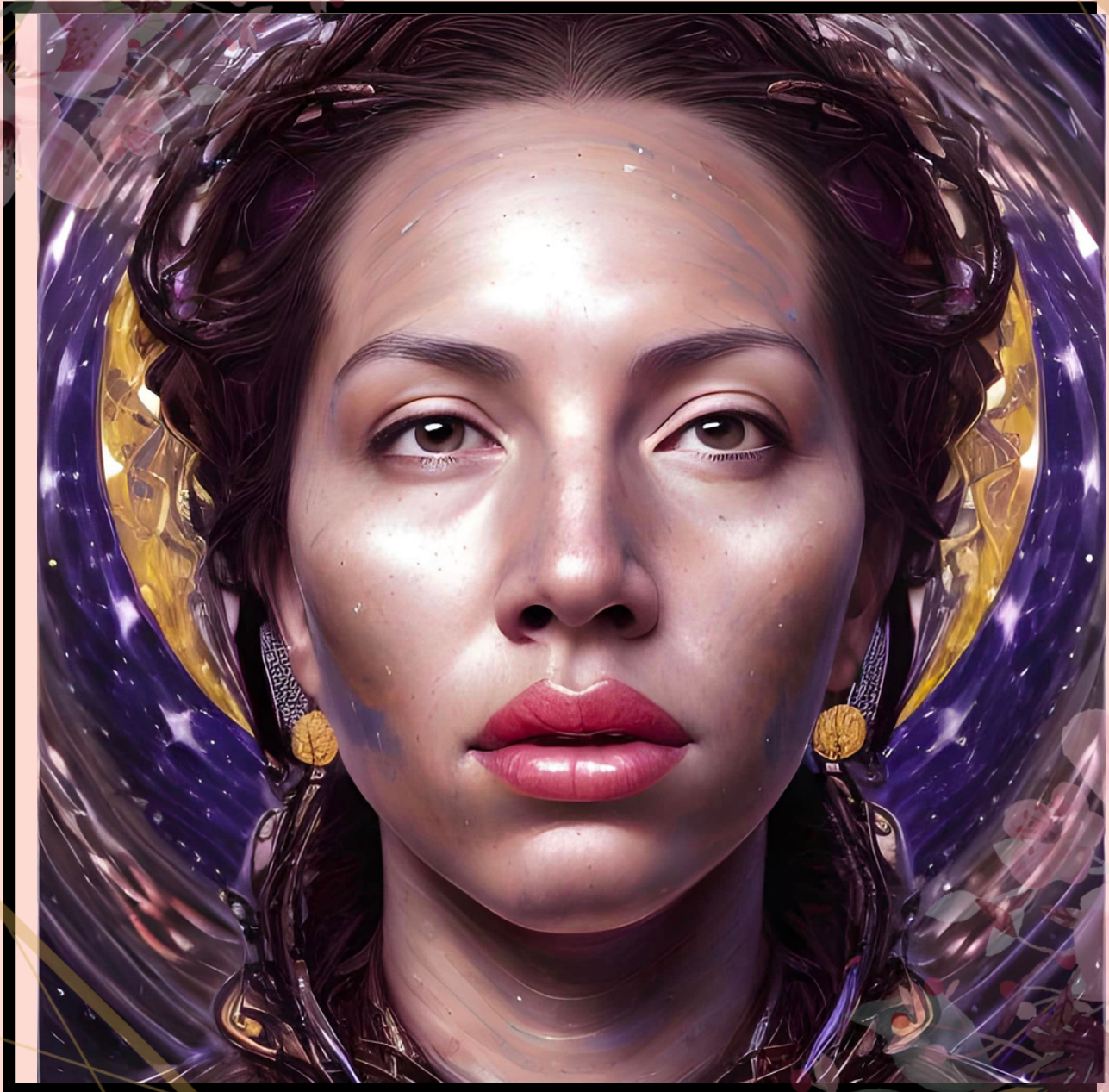


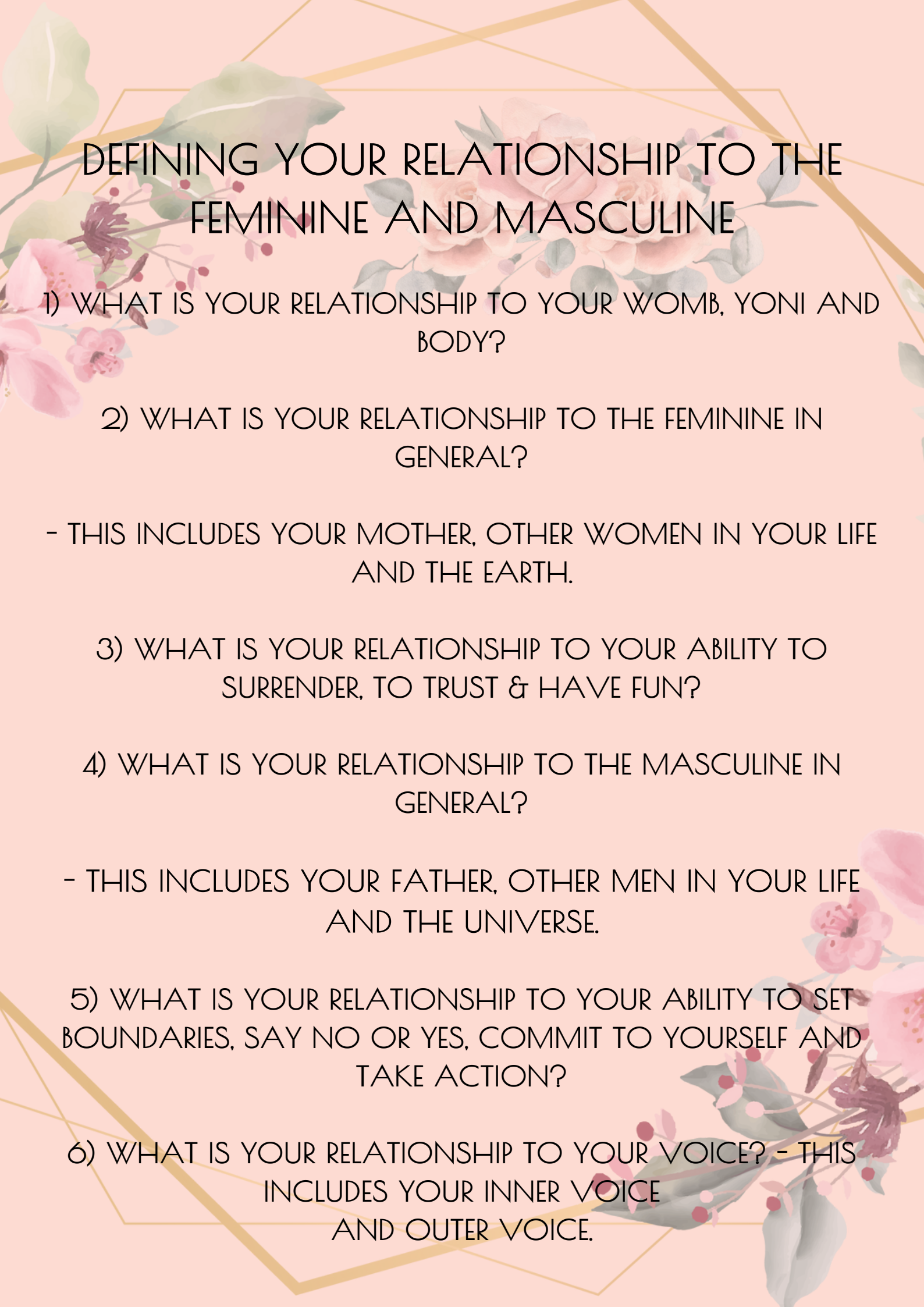
UNLOCKING THE DIVINE FEMININE



JOURNALING PROMPTS
PRIESTESS DECLARATION



THE BENEFITS OF YONI STEAMING



DEFINING YOUR RELATIONSHIP TO THE FEMININE AND MASCULINE

1) WHAT IS YOUR RELATIONSHIP TO YOUR WOMB, YONI AND BODY?

2) WHAT IS YOUR RELATIONSHIP TO THE FEMININE IN GENERAL?

- THIS INCLUDES YOUR MOTHER, OTHER WOMEN IN YOUR LIFE AND THE EARTH.

