YONI SHAKTI WOMB WELLNESS PRESENTS

THE WOMB ALIGNED PATH

Sexual Alchemy

FEMININE DESIRE & SACRED SEXUAL AWAKENING AND INTIMACY IN UNION

PORTAL 8

Moon Phase: Full Moon to Waning Gibbous
Archetype: The Sensual Priestess | The Flame-Bearer
Theme: Desire as a compass, pleasure as prayer, sexuality as sacred power

If Phase 1 was the descent into the shadow and Phase 2 was the inner marriage of masculine and feminine energies, Phase 3 is the blossoming. It is the moment the seed breaks open in hunger to grow and feel the power of the sun.

In this space, desire is not a guilty secret or a performative act—it is recognised as a holy force. It is also not a hunger to be tamed, but a rhythm to be honoured. Feminine desire is expansive, tidal, and deeply intelligent. When aligned with the heart and womb, it becomes the creative pulse of life itself.

In the patriarchal and colonised sexual narrative, desire has been twisted into either dangerous temptation or transactional performance. Women have been taught to measure their erotic worth by the eyes and approval of others, to disconnect from their inner sensual compass, and to either suppress or distort their longing. So in this phase, we reclaim desire from distortion—meeting it not as lust stripped of soul, but as a sacred current that fuels creation, connection, and deep intimacy with self, with the Divine, and with a beloved partner.

When you awaken your sacred sexual energy from this place of sovereignty, intimacy with a partner transforms. It ceases to be an exchange of bodies and becomes an exchange of souls. Touch is about presence and not a means to an end. Eye contact becomes a prayer, made together. Breath becomes a bridge between two inner worlds. The body becomes a language where two lovers express their deepest romance.

This is not about losing yourself in another—it is about meeting another from the ground of your wholeness. Your self-connection becomes the foundation from which you can open without collapsing, receive without obligation, give without depletion. You no longer seek a partner to validate your desire—you invite them to witness and join it.

From this place, lovemaking becomes an act of devotion, a sacred art form. It can be fiery or tender, playful or profound, but it always carries the thread of reverence.

When you step into intimacy as a sovereign, embodied woman, you create a field where both you and your partner can soften, reveal, and meet in the raw beauty of truth. And when sacred sexual energy flows between you in this way, it becomes not only a personal reclamation—it becomes an act of spiritual resistance. It heals the ancestral lines, liberates the daughters to come, and re-establishes pleasure as a spiritual birthright.

Desire as Divine Intelligence

Desire is not a whim. It is not random.

It is the language of your deeper body — the unspoken poetry of your soul.
It rises not to tease you, but to guide you. It calls you towards what brings you into the fullness of life — what stirs your blood, awakens your senses, and reminds you that you are here to live in colour, not in grayscale.

Desire is not confined to the erotic, though the erotic is one of its most potent expressions. It moves through your creativity, the way you long to speak truth, the way you ache to be touched by the sun, the ocean, the eyes of a beloved. It is as much about the art you have yet to make, the places you have yet to walk barefoot, the prayers you have yet to breathe into the night sky.

The body always knows the difference between a desire that nourishes and a craving that depletes. One expands you, making you more alive. The other leaves you emptier, smaller, further from yourself.

Walking the sacred feminine path is learning this discernment — choosing again and again to follow the desires that create more life within you, rather than those that collapse your energy. It is trusting that every true desire is an arrow pointing toward your aliveness, and that to follow it is not selfish, but sacred.

The Difference Between Pleasure and Performance

The performance of pleasure is a wound-born survival art.
It is learned in a world that rewards you for being desirable more than for being alive in your own desire.
It is the smile you keep when your body has gone numb.
It is the sounds you make to fill the silence.

It is the movements you learned from watching others instead of listening to your own skin.
This is the realm of the external gaze — where touch becomes a performance, where the erotic is shaped by expectation instead of sensation.

Sacred pleasure is of a different realm entirely. It is presence-led. It lives in your timing, your rhythm, your breath. It is a conversation between you and your body, not you and an audience.

In sacred sexual awakening, the question shifts from:
*"**Do I look desirable?" to "Do I feel desire moving through me?"***

Pleasure that is yours, truly yours, is not about how it appears. It is about how it lands in your body. It is an intimacy with your own aliveness that no one else can orchestrate.

