YONI SHAKTI WOMB WELLNESS PRESENTS

THE WOMB ALIGNED PATH

Sexual Alchemy

ALCHEMISING THE SEXUAL SHADOW & THE ROLE OF SENSUAL INTELLIGENCE

PORTAL 8

Moon Phase: New Moon 🌑
Archetype: The Dark Feminine | The Initiatrix | She Who Knows
Theme: Descent, Truth-telling, Illumination of the Hidden

In the fertile void of the New Moon, we descend into the sacred soil of our inner world, where the sexual shadow rests—not as an enemy, but as an oracle of remembrance. This phase initiates us into the sacred work of revealing the veiled stories, inherited shame, and silenced desires held in the womb's memory. Here, the Dark Feminine beckons—not to destroy, but to awaken.

This is the cave of alchemy, where the unspoken gains breath, where numbness becomes sensation, and where trauma begins its slow release into awareness. It is in the shadow that your sensual intelligence is reborn—not performative or external, but embodied and sovereign. Sensuality is not only a capacity of touch or arousal—it is the intuitive, rhythmic, responsive wisdom of the feminine body. It is the language of aliveness.

To alchemise the shadow is to reclaim your erotic innocence. To listen deeply to what your body has survived, held, hidden, and longed for. This phase is the reclamation of your birthright to feel deeply and to know yourself through sensation, not shame.

Breathwork Practice:
3-4-5 Grounding Breath

Inhale for 3 counts (into belly), hold for 4 (anchor safety), exhale for 5 (release shadow). Repeat for 9 cycles.

UNDERSTANDING THE SEXUAL SHADOW: COLLECTIVE AND PERSONAL IMPRINTS

The sexual shadow is not a flaw in your being—it is the underworld of forgotten truths, inherited silences, and unmet desires. To understand the sexual shadow is to realise that what we carry is not only personal but also ancestral and cultural. Our sexual story does not begin with us. It begins in the lineage of women who came before us, in the cultural norms that shaped their bodies, in the religious dogmas that silenced their pleasure, and in the societal scripts that taught them that their worth was tied to modesty, performance, or availability.

The collective sexual shadow is the body of stories passed through time—stories where pleasure is punished, where bodies are shamed, where feminine sensuality is feared and distorted. This collective narrative teaches us to disown our eroticism or to contort it into something pleasing to the male gaze. It is the legacy of patriarchal control, colonisation, sexual violence, witch burnings, and purity culture. Even when not spoken, it lives in our bones, in the way we close our legs without thinking, in the way we apologise for wanting more.

The personal sexual shadow is shaped by the micro-stories of our lives. These include formative experiences—early messages about sex, exposure to pornography, boundary violations, secrecy, performance, numbness, guilt, religious teachings, and unmet desires. These imprints form the inner architecture of our erotic identities. Some become shame scripts; others form internal saboteurs or invisible contracts: "I must please to be loved," or "My pleasure is dangerous."

Bringing light to the sexual shadow is not about fixing, but about revealing what is true. It is the practice of reclaiming our erotic self as a sacred being—not despite our wounds, but through them.

DEEP INQUIRY PRACTICE

Moon Phase: Best during the New Moon or a dark moon night
Suggested Tools: Candle, mirror, journal, shawl or womb cloth, ancestral item (photo, heirloom, stone), bowl of salt water or dried herbs (for release)

Sacred Grounding & Invocation

Create a quiet space. Light your candle and hold your womb with both hands

Whisper aloud or silently:
"I call forth the wisdom of the women before me—those who held silence in their mouths, who hid their bodies to survive, who wept unseen in the folds of history. I come not to judge, but to remember. I come to feel what was unfelt. I come to free what was bound. May truth rise gently through my body. May shame melt in the warmth of my breath. May I become the voice of reclamation."

Wrap your shawl around your shoulders. Sit with your back supported. Let your breath anchor you.