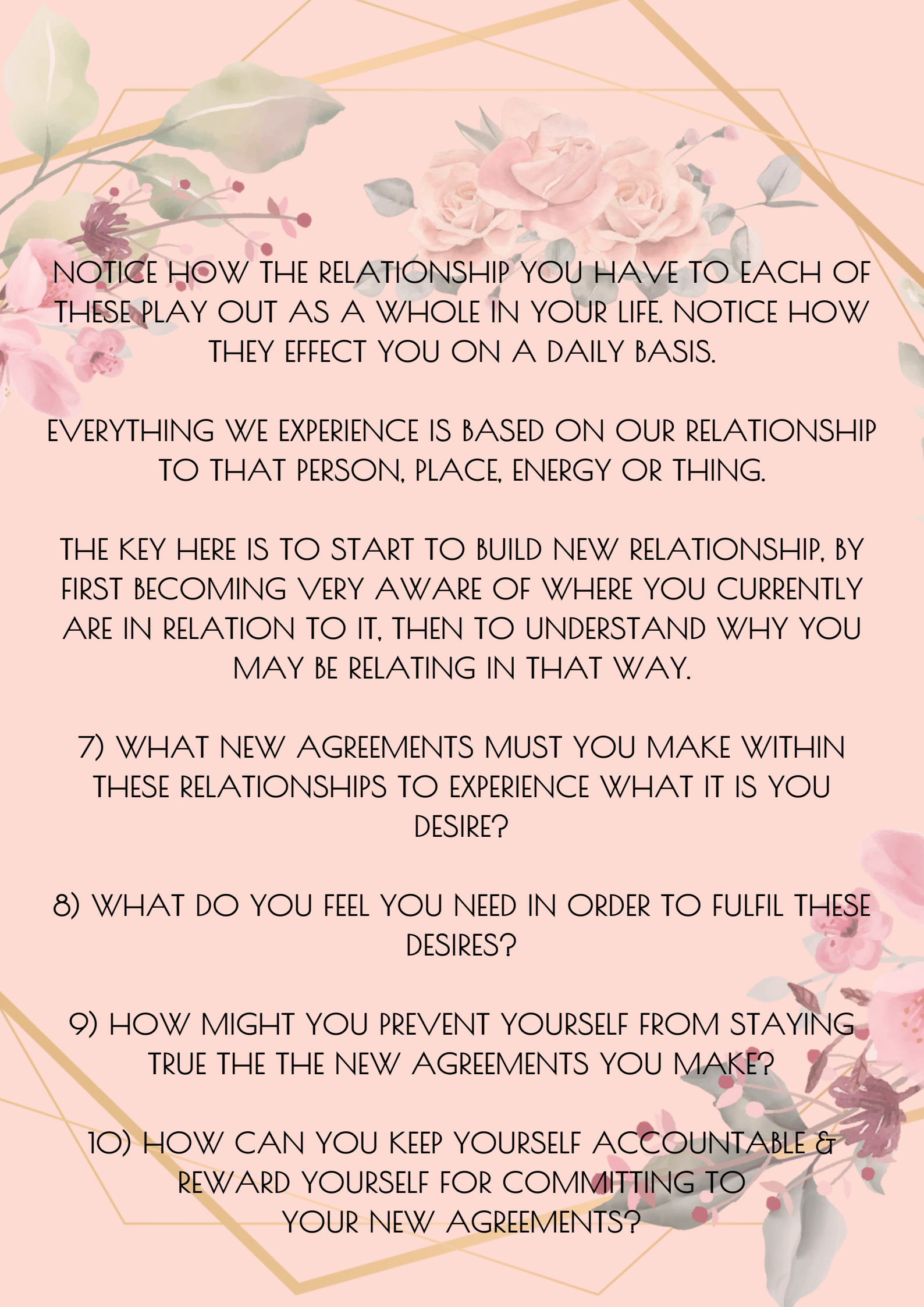
3) WHAT IS YOUR RELATIONSHIP TO YOUR ABILITY TO SURRENDER, TO TRUST & HAVE FUN?

4) WHAT IS YOUR RELATIONSHIP TO THE MASCULINE IN GENERAL?

- THIS INCLUDES YOUR FATHER, OTHER MEN IN YOUR LIFE AND THE UNIVERSE.