WHY HAVE THE YONI GATES CLOSED DOWN?

THE YONI CLOSES HER ENERGETIC GATEWAY AND SENSITIVITY WHEN SHE IS NOT APPROACHED WITH THE HIGHEST REVERENCE; AND INSTEAD OF EMBODYING OPEN AND SOFTLY SENSUAL ENERGY SHE CLOSES DOWN INTO CHRONIC TENSION AND NUMBNESS.

The Yoni closes down, tenses and armours herself for protection when:

- · You have been raped, sexually abused or violated
- · You have been entered by someone influenced by alcohol or drugs
- · You have had sex under the influence of alcohol or drugs
- · You have been entered without true love and tenderness
- · You have been criticized, judged or shamed for your sexuality
- · You have been criticized or shamed for your pleasure responses
- · You have been criticized for your Yoni's appearance
- · You have agreed to have sex when you weren't ready or aroused
- · You have agreed to have sex when you didn't truly want to
- · There was deception or manipulation in a sexual encounter
- · You have judged or shamed your own Yoni and physical body
- · You have disconnected from your Yoni's primal desires
- · You have masturbated using violent or abusive fantasies
- · You have used vibrators or other mechanical devices
- · You have used tampons or other inserts
- · You have had the coil or IUD's fitted
- · You have had medical examinations or procedures
- · You have past life memories of being abused or persecuted
- · You have Ancestral/epigenetic memories of sexual abuse
- · You have experienced psychic/energetic sexual violation or attack

THE YONI IS WAITING FOR HEALING TOUCH, SENSITIVITY, SINCERITY, APPRECIATION, DEVOTION, GRATITUDE AND SAFETY TO DISSOLVES ALL THESE BARRICADES INTO PLEASURE.

EROTIC INNOCENCE: THE SENSUAL CHILD OF THE FEMININE

Erotic innocence isn't about being untouched or naive; it's about returning to a part of yourself that has always been there, even if it's been buried under years of conditioning and performance. It's the uncorrupted truth of your sensual nature before it was shaped by outside eyes, before you learned to edit yourself to be more palatable, more desirable, or more in control. This innocence is curious without calculation, open without self-consciousness. She doesn't perform; she experiences. She enjoys the silk of water running over her skin because it feels good, not because it looks good. She lingers in the warmth of a blanket across her hips because it makes her feel safe, not because anyone else will see her there. She tastes honey slowly because she wants to notice every layer of sweetness, not because she's trying to be seductive. Reclaiming this part of yourself is less about finding something new and more about unlearning the layers that told you your pleasure must be earned, justified, or displayed. It's about allowing yourself to be in touch with your body in the moment, without rushing to the next thing, without asking how it looks from the outside. In that return, your erotic nature stops being something you put on like a mask and becomes something that breathes from within you — steady, alive, and fully your own.

PLEASURE AS PRAYER

In the sacred feminine path, pleasure isn't just a bodily experience — it's a way into the soul. When you meet it with presence, touch is no longer just contact; it becomes a meditation. Your breath takes on the weight of devotion — each inhale a receiving, each exhale a soft surrender into something larger than yourself. An orgasm, in this sense, is not only a peak or release; it's a moment of union, a dissolving into a force that feels both ancient and intimately your own. It's your body remembering that it is made of the same creative intelligence that shapes the tides, opens flowers, and turns seeds into forests. Living pleasure as prayer changes the way you relate to your own desire — you stop chasing a high or trying to arrive at a particular outcome, and instead you realise you are already in the temple. Your body is that temple. The experience itself becomes the offering. From here, pleasure stops being a goal to achieve and becomes a way of living — a devotion to life, to love, and to the mystery that moves through you

FIVE REASONS TO EMBRACE YOUR DESIRE

1. It enables the flowering of the feminine. Female sexuality is an exquisite flower. The scent of this flower calls us to our awakening. The flower will wither and die if its natural impulse, its desire is suppressed or denied. The best we can hope for under such conditions is that the flower will remain closed, but will not die. If you want to be available to spread the scent of your presence, your love, in the world, it is time to embrace your desire.

