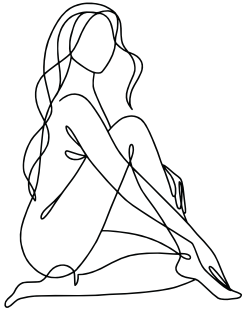


Co-Creation & Your Cervix

Intention: Manifestation of your desire.



Setting & Safety

Set the scene. That may include candles and music.

Think about a safe, secure place you love to go.
This can be an actual or imagined place.

Be present to the emotions that come up as you see yourself in this sacred place.

Focus on your heart

Breathe slow and deep into your heart chakra.

Feel the light expanding within your heart.

Breathe into the light. If distracting thoughts come up, return to focus on this visualization and breathing.

See the light expanding throughout your body.

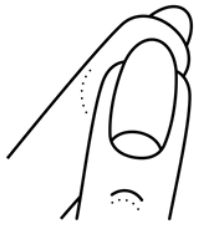


Sensual Touch

Begin lightly stroking your entire body with your fingertips. You are activating the light energy with your sensual touch.

Play with gentle circular motions on your breasts before moving to your inner thighs and vulva.

Gently circle your clitoral hood and play with various types of strokes before entering your yoni.



Cervical Stimulation

Sense the invitation to go inside your yoni.

Using a wand, experiment with different motions. 'See' light energy being stirred as you play.

Take time before engaging a deeper stroke to meet your cervix.

See the light moving between your cervix and heart.



Climax & Contemplation

As you feel the sexual energy building, bring to mind the vision you desire to create. Effortlessly allow that image to remain as you feel the pleasure rise in your body through climax and orgasm.

You are activating the energetic pathway between your yoni, heart and third eye (pineal gland).

