

Vaginal healing

reconnecting to our
primal feminine power

The vagina is the portal to your inner world.

It connects your womb (your creation centre) to the outside world. Energetically & metaphysically she (yes I call her a she) holds the space for how you birth yourself into the world as well as how you open and receive life, pleasure and abundance. She is all about integrity, alignment, pleasure and courage as she has you stand **in your essence & trust that you are enough.**

Yet, for many of us, the mere mention of the word vagina, makes us feel awkward. In fact I remember a time when that word would make me blush crimson. It was just such an intimate place to be speaking of. And it is intimate, but our discomfort with this part of ourselves, has caused us to diminish her power. We cover her up, shape her into conformity, and ignore her needs and desires.

Have you ever noticed how many revolting terms there are for vagina? And the unutterable c word – well, why is it so darned rude? It is alluding to our most sacred feminine place.

I think it is time that we reconnected with this most sacred place and took ownership of her magnificence, her pleasure and her wonder. Here, I have collected some Vagina healing practise and techniques, these have come from my own experience and from other practitioners and sources.

Together, let's see how we can change the way we feel about these feminine bodies of ours and reclaim our Shakti power by reconnecting with our sensual portal – our vaginas.

5 reasons you need to stay in touch with your vagina

1. Sexual energy is a part of the bigger energy flow picture– if it is blocked, stuck or stagnate in your sexual zone – you will not be accessing your full energetic potential
2. In Chinese wisdom vaginas are the keys to longevity, youth and joy
3. Vaginas can shrivel up with lack of attention causing stagnation but also a long list of health concerns
4. Shame about our vaginas blocks us from our full inner self-love flow, affecting our capacity to radiate our light to the world

So here are some ways to reinvigorate and reconnect.

NB. Pick and choose what feels right for you. If you have any trauma or medical issues, proceed gently or get professional advice.

1. Conversations with your vagina

How long since you have given thought to the needs of your vagina? Probably quite some time.

Imagine your vagina had a voice. What would she say?

Here are a few conversation starters for you to connect with her and give her voice. Answer these on behalf of her: (trust that what comes up here is her wisdom)

1. What I really love is....
2. What I really don't like is.....
3. I would love more...
4. I would like less.....
5. Connecting in with me can really help you to
6. And I can help you learn
7. I find it really makes me contract when you or your partner
8. I find it helps me open and soften when you.....

2. Smile

Take a deep breath in
And breathe it all out

Then send an inner smile into your vagina

Feel the energy of the smile warming her up and energising her.
How does it feel now?

3. Vaginal Soul centre

The vagina is an energetic hub. It is one of several portals for the expression of your soul. The essence of the energy in the vaginal centre is equally birthing & opening. It is in balance when you are truly birthed in the world as your magnificent self and you feel the capacity to be open & trusting – letting life penetrate you.

Birth, rebirth, penetration, trust, pleasure & the pleasure of being in the world in our light. The vagina truly reconnects us to what it is to be a woman. When we hold it back and do not trust it we get brittle and corrosive and we feel anxious and resentful.

The Vaginal soul centre can be out of alignment in different ways, listed below. Feel in to your own centre and see if you get a sense of where it is out of alignment. You can use the issue to acknowledge the tension & the affirmation to invite the healing.

Light

The light aspect of the vaginal centre is birthing new paradigms of being in the world in flow with the expression of your soul.

It is also about openness. When we are in flow with our truth, we are open. We open up the channels and let it flow. We let life in.

Issue: Fear of our own radiance

Affirmation: I trust my light or I trust life.

Dark

The dark aspect of the vaginal centre is hiding or closing up. Hiding our magnificence and our truth from the world and not letting anything penetrate us. We do this by covering up, making excuses, blaming, waiting and closing off our channels of being our magnificent potential in the world.

Issue: Hiding behind excuses blame and resistance

Affirmation: It is safe for me to share my light

These can show in tandem or separately to the yin and yang aspects.

Yin – Receiving

Knowing your fullness / receiving the truth of who you are. This is about you knowing the essence of who you are, so that you can be birthed in the world in your truth.

Issue: Not knowing who I am

Affirmation: I open to my truth

Yang – Expressing

Trusting your radiance

This is about you expressing who you are in your fullness.