2. It takes you to the resolution of the unconscious. Your erotic attractions and fantasies hold keys to what is locked away in the unconscious. The body, which is the unconscious in form, tells us about what is unresolved from our past through our erotic desires. These desires may be calling us to relive experiences that were not fully owned at the time, to move beyond false beliefs, or to feel feelings that we have suppressed.

3. It makes your desire a place of presence. If you can say yes to your desire, then desire itself can become a meditation. Our usual relationship with desire is one of hunger or repulsion. We run after what we desire, hoping that it will fill our emptiness and resolve our neediness. Or we run away from what we desire, hoping that this will spare us the pain of not getting what we want. Most of our lives are spent unconsciously running either away from or towards what we desire. If we can accept our desire for what it is, without wishing it away or groping for satisfaction, then desire itself can become a place of pure presence. Sit in the fire of this presence, and much will be revealed to you - and that will most likely not be what you thought. The key to our relationship to desire is to be willing to experience it, while remaining a witness to the experience. Experiencing can happen simply by saying yes to it - it does NOT require a literal enactment. Remaining a witness to your experience means being the observer of it. When you stop running away from or towards your desire, but simply become present to it, you will find that you no longer identify with it unconsciously. As you are not your story, so you are also not your desire. But simply realising this with your mind is just going to lead to more suppression. The way through is the way through.

4. It ignites the fire of the base chakra. Kundalini is like a snake that stays curled up and asleep at the base of the body until it gets woken up. What wakes it up is activation through desire. Desire is what lights the fire of the kundalini. Desire is what activates our vital life force. Without desire in life, we would be dead. If we stoke the fires of desire that reside in the base chakra, this unleashes our raw chi, our dragon's breath. Once the fire is burning, we can cool it down, and keep stroking it slowly, gently. The overall quality of fire in Tantric lovemaking is that of a cool, blue flame. But before there is the possibility of this cool flame, we first have to be willing to have the fires of our desire lit, and to have them burn deliciously.

5. It confronts us with our taboos. Taboos are the places we hold as forbidden, mostly because of societal or cultural beliefs, and sometimes because of our personal belief systems. One of the first things a Tantric initiate would be asked to do in the ancient tradition would be to break their taboos. For Hindu meditators coming to the Tantric path, this would mean doing things such as eating meat, drinking alcohol or having intercourse with a stranger outside their caste, Why were they required to break the sacred rules of their culture and religion? Because awakening asks of you to step even beyond those confines, to let go even of this form of safety - the rules of your culture or religion. The path of the seeker is one of aloneness. You can no longer rely on external rules or authority, From now on, you listen only to the guru within. Much of what we find sexually desirable has some aspect of taboo to it. Be willing to let yourself have such desires without judging them... Just sit in the fire of the desire, without necessarily acting on it. Dropping the judgement of your desire is a fundamental aspect of this process.

PRIMARY RITUAL: THE FLAME OF DESIRE

Creating the Temple

- Arrange candles in a circle around your ritual space.
- Choose a central candle to represent your Sacred Flame of Desire.
- Place sensual items around you—silk, feathers, rose petals, anything that feels luxurious to touch.

Awakening the Body

- Begin with slow, deep breathing into your belly and womb.
- Move your body in fluid, non-linear shapes—hips, shoulders, spine. Let it be slow, indulgent.
- Keep asking: What movement feels delicious right now?

Calling Desire In

Stand before your central candle. Speak aloud:
"Flame of my body, flame of my soul—
I call you to burn with truth, not fear.
I call you to rise from the ashes of shame.
I call you to move through me as holy heat."

Sensual Self-Anointing

Warm your chosen oil in your palms. Slowly anoint your body from feet to crown. As you touch each part, whisper to it:
"You are sacred."
"You are loved."
"You belong to me."
Pay special attention to your womb, breasts, inner thighs, and neck—places where sensuality often lies dormant.

Desire Mapping

Sit or lie comfortably. Ask your body:

- What am I truly hungry for?
- What kind of touch makes me feel alive?
- Where in my life do I need more pleasure, beauty, or intimacy?
- What am I ready to stop performing for others?

