

YONI ANATOMY

This is more for a visual and to help you feel more confident with knowing your Yoni. This helps with understanding pleasure spots, how your Yoni looks, the fact that the Vulva (the pussy, isn't your womb) & how it is all connected, energetically emotionally and physically.

There are not 2 Yonis that are the same, they are all totally different. They are so uniquely beautiful in their own sacred way. Your Yoni is unique and beautiful.

Unfortunately, labia dysmorphia is a real thing and the number of people promoting Labia dysmorphia is growing daily. I am not here saying ALL SURGERY is bad. I do believe people have their own choice with their own body and what they do and how they feel they need to be confident and that in itself is a intense complex multi-layer subject.

However, I believe so many women are unaware of that each labia is so unique, they are ALL beautiful. They are unique and non are the same.

Labia shaming stems all the way back to the 1900's when Doctors believed that the bigger the labia the more sexual desire the women had and that was seen as bad. They would have labia's amputated as they believed their sexual desire would diminish / and an attempt to stop them masturbating / having sex. They would sometimes amputate the clitoris too.

Unfortunately, the other week, I saw that Kourtney Kardashian was promoting her labia surgery. This broke my heart as she has such a strong platform influencing beautiful young women who are truly vulnerable.

Porn also cuts out the labia so again people who watch porn, are not seeing what true labia look like.

Australia actually has a law that it is illegal to show the labia.

I am unaware about other countries legislations.

YONI

I refer to our sacred centre as the Yoni, especially online. However, I also LOVE to call it the /our PUSSY. Our pussy feels empowering and powerful. However sadly online systems like IG & FB tend to shadow ban that so I don't say it so much online.

Yoni comes from Sanskrit – which is the ancient language / known as the most ancient language/languages. In Sanskrit, Yoni means; **source or origin of life**. This isn't only referring to the source of life of humans, but rather all of the life that is birthed from our sexual energy which is the same as creative energy, life force energy!

In English so many refer to Yoni as Vagina –

The Vagina is not the entire vulva, or Yoni. It is just one part of the Yoni and its actually located internally.

The Vagina is located inside the entrance and reaches all the way up to the cervix.

What you need to know about the vagina;

The bliss spot (commonly known as the G spot), A spot, O spot, C spot and P spot are all located within the vagina.

The bliss spot, is located from the entrance of the vagina and runs up along the wall of the vagina as far as you feel the rigged area.

I see commonly people may hold a lot of pain here in their first-time yoni de-armor / mapping – mostly from unwanted sex and not listening to their Yonis no.

However, once you de armor, most women will eventually feel sensation of pleasure here again (this doesn't have to mean explosive pleasure)

Next, we have the A spot, this is also against the anterior wall, however its higher up – if you were to look from the outside, it's like the inside against the pelvic bone

YONI

Next is the P spot, which is located behind the cervix (the posterior wall) – this spot can usually only be reached when sexually aroused and the uterus has moved up into the pelvic bowl

Vagina & her juices;

Vaginal lubrication does not come from vaginal glands (we don't have vaginal glands, like we have in our vulva but we will go onto that later)

Lubrication from the vagina is produced through sexual excitement and cells of the vagina produce a fluid (your juices)

When people have trouble becoming lubricated, there are so many reasons why- every individual is unique.

However, what I see the most is that through trauma, blocks, not understanding how they want to receive and experience pleasure and stress is major causes of blocks that I have myself experienced and so have so many people – mostly in long term relationships.

Lubrication; to become lubricated and sexually aroused, we must be totally in our body.

We must be relaxed We must be curious.

If we are in our heads, most likely we won't become sexually aroused and lubricated.

