

TOPIC IN JULY

# PUSSY Portal



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WORKBOOK

Sex & Soul MEMBERSHIP

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# YOUR PORTAL

## Your pussy is beautiful, powerful and sacred.

When you really get to know and love your pussy and build a beautiful relationship with it, she will give you so much love back through more sensitivity, pleasure, orgasms, health, wetness and wisdom. And this relationship makes your whole life more magical and juicy!

We often only pay attention to her when we are bleeding, when something is wrong, during childbirth or during sex. Yet it is so healing to view her as a normal part of our body - just like our face or our hands.

Have you ever given your vulva loving touch apart from sex? Give it a try - touch her daily, breathe into her, connect with her regularly. Your pussy has her very own consciousness that you can consciously connect with - in moments of horniness or pleasure, but also in everyday life. Make the connection to your yoni an everyday thing! Simply place your hand on her and feel her energy: what does she want to tell you today?



# YOUR WOMB

Place of your creativity, your feminine primal power, your sexual energy and portal into this world. The journey into your femininity and sexuality always leads deep into your womb space. Through Dearmoring, Breathwork, Womb Healing and lots of love and pleasure, you can bring your womb space back to its original state: healthy, full of pleasure, open, soft, powerful and relaxed. And this also applies if you don't have a physical womb anymore - you will always hold the energetics of it!

As you may have noticed, I often use the word pussy. For some, this may be triggering - but I use this word consciously. When we rewrite the meaning of words, we reclaim our power. If this topic interests you, I can recommend the book "Pussy - A Reclamation" by Regena Thomashauer. For me, pussy is powerful, sexy and soft at the same time. Words are powerful! Which words do you use for your pussy? Some people like yoni, vulva and vagina or vulvina. Use words that sound empowering and beautiful to you personally.

Do you listen to your yoni? Try talking to her in meditation, ask her questions, build a connection with her. She may not answer directly when you do it for the first time. Give yourself and her time.

# READY FOR PUSSY MAGIC?

Your pussy has her very own consciousness. If you judge her, don't pay attention to her, don't express her needs, don't clearly communicate or respect her boundaries, if you don't find her beautiful or put her under pressure (e.g. to come faster or to heal as quickly as possible) - then this will affect her - her health, her pleasure and her orgasmicness. Treat her like your best friend and learn to love her, see her unique beauty, give her time, give her love, mindfulness and speak for her. This is how you build a trusting and loving relationship - and open up the space for pussy magic!

## Pussy Love Tips

- Place your hand on her, without goals (also wonderfully healing if your partner does this)
- No underwear - let her breathe! Sleep naked, wear nothing underneath and be "bottomless" as often as you can
- Self Pleasure Rituals
- Dearmoring (you can find a guided exercise in [Pussy Heaven](#) oder [Sexual Alchemy](#))
- Wash your vulva only with water or very mild acidic lotion - your vagina doesn't need cleansing - she cleanses herself from the inside! Less is more - normal shower gel can irritate your flora
- Healthy, low-sugar diet for optimal health & pH balance, optional: probiotics if you have frequent issues with your vagina's flora



# 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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# MIANTRA

MY PUSSY IS A SACRED, POWERFUL PORTAL.



# ARCHETYPES & GODDESSES

Lover, Mother, Tantrika, Seductress

Sheela-na-gig, Shakti, Baubo, Eileithyia, Mesechenet

# PLAYLIST

JULY PLAYLIST





# ENERGY OF THE MONTH

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## PLANT MEDICINE

Probiotic, fermented food: kombucha, kimchi, sauerkraut etc.

Low-Sugar food

Thyme, rosemary, oregano, camomile, basil, lavender  
(for nutritional value or yoni steaming)  
for a healthy vaginal flora

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## SELF-CARE & RITUALS

Yoni gazing (alone or with your best friend or partner)

Heart-Yoni-Meditation

Pussy Massage & Self Pleasure

Dearmoring

Jade egg practices and rituals

Yoni Steaming

Singing (your womb space + voice are connected!)

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## CHAKRA

Root chakra / Muladhara

Sacral chakra / Swadhisthana

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# JOURNAL PROMPTS

PUSSY PORTAL

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1. Are there moments when you don't listen to your pussy or disregard her boundaries? Are there moments when you don't dare to speak up and stand up for her truth and needs?

2. What happens if you continue to do this? And what happens if you listen to them instead and speak their truth and needs?

3. What specifically supports you this month in connecting with your pussy/yoni and nurturing the relationship you want to have with her?

4. What are the deepest desires and needs of your pussy? How can you fulfill them as best you can?

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# LOVE LETTER

TO YOUR PUSSY

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PART 1: Write what kind of relationship you have had with her so far. How do you feel about her? What experiences have you had together? Be honest. What do you like about her? Write her a letter full of appreciation, forgiveness, letting go, truth, love or compliments - whatever feels right for you right now.

PART 2: Tell your yoni what kind of relationship you want to have with her from now on. How do you want to feel towards her? What experiences do you want to have with her? How do you want to treat her? What do you want to invite into her? If the relationship was a human one - what do you want it to be like?

PART 3: If you like, place your hand over your vulva and read the letter out loud to your pussy. So powerful! Feel free to share your experience in our chat if you have tried these or other exercises!

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