Journal whatever arises without censoring.

Closing

Stand, holding your hands over your heart and womb. Speak:
My desire is my compass.
My pleasure is my prayer.
My sexuality is my sovereignty.

Blow out the candle and carry this inner flame with you.

YONI-SEIKI

SEXUAL HEALING WITH SHAKTI RESONANCE

Yoni-Seiki is a feminine form of Yoni de-armoring, which allows the blocks and tension in the Yoni to dissolve and unravel using subtle currents of life-force resonance. The Yoni is a delicate flower, and only the deepest sensitivity and tender touch can hold her in the safety she needs to unwind and blossom again.

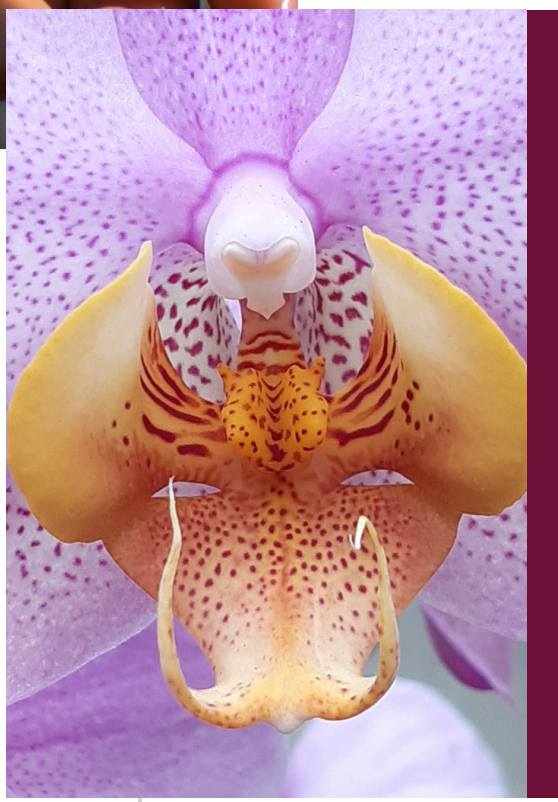
Many tantric practices include pelvic and vaginal de-armouring, using internal massage and pressure point therapy to release tension inside the pelvis and unlock the emotional contractions creating the block. This can be very powerful. But ... the Yoni is an Otherworldly space, her Temple Gateways are doorways between dimensions; she is very energetically subtle, sensitive and aware.

In our current paradigm the Yoni is often holding a cauldron of repressed feelings and traumas, which she has numbed out to protect herself. It takes a magical touch to truly awaken her from her slumber. The rivers of bliss and current of pleasure that naturally flow through her, embody the fountain of life, and desire to be held in the deepest love.

Using the founding principles of Seiki-Soho, resonance, relationship, sensitivity, non- judgment, subtle energetic awareness, tenderness, we enter the Temple Castle.

With a trusted partner or by yourself, you bring sacred touch home to the Yoni. This is about sensitivity – restoring the Yoni to the pure trust of sensitivity. Our masculine minds may feel better when we 'get tough' or strengthen up, but the Yoni is the unravelling of every masculine illusion back into the softness.

We are also returned to 'our erotic creature self'...sensing...stalking....instinctual. We open into our wild innocent tenderness....being with....embracing....meeting.



RITUAL: YONI SEIKI PRACTICE

~ You can practice in the following 3 ways:

1. As a solo practice. The sensory awareness of your inner masculine will meet your inner feminine Yoni.
2. As a partner practice with a female friend you feel safe with or in a female- only Womb Circle gathering.
3. As a Sacred Union practice with your beloved.