We go up into our heads for many reasons ; fears of intimacy, stress, miscommunication in relationship, lack of communication in relationship, lack of education and knowing own body, you are no longer in the lust of meeting someone (it is much easier for someone to become lubricated and aroused when they are excited and in lust, hormones are going OFF constantly in their body like fireworks and most people can drop into lubrication and sex very quickly because they're supported by so many hormones)

YONI

Arousal and lubrication takes the art of SURRENDER. True surrender (this is for vagina lubrication and vulva glands lubrication)

In menopause or women who have a lack of estrogen, they may experience a thinning of the Vaginal wall which is called Vaginal atrophy. This is when the vagina walls become thin, dry or inflamed.

Yoni eggs, Yoni steams, Yoni massages and Yoni wands are a massive help for this.

The vulva;

When I refer to the Pussy or say the word pussy I often see how I am really referring to the Vulva.

- * The vulva is ;
- * Your pubic mound and hair
- * Your inner and outer labia
- * The vaginal entrance
- * The uterine entrance

the clitoral hood, clitoral shaft and the glans clitoris,

Greater vestibular glands (these glands are responsible for lubrication, vestibular glands are connected to the parasympathetic nervous system) This is why it is so important for you to surrender and relax so when your nervous system is relaxed, then you can become juicy and wet.

The vagina opening
Fourchette

YONI

The Womb :

The womb is the powerful void of creation. It is pure power and we absorb so much into this space from the external world, meeting our cervix which then travels into our womb. The Cervix is the only internal organ we can touch in the body. It is holy. Pure holy.

The Womb has many nerves, arteries and ligaments but what we are going to focus on today are the main parts that need focus;

*Your Cervix
Your uterus
Your fallopian tubes
Your ovaries
Fimbriae
Endometrium*

Your cervix moves up and down depending on your cycle. It also softens and becomes firm like the tip of a nose.

Before ovulation she is firm and lower. During ovulation she is higher soft and wet and after ovulation she lowers again and becomes firm again

Also when feeling sexually aroused she will move up and soften and then will return lower again.

The Clitoral complex:

The clitoris is so misunderstood. She is so much more than the pearl looking pleasure part of you under the hood.

The clitoris is similar to a penis and made up of erectile tissue.

The clitoris includes;

The Glans clitoris, the clitoral shaft, the clitoral legs (clitoris/cura) The vestibule bulbs, the urethral sponge and the corpus cavernosum

YONI

The clitoral complex becomes engorged when a woman is aroused. This then creates a sucking effect from the vagina. The vagina actually sucks in the penis/fingers/sexual tools. This is when she becomes puffy and truly ready for penetration.

The amount of time it takes to be in this state depends on the circumstance, the woman, the state of surrender, the partner. Most women take 20-40 minutes to reach this state. If you struggle or in a long-term relationship and struggle, it's really recommended to stay curious to small pleasures and like a meditation, present with the body and sensations.

It is important to breathe, exhale, sound and drop into your body. It is important to communicate and feel safe and trusting with your partner.

The final part of the anatomy for this is the pelvis and jaw & will be covered in the next module.

STI'S, UNEXPLAINABLE PAINS, ILLNESS OR REOCCURRING CONDITIONS

There are so many different conditions and reoccurring conditions that women can experience and suffer from in their sex center. And

I guess this is why I began to be so passionate about sexual healing, as I suffered from reoccurring thrush for years, I suffered from Vulvodynia (it was never confirmed by a Dr as I knew that a Dr couldn't cure it so I never went to be tested for confirmation but as a yoni massage practitioner and through my healers and yoni healers we were all very sure that I had Vulvodynia)

STI's and unexplained illnesses are manifestations of energy blocks, stagnant energy, trauma and stress.

Vaginismus

Vaginismus is when a sister experiences pain during penetration. Vaginismus is usually a fear response pain that has been created through any of the following; body dysmorphia, misinformation around sexuality, no communication around sex or the yoni in the sisters upbringing, a phobia surrounding the yoni, trauma from sexual abuse and having someone force themselves on you and beliefs that the yoni is disgusting or ugly.

Primary vaginismus

Primary vaginismus is when a sister has never experienced any pleasure or comfort with anything entering the yoni, including; tampon, finger, penis, sex toy.

