YONI SHAKTI WOMB WELLNESS PRESENTS

THE WOMB ALIGNED PATH

Sexual Alchemy

EMBODYING THE SACRED UNION OF MASCULINE AND FEMININE THROUGH THE 7 ENERGETIC WHEELS

PORTAL 8

THE WOMB ALIGNED PATH

PORTAL 8

Moon Phase: First Quarter to Full Moon
Archetype: The Inner Beloved | The Alchemical Lover
Theme: Polarity Healing, Energetic Union, Somatic Harmony

At this sacred juncture of your journey, you are called to step into the temple of inner alchemy—the marriage of divine masculine and divine feminine within you. No longer split, no longer fractured, no longer at war. This phase is a return to sacred union, not through another, but through the reclamation of your own energetic wholeness.

The body is the sacred altar of polarity.

Within you, the masculine principle holds structure, direction, container, and witness.

The feminine principle flows as intuition, creation, surrender, and sensation. When wounded or imbalanced, these forces can create cycles of chaos and control, dominance and collapse, push and retreat. But when they are harmonised within the 7 energetic wheels—the chakras—they begin to spiral in divine rhythm. Your body becomes not just a vessel of healing, but an instrument of pleasure, power, and purpose.

This phase invites you to explore each chakra not merely as an energy centre, but as a gate of erotic awakening and sacred polarity—where the inner lover meets the inner beloved, where the pulse of desire meets the breath of devotion.

It is a journey of integration.
Of rooting the divine into the flesh.
Of becoming the union you once sought outside of yourself.

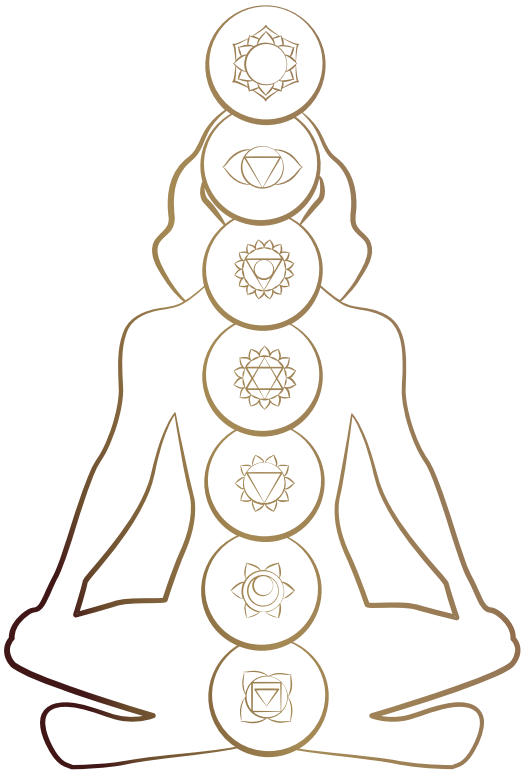
Breathwork Practice:
3-4-5 Grounding Breath
Inhale for 3 counts (into belly), hold for 4 (anchor safety), exhale for 5 (release shadow).
Repeat for 9 cycles.

IDA and PINGALA

Criss-crossing over the Sushumna (chakras rooted along the central energy channel) are two other main energy channels or nadis - the Ida and Pingala. The Ida is the feminine principle in us (in Tantra this energy is called Shakti and the Pingala is the masculine principle (Shiva).The Ida starts on the left side of the body, and the Pingala on the right side. The two channels cross over at each of the chakras. The Pingala, or masculine energy principle,is naturally dominant at the first,third, and fifth chakras. The Ida or feminine energy principle is dominant in the second, fourth and sixth chakras. The seventh chakra will only open completely when a deep marriage of masculine and feminine energies has taken place. One of the main reasons why most people's energy does not rest in the centre in the Sushumna,is that there is conflict between the masculine and feminine principles within us. We get pulled off centre into the energy course of either the masculine O the feminine principle. A central aim of Tantra is the unification of masculine feminine principles in us in order to facilitate a resting in the core. This book cont: some powerful methods to assist you with this process.

