



# LA LOBA

CONNECT. HEAL. EMPOWER.

## **Using your Yoni Wand**

### **Breast Massage:**

We suggest starting your practice by giving yourself a loving breast massage. It is a really powerful tool for awakening the heart and connecting to self-love as well as helping to lubricate the Yoni.

For this exercise we recommend using our Breast Massage Oil. It is a powerful crystal elixir blend that helps to activate the heart (You can find it on our website).

Start by just holding your heart and taking a few deep breaths into the chest, noticing what is moving in you and allowing it to be there.

Taking some Breast Massage Oil (or Coconut Oil), start by slowly spreading the oil over your breasts.

Here are some strokes that you may want to try either with your hands or your wand:

- Circling around each breast in one direction then the other
- Circling with both hand on one breast
- Circling around the nipple
- Starting in the middle of your chest with both hands and moving outwards as if you were opening your heart space
- Squeezing your nipples
- Cupping one breast, one hand on top one hand below

After 5-10 minutes of massage, stop and just hold your breasts gently and becoming aware how they feel after this little ritual.

Once you feel comfortable lay on your back and place the wand on your lower belly (this can also be done before/during the breast massage). This is a good way to introduce the energy of the crystal to the body as well as making it nice and warm. Take this time to breathe deeply all the way down to your womb space, feeling into any tense areas in your body, releasing the tension on the out breath.

### **Yoni Massage:**

Start with just cupping your Yoni with your hands, tuning in to how she feels. Using coconut oil, slowly massaging your inner thighs, getting closer and closer to your Yoni, play with teasing yourself.

Make sure you have enough oil to start exploring the outer labia, inner labia, clitoral hood / shaft / glands around the yoni. Pressing a little harder on the muscles and doing whatever else feels right intuitively. (Focus on relaxation, presence, no goal, enjoying, exploring).

After the external massage you can now place your finger just at the entrance of the vagina, checking in with your Yoni to see if it feels ready to go towards internal massage. If you feel ready, start to press outwards around the entrance, stretching gently in each direction. Go slow.

Explore the inside of your Yoni with one or 2 fingers, covering the whole internal area, feeling for different textures and sensations. If you notice tension or emotions held in some of the tissues, just hold that point gently for a moment and breathe deeply or massage it softly.

Now if you would like to explore even deeper, this is where your wand comes into action:

- Taking the smaller end and starting at 1 O'clock (the clitoris is located at 12 O'clock) just inside the entrance
- Slowly massage around in circles until 11 O'clock, then go a LITTLE bit deeper, and continue around to 1 O'clock again
- Continue this method until you get all the way inside

This part is really just about feeling all the spots on the walls, if you feel tension, massage it gently to release it or pause/ hold and breathe.

Now we can move towards the G-spot, trying different strokes to see what feels best, then the A-spot, a little higher up just above the pubic bone.

Then take the wand out and turn it around, using the other end for the cervical massage. No need to focus too much on technique as it is more about just being present and exploring intuitively.

### **Closing the ritual:**

If inside your Yoni, slowly come out. Do some whole body strokes to spread the energy around then lie down flat on your back in a relaxing position. Take 5 minutes to just feel into your body, becoming aware of any sensations / emotions / energy present in you after the session.

