endeavors. Like Mary, a woman’s

creative process is most potent when it's free from ego-driven motives. When a woman approaches her creative visions with a pure heart and selfless intention, she creates a fertile ground for the manifestation of her dreams to come into physical form. There is no desire to be something other than what she is not, she simply allows herself to exist in her divine purpose.

I use the example of Mary because collectively, European colonization has had the most significant impact on the history and culture of our indigenous ancestors. These are the stories that have been used to confuse and put us to sleep with our true spiritual power. We must learn to listen to these stories from the perspective of the mystic so we can reawaken the power that has been dormant within us. There are other countless Goddesses throughout cultural systems and cultures who reflect the various archetypes of the divine feminine. We look to Goddesses such as Oshun, Yemaya, Pele, Amaterasu, Kali, Lakshmi, and others, to help us learn how to embody the various qualities of the divine feminine when needed.

There are times when we need to embody the warrior spirit of the Goddess Athena or the fierce independent energy of the Goddess Lilith. In this

sense, "manifesting with your pussy" is about being able to tap into the guidance of these divine feminine archetypes to help guide us through certain phases of life. We are able to call on them to remind us how to embody certain aspects that are dormant within us or that we have not fully integrated yet. They also remind us of the expansive energy of the woman and the divine feminine—that we must not limit ourselves to one form of expression, but rather know when and how to tap into these energies when it's needed. They remind us that there is more than one way to tap into and express our femininity. Ultimately, it's about realizing our power to choose and that as women, there is no monolith—no ultimate Way that we must exist or show up.

8

Yoni Steaming

Yoni steaming—also referred to as vaginal steaming, v-steaming, or pelvic steaming—is a centuries-old technique that originates from various cultures around the world and has been seen as an integral part of honoring, nurturing, and healing the womb. This practice has been used as a way to not only bring physical healing to the womb and various ailments that affect our reproductive organs, but also as a form of self-care that reminds us to honor the yoni and the womb as the sacred vessel that houses a woman’s essence. The practice involves simply sitting over a steeping pot of herbs, which are chosen based on their specific medicinal or energetic properties, and allowing the steam to be absorbed through the body.

In indigenous societies, yoni steaming was often seen as a sacred and therapeutic practice for women. It was believed to promote physical, emotional, and spiritual healing, as well as maintaining female reproductive health. Many cultures viewed the womb as a vital center of a woman's being, and yoni steaming was considered a way to honor and nurture this aspect of femininity.

Physically, the gentle heat and moisture from the steam help to carry the medicinal properties of the herbs into the vaginal tissues (as well as the rectum), where they are absorbed directly into the bloodstream and carried up into the reproductive system. The tissues in the vagina and the rectum are extremely absorbent and rich in blood supply, which is what allows this practice to work so efficiently when it comes to managing and healing certain reproductive issues. It helps to increase blood flow, oxygen circulation, and dilation of the blood vessels, contributing to overall pelvic health and hormone balance. This practice is used for women during various life stages, from menstruation, all the way to postpartum recovery.

Emotionally, yoni steaming serves as a space of release and renewal. Just as the steam carries away

the herbs' essence, it also has the potential to carry away emotional residues that linger within the body. The warmth and nurturing embrace of the steam can create an environment where emotional burdens find solace in the arms of healing herbs.

Spiritually, the act of yoni steaming is a conscious intertwining of the earthly and the spiritual. It invites a connection with the wisdom of plant allies, invoking the ancient energies that herbs hold. As the steam envelops the yoni, it helps us reconnect with the Earth element that brings a sense of peace and roundedness. Each herb is also associated with its own spiritual and metaphysical properties. For example, the use of oregano to banish negative energy, or the use of basil to attract prosperity. In this light, yoni steaming can be used not just for its physical benefits, but for the benefits of energetic cord cutting, protection, or manifestation of one's intentions.

Most often, yoni steams were performed as a sacred ritual, during certain times of the month, or during specific phases of a young woman's life (such as after childbirth). Knowing that the womb is a powerful portal of manifestation, honoring and creating a sacred space before performing a yoni

steam while infusing the space with words of prayer, affirmations, and your specific intention, is also seen as an essential part of the process.