It is likely there are experiencing a form of phobic anxiety.

Secondary vaginismus

onset of pelvic floor muscle tightness

Can occur after a painful condition of the vulvodynia or thrush. It can also occur due to polycystic ovaries, atrophic vaginitis or endometriosis.

STI'S, UNEXPLAINABLE PAINS, ILLNESS OR REOCCURRING CONDITIONS

Unaroused/not lubricated/not wet intercourse may also contribute to the vagina progressively becoming getting tighter from discomfort.

It is often that sisters have experienced vaginismus but pushed themselves to have sex with a partner, leading to the pain and tightening becoming more extreme.

Trauma after rape and/or any kind of abuse may also result in secondary vaginismus. This is often due to the body clenching and tensing – going into fight or flight.

Other factors/likely causes

Experiencing an STI test/smear test in a painful not comfortable way.

Bladder or bowel issues – holding tight.

High impact sports increase pelvic floor muscle tone

Fear of penetration – due to trauma

Practical social views/religious views

Vaginismus can result in:

Feeling guilty and shame and as a failure as a woman

The woman's partner may feel rejected and a failure also and blame themselves

Vulvodynia

Everything above can also apply to Vulvodynia.

Vulvodynia is a chronic vulva pain, which is a 'spontaneous condition' which basically means there is no known cause.

You must experience 3 months of symptoms before it is diagnosed as vulvodynia.

As with vaginismus, vulvodynia greatly restrains sexual, relational, and psychological functioning of the sisters who are affected, as well as their partners.

STI'S, UNEXPLAINABLE PAINS, ILLNESS OR REOCCURRING CONDITIONS.

Due to the immense pain, sisters can feel so much pain that they don't feel sexually aroused, which causes shame of 'not being able to cum/feel pleasure' this also can cause frustration for her. Sometimes the partner may experience shame or frustration blaming him/herself.

Even though there are heaps of cases of vulvodynia there are enormous gaps in this area. There is not known treatments that doctors or gynecologists discuss.

There is a lot of unknown with Vulvodynia – meaning that some sisters may experience it then it fades and goes away, some may have it and it doesn't strain their sex life and others it does.

“Provoked vestibulodynia (PVD) is when there is pain experienced when touching the vulva vestibule. This is a common subtype of vulvodynia experienced by premenopausal women.” - Yonilicious

Vulvodynia is the diagnosis that is given when the pain is not caused by a specific disorder e.g. reoccurring thrush.

“Vulvodynia, simply put, is chronic vulvar pain without an identifiable cause. The location, constancy and severity of the pain vary among sufferers. Some women experience pain in only one area of the vulva, while others experience pain in multiple areas. The most commonly reported symptom is burning, but women's descriptions of the pain vary. One woman reported her pain felt like “acid being poured on my skin,” while another described it as “constant knife-like pain.” - <https://www.nva.org/what-is-vulvodynia/>

STI'S, UNEXPLAINABLE PAINS, ILLNESS OR REOCCURRING CONDITIONS.

Vaginal Thrush/Candida

Vaginal thrush is not an STI. Vagina thrush is a very, very, common infection caused by overgrowing Candida yeast. Naturally this yeast lives in the bowel and small amounts live in the vagina. It's basically harmless, but symptoms can develop if yeast numbers increase.

There are statistics showing that 75 per cent of women will experience having vaginal thrush in their life.

Symptoms can include vaginal itching or burning, swelling, redness, white discharge and stinging/burning when urinating. Vaginal creams or vaginal tablets (pessaries) can help reduce the symptoms of thrush. Thrush can also occur in other parts of the body, such as the mouth.

Although there are medications, this does not prevent thrush coming back. I recommend using thrush medicatons when absolutely necessary. I believe coconut oil can help with thrush symptoms (mixed with tea tree oil on a tampon) and a non-sugary diet (sugar feeds the candida and it then grows) so eating a Alkaline diet is very powerful to prevent thrush. If medical treatment is necessary, do not shame yourself. Allow yourself to use it to centre yourself again and most importantly heal the somatic energy behind the manifestation.

