

# The spiRITUAL Wom(b)an's Guide to Honoring Her Yoni

10 rituals to feel more pleasure,  
love your body temple, enhance  
sexual & womb health, & reclaim  
a spiritual relationship to your  
menstrual cycle

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# Hey, Babe

Periods are the greatest!  
Am I right?!

Ok ok ok.

Unpopular opinion.



So I'm told. And to be honest, I didn't use to think so either.

If you're reading this guide, I know that you're a woman who desires and values a rich and fulfilling connection to her body temple. And if you are anything like me, your past likely includes a slew of mistreatment to your inner sanctuary. Hey, your girl enjoyed a good time! But I'm not only talking about things we did or congested, etc. I'm also talking about the societal ideals and beliefs we internalized that caused us to think that somehow being a woman was a drag, a competition, an unfixable imperfection that came with a monthly punishment, or annoyance at the very least.

Many of us grew up with some wildly inaccurate perceptions around the value of being a menstruating woman. I believe these ideals are a HUGE contributor to the painful symptoms and irregularity many women experience throughout our cycles as well as the disconnect we have from cultivating unwavering confidence, self-love, and intuition. I don't think it's a coincidence that most eating disorders and gynecological disorders start around the same time menstruation does. Sure, hormones can create these fluctuations in mind and body, but what about the ideals we internalize about what it means to menstruate? All of a sudden there's so much attention from the opposite sex (& yours on them...), but your inevitable bleeding is also seen as gross, dirty, annoying, something to hide..... And on top of it, we're not shown as young women how to connect to our bodies during this time, or throughout our cycle, in order to feel beautiful and deserving of pleasure. What a disservice!

With this guide, my hope is that we may take one more stride towards reclaiming our full power as menstruating beauties, and remember the art of loving and respecting these awe-some bodies we have the birthright to feel pleasure within.



## *I'm Hannah*

I started teaching yoga in 2009 when I was just 16 years old, and I've since led thousands of women and men to experience pleasure, ease, and health in their bodies and minds through entirely

holistic means. Today, my heart's greatest passion lies in awakening women to embody their sensual nature, love their menstrual cycles, and activate the power of their womb to create divinely fulfilling relationships, careers, and lives.

Through my online programs and women's embodiment journeys, I've had the honor of guiding women to love their bodies, move through sexual and emotional issues, overcome painful and irregular periods, achieve embodied & pleasurable childbirth, and so much more.

In addition to my four advanced yoga teaching certifications, I also have my BS in Holistic Health Education, am a trained Birth Doula, & a mother. During my most recent training in Amba Movement, I discovered a whole new level of how we as women can live in self-love by connecting to the texture of our own essence, wisdom of our earth bodies, and timing of our natural cycles.

I believe rituals, such as the ones highlighted in this guide, are like the trails we can walk to come to understand & honor the forest of our whole being.

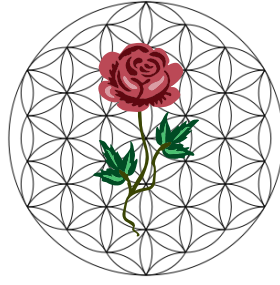


# 10 Ways to Honor Yoni Like a Spiritual Queen & Gain Insight to Your Divine Body Wisdom, Experience Pleasure, & Enhance Womb Health

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## 1. YONI STEAM

Yoni Steaming is an ancient, sacred practice used by women for thousands of years for vaginal and womb health. The practice involves sitting or squatting over a pot of herbs blended for unique purposes. It's a beautiful practice I recommend to all of my clients who are able.



## STEAM YOUR YONI?

**MIND** Steaming is a relaxing and meditative practice that can help soothe your mind and emotions or even enhance your already peaceful state of being.

**BODY** Steaming has been predominantly used for it's cleansing purposes and treatment for gynecological issues. Use for postpartum cleansing, breastmilk production support, clearing out brown-blood (stagnant blood not released from previous cycles), yeast infections, painful cramps, irregular cycles, cysts, vaginal dryness.

**HEART** Nothing says, "I love you", quite like showering your yoni with a bouquet of flowers and herbs. This ritual is like a date you get to go on with yourself. Feel the sensuousness of your yoni and womb, and simply admire and honor her.



## CAN (N'T) STEAM?

Yoni Steaming is a wonderfully effective practice for treating many gynecological, sexual, and reproductive issues. However, the benefits steaming has on your mind, body, & heart can be experienced by all. I encourage all of my clients who are not contraindicated to use yoni steaming for self-care, honor, and connection to her body.

