

## Yoni or Vaginal Steaming and Egg Ritual

Yoni Steaming is an ancient practice that has been used for centuries by women in many cultures to support deep healing and wellness. Also known as vaginal steaming, it is a holistic practice in which a woman allows the warmth of herbal steam to gently permeate the exterior of her vagina.

Yoni is a Sanskrit word meaning “vagina,” “womb,” “goddess” or “origin of life,” and Yoni steaming is intended to support all of these aspects of a woman. Yoni steaming is an opportunity to reconnect with your body, clear old energies and optimize the wisdom of plant medicine to heal your being by bringing the innate power, creativity, sensuality and sexuality back into balance.

Yoni cleansing is a practice that connects a woman with her source of power.

Yoni steaming is an opportunity to deeply connect, celebrate and cherish all aspects of our body and its subtle energies, especially that of our Yoni. As we learn to enjoy our wombs as the beautiful, sacred centers that they are, we deepen our relationship to the powerful feminine energy that each of us holds within. When used as the entry point, Yoni steaming has helped women learn how to channel the potent energy of their wombs to unlock the creative potential that serves their true self and life purpose.

Yoni steaming assists in the detoxification process and to truly live in balance, we must detoxify our environment, our relationships and of course, our bodies. Yoni steaming works similarly to the way a steam room is used to draw toxins out of the body, or an herbal steam is used to clear congestion from your nasal passages. Likewise, steaming the exterior of your vagina draws out toxins and clears congestion from your womb. The gentle heat and moisture causes the physical toxins to be released from the cells into the lymphatic fluid, which is then expelled from the body as sweat.

Clearing past (wanted or unwanted) sexual or projected energy.

Sexual intercourse with a male partner leaves DNA inside of you. When you have multiple partners, there is an energetic signature that they leave in your body. Intimate sexual activity entwines the energies between two people. Sex creates a powerful exchange of sexual energy. These connections, imprints and debris are left upon the mind, body, soul and spirit until they are consciously cleared.

### Yoni Steam Instructions:

#### Required Items

Herbs

Glass, ceramic or metal bowl

Filtered water

Mirror

Wool blanket, sarong or towel

Yoni Steam Chair (optional)

### **Prepare a list of past sexual partners**

Take the time to write down all sexual partners, or anyone who has touched you sexually. (This includes anyone who has touched you with or without your permission, vaginally or otherwise).

### **Select herbs**

You may use a variety of herbs including: Sage, Rosemary, Lavender, Rose Petals, Rue, Mugwort, Yarrow, Dandelion, Basil, Witch Hazel, Calendula, Chamomile, Himalayan Salt or Oregano. Choose three to four herbs that you are intuitively drawn towards.

### **Prepare herbs**

Heat the herbs you have chosen in a small pot with 1 liter (35 oz.) of pure filtered water (bottled water is acceptable). Heat and simmer for 15 -20 minutes over medium heat, do not allow it to boil. Once heated, drain the water into a glass, ceramic or metal bowl and save the herbs (Place in an air-tight container in the refrigerator for up to 3 uses).

### **Prepare your altar**

Place a large mirror, a lit candle, any sacred objects and the list of past partners on your altar. You will be positioned so that you can see yourself and the list you made.

### **Preparation**

Undress from the waist down and have a wool blanket, sarong or towel to wrap around your waist to tent the heat. If you do not have a Yoni Steam chair, place the bowl or pot on top of a towel on the floor, and position yourself in a Yogic baby pose, where the bowl is positioned under your Yoni. Make sure you are in a comfortable position, as you will be in this position for 20 minutes. Tent the blanket around you so the steam does not escape.

### **Your meditative prayer**

Once you are set in position over the herbal bowl, ask for guidance as the energy of past sexual activity is released. Send the energy of your past partners out of your body with deep inhalations and deep exhalations. Think about your breath as breathing in and out of your Yoni. Give thanks for the relationship, give thanks for the release of their energy from your body. Speak each person's name out loud. Stay in this position for 20 minutes, or as long as it takes.

### **After the Yoni steam**

Take some time to reflect on this process, as it can invoke deep emotions. You may have cried, laughed or felt emotions of remembrance. Be *very* gentle with yourself. The final step will be to burn the list in the lit candle, and once it has burned completely, place the ashes in the herbal bowl. Discard the herbs, water and ashes outside in nature.



After the Yoni steam, I recommend that you insert a Yoni egg for the continued process of cleansing and awareness of your own individual power. This is an additional ritual that is not required, but is recommended if it feels right for you.

Select a Yoni egg that you feel connected to—I suggest Black Obsidian for its healing and clearing powers. Read about the different properties of Yoni eggs [here](#).

Additionally, you may prefer to purchase a Yoni egg with a string for easy recovery and removal.

The Egg ritual is a 14-day process, as you will bury your Yoni egg during the New Moon, then place it back outside during the full moon. This ritual allows the egg to absorb all of lunar and Mother Earth's energy.

- On the eve of the New Moon, bury your egg in a special, outdoor place that has meaning for you
- After the third full day, on the rising of the sun, unearth your stone egg and place it on your altar
- When you are praying and meditating, ask the egg to work with your energy and to reveal any messages, truths or wisdom to you
- Journal during this time with any insights you receive
- On the eve of the Full Moon, lay your egg on a stone in a special, outdoor place that has meaning for you
- After the third full day, on the rising of the sun, wash off your stone egg and place it into your Yoni
- When you are praying and meditating, ask the egg to work with your energy and to reveal any messages, truths or wisdom to you
- Journal during this time with any insights you receive

You may experience different kinds of insights and remembrances. Dream state can be heightened and negative energies can be drawn out. Use your intuition to take the egg out when it becomes too overwhelming or when you feel complete. This process may be completed in a day, or anywhere from two to several weeks.

You can repeat this ritual at any time. Dedicate a sweet space on your altar for your Yoni egg. If you want different types of eggs, use your intuition to select which one is best for you. My favorites are: Onyx, Jade, Rose Quartz, Jasper and Carnelian.



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