Endometriosis, Pelvic inflammatory, fibroids, cysts and many more exist. Again I believe through healing the somatic body, the trauma, the blocks and using herbs and supplements and a certain diet they can be cured.

STI's

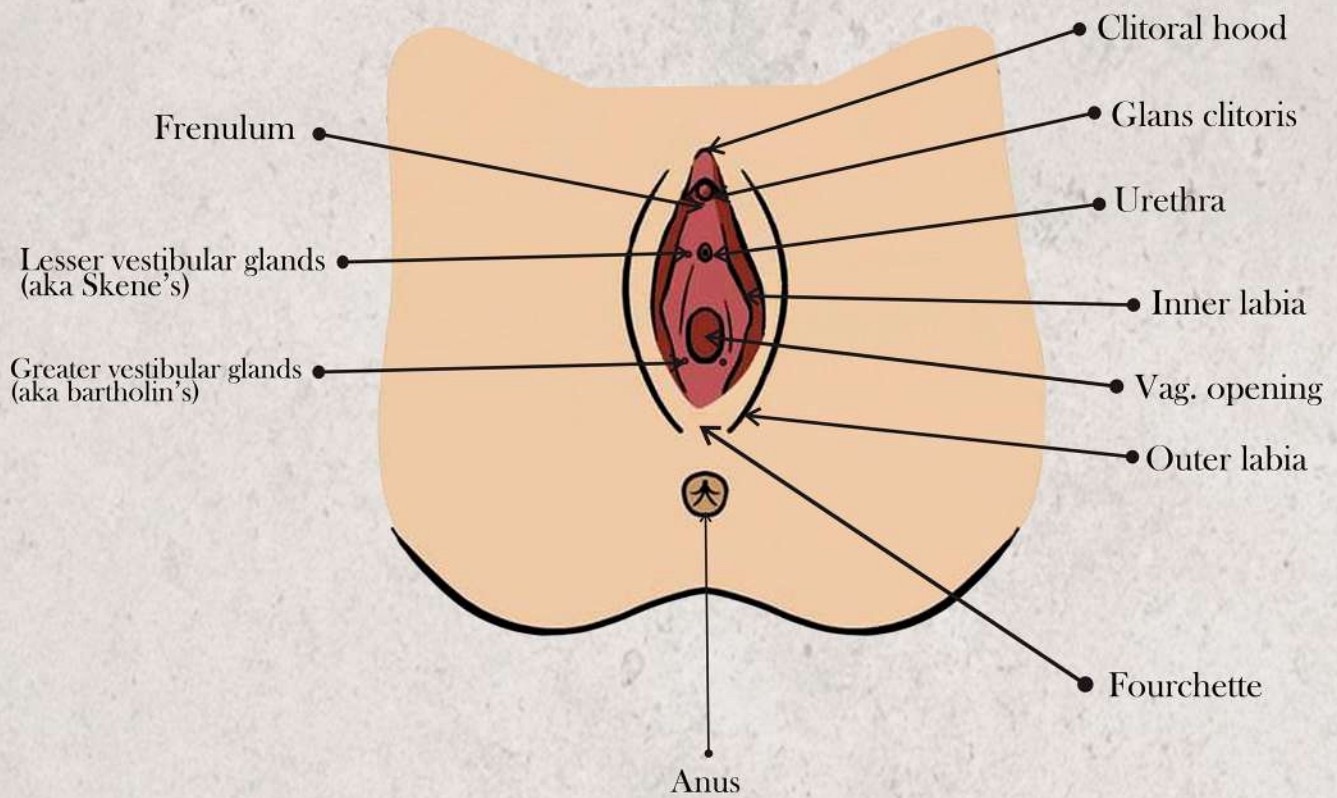
STI's are a manifestation of shame. When we are in the frequency of shame in our sexuality we are likely to attract STI's.