### YES:

- Meditation
- Self-care
- High Blood Pressure
- Heavy Bleeding
- Irregular Periods
- Yeast Infections
- Low libido
- Painful intercourse
- orgasm enhancement
- Trouble getting pregnant
- PCOS
- Endometriosis (if not had endometrial ablation)
- Hormonal Birth Control or IUD
- Vaginal Dryness
- Interstitial Cystitis
- Bladder Infection
- Autoimmune Disorders
- Gynecological Disorders
- Breastfeeding/ Postpartum

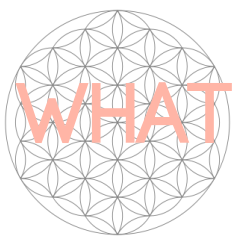
### NO:

- Pregnancy
- Active menstrual bleeding
- After insemination (IVF, IUI)
- Extremely Hot Weather
- Post Endometrial Ablation
- Essure
- Tubal Cauterization
- Patch Hormonal BC

Still unsure if steaming is safe for you? Please reach out to me at [hannah@8limbmama.com](mailto:hannah@8limbmama.com) I'd love to help you find your answers!

\*\*\*If you have concerns, consult your doctor or healthcare provider.





## HERBS TO STEAM?

### **Be Guided by Your Intuition**

Choose your herbs with intention and care. Ask them to support you. Tune in to your womb, heart, and body and ask what herbs feel right to you.

**Suggested Herbs** (use organic edible herbs): rose, jasmine, calendula, lavender, rosemary, oregano, basil, comfrey, mugwort, motherwort, yarrow, raspberry leaf, fennel, basil, oregano, rose, nettle, sage, marigold, plantain leaves, damiana, lemon balm and many more.

## SUGGESTIONS FOR INTUITIVE BLENDS

Have fun creating your blends, don't feel limited to what is listed below

### **Self-love, honor, balance:**

rose petals, jasmine, nettles, mugwort, damiana, lavender,

### **Cleansing/disinfecting:**

oregano, rose petals, basil, calendula, rosemary, yarrow, chamomile

### **Painful Cramping or Intercourse, Irregular cycles, Heavy flow:**

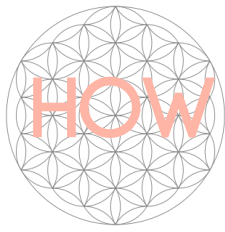
red raspberry leaf, mugwort (not for heavy flow, can bring on your period), yarrow, rosemary, nettles, lavender, rose petals, damiana

### **Vaginal Dryness, Low Sexual Desire, Enhanced Orgasms:**

comfrey, florals, mugwort, raspberry leaves, plantain leaves, damiana

**Postpartum:** yarrow, sage, comfrey, lavender,

**Specific needs or concerns?** For custom made blends, contact Megan Schaeffer, Holistic Beauty Expert and Shaman, at [www.gitana.space](http://www.gitana.space)  
She will consult with you about your specific needs and curate custom blends with high-quality herbs, blessed by a shaman to serve your yoni best.



# HOW TO STEAM YOUR YONI?

## **Materials:**

3 tbps - 1 cup Herbs  
Water

A small pot for boiling herbs

Towel or blanket for covering self

Optional: glass bowl

## **Let the fun begin:**

1. Fill the pot about 3/4 full of water and bring to a soft boil
2. Turn heat to low and place your herbs in the water, cover with lid
3. Let herbs steep for 10 minutes

## **Ok, here is where you have options:**

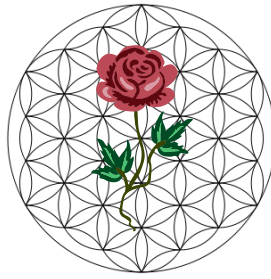
1. If you happen to have a steaming spa, great! Use that.
2. Place the pot on plush carpet or the floor and squat over it with a towel wrapped around your hips to keep the steam in. You can kneel over the pot and rest on your forearms.
3. OR you can put the pot inside your toilet. This is personally what I use every time. The pot sits above the water and the steam does not gather the toilet water or anything like that. I've even used this method effectively for a yeast infection. I like it because you can sit comfortably and there's less chance of steam escaping and not getting used. But, you do you.

## **Time to Sit!**

1. If using the toilet: Place the pot in the toilet (you'll want to make sure you use this pot only for this purpose...) OR transfer herbs into glass bowl to place in toilet if your pot does not fit or you don't want to have a separate pot just for this use
2. Sit over the herbs and cover your lap with a towel to trap the steam  
If not using the toilet, make sure to wrap the towel around your backside as well.
3. That's it! Sit for 10-30 min or for as long as the steam lasts. Read, meditate, listen to music, breathe, do whatever you please. Enjoy!

