

Yoni Love

**SEVEN RITUALS TO CULTIVATE
A SUPERIOR VAGINA**

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Seven Rituals to Cultivate a Superior Vagina

I love the word Yoni. It's an ancient Sanskrit word for the female reproductive area but is translated closely to sacred temple. I guess that's why the word resonates more with me than vagina. Vagina to me is more of an anatomical description, however Yoni, embodies the beauty and sacred nature of this portal that brings forth life. In the resurgence of the sacred feminine in the world today, we are witnessing many women becoming more comfortable with and in harmony with parts of ourselves we once disconnected from in order to heal wounds and clear blocks to birth our dreams and visions.

The Tantric tradition teaches that our sexual organs play a major role in our physical, emotional and spiritual health. Blockages in the yoni due to trauma, toxins, and self-rejection, obstruct our life force energy and reduce our capacity to create greatness.

So how does one fall in love with the Yoni to cultivate a superior vagina? I believe day-to-day practices can bring us in into a loving and healthy relationship with the part of us that many view as dirty, stinky, taboo, sinful, used, rejected, demeaned, abused and abandoned. I admonish you to try at least one of these seven practices today and prepare to release the creative life force within you.

#1 Nutrition

It's absolutely true that the food you eat can greatly impact the smell and taste of your yoni. No need to mask your vaginal odor with perfumed panty liners and douches. Those create more problems anyway. In a Women's Health Magazine

article, Mary Rosser, M.D. PhD, Obgyn, states that healthy vagina's have a naturally acidic PH level and the foods we eat affect the way our lady parts smell and taste.

Rosser advises eating plenty of fruit and veggies and staying away from sugar, as high blood sugar is one of the big yeast infection culprits.

The more I become in tuned with my body, I'm finding that whenever I eliminate meat and dairy, my yoni stays nice and fresh and when I eat too much meat and milk products I'm prone to infections. It is a must that we take the time to know our bodies.

So try eating pineapples and mangos, two popular yoni-fresh fruits, on a regular basis and see how your yoni responds. Use the power of intention and bless the fruit. You may say something like, "I intend I have optimum health and vitality for my yoni and my entire body by feeding myself delicious and healthy food". It may seem weird at first, but this mindful act can make you more aware of what you are putting in your body. Like Rosser says, "you're eating for two, you and your vagina."

#2 Grooming:

Whether you wax or keep the hairs on and around the yoni trimmed, take pride in the way your yoni looks and do it for yourself. I know how it is when we get busy in life and neglect certain areas. I'm guilty of this. We all are. But I also know how wonderful it feels to give my yoni some TLC. Anytime I go for a wax I feel soft, supple, succulent and sexy. This doesn't mean that it's an invitation for sex. I've just realized that feeling sexy is attractive. Who doesn't want to be around a woman who truly feels good about herself? It's inviting. You become magnetic. In addition, feeling sexy allows your creative energy to flow because sexual energy is creative energy. And you can harness your sexual energy to write that book, paint that masterpiece or create whatever you desire.

When you look at your well groomed yoni, what do you notice? How does it make you feel? Take a few minutes and journal your thoughts and feelings about your yoni. This is for your eyes only. Give voice to whatever is coming up for you. It could be something wonderful or it could be something not so great. This practice is to help you make greater discoveries about yourself. Just remember to be kind to yourself in the process.

#3 Yoni Massage

I dedicated the year 2016 to exquisite and extreme self-care. I got massages, facials, and body scrubs at my favorite day spa in Houston where I worked part-time. One thing I learned about being massaged is that it's not done exclusively for pleasure, although that is one of the greatest benefits. Other very important benefits of a massage are to improve circulation and relieve toxins from the muscles and tissues. Talk about a trifecta! First of all you feel good, second, you improve circulation and third, you get rid of toxins! I bet you want one right about now, don't you? Well what about giving yourself a yoni massage?

Let's address the circulation. Poor blood circulation in the yoni can cause dryness and an inability to produce sexual fluids. It also makes it difficult to have proper engorgement of the inner and outer lips. You get the picture right? A lack of sensitivity equals a lack of pleasure and the clitoris in particular, is the only organ in the body with the sole purpose of pleasure.

When we get the blood flowing we are able to remove these toxins and blockages that occur due to trauma, pollution, poor nutrition, stress and a lack of yoni love. Have I convinced you? Are you ready to try it? Start slowly. Lie down on your back and just pay attention to your breath. Watch your abdomen expand and contract a few times. Then gently touch your yoni, making slow circular motions. You can use this time to find out what pleases you and what doesn't. You can also explore to see if there is any sedimentation under the skin feeling like small sand deposits and simply massage away to your heart's content. If you find anything that alarms you, such as a knot or lump, please report it immediately to your physician. This is

the beauty of self-exploration. You are able to be in tuned with your body. Use a mirror if you desire. This is your body. It's beautiful and it's sacred.

#4 Yoni Eggs

I love my yoni eggs! They are another great way to increase blood circulation as well as strengthen pelvic floor muscles. Over time, yoni egg practice can help with menstrual cramps and depression and it gives a woman control over her own sexual energy. Women have also experienced results of keeping the vagina elastic and lubricated during and after menopause using yoni eggs.

Playing with the egg in the yoni just a few minutes a day can yield tremendous results. You'll want to start off with a large egg and work your way down to a small size. With this being a very sensitive area, be sure you take your time and get as much information before purchasing one so that you do not injure yourself.

The yoni egg is a great way to get in touch with your body through conscious muscle contractions in moving the egg up the vaginal channel towards the uterus and back down. It can also be a useful tool in overcoming sexual trauma.