One of the most important things to remember is that yoni steaming is only one healing modality in a multitude of different practices. Yes, yoni steaming is extremely beneficial, however, it must also be paired with other everyday lifestyle healing practices, especially if you are working to heal disease and ailments within your body. Herbs are meant to be an added support in our overall health, whether we're using them in the form of tea, tinctures, or yoni steams. It is also important to take a look at your diet and drinking habits, the products that you use (especially menstrual products), household cleaners, clothing choices (as certain fabrics or chemicals used in production can also create imbalances), and so many other factors. Supporting your healing journey with other lifestyle changes is also an essential aspect that accompanies the practice of yoni steaming.

If you want to dive deeper into the sacred art of yoni steaming and learn how to incorporate this practice into your self-care routine, check out the complete [Yoni Steam Guidebook](#) in the community on [Patreon](#).

9

Sacred Hygiene

We know that good physical hygiene is essential to our bodies, whereas sacred hygiene involves the practices that connect us to the feminine principles of spirituality so that we may learn to embody these divine qualities. Understanding sacred hygiene dives deeper into the art of honoring the feminine body with reverence, embracing rituals that extend beyond mere physical upkeep. This involves practices such as yoni sunbathing and yoni steaming, which help us celebrate the divine essence of the feminine and keep our energetic bodies clear of spiritual and energetic debris.

Sacred hygiene invites us to view our bodies as temples—a space deserving of devotion, care, and respect. This is a major shift in the collective perspective, especially when we have been taught

to view things about our bodies with shame or even disgust. Learning how to reprogram ourselves from this conditioning is one form of sacred hygiene. It is a clearing away of the old, harmful narratives that have taught us that we are undeserving or that we are not worthy of experiencing essential qualities of life such as desire and pleasure. This shift in perspective nurtures a deep connection with the body, helping to foster a sense of empowerment and self-love.

Spiritual hygiene also means having an awareness that there is an energetic body that extends beyond our physical forms. This energetic body is governed by the chakras and meridians of the physical body. When the chakras are balanced, we are able to exist in a better state of flow and harmony. We are able to maintain a balanced internal state between our mental, emotional, physical, and spiritual health. We have a better sense of stability and groundedness; a healthy relationship with our emotions, creativity, and sensual expression; a strong sense of self-confidence, willpower, and self-esteem; an ability to form meaningful connections that exist in equal energetic exchange, rather than relationships that drain and deplete our energy; an ability to listen

effectively and communicate clearly and authentically; a deep sense of trust in our intuition and inner guidance; and a deeper sense of connection to the divine, fully understanding and accepting our place in the universe.

Our sacred hygiene practices are what assist us in maintaining our energetic balance. Being mindful and intentional about who we share our energies with, whether that's platonic or sexual in nature. We realize the sacredness of our energy and how it can be used as a vessel for manifestation. Once we know how our energy works, we become more selective about what it is that we choose to manifest, as what we manifest is simply a manifestation of what we devote our time and attention to—for anywhere a woman places her time and attention is what will grow.

Sacred hygiene is about learning how to practice discernment, to keep oneself clean and clear of other people's karma that is not in alignment with her sacred path. This is why we practice rituals of cleansing, not just physically, but spiritually and energetically as well.

Practicing sacred hygiene is also a process of learning to transmute and clear negative and

traumatic memories from the body that leave behind energetic imprints. We know that the body, especially the womb, holds onto memory and emotions, so it is essential that we learn to clear this energetic debris through various practices that activate the physical and energetic bodies. Practices such as movement, mindfulness, and meditation help us with this process and help us to become clearer vessels in order for that inspiration from the divine to properly flow through us.

Even practices such as maintaining sacred spaces in our homes and in our bedrooms are an aspect of sacred hygiene. Having unclean and cluttered spaces is draining and blocks the natural flow of energy. The same is true with regularly clearing and recharging our energetic body. Diving into practices such as grounding and energy shielding (protecting ourselves from the unwanted energies of others) is an essential part of maintaining the sacred space within our first home—the body itself. Women naturally go through cycles of purging (which is represented by the phase of menstruation) where we shed both the physical and energetic influences that have been taking up space within us. This is why even restoring our relationship with our menstrual cycles is so

important, as the menstrual cycle is also an integral part of sacred hygiene.

