



# SACRED YONI RITUAL: YONI STEAMING



WWW.HISDIVINEFEMININE.COM

## YONI STEAMING: A SACRED FEMININE RITUAL:

*Yoni steaming is an ancient practice used by women across cultures to reconnect with their womb, cleanse stagnant energy, and nourish their sacred portal. It is a ceremony of remembrance, a softening into your feminine essence*

### What You'll Need:

- A yoni steam seat or a heat-safe bowl
- A blend of organic herbs (e.g., mugwort, rose, lavender, calendula, basil). Yoni herbs.
- Boiling water
- A long skirt, blanket, or cloak
- Quiet space, soft lighting, journal

### How to Perform:

- 1. Boil 4-6 cups of water and add a handful of your chosen herbs. Let steep for 5-10 minutes.
- 2. Place the hot water bowl beneath your yoni steam seat or in a stable position to sit over.
- 3. Remove underwear and sit or kneel over the bowl. Make sure the steam is warm, not too hot.
- 4. Wrap your body with a blanket or cloak to contain the steam.
- 5. Close your eyes. Breathe deeply. Place your hands on your womb.
- 6. Set an intention or whisper a prayer: "I return to myself. I honor my temple."
- 7. Stay in this space for 15-30 minutes, listening to your body.
- 8. Journal afterward. Ask your womb what she wants to share

## Benefits of Yoni Steams

<p><b>Physical Benefits</b> (as recognized by holistic and herbal traditions)</p> <ul style="list-style-type: none"><li>● <b>Promotes healthy menstrual cycles:</b> Helps reduce cramps, bloating, clots, and stagnation by improving circulation and warming the womb space.</li><li>● <b>Supports postpartum healing:</b> Assists in uterine recovery, clearing lochia, and restoring vaginal tissue.</li><li>● <b>Aids in clearing old residue:</b> May help with regulating cycles, easing fibroids, cysts, and stagnant energies from past partners or trauma.</li><li>● <b>Helps with dryness or imbalance:</b> Moisturizes vaginal tissues, supports natural flora, and soothes irritation.</li><li>● <b>Relieves pelvic tension:</b> The warmth and steam soften muscles, increase circulation, and relax the entire pelvic bowl.</li><li>● <b>May support fertility:</b> By improving uterine health and clearing energetic blockages, it supports the womb's readiness for creation.</li></ul>	<p><b>Energetic &amp; Tantric Benefits</b></p> <ul style="list-style-type: none"><li>● <b>Reclaims the womb as sacred:</b> Shifts the narrative from shame to reverence; from clinical to ceremonial.</li><li>● <b>Cleanses energetic imprints:</b> Releases old lovers, heartbreak, ancestral grief, or stored trauma in the yoni and womb space.</li><li>● <b>Awakens sensual embodiment:</b> Invites awareness to the yoni, increasing connection to pleasure and intuitive knowing.</li><li>● <b>Strengthens the womb-heart connection:</b> Enhances feminine intuition, deepens emotional clarity, and ignites creative flow.</li><li>● <b>Restores a sense of ritual and reverence:</b> Every steam becomes a moment of pause, prayer, and power.</li></ul>
<p><b>When to Practice Yoni Steaming</b></p> <ul style="list-style-type: none"><li>● Before or after your moon cycle (never during bleeding)</li><li>● After a breakup, loss, or sexual encounter</li><li>● During a new or full moon for intention-setting</li><li>● When feeling disconnected from your body or sensuality</li><li>● Postpartum or post-abortion (with proper guidance)</li></ul>	<p><b>Important Notes</b></p> <ul style="list-style-type: none"><li>● Not recommended during menstruation, pregnancy, or with active infections.</li><li>● Always use <b>organic herbs</b> and avoid synthetic scents or products.</li><li>● This is a practice of deep listening—<b>if your womb says no, trust her.</b></li></ul>