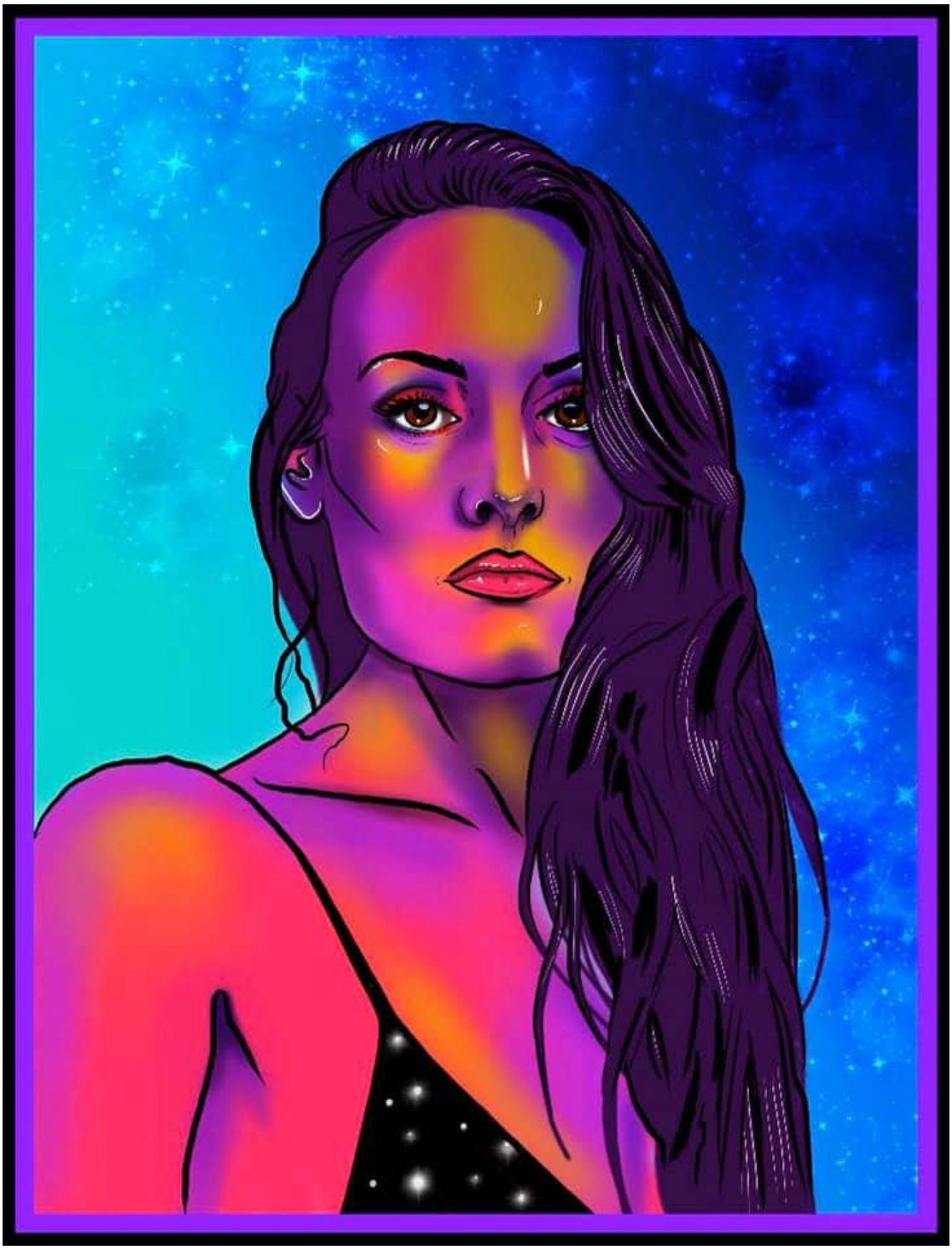
THE YONI FILES

GUIDE TO PELVIC DE-ARMORING



BY SALLY JAYNE LEMMON

THE YONI FILES

PELVIC DE- ARMORING

The Yoni/ Pussy/ Cunt * (See side note) is the portal that we awaken and revere to bring us back into knowing of the divine.

It is the portal for the divine soul to enter this world. The place where all life's mysteries begin.

You see when we realize that this beautiful piece of art that is our human body, is just that a peace of art.
Made in deep inspiration.
Inspired by spirit.