Ida Nadi: Feminine Energy (Shakti)

- **Location**: Ida originates in the Muladhara (root chakra) and ends at the left nostril.
- **Functions**: Ida is linked to mental processes and the parasympathetic nervous system, promoting relaxation and calming the mind.
- **Characteristics**: Ida nadi embodies the feminine principle, also known as Shakti. It is associated with qualities such as intuition, creativity, nurturing, receptivity, and emotional depth. It is associated with the lunar energy, representing calmness, coolness, and introversion. It governs the left side of the body and the right hemisphere of the brain.
- **Symbolism**: Represented by the moon (lunar energy), it signifies calmness, cooling, and the subconscious mind.
- **Attributes**: Ida nadi governs the left side of the body and the right hemisphere of the brain, which is linked to creative and holistic thinking.
- **Influence**: It enhances mental processes, introspection, and inner awareness, fostering a sense of peace and serenity.



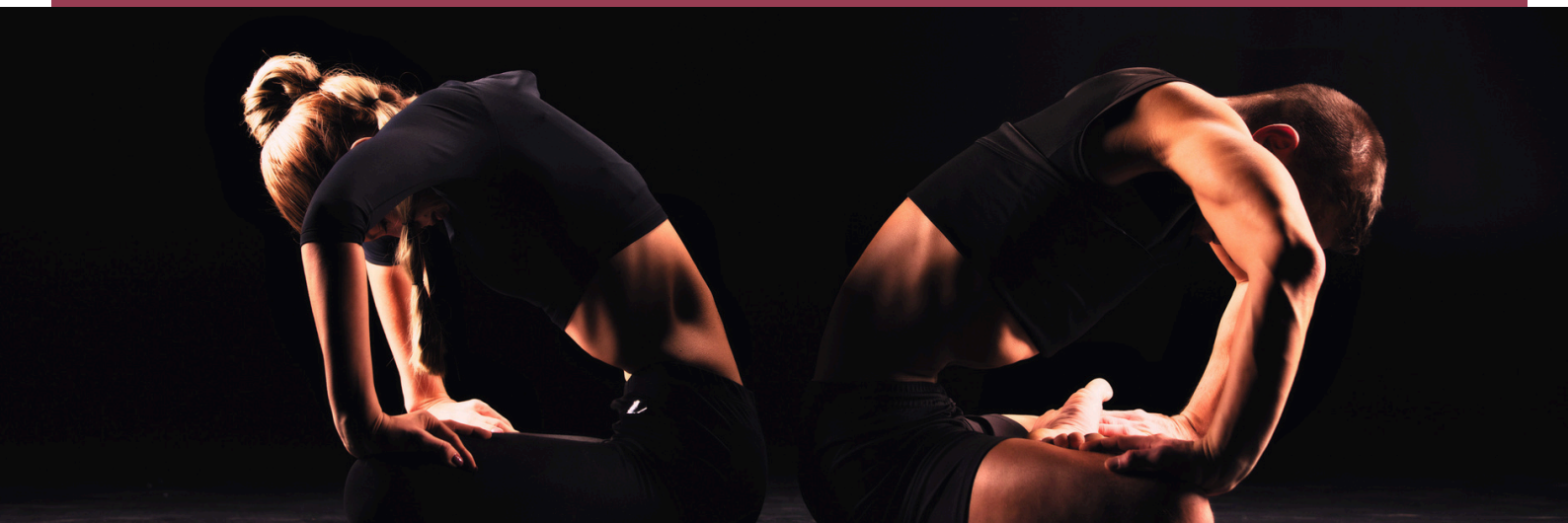
BALANCING IDA AND PINGALA

The balance between Ida and Pingala is crucial for overall well-being, as it harmonizes the feminine and masculine energies within oneself. This balance is necessary for:

1. Emotional Stability: A balanced flow of Ida and Pingala energy helps in managing emotions effectively, promoting inner peace and emotional intelligence.
2. Mental Clarity: Equilibrium between these nadis enhances both creative and logical thinking, leading to better decision-making and problem-solving abilities.
3. Physical Health: A harmonious energy flow supports the body's physiological processes, contributing to physical health and vitality.
4. Spiritual Growth: Balancing these energies is essential for spiritual practices, leading to the awakening of the Sushumna nadi and the rise of Kundalini energy, which is believed to facilitate higher states of consciousness and spiritual enlightenment.

