



# YONI STEAM MANUAL





Welcome to the inner temple of the  
Rose within.



# A B O U T

Since ancient times wise women have practised the ritual art of Yoni or herbal pelvic steaming to connect, nourish, heal, reawaken and harness the healing powers of the womb.

This art incorporates the essence and medicine of water, plants and flowers to support the natural self-healing and regenerative nature of the Womb.

Yoni steaming is a gentle and potent way to celebrate all phases of womanhood. It re-educates us on integrating practices that empower body autonomy and womb, heart and mind coherence.

It is a gentle way to receive the medicinal properties of water and plants. Steam itself is a beautiful soft light conduit of water that transports the crystalline nature of the water and the healing qualities of the herbs, plants and flowers.

The steam delicately enters the yoni, womb and pelvis, unlocking keys and magical potentials within. The yoni steam offers benefits to our physical, emotional and energetic nature.

The womb stores information, memories, and imprints deep hidden within. The Yoni Steam is a non-invasive modality that travels through the yoni and womb.

The yoni tissues are delicate and super absorbent and rich in blood supply, which means each plant or flower's medicinal qualities directly enter the bloodstream.

The rose consists of many petals held  
together,  
A pure reflection of the soul's  
unfoldment.

A WOMAN WHO HEALS HERSELF HEALS HER MOTHER, HEALS HER DAUGHTER, AND HEALS EVERY WOMAN AROUND HER. YOU BECOME A LIGHT THAT CREATES A RIPPLING EFFECT.”



# BENEFITS

The Yoni steams bring balance and support the womb's natural vitality and a healthy biosphere.

Benefits include preventing and treating bacterial imbalance (yeast and bacterial infections).

The steam heals and tones the tissues of the vagina.

Regulates menstrual cycle and flow - such as decreasing flow or restoring an absent process; it can also help to clear blood clots.

Reduces symptoms of bloating, cramping, and pain during menstruation \*when done before menstruation, it helps reduce the severity of symptoms.

Increases fertility.

Heals and clears uterine fibroids, ovarian cysts, and endometriosis.

Helpful for pelvic pain, pain during intercourse, vaginal dryness, or tightness.

Supports trauma, emotional healing and a reconnection to the womb as a source of grounding and nourishment.

Postpartum healing, healing from a miscarriage, abortion and loss.

Heal and prevent haemorrhoids.

Supports the cycles of womanhood and the pre-menopause initiations.

Relieves vaginal dryness.

Heals scar tissues.

Uterine and bladder prolapse.

*"The darkest brightest star you are."*



# WHAT YO NEED

You need a seat/stool; it can be a DIY stool or buy one from a crafter.

A cloth to cover your lower and upper bodies if you wish to be fully enveloped. The cloth or towels contain and direct the steam. It is recommended that you wear socks if you feel the cold on your feet. I also love to cover my whole body during the ritual.

Get a dedicated pot with a lid for Yoni Steaming. Fill the pot with at least 3 to 4 cups of spring water.

There are different streaming methods. My personal preference is to bring the spring water to a gentle, almost boiling temperature. Then, add the herbs and simmer for a few minutes.

As you alchemise the herbs and water, you can sing recite mantras and intentions ushering powerful healing light. Then, turn off the heat and steam the herbs and flowers in the water for 10 minutes. When my stool is set up, I then transfer the steam to another dedicated pot in my DI Y stool.

Add two handfuls of organic medicinal herbs, flowers or roots dry or fresh. It is recommended to use fresh when you can, especially in the summer months, to forage for these beautiful, magical herbs, plants and flowers.

Create a dedicated space in your home, yoga space or outside. In the summer months, I steam outside under the moonlight. In the winter, I sit by the fire. Before beginning, ensure you have what you need: pen, journal, candle, sage, and flowers.

Set sacred space by lighting candles, smudging and invoking the Goddess and medicine of the flower/herbs. I like to sit in front of an open fire or bathed in the Moonlight.

Prepare your throne- stool is vital and this incorporates placing the steam in the bowl, preparing your body and then coming to seated for 20-30 minutes. Wait another 5 minutes if the steam is too hot. Then, cover yourself with your sacred cloth and towels to channel the steam. Whilst steaming, meditate, breathe, be still, sing, recite a mantra and enjoy.