Issue: Not letting it out, stagnating, blocking or diverting from what you know you need to do.

Affirmation: I let my truth flow

Intuitively feel into whether your vaginal centre is stuck. Take your awareness down to the vaginal zone and let yourself be open to the energy there. Then ask is it Light or dark or is it Yin or Yang. You can muscle test, feel for shifts in tension, visualise or pick one randomly. This requires intuition which means it will be subtle and your signals could be different to other peoples. Trust your way. If you get nothing, choose one and trust that this is where you need to heal.

To heal this you could:

- Journal it out in relation to what is showing.
- Feel the tension of what is showing and acknowledge, allow and soften into it.
- Do a chakra balance
- Have a ritualistic clearing – write it out and burn the paper in a fire, smudge it or bathe in salts.
- Meditate on it
- Have a kinesiology session with Nicole
- Do a vaginal tarot spread (see below)

4. The vaginal tarot spread

Lay your cards out in a cross formation with one card in the centre and 4 cards on each direction. You can use one pack or multiple packs, intuitively feeling for each card.

Centre - your current energetic/ emotional/ evolutionary status in relationship to birthing & opening.

Front - fear of opening / birthing yourself. Exposure. Out of comfort zone

Back - Trusting your unique part on the web of life. Trusting support, trusting the universe. Leaning in.

Left - Inner relationship. Allowing yourself to be you (often shows as self-imposed limits)

Right - Outer relationships. Standing in your is-ness (often shows as people pleasing), letting people be in your life.

As with all intuitive card readings, trust that the card you have pulled is exactly the wisdom you need for that aspect. The reason cards can create such shifts in us, is that they require us to see our situation from a completely different perspective. Sometimes we may not like the cards that we get, and often we judge the message defensively rather than softening in, receiving the wisdom and letting it penetrate us.

5. Jade egg

The Jade Egg is a tool that has been used for thousands of years in China to improve sexual health, happiness and longevity. Their benefits are:

Physically

- Activates blood flow in the vagina and pelvic region
- Improves the vaginas self-lubricating capacity
- Improves pelvic floor and vaginal tone
- Helps heal bladder issues & prevent incontinence
- Improves voluntary vaginal control which can aid erotic prowess
- Tones voluntary and involuntary muscles including the abdominal muscles
- Increase vaginal sensitivity
- Improves libido

Energetically

- Helps activate the energy flow of the lower chakras
- Grounds and centres us back to our Earth nature
- Helps us embrace our earthly imperfections
- Jade is revered in China and in many ancient cultures for its powerful healing properties as well as giving access to the higher self and dreamscapes
- Lifts the Chi energy inwards and helps access higher spiritual energy

On top of all that I am finding that this is one of the most simple and beautiful ways to connect intimately with myself. I am now recommending that everyone who works with me gets one. They are that good!

More info www.nicolemathieson.com/the-jade-egg-a-womans-best-friend/

6. Forgiveness process

Take yourself to a time in your past when you get a sense that you rejected your vagina. In your mind's eye, have yourself standing before your younger self (or even younger vagina).

Now say the following:

I forgive you for making me feel such shame
I forgive you for being awkward, uncomfortable, bloody and smelly
I forgive you for making me feel_____

Now brainstorm it out, keep on forgiving your vagina until you can think of absolutely nothing else to forgive it for.

Take a deep breath in and sigh it out, feel yourself letting go.
When you are ready. Feel like you are beaming love from your heart to your younger self/ vagina.
Unconditional, full acceptance, compassion and love. Cocooning it in light.

*For traumatic birthing experiences in relation to your vagina
Repeat the forgiveness process but make it specific to the pain, scarring, trauma of the birthing experience. (you could also forgive your womb, ovaries, cervix etc.)*

Now bring your awareness to your relationship with your vagina in your life now. Repeat the forgiveness process for your vagina **now**.

I forgive you for being droopy
I forgive you for being hairy and wild
I forgive you for making me feel
Keep going and let whatever comes up and when you are ready continue with the sighing it out and beaming love.

When you are finished, take a moment to settle and feel any changes that the forgiveness has allowed you.