With increased blood circulation in the yoni, the immune system is boosted. Women prone to fungal and bladder infections find these can be reduced with regular practice.

So if you're ready to be more orgasmic, have greater control over your vaginal muscles, reduce PMS and menopause symptoms, and improve your overall health, give it a try.

#5 Yoni Steaming

I liken a yoni steam to a vaginal facial. Steaming is a wonderful way to pamper your yoni with loads of medicinal benefits much like herbal tea. It's a practice that has existed in many parts of the world for many generations, but has become more popular here in the west recently. Ancient women would gather medicinal

herbs and place them in a hole in the ground. These herbs would then be lit and women would squat over the hole, allowing the steam from the herbs to help her with fertility, menstrual or menopausal health.

Regular steaming can regulate hormones, help with fibroids, speed up healing after giving birth, relieve hemorrhoids and remove toxins from the body.

Rosita Argivo, Doctor of Naprapathy and Master Herbalist has spent decades with Mayan women who regularly practices yoni steaming. Argivo says that vaginal steaming is “a woman’s treatment” and is “universally effective for any aspect of uterine pathology”

So how does it work? Well I’ll share my experience from administering many yoni steams at a day spa. We would boil a mixture of herbs in a pot and place that pot under a chair that had a portal in the middle of the chair for the steam to come through. The woman would sit on the chair after the herbs were boiled and enjoy the relaxing steam for about 30 minutes. Because of the absorbent nature of the yoni, the steam from the medicinal herbs are carried to the outer vagina and absorbed into the uterus and blood stream.

Which herbs to use? You definitely want to be careful if you are trying to become pregnant as some herbs may be abortifacient. The Maya Moon Healing Arts recommends these herbs:

- Herbs that have an affinity for the urinary and reproductive organs; Red Raspberry Leaf, Juniper, Motherwort, Peony and Dong Quai.
- Herbs that contain volatile oils; Basil, Oregano, Lavender, Rosemary, Marigold, Garden Sage, Peppermint and Lemon Balm, Wormwood (cancer fighting, anti-fungal).
- Herbs that are astringent or tonifying; Witch Hazel, Yarrow, Cedar Berries, Rose and Juniper.
- Traditional herbs the Maya use are Oregano, Basil, Marigold, Rosemary, Chamomile, Damiana, Plantain, Yarrow.

If you choose to administer your own steam at home or if you decide to visit a spa, be sure to do your research on each herb’s benefits and side effects. Also

honor your yoni time by bringing attention to the sacredness of your womb. If your body is a temple, your womb must be the holy of holies.

#6 Kegel Exercises

You ever laughed or sneezed too hard and experienced a little sprinkle in your underwear? This happens as a result of loss of pelvic floor muscle control. A Kaiser Permanente study shows one in three women have pelvic floor dysfunction (PFD) which includes a frequent urge to urinate, dropped pelvic organs and incontinence. They also found that women who've had vaginal births are more likely to have PFD.

We can be proactive with our pelvic health by doing simple kegel exercises daily. Simply locate your kegel muscle, the one you use to stop the flow of urine. With an empty bladder, contract that muscle for 5 seconds and then release for 5 seconds. Try doing this a few times a day. The beauty of this exercise is you can do it anywhere, in the bank, the grocery store line, sitting at your desk at work or in your bed before falling asleep.

Don't forget to breathe when you are doing this exercise. And remember while you want to have a strong pelvic floor for muscle control as well as for pleasure, this isn't like body building. You should still be soft and supple down there so don't overdo it. Oh and please see your doctor if you are having serious concerns about your pelvic health.

#7 Yoni Care

Women everywhere are coming home to their bodies. Yoni love is truly self-love. We've rejected our bodies long enough. It's time to come home.

The past few years I've developed a green thumb. I guess it's due to my connection with nature and the sacred feminine. I love tending to my plants. I truly nurture them. I water them, I feed them plant food, I talk to them, make sure they get proper sunlight and bring them in the house or cover them when it's cold.

I believe we should tend to our yonis the way a gardener tends to their plants. This requires us making our yoni's a priority. Talk to your yoni. Speak blessings to her. Protect her. If you've experienced any trauma or medical probing, you know your yoni has been through a lot already. We can protect our yoni by ensuring it isn't given away freely to anyone who doesn't genuinely love us.

Treasure your yoni with plenty of self-care acts. One of my favorite yoni rituals is exposing my yoni to some sunlight just as I do my plants. Studies show that a moderate amount of sun on the skin can boost your mood as well as provide you with many other vitamin D benefits. Give your yoni some sun love by finding a place on the floor near an opened window. Make sure you are not in visible sight of your neighbors. Get comfortable. You may even want to support yourself with pillow if needed. This is your time so make it as sweet as you'd like. Light a candle, play some mood music to bring you in touch with your feminine essence (I like listening to Sade) and bring your attention to your yoni. Open your legs nice and wide and allow the sun to warm your yoni. All you need is as little as five minutes from time-to-time to reap the benefits.

Because our healing is very much intuitive, it's important that we take the time to get in touch with our body and find out what it needs. You can start with the rituals mentioned above and eventually create your own yoni love rituals and watch how you will become more aware and present in your body. Come home to your yoni, heal the trauma and allow your vibrancy, radiance, and feminine essence to shine.

But wait, there's so much more!!!

Join us for the Yoni Temple eCourse, The Ultimate Guide to a Healthy, Happy, Holy Vagina!

[Click here to register](#)

Disclaimer: Please note that the rituals mentioned above are not meant to be medical or psychiatric treatment nor replace such treatment. All benefits that occur by implementing these self-care practices comes from your intention and result from you getting to know more about yourself and how your body works. If you experience pain or discomfort, consult a physician if needed.