Additional Questions? Email me [hannah@8limbmama.com](mailto:hannah@8limbmama.com)

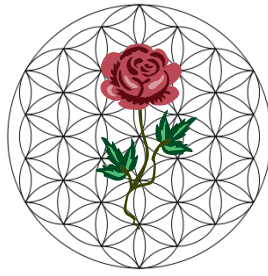




## 2. OFFER YOUR BLOOD TO EARTH

Your menstrual blood contains high levels of nitrogen and organic compounds that are nutrients for Earth's soil. In my programs, I guide women to understand the spiritual implication of their blood's qualities - the color, thickness, contents, smell etc... This is one of the most powerful rituals to tune in to what is being stored in your womb, & what you desire to release and/or manifest with each cycle through a sacred offering to Earth.

1. Collect your menstrual blood in a glass jar using a menstrual cup, or soak your tampons & pads in warm water and collect that water, or wring out your Thinx panties into a bowl of water to collect.
2. Observe the aforementioned qualities of your blood. Also observe your thought patterns and behaviors. In my programs, every woman receives a Moon Dial to assist with recording and tracking these patterns & how they shift in relationship to your blood's qualities over several cycles of doing embodied womb work.
3. At the end of your bleeding phase, hold the jar in your hands & bring forth to your consciousness all that is being released and called in through your blood. Ask the Earth to receive your blood, and pour your blood into a place in nature, a tree, your house plants, etc. You might offer a prayer, intention, or poem spoken from your heart.



### 3. GOLDEN INFINITY BREATH

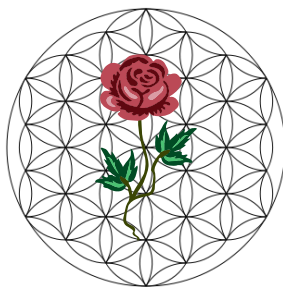
This was one of the first womb breaths that quite literally saved my life & rooted me on my path of purpose. Whenever you need to ground, center, and return to your true and real path, this is a powerful breath that connects your womb and your heart, and when the two are unified in a woman's body, she is unstoppable.

**This breath utilizes the mantra "Meleet Minbeesha" (pronounced Meh-leet Min-beesha). Meleet = completeness, fullness. Minbeesha = ripeness, fruition**

1. Breathing soft and full breaths, see and feel your breath as a golden light spiraling down to circle around your womb. As your inhale descends one side of your womb, repeat **"Me-"** and as your exhale rises up the other side of your womb to complete the circle repeat **"-leet"**. Breathe like this for about 5 breaths. Feel the fullness
2. Now breathe soft breaths circling around your heart. Seeing this golden light rise up one side of your heart repeat **"Min-"** and as it descends the other side to complete the circle repeat **"-beesha"**
3. Now combine them together, creating an infinity of golden light around your womb-heart. As you inhale, breathe a circle around your womb and **"Meleet"**. As you exhale, breathe the infinity sign around your heart and repeat **"Minbeesha"**.

Feel fullness of your womb come into ripe fruition

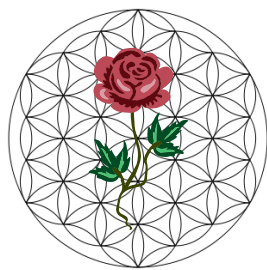




## 4. BREATHE UP THE EARTH

As a woman, you have a unique capability to connect to the Earth through your yoni. This is a ritual for you to breathe up the strength, love, support, guidance, and nourishment from the Earth into your yoni.

1. Sit on the ground or stand with your feet slightly wider than feet width apart.
2. Soften your knees, drop your weight into Earth, and breathe into where your feet or your seat contacts the Earth
3. Spend a moment connecting to the Earth by merging your consciousness into the point of contact. You might come to her with a prayer, intention, or ask her for specific support.
4. As you inhale, see and feel the Earth's energy breathing up into the opening of your yoni. If standing, you can breathe this up through your feet, your legs, and into your yoni.
5. Let the earth penetrate your yoni and rise up into your heart
6. As you exhale, allow this Earth energy to flood your whole being

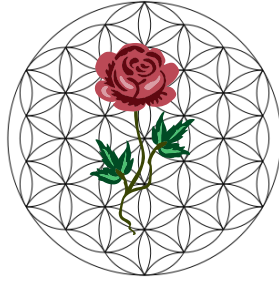


## 5. YONI GAZE

Admittedly, this will likely feel uncomfortable for some women at first, which makes perfect sense, so be gracious with yourself. However, this is a really powerful practice that I encourage all women to do, not limited to but especially for those who feel uncomfortable at the thought.