We begin to unravel anything that is buried within our very cells that is not truth. That is not a direct transmission of the deep love, grace, sensuality and sexuality that is a pivotal part of humanity's ascension.

We all come from this sacred cave. I mean every human on this planet is born from the midst of the Maha Cunt, it is our home and this is an opportunity for your very own homecoming.

Reconnect with her my beautiful sisters, and welcome our brothers to see the divine transmission of grace that shines through her. This is our chance for freedom.

Freedom from any restraint, any belief, any programing that has kept us away from our divine birthright!



You are born to live in total and utter ecstasy.
You see we are born to be ecstatic.

Tell me that you who have picked up this guide are not a mystic at heart? That you do not live for the moments that you feel utterly alive, when you lose touch of 3D concepts, of time and of constraints. The walls could be burning, and you would not know because you are in that great unification with spirit.

We are born from orgasm, we shall live in orgasm and we will die in orgasm. To live in an ecstatic state is the journey of every mystic, every woman, and every yogi.

We are here to remember that we are a creation, of the deep sexual energy in this world. To really revolutionize our world, we need to unlock the codes and wisdom that will take us back to the great embrace

of our sensual, sexual and erotic nature. Deeply surrendered.

Look into the depths of her; see her delicate flower unfold, for she is their always-loving always-present ready to take you home.

For my darling she is your key to heaven on earth.

PELVIC DE-ARMORING

What is Yoni Massage/ Pelvic De-armoring?
Yoni Massage is a massage of the Yoni- This includes the Venus mound, the labia, the clitoral hood, the clitoris, perineum, vaginal canal and cervix.
You can visit a professional Yoni Therapist for a Yoni Massage, or you can learn to massage and de-armor our own Pussy.

De- armoring is literally taking down the armor. We store emotion, memory, beliefs, and ancestral trauma in our bodies, and this is very prevalent to our Yoni's/ cunts.

It is a practice which when done in a therapeutic manner the goal is not orgasm or climax, although if this does happen there is no shame.

It is purely a practice to honor and worship the vagina, to help treat muscular tension, psychosomatic dis-ease, increase pleasure and sensitivity, release stored emotion from the yoni womb. A yoni massage will also connect a woman back to the pure innocence and erotic nature of herself.

Yoni massage is for every woman who wants to deepen her connection to herself and her divine sexual nature.

GUIDE TO SELF DE-ARMORING

I have attached a guide I have created for self- exploration. There are three worksheets, which will take you through the process of de-armoring step by step.

- A mapping guide of the external sexual reproductive system
- A mapping guide to the vagina and cervix
- A guide to exploring touch on the whole body

Here is what you may need for self de-armoring.

- A beautiful place where you feel safe and will not be interrupted
- A space that is evocative of your senses, if you are a sensually driven creature

- Clearing elements smudge or Palo Santo
- An organic lubricant or coconut oil
- Optional a cervical de- armoring wand
- Here is a link to a Crystal dildo and Jade Egg store I highly recommend

Yoni Pleasure Palace

https://www.yonipleasurepalace.com/?ref=sallylemmon

- The cervix serpent or the crescent is perfect for de-armoring as they are shaped to reach the cervix, which some women may not be able to reach with ease with their fingers.

THE CRESCENT



THE CERVIX SERPENT



- I also recommend using fingers and hands as you there is a different level of connection when we enter our own vagina with our fingers.
- A jade egg is another great option for really gentle and powerful de-armoring, energetic clearing and pelvic health. It can help create tone, dexterity, lubrication and balance hor mones, as well as giving your skin that radiant glow.

BOUNDARIES AND CONSENT

Part of Yoni Massage is discovering our voice. There is a direct connection between our yoni/cunt and our throat. This can be explained by the Vagus nerve that connects the cervix with the digestive system, heart, and throat.

When we endeavor on the journey of sacred sexuality and sensuality, we may begin to discover many times when we have not expressed what we need/desire sexually, and we may also feel there has been times when our boundaries have been crossed.

One of the realizations many women have while de-armoring is that they may allow penetration, or having their space entered before they are fully aroused.

Therefore prior to entering our own vagina/ womb space it is important we check in with ourselves. If your yoni does not want to be entered or needs more time, it is so important to not proceed until she is ready, or not proceed at all.
When we are able to understand our own needs and boundaries, we are able to communicate these more to lovers, partners or medical professionals.

There are many people doing great work with boundaries and consent. One form is the Wheel of Consent by Betty Martin.