Gay men have the highest record in HIV & Aids. There is a theory because of the suppression of sexuality the sexual shame they are in is then creating a manifestation to attract in partners carrying the disease.

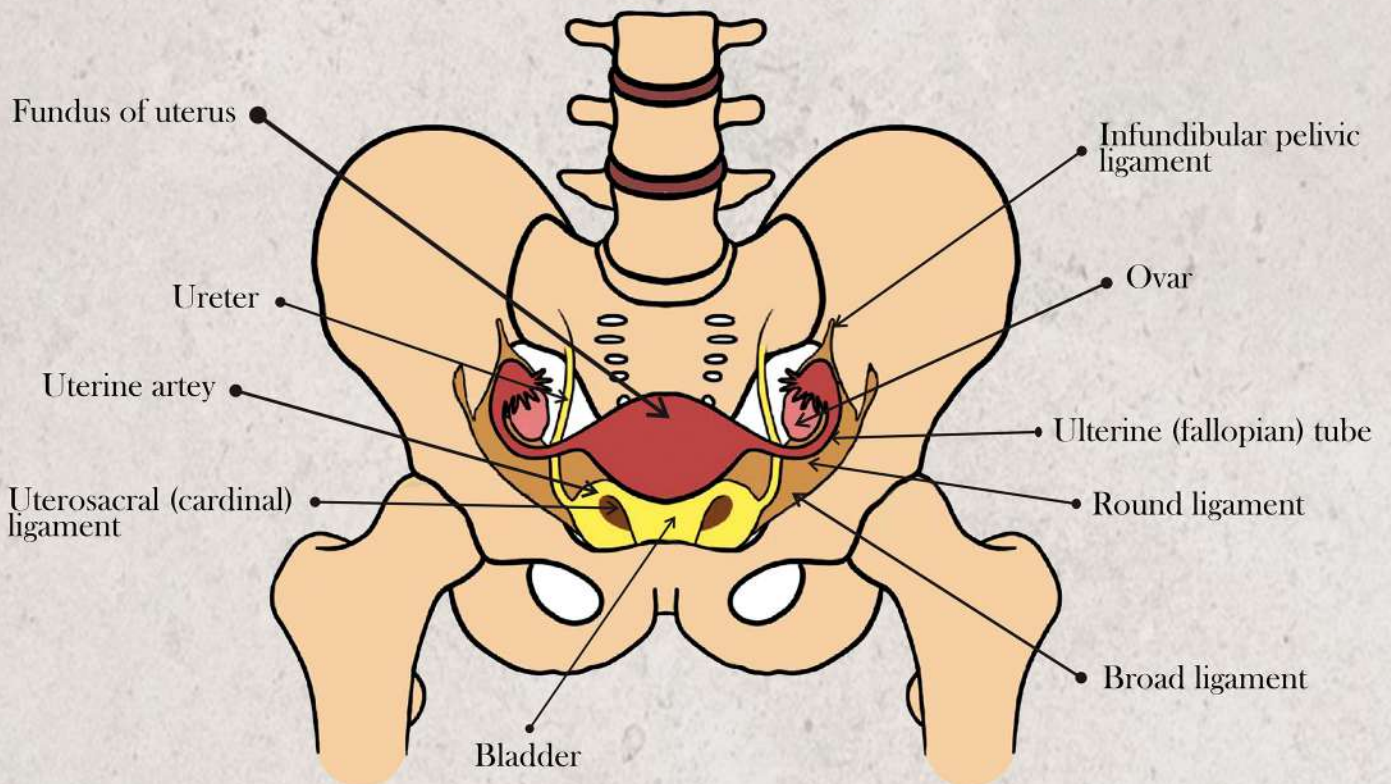
All STI's that need to be approached without shaming. Herpes is an extremely common STI – most people I meet have Herpes virus and I encourage womben to heal the shame around this