If you can let go and forgive your vagina, what does that mean for your relationship with your sexuality? What does it mean in general?

7. Open

The vagina is most able to experience pleasure when she is in a state of openness. When she is open, she is moist, lubricated, dilated, receptive & playful.

This is when the energy is flowing, and for the vagina, openness is stimulated from an opening of the heart. So in order to gain access to this portal we need to find the key. Here are some questions to help;

Some questions to ponder:

What is the relationship between the heart and the vagina for you?

When you are feeling closed in the heart what happens to your vagina?

When you are feeling open in the heart what happens to your vagina?

What practices maintain openness?

What closes you down?

8. Vaginal massage

Your vagina is connective tissue & muscle and as with all muscles it can get tense, numb or strained. And just like the rest of your body a gentle massage can really help reinvigorate or release the tension.

This is not masturbation, the aim here is not orgasm, it is tension release and energy flow.

1. Start by lying down somewhere comfortable and private. (standing in the shower is also possible).
2. Simply insert your fingers inside your vagina and gently press or palpate the muscles working your way around all the sides.
3. As you move around notice the sensations. Does it feel numb, tender, tense, pleasant, achy, or something else.
4. If it feels anything but fine, stay there for a moment. Press gently for a few seconds and breathe out.
5. See if there are any emotions or memories that arise for you. Acknowledge the emotions, allow them and let yourself surrender to them.
6. Below is a code for what the different sides could represent. Make your own associations with what your vagina is holding onto and how you can help it release.

Front side– fear, stepping into the future

Back side– trust, leaning in to support

Left side– inner relationship, relationship with self

Right side– outer relationship, relating to others
Notice what changes with presence, attention and your capacity to feel.

Repeat a couple of times a week or as often as feels right for you

9. Mayan Vaginal Steam clean

Vaginal steams are an ancient tradition used in Mayan culture to heal a whole bevy of vaginal, womb and hormonal related problems. They are traditionally used quite regularly, in particular about 5 days prior to menstruation.

This can be a lovely self-care ritual. This is what to do:

1. Collect herbs

Any herbs that you can drink can be used in the steam bath. As you are collecting the herbs be very clear on the intention for healing and send out a prayer. You will need 4 cups of herbs if using them fresh and 1 cup if using them dried.

2. Brew

Add the herbs to a pot with about 4 litres of water and bring the water to a soft boil for about 5 minutes. Then steep (no more heat) the brew for about 10 minutes with the lid on. My mayan masseuse suggested that I pray 9 times into the brew at this stage.

3. Sit

Find a chair which has a slatted or open bottom. Something like a wicker chair, a garden chair, or a camping toilet. Seal the base with towels so that the steam does not escape and is channelled upwards. Cover yourself in a blanket to make sure you are warm.

Then when the temperature is right, sit on the chair. You might need to sit and then hop up a few times until you find the right temperature – you do not want to burn your tender places!

4. Relax

Stay and relax here for about 20 minutes, intentionalising, praying for healing, and meditating.

5. Rest

When you have finished, stay warm, take your time, maybe meditate some more. Take it easy.

6. Caution

Do not steam cleanse when you have your period, are pregnant or if you have any internal vaginal contraceptive or medical devices. Seek professional advice if you are not sure.

Do not use essential oils.

For more info <http://mayamoonhealingarts.com/bajos-vaginal-steams/>

10. Sexual pleasure

Your vagina is a source of great pleasure whether you are in a relationship or not. Touch her, explore her, get to know her, energise her.

Your pleasure is an act of self-love.

You knowing her, knowing what she likes and getting intimate with this part of you, activates and invites your full radiance.

Get toys, be playful, try my "love making for one" practice (www.nicolemathieson.com/resources - in the inner flame fuel PDF)

Don't be afraid of your own intimate sexual pursuits, embrace them, get excited, have fun.

Your hand won't fall off. Promise!

11. Invitation only

This is a lovely tantric sexual practice whereby during love making, the penis sits at the entry to the vagina until there is an energetic invitation to enter. This can also be the approach you use with your Jade Egg or sex toys.