As we return to our ancestral ceremonies and practices, reconnect with our sensuality, and study the goddess of cultures past, we begin to restore the health and vitality of the collective divine feminine energy, bringing balance back into nature and rebuilding with new structures that support the evolution of the collective moving forward.

10

The Wild Woman & The Homemaker

In the realm of the divine feminine, two powerful archetypes—the Wild Woman and the Homemaker—stand at seemingly opposite ends of the spectrum. While they both have their unique energies and contributions, it is through only their harmonious intersection that can create a balanced and holistic society. We must close the gap that paints these two archetypes as separate from each other.

The Wild Woman embodies the untamed, free-spirited energy of the divine feminine. She's the embodiment of primal intuition, fierce independence, and raw authenticity. Her energy is like a wild, untethered wind that sweeps through life, seeking adventure, self-discovery, and unapologetic self-expression. She reminds us of the

importance of embracing our instincts, passions, and dreams. The Wild Woman's energy challenges boundaries, urges us to venture beyond our comfort zones, and instills a profound sense of empowerment.

The Homemaker archetype embodies the nurturing energy that creates a sanctuary of warmth and love. She's the guardian of hearth and home, creating a safe haven where family, community, and creativity thrive. Her energy is akin to the gentle embrace of a cozy blanket, radiating care, compassion, and the subtle magic of domesticity. The Homemaker recognizes the profound significance of nurturing relationships, fostering growth, and tending to the emotional and physical needs of those around her.

While the Wild Woman and the Homemaker may appear as contrasting archetypes, their energies are not mutually exclusive. In fact, their intersection is where the true magic lies. A balanced and holistic society emerges when the fierce liberation of the Wild Woman harmonizes with the nurturing essence of the Homemaker. It's in this dance that a woman can venture into the world to seek her dreams, passions, and purpose

while maintaining the sanctity of her hearth and the well-being of her loved ones.

The harmonious balance of these energies anchors the divine feminine in a holistic existence. The Wild Woman's adventurous spirit infuses the Homemaker's daily life with vitality and a continuous sense of wonder. The Homemaker, in turn, grounds the Wild Woman's energy, providing a loving foundation from which she can explore and conquer her ambitions. This balance fosters a holistic approach where self-expression, relationships, and the creative expression of the home are all celebrated.

Society thrives when the energies of the Wild Woman and the Homemaker are acknowledged, respected, and integrated. It's within this synergy that women can rise as multifaceted beings, embracing their diverse roles and contributions. When a woman's wild authenticity harmonizes with her nurturing essence, she becomes a catalyst for positive change, fostering a society that values the rich spectrum of feminine energy.

In order to step into our authenticity, we must learn to embrace both archetypes of the Wild Woman and the Homemaker within ourselves. This

becomes an invitation to explore and honor the full range of our capabilities, passions, and roles. By recognizing the importance of both energies and integrating them with intention, we can cultivate a life that is both purposeful and nurturing—a life that reflects the holistic essence of the divine feminine.

11

Sacred Sensuality

At the heart of sacred sensuality lies the acknowledgment that our bodies are sacred vessels, conduits of divine energy and expressions of our essence. It's an intimate dance between self and universe, where every sensation is an invitation to attune to the rhythms of our being.

In a world often consumed by external demands, the practice of sacred sensuality becomes a refuge—a space where women can reclaim their agency, listen to their bodies' whispers, and honor their desires without judgment. This practice is a catalyst for rekindling self-love, fostering inner harmony, and forging an unbreakable bond with the self.

Sacred sensuality is not limited to sexuality alone. It's a celebration of all senses, from the taste

of ripe fruit to the feeling of cool water on the skin. Through this mindfulness, women are reminded that their bodies are bridges to experiencing the world's richness.

When sensuality is embraced as sacred, it becomes a gateway to self-discovery and healing. It's an opportunity to heal wounds, rewrite narratives, and transcend societal conditioning that has often stifled women's innate sensuality.