I highly recommend all Women learn how to adequately know their own boundaries, and express them.

RELAXATION

It is so important for women to be highly relaxed during sex, penetration, yoni massage and self-exploration.

A woman's Yoni is like a flower, it will delicately open for you when it feels safe.

The woman's pleasure pathways are highly interrelated to the level of stress and anxiety in her body.

The deeper the state of relaxation, the deeper the opening, and allowance for altered states of consciousness.

Oxytocin plays a huge role in the female arousal pathways. Stimulation of the breasts is a great way to start the process as this can create waves of oxytocin.
Oxytocin is the love hormone and aids in stress relief for women.

EXPLORATION OF THE BODY

De- armoring is not just related to the Yoni. The physical body stores and holds emotions, and memories. If we want to reach our fullest potential in pleasure and aliveness, we need to connect with our human body, give love attention and to move stagnancy.

The Kundalini Yoga tradition of oil massage, dry body brushing and cold shower is a powerful process

of de- armoring when done with conscious loving touch.

You will find at the end of this document, the worksheet that guides you through points on your body. Take the time to put on some music drop into a meditative state and to listen to how your body likes to be touched. Map this, and if you are in relationship you can give this map to your partner.

When you are touching yourself, also be aware if there is pain, pleasure, pressure, or numbness.

These are the key markers we track in Yoni massage.

Many times when there is just pressure or even numbness. There is emotion/memories/ feeling that are not being seen.

By continuously checking in with your self and using intuitive touch/ massage on these areas combined with breath. We can explore and release these emotions from our cells. Numbness can move to pressure, pain to pleasure.

A good way to move these out of your body may be to use sounds.

Deep guttural sounds out of the mouth can help to move the emotion so it is felt.

You can inhale then exhale ooooooo which is the sound governing the womb.

You may wish to scream if there is anger, punch a pillow, shake and allow yourself an experience of the emotion.

You may need to cry, any form of expression is welcome.

We are moving away from repression into expression.

This is truly being alive.

If you have a memory come into your field, you can work with the neural plasticity of the brain and to reshape the moment in time that is causing the emotion.
These shamanic techniques would allow you to go back to the memory and then to reprogram it, by either recreating the situation or anchoring the frequency of AWE and love into the situation. (For example we may ask a client to think about a something to bring them to awe, such as thinking of a sunset or a moment where you felt deep joy and anchoring into the timeline).

BREAST MASSAGE

Breast Massage is a beautiful practice that will open a woman's heart and pathway to pleasure.

Breast Massage will stimulate Oxytocin (The love drug) and simultaneously allow for the Yoni to open. There is a connection between the heart and the womb, and this quite literally can be seen to be the Vagus nerve that is connected to the cervix and the heart.

Energetically a woman (femme identifying) is said to give through her heart and receive through her

Yoni.

POINTS OF FOCUS

Here are some areas that we focus on prior to the Yoni Massage. Which will naturally start to open the Yoni.

JAW

There is a lot of tension that can be held in the jaw, by massaging the jaw and yawning we can release the tension we hold here. The Jaw is interrelated to the hips, which is another place women tend to store emotion. There is a bilateral relationship between Jaw and hips.

WOMB

We focus on opening the womb, by massaging the womb below the navel point. When we place our hands in a triangle on our stomach our thumbs touching at the navel. Our little fingers will naturally lie at our ovaries.

Loving present touch to our womb, allows the flow of the energy of the sacral chakra. This is our power center, place your hands on her and feel her.

BREASTS

Our breasts are an erogenous zone, that are so receptive to touch they are directly related to opening our hearts. As when the breasts are stimulated they release oxytocin. This is the love hormone and is what women require balancing their hormones and entering deeper states of relaxation. When our heart opens as women our Yoni's naturally open.

HIPS

Women store lots of emotion in their hips therefore by working on opening the hips we open not only the muscles of the pelvis, we start to work into the emotions that are stagnate, allowing them to move and create more freedom in the body.

INNER THIGHS

For many women this is a highly erogenous zone and can create a woman to open in anticipation. It is a beautiful area to focus on prior to moving into the yoni massage.

NECK

The neck is another highly erogenous zone for women. I find that women can store tension in their necks, from swallowing words, and emotion can be deeply stored here. When touched with loving reverence this can be very healing.

THE YONI MASSAGE – DE- ARMORING

When we move towards the Yoni here are the areas we can focus on. You have been provided with a PDF where you can map the points on your yoni.