As being open is the most optimal state of vaginal well-being, feeling safe and empowered are key to really feeling like you can open and receive. When we do not feel safe, we contract. Opening sexually when we are in a natural state of contraction is traumatic. It is important to be patient, to listen to her in needs and to tune in with her openness.

This practice helps

- You to pick up on subtle sexual energy
- You honour and tune in to the voice of your vagina
- You to feel safe and empowered in love making
- Adds a sense of playfulness

12. Write her a letter

Hello my lovely vagina,

How are you?

I would like to get to know you and to connect with you more deeply.

I have always thought that you were.....

And I often felt ashamed of you and your messy ways, especially when you.....

It was so painful when.....

In my family when we spoke about vaginas.....

I was lucky that

But I understand that you are vital to my inner contentment because.....

I know that I have not always been good to you.....

I know that it distresses you when

Please forgive me for the time that Iand.....

I think I know what I need to do to nourish you.....

All my love

xxN

13. Menstrual cup

No more tampons and pads*. The menstrual cup is revolutionising how we manage our period. I have been using one of these for about a year now and I just love them. It is a small cup that you insert into your vagina to collect blood while you go about your day. Once or twice a day, in the shower or toilet, you take it out and pour the blood out before reinserting. It is that easy.

* I do find I need to use a pad on the really heavy days

Benefits of the menstrual cup;

1. You do not need to find a bin at friend's houses to discard your used tampons
2. You can wear them day and night
3. You can collect the blood and ceremoniously pour it back on the earth
4. You are toning your vaginal muscles while using it
5. You only need to change it once or twice a day
6. No more toxic plugs
7. No more tampons and heaps less pads for landfill
8. You don't need to carry around piles of tampons

I love em.

You can get one here <http://www.lunette.com/au/>

14. Mirror work

I have a friend whose Mum got out the mirrors when she was nearing puberty and they compared and contrasted their vaginas. This may seem extraordinary for you to imagine, but I have to say this friend of mine is incredibly comfortable in her body and with her sexuality. Examining and connecting with your vagina in a mirror can be confronting as you may never have seen her in all her glory before. But this intimate practice can be really healing, connecting and energising. When you get over judging and presuming things about your most intimate parts and you invite a connection through exploration and presence – you can't help but soften. **You open your heart to her in all her fleshy glory.** You become less sensitive and defensively shocked by reference to her, as your relationship now has a foundation to work off.

So get comfy, get out your mirror and take her all in without judgement.

15. Yoni portrait

Get creative. Draw your vagina.

Draw her, paint her, label her, colour her in or give her a personality.

For this exercise, put your thinking and planning mind aside and see what arises. Art is a wonderful form of therapy. It lets us release and uncover subconscious beliefs, thoughts and memories, that we may not even know existed.

Let go of needing to be good at art. It is important to do this activity without any expectation on a result. This is a healing and releasing activity to connect you to your feminine power.

Be bold, be intuitive and have fun.

16. Anoint her

Your vagina is sensitive.

This is a zone, like your mouth that is the threshold between internal and external. As such we need to be careful what we put in or on it. Vaginas do not respond well to chemicals, powders, deodorants, perfumes or general skin lotions, especially if they are not natural.

Q: So what should I use?

A: Keep it natural

Natural substances such as coconut oil, olive oil & almond oil can be used for a variety of vaginal complaints as well as being fantastic (and not too bad tasting) lubricants.

17 Menstruate

Every month you clear out the old and make space for the new.

Your menstrual cycle is your bodies genius self care, self healing and self cleansing routine. It happens with the cycles of nature, your nature and the moon and without you needing to do a thing.

Your menstruation is an opportunity to draw out the negative, and that which is no longer serving you and to offer it to the Earth. (this works in nicely with the menstrual cup practice of collecting your blood)

So perhaps it is time to optimise this cycle and let it work for you rather than against you.

As you feel the tension building and your cycle about to begin become aware of all that you are ready to let go of. Feel your womb drawing all the old beliefs, limiting factors and negativity out of your body and into the blood.

Set your intentions, feel grateful for this opportunity, and let it all go creating space for the new.

I hope this guide helps you connect with your sacred feminine place. And I wish you and your vagina a long and intimate communion.

Enjoy Her

Take really good care of yourself

Nicole xx