You may have a client who has an STI and a lot of shame and guilt coming through this, you can help process them by releasing the shame that was in their vibration

Anatomy of the vulva

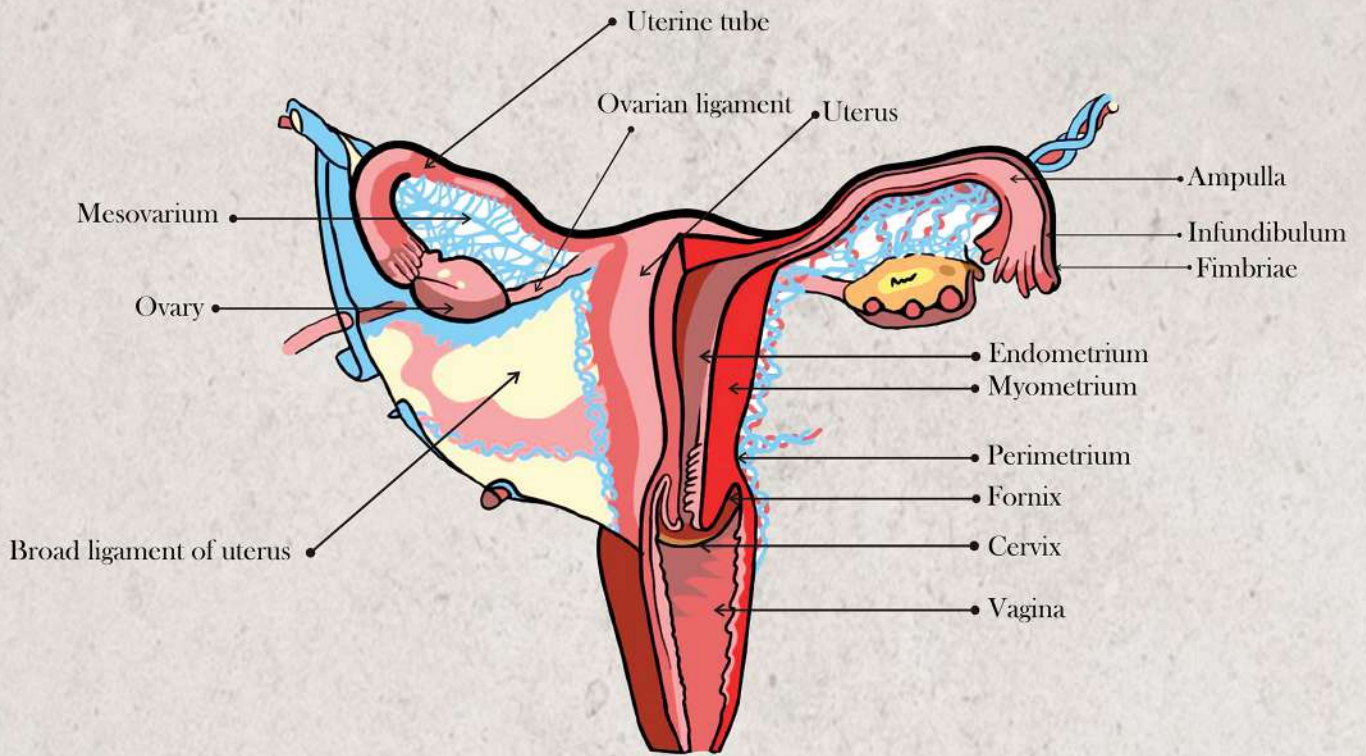


Sacred Temple Healing Arts



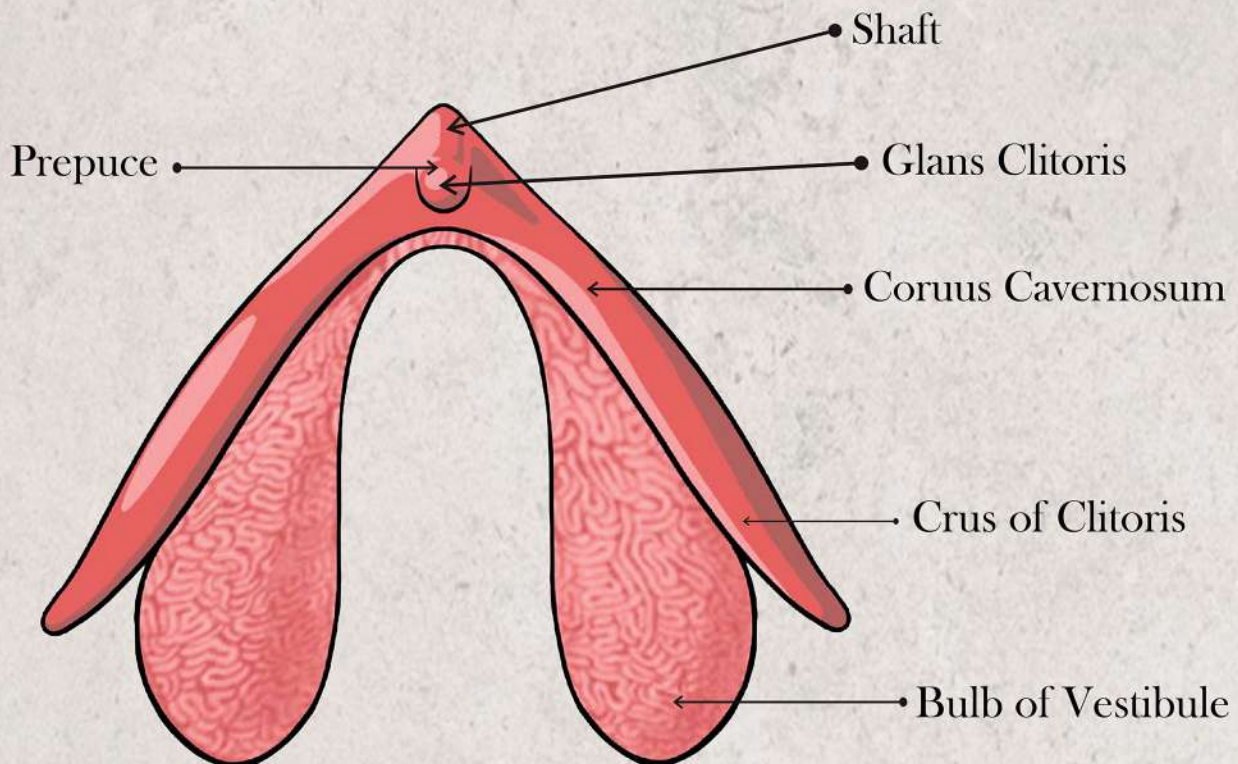