Sacred Inquiry

Bring out your journal. Divide a page into two sides:
Left Side: The Collective Shadow
Right Side: My Personal Imprints

Use the following prompts, writing intuitively. Write slowly. Let your breath guide you.

▯ The Collective Sexual Shadow

- What were the spoken and unspoken messages about women's bodies in my family or community?
- How was sensuality treated in the culture I grew up in? (celebrated, silenced, policed, feared?)
- What did the women in my lineage have to hide, suppress, or endure to feel safe in their bodies?
- Were love, pleasure, or sexuality connected with danger, guilt, or duty?

Now take a pause. Breathe deeply. Hold the ancestral item or touch the shawl over your heart with gratitude.

▯ My Personal Sexual Imprints

- When did I first learn about sex, pleasure, or my body? What was the tone or feeling?
- What moments stand out in my life that shaped my relationship with my sensuality or sexuality?
- What parts of myself have I disowned, repressed, or hidden to feel accepted, loved, or safe?
- What beliefs do I carry about my worthiness of desire, pleasure, and embodied presence?

Let this be raw, sacred, unfiltered.

SOMATIC IMPRINTS OF SHAME, FEAR, AND REPRESSION

Trauma does not live in the mind—it lives in the body. And so too do shame, fear, and repression. These are not just feelings; they are physiological states, embedded deep within the tissues, muscles, fascia, and nervous system. They create holding patterns that affect posture, voice, breath, libido, and the capacity to feel pleasure or desire.

Shame, in particular, is a visceral contraction. It draws the body inward—shoulders hunch, the belly tenses, thighs clamp shut, the womb hardens. The voice may retreat. The breath becomes shallow. Shame tells the body: hide, shrink, disappear. Fear, similarly, activates a primal defence—tightening the pelvic floor, drying the vaginal tissues, and freezing the body's natural flow. Repression creates numbness, dissociation, or the inability to access sensation in certain areas, particularly the womb, breasts, and yoni.

These somatic imprints are intelligent—formed to protect us. But over time, they can become cages. The body forgets how to feel safe, how to open, how to trust. Pleasure becomes unfamiliar or even threatening. Many women describe feeling “disconnected from their body” or “numb down there”—this is not dysfunction; it is wisdom waiting to be met with love.

To heal these imprints, we must bring compassionate attention to the body—not force or performance. Gentle movement, conscious breath, womb touch, and somatic inquiry help us reinhabit the very places we once vacated. The body knows how to thaw. But it needs time, tenderness, and truth.

Movement Practice:

Sensual Shadow Flow –

Eyes closed, undulating movement from hips and spine. Use deep, earthy music. Let each movement be a response to your inner landscape rather than external rhythm.

THE NERVOUS SYSTEM AND SAFETY IN EROTIC ALIVENESS

The capacity to experience sensual aliveness is intimately tied to the state of the nervous system. When our nervous system is dysregulated—stuck in fight, flight, freeze, or fawn—it becomes almost impossible to access erotic energy in a way that feels safe or sustaining. Erotic aliveness thrives in ventral vagal tone—a regulated state of connection, groundedness, and openness.

Eroticism is not just about stimulation—it is about presence. If the body does not feel safe, the gates of pleasure will not open. This is not dysfunction, but wisdom. Erotic energy is like a river—it flows when there are no dams of threat, fear, or urgency.

Many women attempt to override their nervous system in pursuit of pleasure—pushing through discomfort, performing arousal, or trying to feel something they don't. But healing requires the opposite: slowing down, listening, and creating inner conditions of safety.
Building erotic safety means working with:

- The breath – to signal safety and presence
- Grounding practices – to root the body in now
- Self-consent – asking your body if she's ready
- Body sovereignty – choosing when and how you touch or are touched
- Regulation rituals – orienting to your surroundings, sound, temperature, smell, to calm the body

When the nervous system learns that erotic energy is safe, sovereign, and sacred, the body slowly begins to awaken—not from force, but from trust.