5) WHAT IS YOUR RELATIONSHIP TO YOUR ABILITY TO SET BOUNDARIES, SAY NO OR YES, COMMIT TO YOURSELF AND TAKE ACTION?

6) WHAT IS YOUR RELATIONSHIP TO YOUR VOICE? - THIS INCLUDES YOUR INNER VOICE AND OUTER VOICE.



NOTICE HOW THE RELATIONSHIP YOU HAVE TO EACH OF THESE PLAY OUT AS A WHOLE IN YOUR LIFE. NOTICE HOW THEY EFFECT YOU ON A DAILY BASIS.

EVERYTHING WE EXPERIENCE IS BASED ON OUR RELATIONSHIP TO THAT PERSON, PLACE, ENERGY OR THING.

THE KEY HERE IS TO START TO BUILD NEW RELATIONSHIP, BY FIRST BECOMING VERY AWARE OF WHERE YOU CURRENTLY ARE IN RELATION TO IT, THEN TO UNDERSTAND WHY YOU MAY BE RELATING IN THAT WAY.

7) WHAT NEW AGREEMENTS MUST YOU MAKE WITHIN THESE RELATIONSHIPS TO EXPERIENCE WHAT IT IS YOU DESIRE?

8) WHAT DO YOU FEEL YOU NEED IN ORDER TO FULFIL THESE DESIRES?

9) HOW MIGHT YOU PREVENT YOURSELF FROM STAYING TRUE THE THE NEW AGREEMENTS YOU MAKE?

10) HOW CAN YOU KEEP YOURSELF ACCOUNTABLE & REWARD YOURSELF FOR COMMITTING TO YOUR NEW AGREEMENTS?

AWAKENING THE ROOT OF LOVE

WHEN WE ALLOW AN OUTWARD EXPANSION OF ENERGY, WHEN WE LET GO OF THE LIMITED. CONTRACTED BOX WE HAVE KEPT OURSELVES 'SAFE' IN, WE ARE BROUGHT INTO THE ORGASMIC FLOW OF LIFE AND LOVE. ASK YOURSELF THE FOLLOWING QUESTIONS TO OPEN THE SECRET DOOR TO YOUR HEART.

1) FEEL INSIDE YOUR HEART: HOW STRONG IS YOUR COURAGE, *LE COEUR*, THE PASSION TO LOVE NO MATTER WHAT?