You can reprint this PDF and track the changes within yourself during different times of your cycle, if you are still cycling, different times of the moon phases.

Ask, is there pain, is there pleasure, is there numbness, or pressure. Is there an emotion underneath? Are there memories coming to the surface.

It is an amazing tool to use to see the changes in your Yoni from de-armoring, and to see changes that happen due to your cyclic nature as a woman.

A Yoni Therapist will focus on the area until they feel intuitively to move on, and will ask your permission. I encourage you to ask yourself permission prior to moving on.

This is a great order to move through – although always allow yourself to be intuitively guided.

If there is an area of tension, press firmly as you inhale into the space release the pressure as you exhale and sound the tension out.

VENUS MOUND

The Venus mound,you can massage in circular motion or stroke with desired pressure.

OUTER LABIA/ LABIA MAJORA

These are the lips that protect the other external aspects of a woman's reproductive system. Long strokes with coconut oil can be very nourishing; if there are points of tension spend some time, gently working out these areas of tension.

INNER LABIA – OR LABIA MINORA

The inner labia is a little more sensitive and varies in size she can have larger lips like an open flower, or smaller lips. The inner labia can be stroked, she can also be gently taken in a pinching motion with finger, massaging gently back and forth.

CLITORAL HOOD

The clitoral hood is where the labia minora meet. It is a protective covering over the sensitive glans clitoris. This area can feel beautiful to stroke and also pinch softly between fingers and roll.

CLITORIS

Our clitoris is an amazing center, which for many women is pivotal in sexual pleasure. The majority of the clitoris is underneath the surface

The glans clitoris is the sensitive little bulb under the clitoral hoods. The Clitoris made of the same

tissue as a male's penis; it is erectile tissue and becomes engorged when aroused. Gently tap the clitoris, or use very soft movements.

DEARMOURING THE VAGINA

When we reach the vagina we always hold our fingers at the entrance and allow a woman/yourself to breath, we check for permission. It is so important that you do this yourself as it shows you are respecting the wishes and wisdom of your Yoni.

We then move through the massage in a clock like motion. You can see this in the attached PDF.

We begin at 10 O'clock and move to 6 O'clock, then move from 2 O'clock and then move to 5 O'clock. These are the areas in the Vagina, which will store the most muscle tension (In the first 1/3 of the vaginal walls).

We then move to 11 O'clock, then 1 O'clock.
We would next move to 12 O'clock
Which would be the entry, G-SPOT, A-SPOT.
We then move to the cervix if we can reach and the O-spot, which is underneath the Cervix.

One way we massage the vagina is with a come hither motion, applying pressure on areas that need more attention and inhaling into the area and releasing the pressure with the breath and sound.
The cervix we move circularly around her, and then gently tap her.

The cervix is an incredible part of the Yoni. She is the gatekeeper to the uterus/womb and is also connected to multiple nerve pathways. Therefore, she is a highly sensitive and interstellar being.

SEXUAL REFLEXOLOGY

Sexual reflexology is the practice of using sound and color to de-armor the vaginal canal or birth canal. The vaginal canal is broken up into differing sections.

KIDNEYS- Opening of vagina

- We release FEAR AND ANXIETY with the sound choooo and the color black
- We breathe in Gentleness and Calmness and the color blue

LIVER ZONE – Second segment/ G-spot area

- We release anger and greed with the sound shhhh and the color brown
- We breathe in kindness and generosity with the color green

SPLEEN ZONE -top third segment of the yoni

- We breathe out worry and anxiety with sound hooo and color dirty yellow
- We breathe in openness and fairness with the color gold

LUNG ZONE -located at the top of the vagina and the area around the cervix

- We breathe out sadness and nostalgia with the color grey and the sound hsssssss
- We breathe in the color brilliant white and courage and self-confidence.

HEART ZONE- Cervix

- We breath out hastiness and impatience with the sound hahhhh and the color rusty red
- We breathe in love and joy and the color ruby red.

AFTERCARE

Always listen to your body, and stay within your own limitations.
It is important we never force or look for a sense of achievement, it is exploration and communication with our Yoni.

After your Yoni massage place your hand over your Yoni cup her and feel her and say thank you.

Close your practice.

You may wish to meditate, or further journal.

Be gentle and mindful of what has come up for you.

Nourish your Yin with a beautiful bath, or going into nature.