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RITUAL PRACTICE:

"The Body Remembers, and So I Return"

Intention: To gently enter the terrain of stored fear, shame, and contraction with safety, reverence, and regulation—to awaken erotic presence from within.

Suggested Tools:

- A heavy blanket or shawl
- A soft bolster or womb pillow
- Grounding oil or balm (vetiver, rose, frankincense, or camphor)
- Candle
- Your journal and a warm drink for aftercare

Orienting + Vagus Nerve Softening

Begin with orienting—a powerful nervous system practice that tells your body: you are here now, and it is safe to be present.

- Gently turn your head left... pause... breathe.
- Turn your head right... pause... breathe.
- Slowly scan the room with your eyes.
- Name out loud: three things you can see, hear, touch, or smell.

Now hum softly with your lips closed. Let the vibration run through your throat and down to your heart.

Humming stimulates the vagus nerve, which regulates the parasympathetic system and brings the body into rest-and-receive mode.
Repeat the hum 3–5 times, slowly.

Somatic Mapping: Where Shame and Fear Dwell

Lie back with your bolster under your knees or lower back. Let your body rest.
Place one hand on your womb, the other on your heart. Close your eyes.
Breathe deeply. Ask yourself:

- Where in my body do I feel tightness, shame, or fear when I think about sexuality or pleasure?
- Is there a part of my body that goes numb or retreats?
- If that place could speak, what would it say?

Place both hands over the part that responds. Breathe into it slowly and say:
"I feel you. I will not rush you. You are sacred."
Stay here for 5–7 minutes, simply breathing, listening, and softening.

AWAKENING SENSUAL INTELLIGENCE AS INNER WISDOM

Sensual intelligence is the capacity to feel, intuit, and respond to the world through your body's sensations. It is the language of the feminine, the bridge between inner and outer, and the map that guides you back to yourself. Unlike intellectual intelligence, which resides in the mind, sensual intelligence resides in the womb, skin, breath, heart, and spine. It speaks in pulses, tingles, contractions, warmth, cravings, boundaries, and yes/no sensations.

When a woman is in touch with her sensual intelligence, she becomes deeply attuned to her inner rhythms and outer responses. She knows when something feels right or wrong—not because someone told her, but because her body reveals it.

Awakening sensual intelligence is an act of spiritual reclamation. It requires unlearning cultural programming that tells us the body is dangerous, dirty, or secondary. It means trusting that your feelings and sensations are not random—they are sacred data.

This intelligence is not only about sexuality—it is about:

- Knowing when to rest or act
- Feeling what food nourishes you
- Sensing when your boundaries are being crossed
- Listening to what your womb is signalling in each cycle phase
- Receiving intuitive messages through bodily knowing

Your body is an oracle. Not because she is always right, but because she is always real. Reawakening this voice reconnects you to your sovereignty—and returns the authority of your life to your own sacred vessel.

RITUAL PRACTICE:

"The Body Remembers, and So I Return"

Suggested Tools:

- A blindfold or scarf
- Essential oil (rose, neroli, jasmine, or frankincense)
- Soft textured fabric or natural item (feathers, stones, leaves, water bowl)
- A mirror
- A quiet playlist with sensual, earthy tones
- Your journal and anointing oil

Womb Pulse Touch: Reconnecting the Erotic Current

Place your hands again over your womb.
Begin to breathe into your pelvis with a soft rhythmic breath:
Inhale (count 4), hold (count 2), exhale (count 6).

Now begin to pulse your hips gently forward and back or side to side—tiny movements only. Allow a slow, spiralling motion to emerge, led by your breath. Let it be a response, not a performance.
Say softly:
"I awaken what is ready. I release what is heavy.
My pleasure is safe. My body is wise.
I listen, and I honour."