THE WORLD  
Is as we Dream it.

# CONTRADICTIONS

The Yoni Steam is not for everyone so, please use your inner guidance or speak to a professional if guided. I recommend speaking to a herbalist for deeper insight into plants or flowers if you feel to do so.

**HEAT** Remember, steam is hot. So go slowly and be sure to check the temperature of the steam before you steam the Yoni.

Use only **Organic** plants, herbs, roots or flowers.

Do not steam if you have an IUD.

Do not steam if there is excess heat in the body due to fever.

Do not steam when bleeding- steams are restorative before and after but not during mensuration.

Pregnancy- do not steam during pregnancy.

If you are trying to conceive, do not steam after ovulation or during the luteal phase of your cycle.

**Essential oils** are too strong for the yoni tissues. Using whole and organic plants is key to receiving the essence and medicine innate within the plant or flower.

**Water**- use spring or filtered water.





# PLANT MEDICINE

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PLANTS ARE MAGICAL, POWERFUL AND HEALING TEACHERS, ALLIES AND GUIDES. THEY ARE SENTIENT BEINGS THAT CONTAIN FREQUENCIES AND LEVELS OF CONSCIOUSNESS THAT OPEN UP DOORWAYS IN OUR BODIES, RETURNING US HOME WITHIN.

I WILL SHARE AN INTIMATE GROUP OF PLANTS AND FLOWERS. THE INFORMATION PROVIDED IS MY PERSONAL INTUITIVE EXPERIENCE WITH THE PLANTS AND I WOULD INVITE THAT EACH WOMAN LISTENS TO THEIR INNER GUIDANCE ON WHICH PLANTS TO WORK WITH.

PLANT SPIRIT MEDICINE IS THE NATURAL EXPRESSION OF THE EARTH'S WISDOM AND IS WOVEN INTO THE LORE OF THE LAND. THIS INNATE LORE CONTAINS PURE BLUEPRINTS AND TEMPLATES, ACTIVATED AT THIS TIME.

WHEN WE CAN CONNECT TO THE SUBTLE REALMS OF THE FLOWERS AND PLANTS, OUR PERCEPTION AND SENSITIVITY ARE OPENED. WITH NEW FREQUENCIES OF LIGHT AND LEVELS OF CONSCIOUSNESS ARE IGNITED. PLANT MEDICINE IS A LANGUAGE OF THE SACRED BODY, A SHAMANIC PATH OF WOMB AWAKENING, ALCHEMY, INTERCONNECTIVITY AND MAGIC.

ESSENTIALLY, THIS ARTISTRY IS A HOLY COMMUNION WITH THE SACREDNESS IN ALL OF LIFE -SHEKINAH. MEDICINE WOMEN WORLDWIDE RECOGNISE AND HONOUR THE POTENT POWER OF THE PLANT'S 'ESSENCE' AND ITS INNATE GIFTS OF WISDOM TO REACH THE DEEPEST PARTS OF OUR SOUL.



*Calendula officinalis*

# Calendula



Calendula ( is one of the easiest herbs to grow and a highly versatile medicinal plant—naturally, it finds its way into the hearts and gardens of all herb lovers. It has been used for centuries, both internally and topically, to heal wounds, burns, and rashes. In addition, sunny flowers are a traditional remedy for supporting the immune system and lifting the spirits.

Calendula has a wonderful toning effect on the uterus. It's an anti-inflammatory and a digestive ally. She reduces inflammation, redness, swelling and itchiness. Cleanses and minimises bacteria. Calendula heals scar tissues and vaginal tears after an episiotomy and supports haemorrhoids healing.

## Spiritual

Calendula's medicine reminds us of the healing power of joy. She illuminates our shadows and is an excellent balm for human relationships. Calendula teaches us to touch each other gently and profoundly with the light and warmth of our words.



Matricaria Chamomilla

# Chamomile

Chamomile has enjoyed a rich history as a spiritual and medicinal herb. Records of its use date back to the ancient Romans, Greeks and Egyptians, who believed the flowers contained magical and healing properties.