1. Sit down in front of the mirror without pants or underwear in a room where you can be undisturbed. This is great practice to do right after showering.
2. Spread your legs and let your eyes wander over your yoni.
3. Notice what thoughts come to your mind. Allow any negative thoughts to have space, and then say thank you, but you are no longer needed here. Acknowledge that these thoughts are old programming from your lifetime, and many lifetimes before you. Tell these thoughts thank you, but then see them for what they truly are - which is not yours.
4. Offer these words or any others that may come to you, to your yoni: You are beautiful, you are a gift, you are a portal into the depths of my truth. You are the portal through which life, energy, and pleasure are both received and given. You are where I receive the love of the earth mother. Thank you

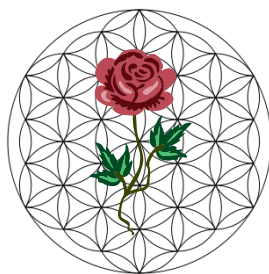




## 6. CRYSTAL WANDS & YONI EGGS

These beautiful tools have been used by women throughout time to enhance sexual pleasure, orgasms, build confidence, self-love, emotional balance, and so much more.

1. Choose your crystal: rose quartz for self-love, onyx for power and confidence, amethyst for intuition and inner knowing, and more! There are many companies and places to purchase yours.
2. Create space. Take yourself on a romantic date. Dim the lights, set out flowers, candles, put on a sensuous diffuser blend. Get comfy, and...
3. Slow down, sister. Instead of going straight for the gold, spend some time touching yourself, sliding the wand or egg gently on your skin, massaging the outside of your yoni or breasts. Get wet.
4. Enter the palace. Guide your crystal in. Explore. Truly listen to how your yoni wants to be pleased. Where, how fast, how hard, how soft. Listen. And then, FEEL. There is incredible energy built between you and the crystal. Receive it fully.



## 7. YONI MASSAGE

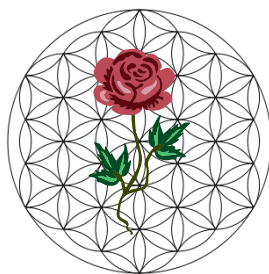
This is not intended to be a sexual act, although it can be if you desire. Touch is one of the most important forms of nourishment that, frankly, most of us are deprived of. This ritual utilizes loving touch, in pure admiration of your yoni, which can actually enhance sexual pleasure when it comes time for that type of intimacy. I also recommend this to my clients as an effective tool for yeast infection.

1. Create a sacred space for this ritual. Dim lighting, candles, run a bath, etc. make it feel good to you
2. Choose a natural oil for massage: coconut oil, olive oil, jojoba oil  
option to add essential oils of your choosing, making sure to only apply on the outside of the vagina, and never inside the vagina

**For Yeast Infections:** Apply 3x daily 1 drop maleleuca, 1 drop lavender, 1 tsp carrier oil such as coconut oil

3. Massage around your vulva, perineum, outer womb space (between navel and pubic bone), inner thighs with pure intention to be present with your body and her inherent beauty. Notice any resistance or tendency to hurry over certain areas. Invite yourself to move slowly, gently, and feel your skin. Let your touch penetrate into the tissues and blood beneath your skin. As though you could drink the love of your own touch through your skin.

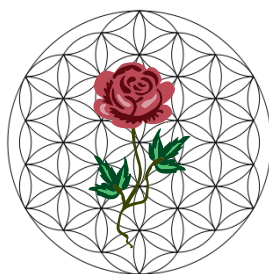




## 8. MOON BATHS & SUN BATHS

Women's embodiment is not solely about the feminine. It is about the integration of masculine & feminine within your woman form. The sun provides masculine warmth and power, while the moon provides feminine love, truth, and nourishment. You can either bathe your yoni or your whole body in the moonlight or sunlight to be penetrated by these energies.

1. You might be one of the lucky ones to have a yard or rooftop that provides you privacy to strip naked and bare your yoni to the moonlight or sunlight. Go for it!
2. If not, you can bathe in the moonlight or sunlight with any part of your body. I recommend your face, chest, arms, belly, and thighs if possible.
3. Bring full consciousness to where your skin is penetrated by the moonlight or sunlight. Feel the warmth, the lightness, the coolness, etc. Feel it seep beyond your skin into your tissues and blood and womb as yoni is exposed. Feel the love of sister moon, of father sun.



