

PUSSY PLEASURE RITUAL

PREPARATION

CREATE A SAFE, UNDISTURBED SPACE AND TAKE AT LEAST 20-30 MINUTES JUST FOR YOURSELF. MAKE YOURSELF COMFORTABLE - CREATE A SPACE FULL OF LOVE. PERHAPS WITH CANDLES, FLOWERS, ROSE OIL, SENSUAL FRAGRANCES. HAVE YOUR YONI EGG OR CRYSTAL WAND READY.

1. Place your hand on your pussy and breathe into her. Connect deeply with her.
 2. Tune in to what she wants right now.
 3. Warm up your body, gift yourself sensual touch and pleasure.
 5. Let your yoni guide you throughout the ritual - how does she want to be touched? What does she want? What turns her on?
 6. Let everything come from your pussy - try fulfilling her desires . Maybe she just wants to be massaged on the outside, maybe she needs peace and stillness, maybe she's in the mood for sexy self-pleasure or a wilder session with toys.
- Whenever you are in your head - come back to your pussy. Let go of goals and expectations like wanting to come. Go from moment to moment and tune in again and again to see if your yoni might want something else.
- When you feel that the ritual is complete, place your hand on your pussy again for 1-2 minutes and feel into her. Connect with her and pay attention to her. You may also want to say thank you to her.

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