Sacred Temple Healing Arts

Suspensory ligament of ovary



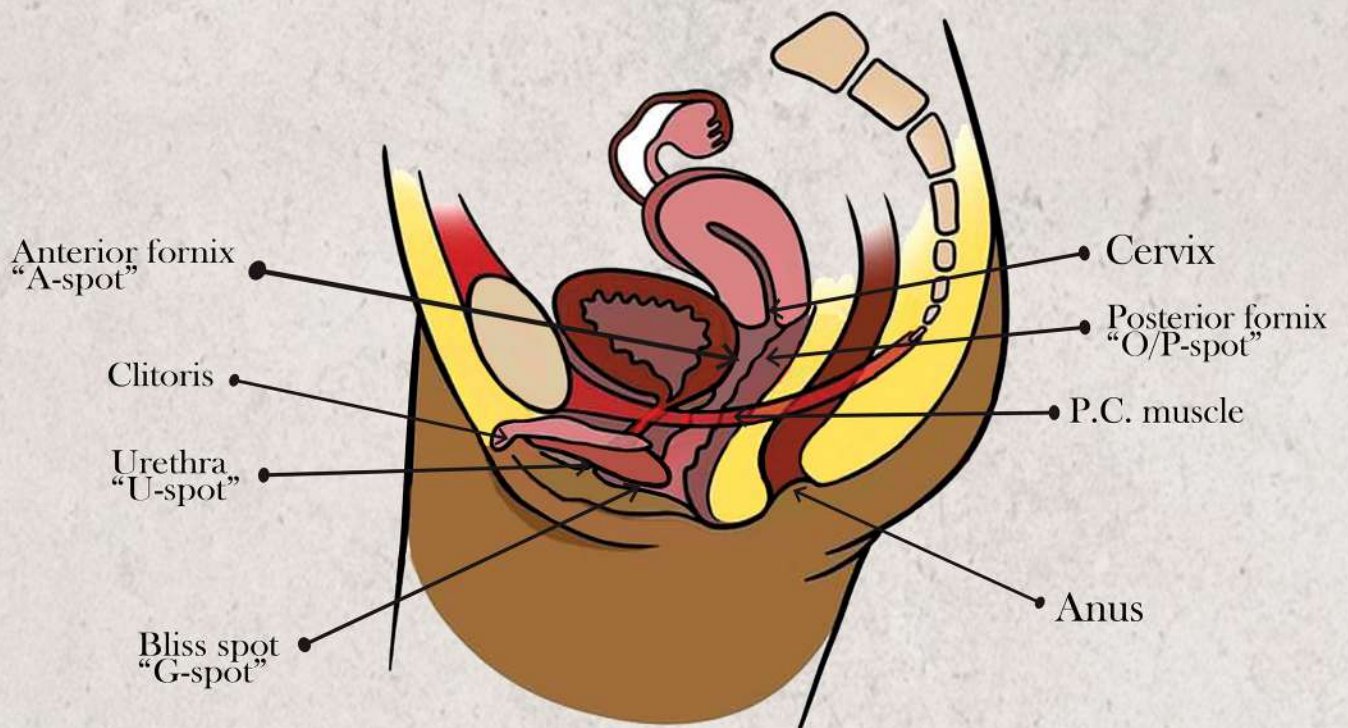
Sacred Temple Healing Arts

Anatomy of the Clitoris

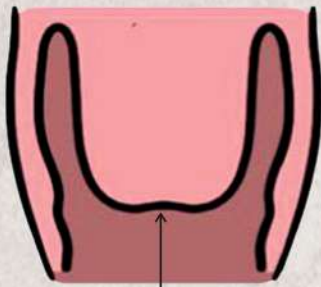


Sacred Temple Healing Arts

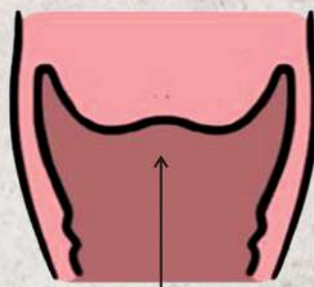
Erogenous Zones



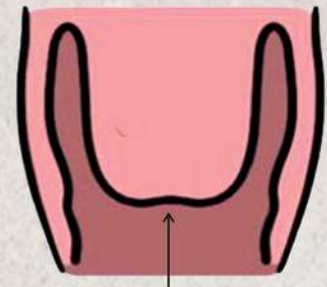
Position of cervix during arousal



Before arousal



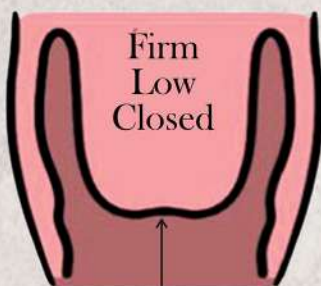
At peak arousal



After arousal

Sacred Temple Healing Arts

Position of cervix during menstrual cycle



Before ovulation



At ovulation



After ovulation

Sacred Temple Healing Arts