

Vaginal healing

reconnecting to our
primal feminine power

How often do you care for your vagina?

I am guessing not very often.

But if we care for our vagina and give her some attention, she will reward us with power, intuition and insight.

The vagina is the portal to your inner world. It connects your womb (your creative centre) to the outside world. Energetically & metaphysically she (yes I call her a she) reflects how you show yourself in the world. She is your key to integrity, alignment, pleasure and courage.

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 has caused us to disconnect from her power. We ignore her, 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 not the gutter.

I think it is time that we reconnected with this life-giving place. It is time we took ownership of her magnificence, her pleasure and her wonder.

To do this, I have collected some Vagina healing practise and techniques. Some are from my own experiences and others from various practitioners and sources.

Let's see how we can change the way we feel about these feminine bodies of ours and reclaim our power by reconnecting with our vaginas.

5 reasons you need to stay in touch with your vagina

1. *More energy*

Sexual energy is a part of the bigger energy flow picture– if it is blocked, stuck or stagnant in your sexual zone – you will not be accessing your full energetic potential

2. *Longevity and joy*

The vagina, according to ancient Chinese wisdom, is the key to longevity and joy which is why they have so many vagina activating practices.

3. *Avoid stagnation*

Vaginas can shrivel up with lack of attention causing stagnation but also a long list of health concerns

4. *Self-love*

Shame about our vaginas blocks us from our full inner self-love flow, affecting our capacity to radiate our light to the world

5. *Nature*

Vaginas are a natural part of us and of who we are as women. They are with us for life. They are a part of life and loving them connects us to our wild, free and natural selves.

So here are 16 ways to reinvigorate and reconnect with your vagina.

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. So let's see what she has to say.

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)

Grab a journal and write for her.

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 out all stress and tension

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 vaginal centre is birthing. It is balanced when you are truly being yourself in the world.

Birth, rebirth, pleasure, the pleasure of being in the world in our truth is what this centre is about. When we hold back on embracing our vagina and/or do not trust it we can get stuck and corrosive, and we can feel anxious and resentful

Light

The light aspect of the vaginal centre is birthing new ways of being in the world that is more "us".

It is also about openness. When we are being more "us", we are more open. Thus, we open up the channels and let it flow.

Issue: Discomfort with my own beauty and radiance

Affirmation: I trust who I am

Dark

The dark aspect of the vaginal centre is hiding. Hiding our magnificence and our truth from the world. We do this by covering up, making excuses, blaming, waiting and closing off our channels of being our full potential in the world.

Issue: Hiding behind excuses blame and resistance

Affirmation: It is safe for me to share my brilliance

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

Yin – Receiving

Knowing your full amazingness / receiving the truth of who you are
This is about you knowing the essence of who you are, so that you can be yourself 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.
- 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 vaginal status.

Front – Hopes and fears around being in the world.

Back – Trusting yourself in the world.

Left – Inner relationship. How you allow yourself to be you.

Right – Outer relationships. How you stand in your truth in the world.

5. 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 or sexual experiences in relation to your vagina
Repeat the forgiveness process but make it specific to the pain, scarring, trauma of the 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?

6. 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 it often happens in relation with the heart energy being in flow.

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?

7. 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.

I don't know about you, but personally this is one massage that I feel like giving to myself rather than outsourcing.

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

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

Notice what changes with presence, attention and your capacity to feel.

8. 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/>

9. 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.

Self 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!

10. Invitation only

This is a lovely tantric sexual practice whereby the penis (or anything else that you insert here) sits at the entry to the vagina until there is an energetic invitation to enter.

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

12. Jade egg

The Jade Egg is renowned for its ability to stimulate sexual energy, increase vaginal sensitivity, and strengthen and improve pelvic floor.

Energetically, the Jade egg connects us back to the Earth, we become grounded, and centred to our Earth nature and in this state we accept our sexuality, our vaginas, our "imperfections" as a reflection of our true nature.

On top of all that I am finding that this is one of the most simple and beautiful ways to connect intimately with ourselves.

I am now recommending that everyone who works with me gets one. They are that good!

13. Menstrual cup

Say goodbye to tampons and pads*. I have been using one of these for my period for years now and I just love them.

The menstrual cup is a small cup that you insert into your vagina when you are menstruating and collects blood while you go about your day. On heavy days, you may need to empty it. You can do this in the shower or toilet by taking it out and pouring out the blood before reinserting it. 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 by 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. It was for me, 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.

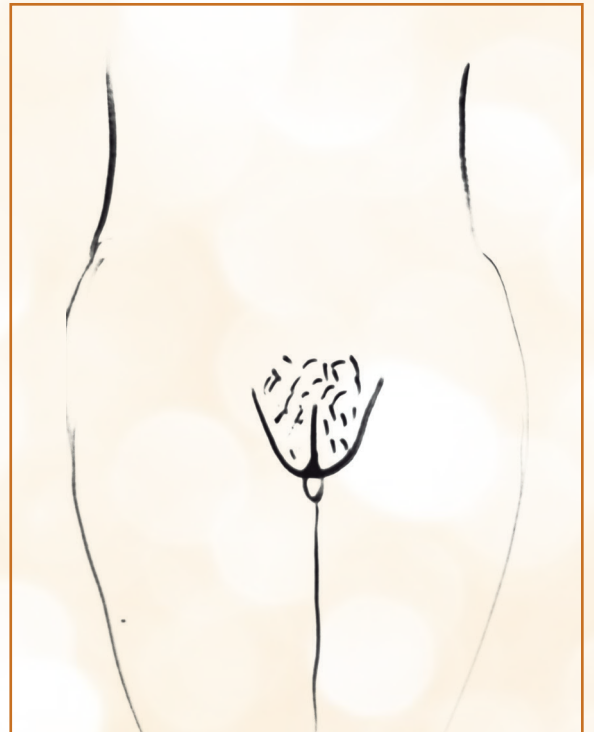
Draw her, paint her, label her, colour her in or give her a personality.

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.

Manus please

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

*Let it all go creating space for the new.

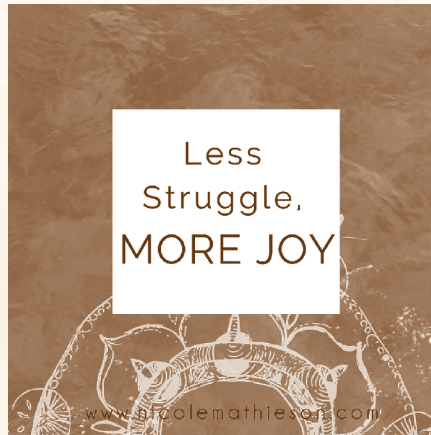
Set your intentions, feel grateful for this opportunity, and let it all go creating space for the new.

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

Need some relationship tools and guidance to improve your love life?
These might be for you.



Feel more loving and positive
in your relationship with this
21 day guided relationship
gratitude challenge
nicolemathieson.com/shop/



Feel good inside even in a
hectic world.
A program to inspire
pleasure, fun and joy
nicolemathieson.com/shop/



One-on-one relationship
coaching for women. Revive
your relationship and fall back
in love
nicolemathieson.com/work-with-me/

Enjoy Her

Take really good care of yourself

Nicole xx