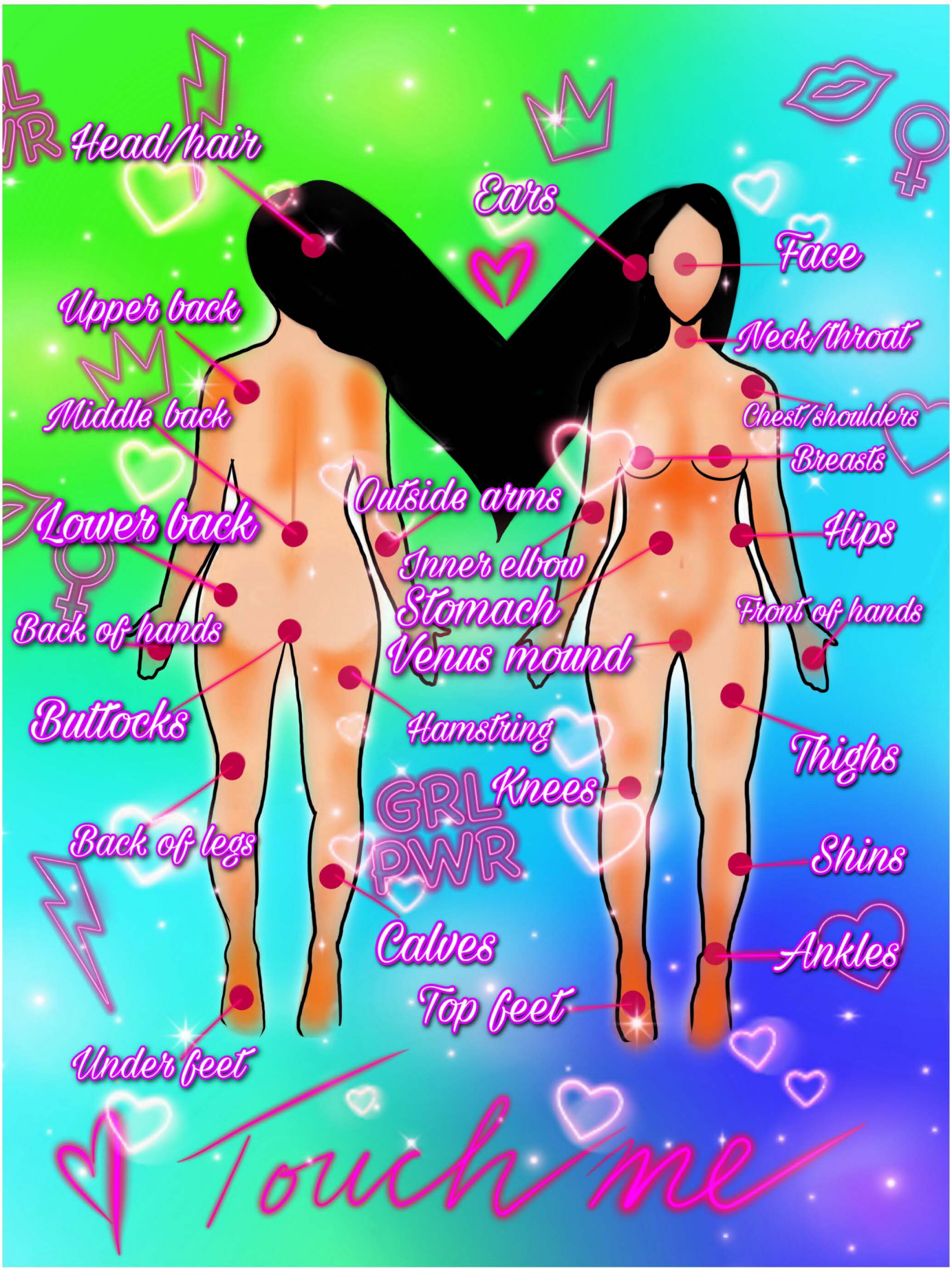
In love humility and service to humanity,