Considered the herb of the sun, drinking chamomile tea was thought to restore vital energy sources, instil positive energy and bring prophetic dreams. It was dedicated to the sun god RA while some Germanic tribes dedicated it to their sun god Baldur. Camomile is a versatile, calming and soothing herb that reduces inflammation, redness, itchiness, and swelling. In addition, it reduces the symptoms of menstrual cramps and healthy digestion by relaxing the nervous system and brain.

## Spiritual

The medicine of chamomile invites us to fully embody our queen essence to honour our delicate cycles and rhythms through our inner power. She calms our inner emotions and shines the light on our true soul's signature—healing lack of willpower and self-doubt. Camomile has an affinity with the solar plexus and she is regarded as a master healer to the gut through aligning to our true needs.



**Lavandula officinalis**

# Lavander

The most amazing herb for soothing anxiety and calming the nervous system. it is a mild sedative that is cooling, uplifting and nourishing. She can support the healthy flow of the blood and other hormonal fluids. She endorses a balanced sleep and reduces tension in the body and mind.

## Spiritual

Lavender spirit and essence offer a deep connection to the balanced state of being by relaxing the overall physical and subtle bodies. She restores, repairs and grounds.



Rosa

# Rose

The Rose Queen is a great protectress and teaches us how to honour and care for our sacred power, our sexual and sensual nature and our soul's path. She supports creating healing and loving boundaries through knowing 'thyself' more intimately. Her soft powers call us home through the journey of re-awakening our inner sexual flame (eros). Her medicine softly decodes energetic templates and patterns of fear, grief, overwhelm, sadness, betrayal or low self-esteem while ushering in unity and well-being codes.

Rose is a powerful medicine that tones and lifts the tissues of the yoni. Rose relaxes the pelvic floor muscles and encourages balance in the blood flow, reducing cramps, clots and stagnation.

## Spiritual

Rose teaches us the sacred gifts and wisdom of Love and the healing knowledge of the Womb. She reminds us that our sexuality and sensuality is holy and inherently pure, supporting those healing from sexual trauma, abuse or oppression.





*Rosemarinus Officinalis*

# Rosemary

Rosemary has a long history of use in native Europe. Being woven into garlands, smudge sticks and burned as incense. She is used in places of worship and is revered for her gifts of aiding memory and brain clarity.

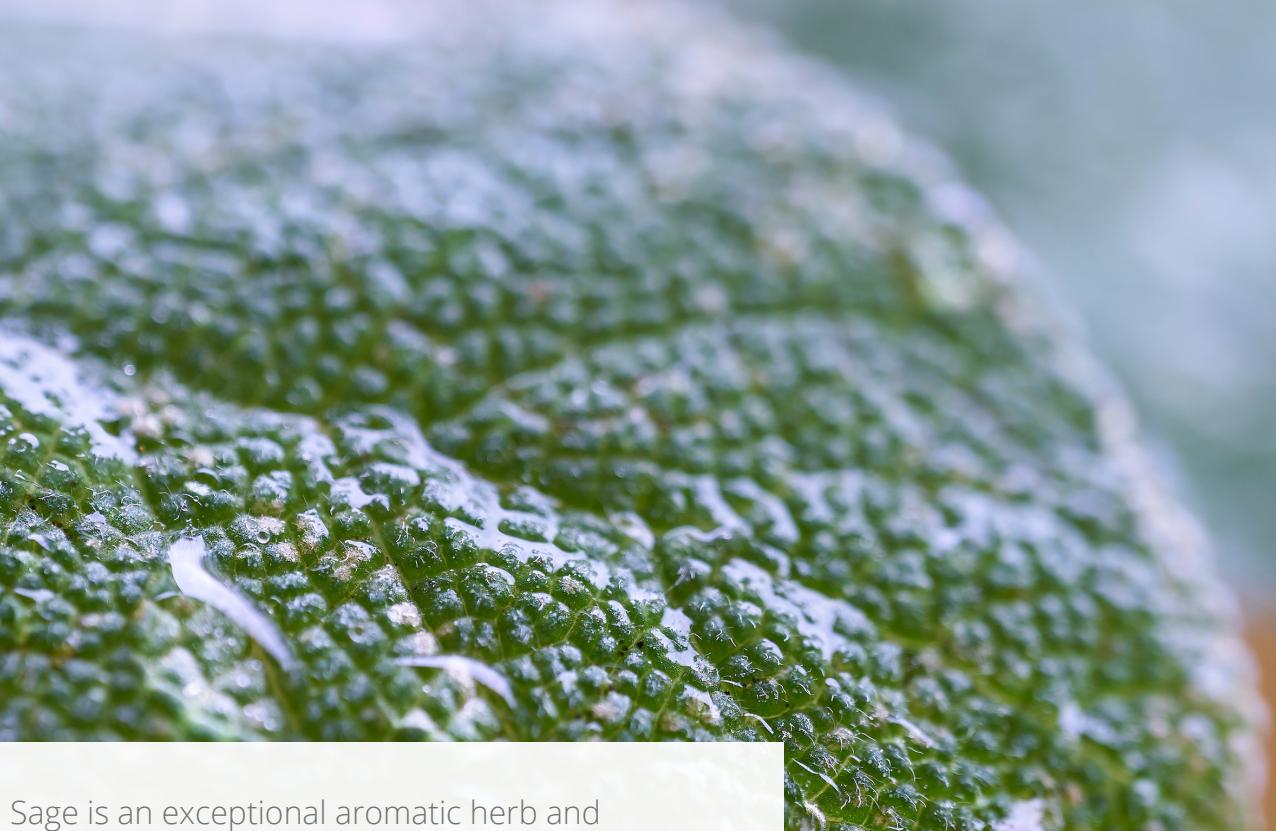
Rosemary increases circulation and encourages fresh blood flow to the reproductive organs. She clears away stagnation, reduces inflammation and promotes healthy blood flow. It also supports haemorrhoids healing.