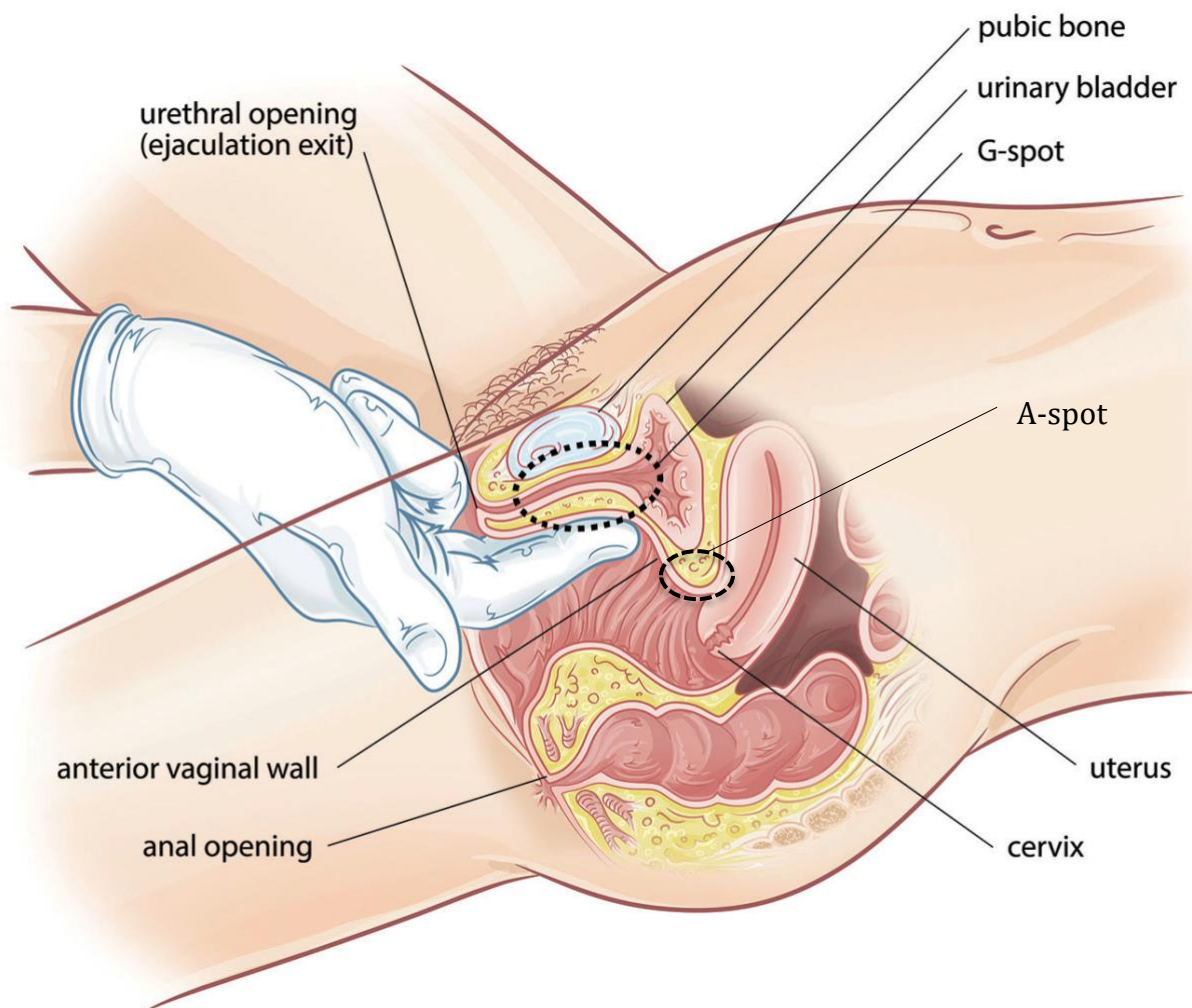
After this you may wish to take some notes on the practice. For example, How it felt generally, what sensations / emotions / energy you noticed, if something was particularly interesting / different for you, what kind of distractions you may have had. Journaling can be a powerful awareness practice that helps you to see your progress over time and keep the feeling of inspiration and empowerment.

### **Caring for a Yoni Wand:**

A Yoni Wand is a sacred item; it should be wrapped in silk (or its carry bag) and placed on an altar or any other special place when not in use. After using your wand

simply wash it with warm water then wrap it in a soft cloth. Before the first use or from time to time when you feel like your wand needs a deeper cleanse boil purified water (let it cool a little first as high temperatures can crack certain stones), then place the wand in the water for about 10 minutes. You can add a drop of tea tree or lavender oil. You don't need to clean the wand like this after every use and should avoid it when possible. It is a good idea to cleanse your wand from time to time; you can do this by washing it with sea salt, placing it under the full moon or sun to give it a boost of Solar or Lunar energy. If you have your own method of cleansing your crystals that is also fine, trust your inner goddess!

### Getting to know your anatomy:



### Support & FAQ's:

For any further support or questions you might have about your wand and the practice please do not hesitate to contact us. If emotions or past traumas come up that are overwhelming please ensure you have support around you and can provide yourself a safe space to work through what comes up. We are always here to talk if you need but we recommend having someone close to you for available support if

you think you may be triggered. Otherwise, have fun! Enjoy exploring your body and connecting deeper with your sacred yoni and sexuality.

**Contact Us:**

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