Blindfolded Sensory Reawakening

Put on your blindfold. Sit or lie down. Let the loss of sight heighten your other senses.
Take each sensory item (fabric, feather, flower, fruit) and slowly explore it with your hands, lips, inner wrists, and collarbones. Let your breath guide the experience.
Breathe in the scent. Feel the texture. Taste slowly.

As you do, ask your body:
"What does this awaken in me?"
"Where do I feel this most in my body?"
"What does this sensation remind me of?"

Let this be a meditation—not for stimulation, but for remembrance.

Reclaiming Erotic Innocence vs Performative Sexuality

Erotic innocence is not naiveté—it is purity of presence. It is the state of being with your erotic energy in its raw, tender, holy form—without shame, without performance, without agenda. It is the inner child and wild woman meeting in a dance of sacred curiosity. It is sensuality rooted in sovereignty, not spectacle.

In contrast, performative sexuality is the internalised gaze of others. It is the act of being sexy instead of feeling sensual. It is the pressure to look aroused, to sound seductive, to match a script—often pornographic, patriarchal, or capitalist in origin. Many women, especially survivors of trauma or those raised in purity cultures, confuse erotic expression with performance. They may "go along" without feeling present. They may fake pleasure, or fear desire.

To reclaim erotic innocence is to strip away the layers of false arousal and come home to the sacred body. It is letting go of what sex should look like, and instead asking:

What does my body truly desire? What feels nourishing, safe, exciting, tender, curious today?

Erotic innocence is devotional. It is the way a woman touches herself with reverence. The way she listens to her yoni's yes and no. The way she welcomes her cycles, her turn-ons, her tears. It is not always glamorous. But it is always real.

This reclamation is liberating—it reorients sexuality back to the inner sanctum of the womb. It unshackles desire from performance. It teaches that your sensuality is yours alone to define, explore, and express.

DEEP INQUIRY JOURNAL PROMPTS

After resting, open your journal. Reflect on the following:

1. Sensory Mapping
   - What sensations do I most trust? Which do I tend to ignore or override?
   - Which senses feel most awake right now? Which feel dulled or neglected?
2. Body Wisdom
   - What has my body been trying to tell me lately?
   - What decision, desire, or truth have I avoided that my body already knows?
3. Reclamation
   - What would it feel like to live life more from sensation than logic?
   - If my sensual intelligence were a wise guide, what path would she lead me down?

Affirmations (Repeat Aloud or in Mirror)

- I am the sacred vessel of my lineage's release and renewal.
- The shadow does not shame me—it initiates me.
- I bless the body that remembered what the mind tried to forget.
- My sensuality is not a secret—it is a song.

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

Optional Integration Practices

- Sensual Walk: Barefoot on grass, sand, or stone—slow steps, feeling every part of the foot.
- Self-oiling Ritual: Warm oil (sesame, rose, or coconut) and anoint your body with deep presence—speak to each part as if blessing it.
- Movement Meditation: Undulate your spine and hips in circles, waves, or spirals—letting music move through you instead of performing for it.
- Sound Alchemy: Use your voice—moaning, sighing, humming, singing—as sensual expression to awaken vibrational knowing.

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.**

Closing Words:

"The shame I carry is not mine alone.
The fear I hold once protected me.
Now, I choose to move with devotion, not urgency.
My body is my temple.
My pace is holy."

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PORTAL 8

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 1 RITUAL PRACTICES:

- Week 1: Alchemising the Sexual Shadow & the Role of Sensual Intelligence Week 1 Guide
- Complete all the practices throughout guide in succession of your reading. Take it at your own pace
  - Breathwork Practice
  - Sacred Grounding & Invocation
  - Sacred Inquiry
  - Movement Practice
  - □ Orienting + Vagus Nerve Softening
  - □ Somatic Mapping: Where Shame and Fear Dwell
  - Womb Pulse Touch: Reconnecting the Erotic Current
  - Blindfolded Sensory Reawakening
  - Deep Inquiry Journal Prompts
  - Integration
- Use the sound meditations to support you