## Spiritual

Rosemary is grounding and supports our integration process. She centres us into wholeness and self-love. She is used for cleansing ancestral pain and connecting us to the wisdom of our ancestors. She has powerful synergistic properties that carry other herbs used in the steam deep into the tissues.

*Salvia officinalis*

# Sage



Sage is an exceptional aromatic herb and considered a sacred purifier by many native tribes, from the druids to the native American Indians. Sage is warming and an astringent and reduces menstrual clotting and cramping. In addition, she supports bringing softness to vaginal dryness and supports healing sexual trauma vaginal inflammation.

## Spiritual

Sage is the master cleanser and protector of the plant kingdom and she clears, cleanses and purifies your entire system physically and emotionally. Sage softly purifies energetic patterns memories and coagulates energies ready to be released. She brings about sage wisdom of Womanhood that brings clarity and higher vision. She brings the energy field into a deep and happy state of deep trust.



# SACRED YONI REFLEXES

Women have sacred rose gates within the Yoni and womb- called reflect points in the Taoist tradition. There are practice and feminine rituals of tantra taught within the mysteries school that explore these Rose gates and petals of wisdom. First, however, we will focus on Toaist intimate reflex points within the Yoni.

The reflex points affect and heal the whole body from the feet upwards and have a symbiotic relationship with the entire body.

Like the ones on our body, these reflex points connect and correspond to specific meridians, organs, emotions, neural patterns, and physical experiences.

The reflex points can be activated through conscious breath, soul tantra yoga, intention, touch and the use of the yoni egg.

Once they are activated, they receive more significant levels of vibrancy and life force which over time opens the 'Body' to new and higher levels of sensitivity, sensuality and sexual expression.

In the spiritual lineage of the Rose, it is believed that the sexual organs are the root of all life.

Sexual energy; is life energy. They are the same.

Next is a guide on the particular reflex points and the sounds you can use to guide healing and activation when you begin to explore your anatomy.

**Kidney** – Entrance of the yoni and Goddess/G-spot area. When out of balance, we feel fearful, and when healthy, the kidney corresponds to greater calm and peacefulness. The sound used to connect to this point is Wooo (like blowing out a candle.)