Pingala Nadi: Masculine Energy (Shiva)

- Location: Pingala originates in the Muladhara (root chakra) and ends at the right nostril.
- Functions: Pingala is linked to physical processes and the sympathetic nervous system, promoting activity and stimulation.
- Characteristics: It is associated with solar energy, representing activity, heat, and extroversion. It governs the right side of the body and the left hemisphere of the brain. Pingala nadi embodies the masculine principle, also known as Shiva. It is associated with qualities such as logic, action, strength, willpower, and analytical thinking.
- Symbolism: Represented by the sun (solar energy), it signifies activity, heat, and the conscious mind.
- Attributes: Pingala nadi governs the right side of the body and the left hemisphere of the brain, which is linked to logical and analytical thinking.
- Influence: It enhances physical activity, external awareness, and goal-oriented actions, bringing forth a sense of vigor and dynamism.



Integrating Masculine and Feminine Energies

The divine feminine within sensual intelligence embodies qualities of receptivity, intuition, nurturing, and emotional depth. It invites us to embrace our sensuality as a source of creative power and connection with life's rhythms. The divine masculine, on the other hand, embodies qualities of action, strength, clarity, and assertiveness. Together, these energies create a dynamic interplay that supports our journey towards wholeness and self-realization.

In the context of sensual intelligence, balancing yin (feminine) and yang (masculine) energies is essential. Yin energies encourage us to surrender, to be receptive to our senses, and to embrace the flow of life with grace and ease. Yang energies empower us to take action, to assert our desires, and to manifest our intentions with clarity and determination. By integrating these energies harmoniously, we cultivate a balanced state of being that allows us to navigate life's challenges with resilience and authenticity.

Embodying the sacred union of masculine and feminine through sensual intelligence is a journey of embracing wholeness and integration. It invites us to transcend dualistic thinking and embrace the unity of opposites within ourselves.

HEALING POLARITIES: THE PROTECTOR AND THE RECEPTIVE SELF

Within the body, these two forces often show up as the protector (masculine energy) and the receptive self (feminine energy).

In women, especially those with trauma, these two aspects can become polarized, in conflict, or fragmented.

The Protector within may be overdeveloped:

- The one who stays alert.
- The one who controls every situation.
- The one who doesn't let anyone get close.
- The one who stiffens the body to avoid vulnerability.

This protector was born from necessity—she is not wrong. But she often suppresses the receptive self, who craves softness, touch, surrender, sensuality, and being held.

The Receptive Self is your inner priestess, the one who opens when she feels safe. She is the one who feels every nuance of a lover's gaze, who weeps during moonrise, who blooms under tenderness.

When she is suppressed, you may experience:

- Numbness
- Disconnection from desire
- Resistance to pleasure
- Lack of trust in receiving support

This phase asks you to bring the protector and the receptive into dialogue.

The question is not: How do I get rid of the protector?

The question is: How do I make the protector feel safe enough to let the feminine rise?

The sacred masculine must bow at the altar of the feminine, not to dominate her, but to serve her liberation. And the feminine, in return, must soften into the arms of her inner beloved—not because she is weak, but because she is ready to trust again.

This union allows for erotic energy to flow through the body, not just in moments of intimacy, but as a way of living, leading, and loving.

ENERGETIC WHEEL SOMATIC UNION RITUAL

1. Root:
   - Masculine: Grounded presence, stability
   - Feminine: Feeling safe to soften and receive
   - Movement: Stomp and sway, breath into the pelvic floor
   - Voice: "I am here. I am held."
2. Sacral:
   - Masculine: Containment, permission
   - Feminine: Desire, sensual flow
   - Movement: Hip circles, waterlike spirals
   - Voice: "My pleasure is holy."
3. Solar Plexus:
   - Masculine: Direction, discernment
   - Feminine: Inner fire, expression
   - Movement: Spinal waves, core breath, belly pulse
   - Voice: "I choose. I create."
4. Heart:
   - Masculine: Loyalty, sacred protector
   - Feminine: Compassion, vulnerability
   - Movement: Chest openers, swaying arms
   - Voice: "I trust love."
5. Throat:
   - Masculine: Integrity, truth
   - Feminine: Expression, intuitive sound
   - Movement: Neck rolls, sound alchemy
   - Voice: "I speak. I sing."
6. Third Eye:
   - Masculine: Vision, clarity
   - Feminine: Dreaming, inner sight
   - Movement: Gentle sway, eye focus, inner gaze
   - Voice: "I see both shadow and light."
7. Crown:
   - Masculine: Presence in the void
   - Feminine: Receptivity to grace
   - Movement: Stillness, upright spine, arms raised
   - Voice: "I am union. I am divine."