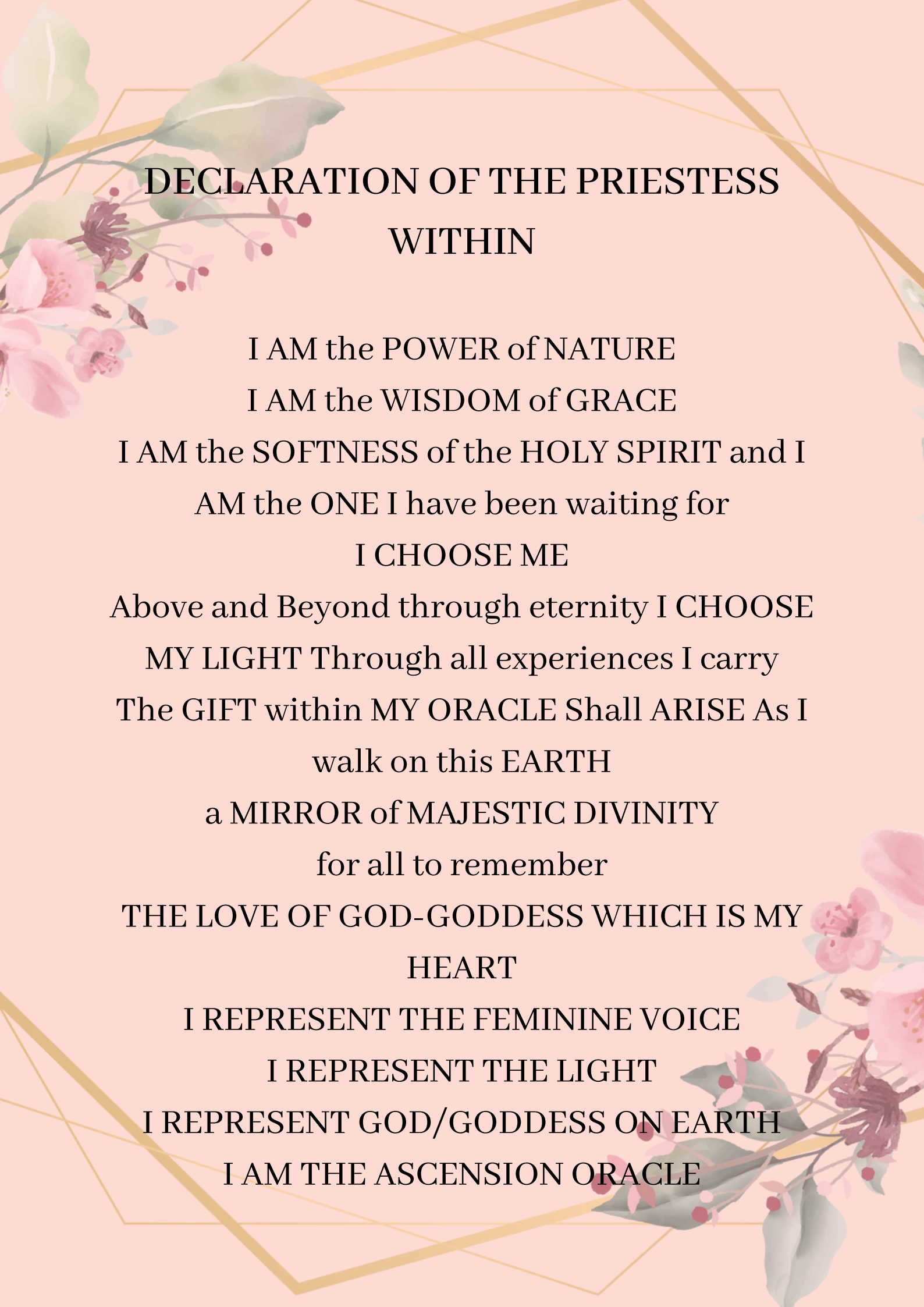
DO YOU BRING THIS ENERGY INTO YOUR INTIMATE RELATIONSHIPS; DO YOU DARE TO LOVE TRULY, MADLY, DEEPLY?

2) HOW CAN I BE MORE NAKED, MORE VULNERABLE, MORE SURRENDERED?

3) HOW CAN I TRUST MORE INTO THE POWER OF LIFE FLOWING THROUGH MY WOMB?

4) WHAT DO I NEED TO STOP TRYING TO CONTROL?

WHAT DO I "THINK" I OWN THAT I CAN SET FREE?

The background is a light pink color with a subtle geometric pattern of thin, gold-colored lines forming various polygons. On the left side, there are illustrations of green leaves and pink flowers. On the right side, there are more pink flowers and green leaves. The text is centered and reads:

DECLARATION OF THE PRIESTESS WITHIN

I AM the POWER of NATURE

I AM the WISDOM of GRACE

I AM the SOFTNESS of the HOLY SPIRIT and I
AM the ONE I have been waiting for

I CHOOSE ME

Above and Beyond through eternity I CHOOSE

MY LIGHT Through all experiences I carry

The GIFT within MY ORACLE Shall ARISE As I
walk on this EARTH

a MIRROR of MAJESTIC DIVINITY

for all to remember

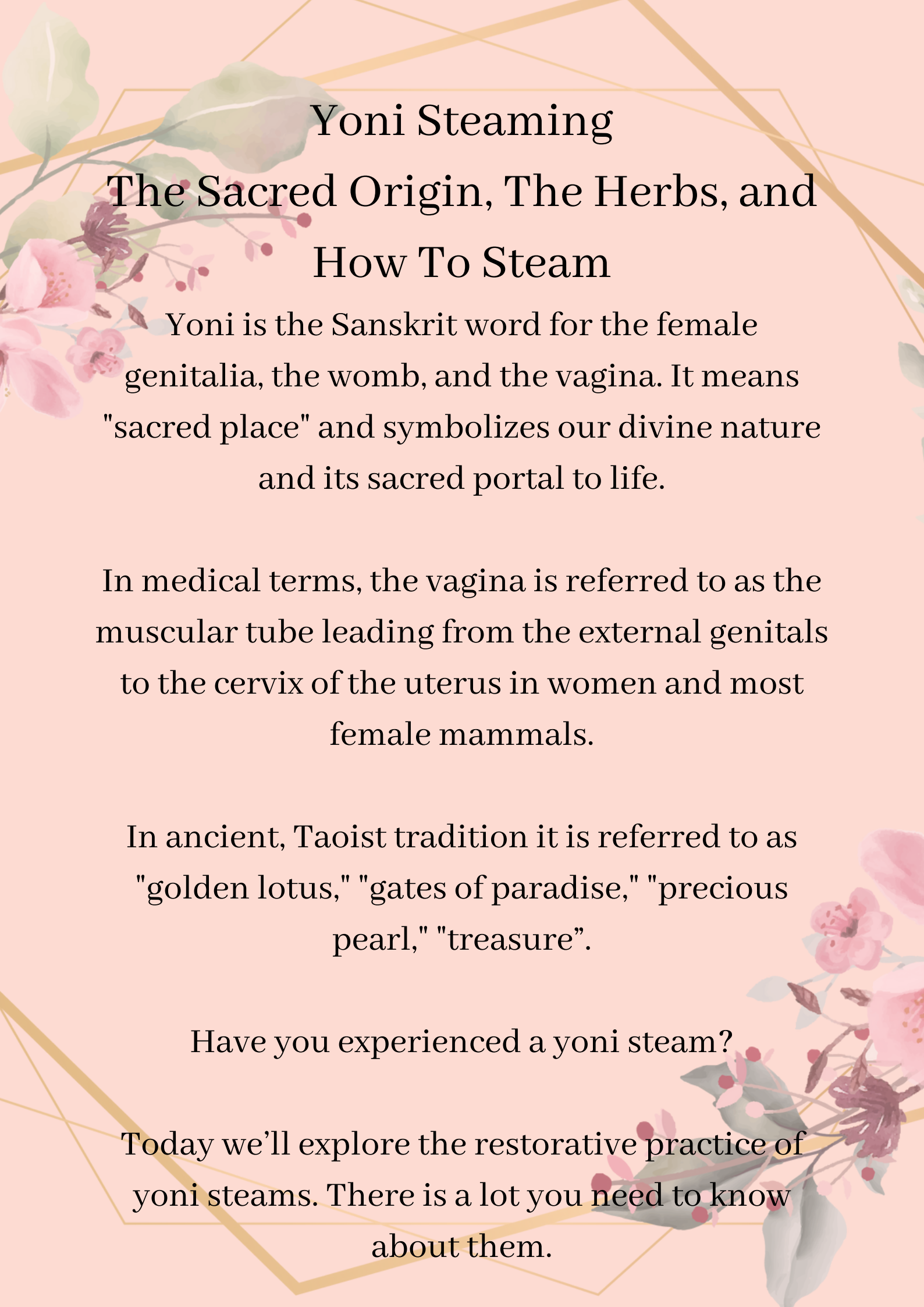
THE LOVE OF GOD-GODDESS WHICH IS MY
HEART

I REPRESENT THE FEMININE VOICE

I REPRESENT THE LIGHT

I REPRESENT GOD/GODDESS ON EARTH

I AM THE ASCENSION ORACLE

The background features a light pink color with faint, overlapping geometric lines in a golden-yellow hue. On the left side, there are illustrations of green leaves and pink flowers. On the right side, there are more pink flowers and green leaves.

Yoni Steaming

The Sacred Origin, The Herbs, and How To Steam

Yoni is the Sanskrit word for the female genitalia, the womb, and the vagina. It means "sacred place" and symbolizes our divine nature and its sacred portal to life.

In medical terms, the vagina is referred to as the muscular tube leading from the external genitals to the cervix of the uterus in women and most female mammals.

In ancient, Taoist tradition it is referred to as "golden lotus," "gates of paradise," "precious pearl," "treasure".

Have you experienced a yoni steam?

Today we'll explore the restorative practice of yoni steams. There is a lot you need to know about them.

The background features a soft pink color with delicate watercolor-style illustrations of pink flowers and green leaves in the corners. Overlaid on this are thin, light-yellow geometric lines forming various triangles and polygons.

Yoni steams offer us the to restore the disconnect from
our female body,
yoni/uterus, whether that be from birth, unsatisfying
intimate experiences, trauma, abuse, surgeries, or just
cultural disconnect.