Reconnecting with sacred sensuality involves shedding layers of shame and guilt that have been imposed by societal norms. It's an invitation to dismantle the barriers that have separated women from their own bodies, freeing us to experience pleasure, joy, and ecstasy. Through mindfulness, meditation, and tantric rituals, we are invited to embrace our sensuality, cultivate presence, and experience the transformative potential of sacred pleasure.

When we return back to our bodies, we learn how to return back to our cyclical nature, honoring our natural seasons, and moving more in alignment with divine flow. We learn to embrace movement and motion when needed, and silence and rest when it's needed as well. We release the

conditioning of constant hustle, overextending ourselves, not honoring the innate needs of our bodies, and sticking to rigid schedules that leave no time for play or enjoyment of this human experience.

Awakening our sacred sensuality helps us to understand that this is the creative force that exists within us that also helps us to give birth to all sorts of visions and ideas. When our sensual energy becomes stifled, it can create energetic blockages in these areas. This does not mean we have to utilize sex in order to tap into our sensual nature—this can also be done through practices such as dance, sensual movement, and even breathwork, which help us to activate these same energy centers without having to engage in physical sex practices. However, we also realize that if we choose to utilize sex as a gateway to spirituality, then this too is not something we should be ashamed of. As long as we are doing so with full awareness of self and with full consent between mind, body, and spirit.

Overall, we begin to realize that sex and sensuality are an essential part of the physical continuation of humanity and not something to be seen as shameful or taboo. We are reminded that

sex, and the pleasure that comes from it, is an act that was chosen by the Divine, in order for the divine to manifest itself into physical form. For without sex, none of us would be here. When we realize the power of sex and its energy as a tool for creation, we also learn to become more responsible with the way that we wield this energy –we know that we must be selective in choosing who we share our sacred nectar with. Our wombs are natural incubators, so whatever we allow into them, we also will multiply, so we must exercise this power of choice with great care and responsibility.

12

Your Choice

Choice is a birthright—a thread that weaves through the tapestry of our lives, infusing every decision, big or small, with the essence of our sovereignty. In a world where external pressures often pull at the strings of our agency, embracing choice is an act of reclaiming our autonomy, honoring our unique paths, and embracing the full spectrum of our being.

Consent, often associated primarily with matters of intimacy, expands to touch every aspect of existence. It's the foundation upon which our relationships, interactions, and experiences are built. It's a reminder that we have the power to dictate the boundaries of our existence, inviting only that which resonates with our truth.

The multifaceted expressions of the divine feminine—her sensuality, creativity, intuition, strength, and vulnerability—are a recognition that each woman embodies a universe of unique qualities and it's her prerogative to navigate the journey of self-discovery and self-expression.

The power of consent emphasizes that every “yes” and “no” is a decision that shapes the reality of our existence. As we show up in our authenticity, saying “yes” to what aligns and “no” to what does not, we exercise our authority over our own lives and our own paths. This allows us to become conscious co-creators of our reality, reminding us that we are not just backseat participants in our life story. We are constantly shaping and influencing the direction of our lives simply through the power of choice.

This is an exploration of boundary-setting, self-reflection, and learning to listen to the quiet whispers of our intuition—the compass that points us toward choices that align with our higher selves. As we begin to feel safe with exercising our personal boundaries, we realize that this is also a call for respect, empathy, and collaboration in all interactions. By honoring ourselves, we learn to create a nurturing culture of mutual understanding

and partnership, where we all must learn to honor the sacred boundaries of each other.

Embracing the power of choice and consent is not only an act of *self*-empowerment, it is a gift to the world. When women honor their authentic expressions, they pave the way for others to do the same. This ripple effect transforms societies, allowing the essence of the divine feminine to flourish once again. In a world that seeks to define and confine, we reclaim our power by learning to choose and define for ourselves.



About the Author

Ajané, better known as Woman Of the Womb, is a mother, wife, creative, birth worker, author, and speaker who specializes in Womb Wellness, Shadow Work, and Inner Child Healing. Over the last 10 years, through workshops, intuitive readings, natal chart interpretations, and one-on-one spiritual guidance sessions, she has worked to assist others in discovering and overcoming their blockages to reclaim power over their lives and tap back into their abundance. For more information about books, workshops, mentorships, and other community offerings, [subscribe to the community newsletter!](#)