After completing the journey, place one hand on your womb, one on your heart.

ENERGETIC EMBODIMENT WOUNDS THROUGH THE ROOT TO CROWN

Root
- Feminine wound: Not safe to exist, disembodied, hypervigilant.
- Masculine wound: Insecurity, lack of grounding, fear of presence.
- Union: “I am here. I belong. I am anchored in my body.”

This is where you reclaim safety in embodiment—letting the masculine presence ground you so the feminine can land in the body.

Sacral
- Feminine wound: Sexual shame, suppression of desire, fear of feeling.
- Masculine wound: Control over sensuality, distrust of emotion.
- Union: “My pleasure is sacred. My body is wise.”

Here the inner masculine grants permission for erotic flow to awaken, and the feminine begins to dance again.

Solar Plexus
- Feminine wound: Collapsing, giving away power.
- Masculine wound: Aggression, domination.
- Union: “I act from devotion. I create from power.”

This centre balances action and emotion—where will and vulnerability meet.

Heart
- Feminine wound: Heartbreak, abandonment, grief.
- Masculine wound: Closed-hearted, avoidant.
- Union: “I give and receive love with trust.”

This is the sacred bridge—when the heart opens, polarity heals. The inner lover can now meet the beloved without fear.

Throat
- Feminine wound: Silenced truth, fear of expression.
- Masculine wound: Harsh words, repressed truth.
- Union: “My truth is sacred. My voice is free.”

When both energies flow here, you speak as the oracle—not from fear, but from embodied knowing.

Third Eye
- Feminine wound: Confusion, disconnection from inner vision.
- Masculine wound: Over-analysis, control of perception.
- Union: “I see with clarity and compassion.”

Your intuition and intellect weave here to birth clear-seeing.

Crown
- Feminine wound: Spiritual disconnection, lack of faith.
- Masculine wound: Dogma, rigidity.
- Union: “I am one with the divine. I am whole.”

The main energy canal that runs along the spine and is known to Taoists as the Microcosmic Orbit is called Sushumna by the yogis. The Sushumna canal runs from the base of the spine—the coccyx—all the way to the top of the head. In this canal, our sexual energy flows upward, passing through all of the chakras and back down along the midline of the front of the body.

First Chakra: root

For many of us, sexual energy or life force is blocked at the base chakra. This happens when our decisions are motivated by issues of survival, or by an unwillingness to be in the body. When the first chakra clears, we open to pulsating power of the earth that rises up through us and initiates our own flow. I have seen in myself and so many of the how our estrangement from the heart and the natural world separates us from the grace of our own bodies. When WE get immersed in the mud of the body of Mother Earth, we find ourselves again, in all our delicious juiciness. Opening the first chakra is really about incarnating, about deciding to be in this body, here, now, fully. In order to get there, we also embrace death as natural part of this body's journey. Once we have accepted our death, we can be fully alive.

Second Chakra: Sacral

The second or sacral chakra (the belly) is where we hold our experience of being loved by and belonging with others. Our primary love relationships typically are with our families (our tribes) and our lovers. Our tribes and our experiences with lovers often shape our notion of what is possible in love and sex. In exploring the second chakra, we look at how both our sexual ideals and our repressions have been shaped by our tribal loyalties. We also unravel how our love relationships have created our sense of who we are in love and sex, Through awareness, we bring healing and the possibility that we may feel well loved, always,. For so many of us, the restrictions, inhibitions and phobias of our tribes have heavily prejudiced us against the natural flow of our sexual bliss. In patriarchy, women's relationships with each other in the area of sexuality have become judgemental rather than supportive. Before we can release these restrictions, we have to bring them to awareness, and find and own them in our bodies. We also look at the sexual dreams held by our tribes. Each lover who has touched us has become part of the landscape of our bodies. Opening the second chakra requires taking time to see and celebrate this landscape, and then allowing it to change, to resonate with our current truth, with who we most authentically can be now, in our relating through our sexual flow. The key to unlocking this chakra is to allow spontaneous creativity. Sexual and creative energies are one and the same thing. When we unlock the one, we open the other.

