

# YONI DE ARMOURING & THE BODY CONNECTIONS

The Jaw and pelvis are connected (throat chakra and sacral chakra)

The Ancients teach this, a main teaching for many unbroken central American lineages is to practice getting into your jaw and your primal energy and your hips and seeing the connection and now we can also see by studies of embryos

Around day 15 of human development the little embryo forms two depressions next to each other; one is the jaw area – the opening of the mouth and the other is the opening for the reproductive organs, urethral etc. These two parts of the body stay connected – the spine just grows in between separating them in distance but keeping them connected.

See link for extra reference:

<https://www.youtube.com/watch?v=N5E0wp8uOcl>

## De-armouring

Yoni de armouring is a powerful process for releasing trauma, blocks and any stagnated energy, emotions, pain or numbness

Our body is a physical manifestation of our subconscious mind.

When we use de armouring to release through physical touch, breath and sound and expression we are freeing ourselves from the energetics, the stories, the physical pain or numbness and the emotions.

This creates space for PLEASURE and sensation of LOVE

De armouring process;

As mentioned on the video.

Always connected to your breath and sound & feeling into the emotions and if any suppressed stories arise (maybe prepare with a bath or meditation or shaking before to drop into your body and relax the chatter of the mind)

Begin with your breasts (the connection to your heart)

Massaging breasts, under armpits, chest and nipples

Massaging jaw, under and behind the ears and lower face whilst

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Massage the womb and the tummy with so much love

You can do your inner thighs, your pelvis mound and pelvis area

Next your vulva

With so much love and awareness – begin with the outer labia, then inner labia (or clitoris first) then the vagina entrance

Wait at your vaginal entrance for a yes to enter (honoring her boundaries) THERE IS NO RUSH and she may not give you a yes this time and that's ok. You can try again another day

HONOR HER.

Massage with index finger by circulating and tapping

If you can reach your cervix, be so loving with her

Do the first time with fingers and then second time I recommend with the wand and using the wand to access pleasure points and explore her and opening her up.

Now this practice is for yourself and for you to share with clients to do on themselves and guide them by explanation however this isn't for you to do for someone else (that is training part 2 as its more in depth)