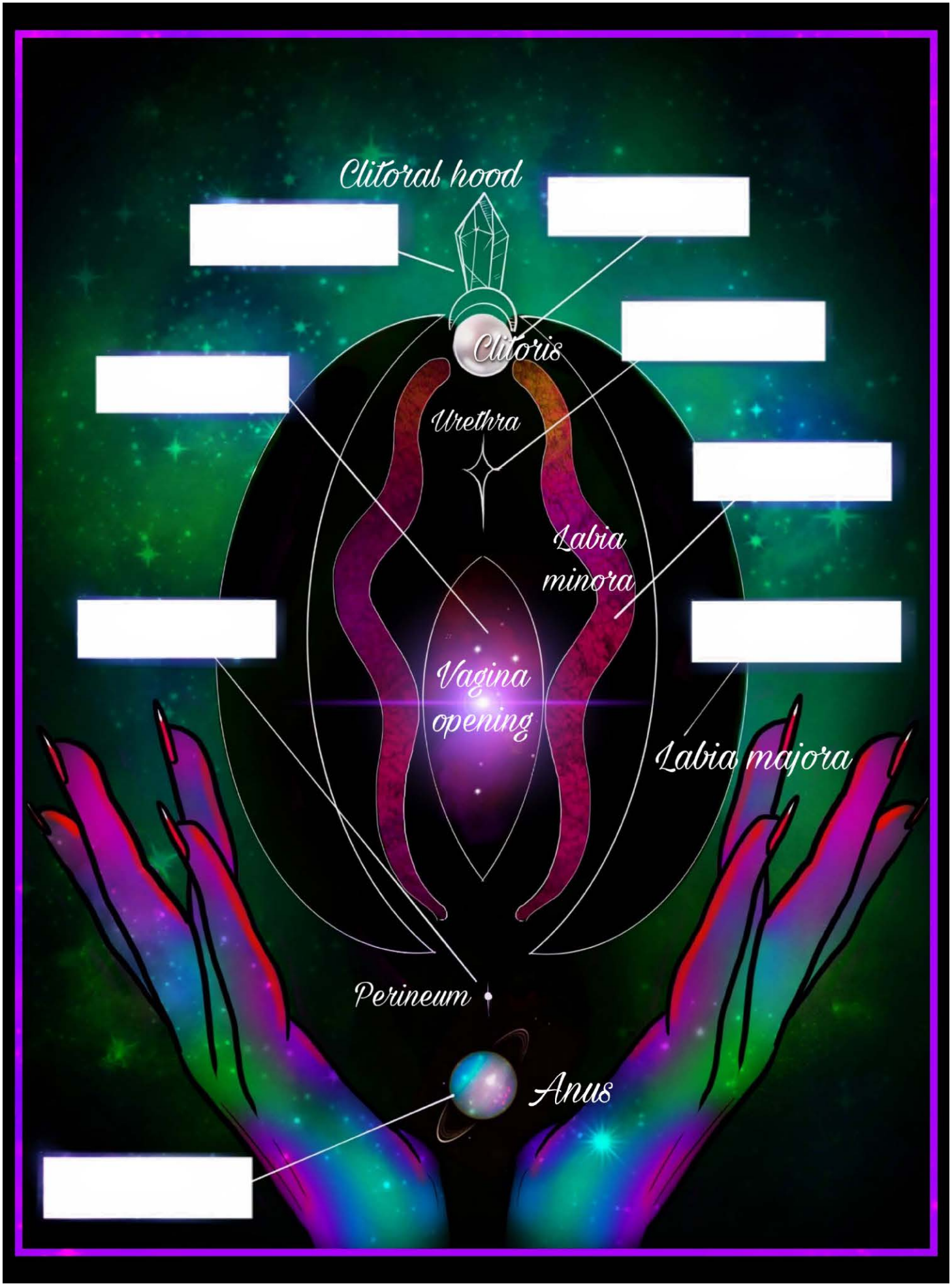
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ON THE SIDE HUSSY (NOTE)
*(Cunt is a word in its vernacular meaning that means vagina. Cunt is derived from Kunda or cunti – the oriental goddess. She was the great Yoni of the universe, and is said to be the seat of the Kundalini energy) Did someway say kunt-a-lini ;)


Head/hair
Ears
Face
Upper back
Neck/throat
Middle back
Chest/shoulders
Breasts
Outside arms
Lower back
Hips
Inner elbow
Stomach
Back of hands
Front of hands
Venus mound
Buttocks
Hamstring
Thighs
Knees
GRL PWR
Back of legs
Shins
Calves
Ankles
Top feet
Under feet
Touch me


Clitoral hood
Clitoris
Urethra
Labia minora
Vagina opening
Labia majora
Perineum
Anus


A spot
Cervix
G spot
12
1
2
3
4
5
6
7
8
9
10
11
Vagina