Yoni steaming as a self-health practice to restore
health and balance your physical feminine cycles, ease
the transition through life phases, unlock the intimate
magic of your womb, and release toxic emotions such
as stress, tension, and stagnation.

Yoni steaming is a powerful ancient self-care practice
used by women worldwide to support deep wellness,
women's wisdom, herbal medicine, and feminine
power. Yoni steams, also referred to as V steams,
vaginal steams, pelvic steams, chai-yok, or bajo's, are a
part of ancient womanly healing arts that are
becoming popular again.

The background of the page is a light pink color. It features decorative elements including green leaves and pink flowers in the top-left and bottom-right corners. A network of thin, gold-colored lines forms a geometric pattern across the entire page.

Yoni steams are holistic self-care practices in which a woman allows the warmth of herbal steam to permeate the exterior of her vagina gently.

Yoni steams are part of the Maya healing lineage and used mainly to cleanse the uterus when there are menstrual difficulties, after birth, and with menopause to completely clean the womb when finished bleeding. They are popular in Central America, India, eastern Europe, and in Korea, where women commonly incorporate them as part of their self-care routines.

Studies show that we can improve our heart health by merely being kinder, more gentle, and loving to ourselves. We can change our physiology based on our level of self-love. I believe that this is true for our entire body, especially our female and reproductive organs. We can improve our vaginal health based on how we love and respect our bodies.

YONI HERBS

A YONI STEAM PROVIDES GENTLE & EFFECTIVE SUPPORT FOR WOMB WELLNESS.

IT'S AN ANCIENT PRACTICE OF ALLOWING THE WISDOM OF THE HERBS TO SOFTLY PERMEATE THE EXTERIOR OF THE VAGINA.

YONI STEAMS GENTLY AND EFFECTIVELY CLEANSSES, TONES, AND REVITALIZES YOUR CENTER, REDUCES MENSTRUATION CRAMPS AND INCREASES FERTILITY.

IT ALSO SUPPORTS YOUR NATURAL FEMININE CYCLE, AND ASSISTS YOU TO RELAX AND SOFTEN THE CERVIX FOR THE HEART CONNECTION TO BE RESTORED AND WOMB WISDOM AWAKENS.

CALENDULA - PREVENTS ABDOMINAL AND PMS CRAMPS, PROMOTES EASE OF MENSTRUATION, REDUCES INFLAMMATION, HEALS ULCERS, IMPROVES SKIN FIRMNESS & DISCOURAGES CANCER AND UTI.

ROSEMARY - LOWERS CORTISOL LEVEL, REMOVES FREE RADICALS & AND IS A POWERFUL ANTIOXIDANT.

ROSES - WORLDWIDE SYMBOL OF LOVE & SENSUALITY. BOOSTS THE IMMUNE SYSTEM AND IS ANTI-INFECTION, ANTI-INFLAMMATORY, ANTIOXIDANT FOR UTI PREVENTION AND TREATMENT.

CLEANSSES BLOOD. RAISES OUR VIBRATION AND ENHANCES POSITIVITY OF THE MIND. REDUCES MENSTRUAL PAIN. CALMS NERVES AND EASES STRESS & TENSION.

LAVENDER - RELIEVE STRESS, TREAT INSOMNIA, NERVOUS STOMACH AND ANXIETY. PROMOTES RESTFUL SLEEP. SOOTHES STOMACH BLOATING. ANTIBACTERIAL & ANTIMICROBIAL. INFLAMES PASSIONS AS AN APHRODISIAC.

CHAMOMILE - ONE OF THE MOST ANCIENT MEDICINAL HERBS KNOWN TO MANKIND, SOOTHES INFLAMMATION, MUSCLE SPASMS, MENSTRUAL DISORDERS.

"PLEASE NOTE THAT WHILE YONI STEAMING HAS BEEN USED BY MANY FOR ITS POTENTIAL HEALTH BENEFITS, IT'S ESSENTIAL TO SEEK PROFESSIONAL ADVICE FROM A HEALTH OR HOLISTIC PRACTITIONER BEFORE TRYING IT YOURSELF. USE YOUR OWN DISCERNMENT TO DETERMINE IF THIS PRACTICE ALIGNS WITH YOUR INDIVIDUAL HEALTH NEEDS AND CIRCUMSTANCES."