

# yoni love

## the self healing practice of yoni steam ritual



### Why yoni steam?

This is an ancient sacred practice that can help with improving our experience of our moon cycle and relieving cramping, dryness, bloating and aiding in healthy menstrual flow as well as easing symptoms associated with fibroids, ovarian cysts, and symptoms of menopause. Best to be done before menstruation, (inner spring, summer, autumn)

Helps connect us to our yoni energetically and helps to clear out stagnant energy in womb and yoni from past partners and experiences. Honouring our sacred space of power and creation.

### You will need:

1. A blanket to cover your legs during yoni steam and keep steam in
2. A large pot with about 3 cups of water
3. A yoga block or bolster to sit on so you are high enough that the bowl is at the height of your yoni/vaginal opening.
4. 2 handfuls of plant allies you're working with today (see below for plant allies and healing benefits) (fresh or dried)
5. A journal and pen to write insights
8. A candle and smudge (optional)

### The Ritual:

1. Set your space so it feels safe and sacred
2. Boil water
3. Allow intention to arise by placing hands on heart and womb or yoni and asking what is wanting to be nurtured, seen, noticed, let go of etc
4. Choose herbs that you feel intuitively support your intention
5. Add two handfuls to pot and cover for 5 minutes
6. Sit on block or bolster and place pot in front of you (Make sure water is not too HOT)
7. Cover your front and back with a large towel (or two) or blanket
8. Sit back and get comfy allowing your body to receive this healing practice
9. Writing down any insights you receive or notice during your practice



AKAIY'HA

womb wisdom + ancestral healing

# plant allies for yoni steaming



Rosemary : connecting to ancestors, good as a base, fight bacterial infections  
Increase circulation, blood flow, encourages healthy menstrual flow,

Yarrow: clears stagnation to help with cysts and fibroids, helps us with maintaining healthy boundaries, used as support during deep inner work

Ginger: detoxing from contraceptives, invigorates the womb after miscarriage or abortion, encourages healthy flow (helps with balancing scant or heavy flow), connecting us to our roots / ancestral wisdom,

Calendula:

Cleanses and minimizes bacteria, helps reduce inflammation itching and redness, heals scar tissue, vaginal tears after episiotomy, helps with healing of hemorrhoids, reminds us of our childlike innocence and joy, supports in healing sexual abuse (especially from childhood)

Rose: reduces cramps, tonifies tissues of the yoni, decrease blood clots, moves out stagnation, helpful during postpartum and encourages the contracting of uterus, reminds us of our sacred sexuality, sensuality, and our innocence, supports us through healing from sexual abuse or oppression

Chamomile:

calming, balancing, soothing, helps reduce redness, itchiness, and inflammation, promotes healing, helps reduce cramps, reminds us of power of resting and receiving

Lavender: Supports healthy balance of bacteria, small amounts support relaxation while large amounts support enlivening and awakening of tissues, helps with healing of scar tissue, reminds us to take time for ourselves, to relax and honour the pauses