Third Chakra: Solar Plexus

The third or solar plexus chakra is the centre of our personal power, It is from here that we radiate our unique energy into the world This centre is dominated by the masculine energy flow through the chakras. It is the chakra that has been developing in the world over the last 2000 years - our individuation from the tribal mind, the development of reason intellectual discernment, definition and duality. All women who have achieved in their own right have had to develop this centre strongly - in many, if not most cases, to the detriment of our femininity. Often this development in us has been forced and not authentic; we have tried to be like men, and so deep down still struggle to embrace who we are and let our light shine powerfully in the world. It is essential for our evolution and our awakening that this chakra gets strong and alive in us as women. Sexually, a strong solar plexus chakra gives US the ability to choose our partners from a place of personal affinity rather than social conditioning or unconscious programming,

Fourth chakra: the heart chakra

Our experience of ourselves as sexual beings has so much to do with what happens in our hearts. One of the main aims of Tantra is to let the energy rise up to the heart, Once sexual energy enters the heart, magic happens. But the power of this meeting also exposes the wounding of our hearts and the sadness that we have carried for so long. This is one of the reasons why we prevent ourselves from making the connection between love and sexuality. We fear the pain of the broken heart that may follow when a sexual encounter leads us to deep love. The other reason is that we believe, deep down, that love is good and sex is bad. But the heart has no fire if we do not, allow it to be fed by our sexual energy.

The fourth chakra opens when we hold in tenderness whatever the stories are that our hearts are carrying, and we nurture them through creativity and sharing. It is quite likely that this journey will take us back to our infancy, to our first experiences of love and love lost. We hold each other in the postures and songs that the child needs in order to feel deeply, to bring to awareness the wounding, and to release the pain. And then we celebrate the beauty of the heart willing to stand naked and to tremble in the glory of Sun and Moon. When the heart is open, it fils up, and it flows over, irresistibly.

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PORTAL 8

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.

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THE SOMA OF SACRED POLARITY: MOVEMENT, BREATH, VOICE RITUAL PRACTICE:

"The Body Remembers, and So I Return"

Integration is not conceptual—it must be somatic. The soma (the living body) is where these energies play, resist, dance, and unite.

- Movement opens the flow between rigidity (masculine) and fluidity (feminine). Let your body move in spirals, waves, and rooted stillness.
- Breath balances the nervous system. Structured breath holds (masculine) followed by deep surrendering exhales (feminine) awakens inner harmony.
- Voice is the forgotten medicine. Sound, moan, hum, chant, whisper. Let both your structured words and formless cries coexist.

When you begin to move, breathe, and speak from a place where both energies are honoured, something ancient reawakens. Your body remembers what it is to be the temple, not just the devotee.

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Stay here for 5–7 minutes, simply breathing, listening, and softening.

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.

DEEP INQUIRY JOURNAL PROMPTS

- Where in my life do I collapse into only one polarity (too much doing / too much feeling)?
- What does sacred masculine energy feel like in my body? What does sacred feminine energy feel like?
- Which chakra(s) feel most in need of integration? What support do they ask for?

Affirmations (Repeat Aloud or in Mirror)

- I am the sacred meeting place of the masculine and feminine.
- Within me lives the one who holds and the one who flows.
- I no longer seek outside what I have remembered within.
- My wholeness is not earned—it is ancient.
- I walk as the temple and the priestess.
- I allow all parts of me to take their rightful seat in my being.

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.**

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 2 RITUAL PRACTICES:

- Week 2: Embodying the Sacred Union of Masculine and Feminine through the 7 Energetic Wheels Week 2 Guide
- Complete all the practices throughout guide in succession of your reading. Take it at your own pace

- Use the sound meditations to support you