~What you need to prepare

1. A warm, private, safe nest space
2. Raw, organic coconut oil is the preferred natural lubricant to use but you may use another one that is familiar to you.
3. Trimmed and tidy nails and hands

~ Creating sacred Yoni-Seiki space

1. Light candles, burn incense, take essences of your choice.
2. Have your Smokey Elestial quartz, or another crystal of your choice
3. Play relaxing shamanic journeying music that Womb chooses

~ Opening the Yoni-Seiki practice

1. Say sacred prayer giving thanks for your Yoni, self and life.
2. Begin Yoni-Gazing for 5 - 10 minutes
3. Tune into the Womb – ask permission to take this sacred pilgrimage

~ For the woman receiving Yoni-Seiki

1. Find a position that is comfortable, you may need pillows placed under your knees and legs to support you in an 'open-flower' position
2. Tune into your Yoni – pray/ask for her wild river to flow again.
3. Tune into your Heart – pray/ask for any blocks or fears to be felt

~ For the partner giving Yoni-Seiki (or the solo-practice woman)

1. Warm the hands up – allow life- force energy to build up in the heart and flow through your hands.
2. Meet and greet – approach the Yoni with care, reverence, honour, sacredness. First place your hands on the Womb, then place one hand gently resting on the Moon Petals (the lips of the Yoni) and breathe.

~ Entering the Sacred Castle

1. Once your receive the energetic feeling the 'Temple Gate' has opened, begin to enter the Yoni with one or two fingers, be gentle and sensitive
2. For the woman – visualize your Moon Lips blossoming open. Allow any feelings to arise; fear, grief, tears, anger, resistance or longing and desire.
3. Allow the finger to be magnetically drawn to a place inside the Yoni; come to a rest with the fingers gently touching the inner wall of the Yoni.

~ Closing the Yoni-Seiki practice

1. You will know when the Yoni feels it is time to end the session
2. Be very gentle and careful bringing the finger out of the Yoni
3. Take a few moments in silence to give thanks to the Yoni
4. Be very quiet and tender afterwards, you may wish to take a bath
5. If you are in Sacred Union check first with Womb if you wish to make love afterwards. The Yoni can be activated, but needing to integrate.

~ How often to practice Yoni-Seiki (4 x month)

1. If you wish a very accelerated healing journey, you can commit to a 30-day lunar Yoni-Seiki sadhana (spiritual practice). It can be for 30 minutes a day, committing to the daily communion without a break. This will bring up some very intense feelings and orgasmic melt-throughs. If you are Sacred Union it will press the relationship 'accelerate' pedal!
2. It would be good to commit to at least one Yoni-Seiki practice for each quarter lunation, so 4 times during the Moon Spiral.
3. You can completely follow the flow of your Yoni and when she asks for and wishes to take the journey. Your Womb is the Queen of your realm.

Building intimacy with your partner

THE DESIRE DIALOGUE RITUAL

Purpose: To speak, hear, and honour each other's desires without judgement or pressure.

- Sit facing each other in a comfortable position. Place your right hand over your heart and your left over your womb (for both partners—men can place the lower hand over their abdomen).
- Begin with 3 minutes of eye gazing, breathing slowly and matching each other's inhale and exhale.
- One partner speaks: "I desire…" and completes the sentence. It can be physical, emotional, sensual, or energetic. Examples:
  - "I desire more slowness in our touch."
  - "I desire to be kissed without rushing."
  - "I desire to explore more playful energy."
- The other partner responds: "I hear you. I honour that desire." No defending, no justifying, no fixing—only receiving.
- Switch roles and continue for 10–15 minutes.
- End by placing both hands on each other's hearts and saying: "Your desires are safe with me."

THE THREE-MINUTE TOUCH EXCHANGE

Purpose: To awaken sensation, safety, and trust in the body through mindful, non-goal-oriented touch.

- Decide who will be the giver and who will be the receiver first.
- The giver asks: "How would you like me to touch you for the next three minutes?"
- The receiver makes a request that feels good in the moment—it might be stroking the hair, holding the face, massaging the shoulders, or caressing the thighs.
- The giver touches exactly as requested—no more, no less—allowing the receiver to be fully in the experience of receiving without expectation.
- Switch roles.
- Over time, increase to 5 or 10 minutes. This practice helps partners learn each other's preferences and trust in honest communication.

THE BREATH AND PULSE RITUAL

Purpose: To sync arousal and intimacy through breath and subtle movement.

- Sit in yab-yum (one partner seated cross-legged, the other straddling and sitting in their lap) or simply facing each other with knees touching.
- Place your foreheads together, eyes closed.
- Begin breathing together—inhaling through the nose for 4 counts, exhaling through the mouth for 6 counts.
- When your breaths are in sync, add gentle rocking of the pelvis—slow, micro-movements—without pushing towards climax.
- Focus on feeling the shared heat and pulse in the pelvic area. This builds erotic charge while staying connected to presence and heart.