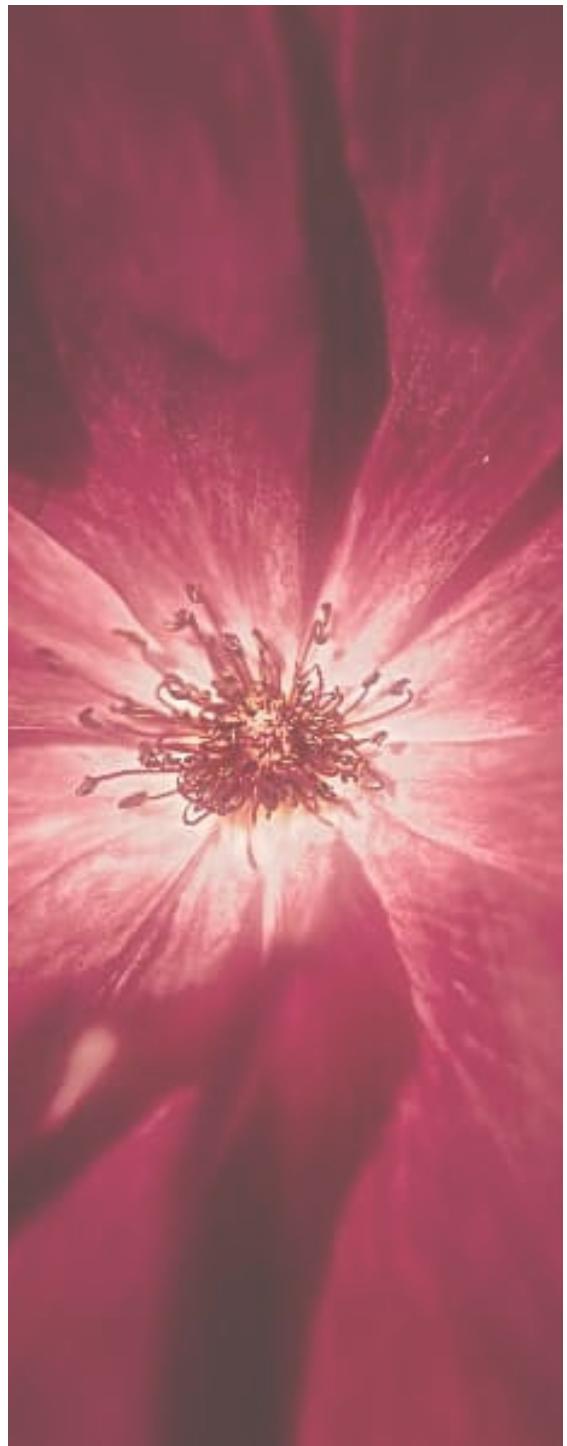
**Liver** – The liver point is in the area of the Goddess G-spot and a little further in the vaginal canal. Activating the liver opens the body to healing and resolving deep tension, anger, rage through love, connection and harmony. When connecting to this point, the sound to use is SHHHH (tongue near the palate.)

**Spleen/Pancreas** – The Spleen/Pancreas point is the zone before the cervix, and when out of balance, we might feel worried, anxious and low in self-esteem. When we heal and connect to this point, we release built-up tension and become grounded, empowered and centred. When connecting to this point, the sound to use is WHOOOO (from the throat guttural).

# SACRED YONI REFLEXES

**Lung** – The lung can be expressed as the power to receive life and pure prana; it's connected to the immune system and is an organ of reciprocity.. The lungs and our breath patterns are vital in understanding our state of being and are related to Greif, sorrow, and damp conditions of the body and mind. The lung point is often the most untouched area within the Yoni, as it's located around the cervix rather than the cervix itself. When it's healthy, we feel confident and self-assured. The sound to use when connecting to this point is SSSSS (tongue behind teeth.)

**Heart** – The deepest core of our inner sanctuary of Truth and Love. Our temple of love within our Yoni is located at the cervix itself. When we awaken this point, it can ignite an innate powerful release of all memories and energetic imprints related to the heart, such as heartbreak and separation. This is the most profound healing point and expands the heart into new blissful states of trust and passion. In addition, we can experience the more powerful heart-felt orgasms in communion with this point. The sound is HAWWW ( mouth wide open) when connecting to this point.



Enjoy your journey of Divine Feminine  
Remembrance.

Blessed Be.

Chloe.



Sacred Rose Mystery School