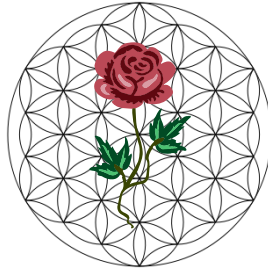
## 9. WOMB-CONSCIOUS EATING

This is a ritual you can do to tune in, nourish your womb, curb over-eating, and receive messages of what and how much is good for your body. Clean food & natural products are non-negotiable for womb health, for pleasurable periods, for high-vibe, orgasmic sex, and for the highest honor of not just your yoni, but your whole body and spirit.

**\*\*The specifics of "clean" food & products is a huge topic I couldn't possibly cover in a half page nor would I ever be comfortable making a blanket statement that applies to every woman. In my programs, I offer support in navigating this based on your individual constitution and lifestyle.**

1. As you sit down to enjoy your meal, hover your hands over your food.
2. Bring your consciousness to the point where the energy of the food penetrates your palms, breathe it up (or just imagine it breathing up) through your arms into your heart, and down into your womb.
3. Ask that your food to be of purest, highest service to your body, heart, and womb or any specific intentions you are currently working with.
4. Eat slowly, circle through your hips slowly and subtly as you eat. Feel the response of your womb as you eat each bite, from the moment the food enters your mouth until it reaches your stomach and gut.

How does your womb receive this food? Well? Or, not?



## 10. AMBA MOVEMENT

And here is the Queen Bee. Amba Movement is a women's embodiment practice that brings your body and spirit into sacred union. All of the aforementioned rituals are like currents in the wild river, powerfully activating your spirit's essence. Amba, then, is the waterfall, where the sensational experience of your body wisdom & wild essence gushes and pours through every cell of your being.

There are four phases within your menstrual cycle, within life, and within the seasons - Maiden, Mother, Enchantress, Crone - and as your womb moves through these four phases, your body desires to move & breathe and sound and dance in different ways to stay feeling connected, nourished, and whole.

In my private embodiment journeys, I customize each practice to exactly where you are at in your cycle, and to what you are moving through physically, emotionally, and spiritually at the time of our session. If this sounds like something you would benefit from, I would love to be your wilderness guide!

To practice on your own, I've curated a four week online and self-study course called MOON that gives you an Amba Movement practice for each phase of your menstrual cycle, life phase, and season. To access, [CLICK HERE](#)



# *You are powerful*



## *Your body is a sanctuary*

for you to live in deep love, honor, & conscious creation with  
for you to receive **the divine messages of your spirit being spoken through the physical manifestation** of painful or irregular periods, body shame, lack of sexual desire or pleasure, vaginal infections or dryness, anxiety, and so much else....  
These are just the symptoms and this guide is your **invitation to go deeper** to truly FEEL and HONOR your body wisdom, through the portal of your yoni to womb to heart to body to earth

### **So how do you know where to start?**

Start with trust. Trust that you know exactly what you need. When you feel called to one ritual, do that one. That's perfect. Women come to me in my online programs and private embodiment journeys, because they are aware enough to know that, yes, they are powerful AND there is a depth to themselves and level of wisdom, healing, & power that they need support in stripping away the barriers and conditioning to access.

If you love this work and feel your body craving more, more, more! These are the ways you can go eeeeeeven deeper with me:

**DEEP:** Classes, Workshops, & Retreats

**DEEPER:** Online Embodiment Programs (re: **MOON**)

**HOLY QUEEN, IT GETS THIS DEEP?! : 1:1** 8-week Embodiment Journeys



## *So, what next?!*

Ok, babe. I don't want this to just be some guide you download, gain a little spark of inspiration from, and then totally forget about!

You asked for this because something inside of you knows how deeply you need & deserve

pleasure, sisterhood, and self-reverence.

I truly want to connect with you. And I want you to tap in to this massive community of women all over who are doing the work, too!

So, here's what I want you to do next:

**1. Experience:** [Click Here](#) to learn more about MOON and feel into if it's an aligned option for you. Ritual #10 is Amba Movement, and MOON offers you four Amba practices for each phase of your cycle! If you want more info about the 1:1 embodiment journeys you can email me at [hannah@8limbmama.com](mailto:hannah@8limbmama.com)

**2. Join [Sacred Wom\(b\)an](#):** our private FB group where women all hold space for each other to share in your revelations, questions, sensuality, healing, and so much more.





Thank you for gifting  
yourself with your love  
and presence.

The whole world  
benefits when a woman  
loves herself.

*xoxo, Hannah*

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