NAMING THE TURN-ONS AND TURN-OFFS

Purpose: To cultivate self-awareness and mutual respect in intimacy.

- Each partner takes a turn listing three things that ignite desire for them, and three things that diminish it.
- Examples of turn-ons: “Being touched slowly at the small of my back,” “Hearing affirmations in my ear,” “When you take your time undressing me.”
- Examples of turn-offs: “Feeling rushed,” “Lack of eye contact,” “Distraction by phones.”
- Share without shame, then discuss how to consciously integrate the turn-ons and avoid the turn-offs in future intimate encounters.

THE DEVOTIONAL GAZE

Purpose: To move from physical attraction to soul-deep connection.

- Set aside 5 minutes before intimacy for uninterrupted eye gazing.
- Look not at the physical features, but at the being in front of you—your partner’s essence.
- Silently repeat: “I see you. I honour you. I receive you.”
- Sit facing each other, place your hands on each other’s hearts.
- Inhale together, visualising drawing energy up from the pelvis to the heart.
- Exhale together, visualising sending that energy into each other’s bodies.
- Continue for several minutes, allowing arousal to mingle with deep love and spiritual connection.
- This creates a field of safety and reverence in which desire can naturally bloom.

Aftercare Suggestions:

- Sip herbal tea with chamomile, rose, or lemon balm
- Massage your feet slowly before sleep
- Wrap yourself in a shawl and lay on the earth or near a tree
- Avoid intense media or conversation for the rest of the day

Integration and Grounding

After 15–20 minutes of the varied practices, bring your body into stillness. Pull the blanket over your whole body. Hold yourself as you would a child.
Breathe and simply rest.

Let yourself know:

- **It is okay to not feel much at first.**
- **Numbness is a protective blanket that is loosening.**
- **Sensation will return with time, care, and tenderness.**

Affirmations

I HONOUR MY BODY AS A SACRED VESSEL OF PLEASURE AND DIVINE CONNECTION.

I EMBRACE MY SENSUALITY AS A BEAUTIFUL AND INTEGRAL PART OF WHO I AM.

MY BODY IS A TEMPLE, AND I CELEBRATE ITS WISDOM AND BEAUTY.

I TRUST MY BODY'S SENSATIONS AND LISTEN TO THE MESSAGES IT COMMUNICATES TO ME.

I SURRENDER TO THE FLOW OF MY DESIRES, KNOWING THEY ARE SACRED AND PURE.

I RELEASE SHAME AND EMBRACE MY EROTIC NATURE WITH CONFIDENCE AND JOY.

MY SENSUALITY IS A POWERFUL FORCE OF CREATIVITY AND INSPIRATION IN MY LIFE.

I HONOUR MY YONI AS A SACRED SOURCE OF LIFE, PLEASURE, AND DIVINE FEMININE ENERGY.

I AM IN TUNE WITH MY INNER DESIRES AND CELEBRATE THEM WITHOUT FEAR OR JUDGMENT.

I CREATE SPACE IN MY LIFE TO EXPLORE AND NURTURE MY EROTIC INTELLIGENCE.

MY PLEASURE IS A SACRED PRACTICE, AND I HONOUR IT AS A PATH TO DEEPER SELF-AWARENESS.

I ALLOW MYSELF TO BE VULNERABLE AND OPEN TO THE TRANSFORMATIVE POWER OF SENSUAL AWARENESS.

Significant Dates in Portal 5:

Week 1:	Week 2:	Week 3:	Week 4:
26 - 2 August 25 July: NEW MOON	3 - 8 Aug	10 - 17 Aug FULL MOON	18 - 22 August

WEEK 3 RITUAL PRACTICES:

- Week 3: Read Portal 8 Week 3 Guide
- Complete all the practices throughout guide in succession of your reading. Take it at your own pace and honour yourself and your partners needs, communicating openly and kindly, without fear of judgement.

- Use the sound meditations to support you
- Listen to videos provided