



Video Transcript

Yoni Steam Demonstration

Hello, beautiful beings and welcome to today's demonstration on how to prepare a yoni steam. I'm Maria Marshall with Gaia Goddess. Now you might wonder, what is a yoni steam? Let's start with the word yoni. Yoni means womb or source. So life comes from the womb. That's a source of life and. We as women create life from our womb portals, also our sacral chakras.

So a yoni steam is one of the ways that we can heal our wombs from any imprints or programming old cords to past lovers, past relationships, any traumatic or painful experience that was less than nurturing and loving. Our wombs are very powerful at creative centers, so we wanna do our best to keep them as high vibrational as possible.

And these herbs and flowers literally pull out the vibration of low density pain, trauma, shame, guilt, anything, and imbue and raise the vibration of the womb. So today we are working with a few different herbs. Now you can Google yoni steam herbs, and there's no right or wrong way to do it. Some are more gentle and calming.

Others generate other kinds of energy. It's best really to tap into your own knowing, through your intuition, kind of what lights you up and a, and a really easy one to start with. Rose, because rose is the highest vibration on the planet. Uh, the second one, frankincense, but we don't steam with frankincense.

Uh, here we have rose. I love this blue lotus, very Egyptian energy, calendula, lavender, and red clover. Now this is red clover that I forage myself and dried myself here in Connecticut. And this is Guro, but there are at least dozens other herbs that you may choose to work with. So what kind of yoni, steam pot do you wanna use?

Uh, firstly, it is highly recommended to do something out of clay, and so I have two options here. This one I just purchased from a store, a culinary store. And this one I found, um, was a very special story. My first yoni steam ever, I did with a woman who is named Jaguar. And my spirit ha animal happens to be a Jaguar.

And this is what I found just outside my hotel in Mexico. Uh, so to me this is very. Rich in meaning and symbology. Uh, and then you could also in a pinch, use a glass pyx bowl, which was what I used for my first steam. We were on retreat, so it wasn't possible to have 30 ceramic bowls. Pyx bowls are a lot easier to find.

Uh, I would avoid using a metal bowl though, so try ceramic. Try for ceramic, and you could probably purchase these online. All you have to Google search. Yoni, steaming bowl or pot. Okay, so to begin, I like to heat my bowls up first so they're hot when the boiling water goes in, but in this instance, I won't.

I'm going to prepare my herbs. Firstly, I'm going to ask my body, which flower or herb it wants to work with because maybe I need just one or maybe I need four. There are more layered effects. The more herbs you add, the more layers of vibration and healing and more isn't always better. So the best thing to do is to tap into your own intuition and knowing.

In my case, I love to use muscle testing, and you can simply place the herb in front of you on a table, shut your eyes and see does your body fall forward or back. This is a great practice to develop even if you don't trust it at first, play with it. 'cause guess what? You can't do this wrong. The only contraindications are to not steam when you're on your moon cycle.

Also pregnancy. Consult your doctor always when you are pregnant, before you do anything. But other than that, none of these can hurt you. So you really don't have to worry about making the wrong choice in the, in the case of muscle testing, you would place it in front of you. And this is Rose, and I just asked my body, you know, do you want this?

A yoni steam blend and see what happens. Do I fall forward and I'm falling forward? Okay, so that is a yes, and I'll do it one more time and then I'll show you another way with a pendulum. So, all right, I'm gonna take the lavender next and I'm going to just ask my body, um, if it requires this or wants the lavender and already I feel my body tugging forward.

So lavender is very calming and very soothing. Uh, there's another thing you can do. You can put the herbs in a circle and you can use a pendulum or a dousing device and just kind of say, okay, which herbs or flour does my body wanna work with? And right away it's going to Blue Lotus and I will ask, okay, which one next do you want?

Now, it's interesting. It's not going to the calendula, but it's going to rose. See how it's swinging close to this one and next it's going to lavender, so it passed by Calen. And the red clover.

Actually, this is, this was Yaro. I didn't ask about these other two. So this will be my blend roses, blue, lotus, and lavender.

And that's what I'll be working with today. Now let me show you how to prepare it with the herbs before our water is ready. So before I introduce. The herbs into my yoni steam pot. I'm just going to clear the space, I'm gonna clear the bowl, clear my energies, and I wanna give thanks and gratitude to all the indigenous people that have introduced us here to this amazing smudging practice.

It really is very effective in lifting low vibration and creating a more clean space to work within. You could also choose to use frankincense, incense. You may use Palo Santo to call in some more light. And also if you're using any contraception, like an IUD for instance, you definitely wanna talk to your doctor before you introduce a yoni steam into your womb healing practice.

So we start first with some salt in this case. That's about, I'm just intuiting this, but that's about two and a half teaspoons. This helps to draw out of the womb, any negative energies, and now I'm pouring my lavender in and I'm gonna use the whole content of this jar next, the rose pedals, which are just amazingly fragrant.

And the blue lotus.

There's a lot of that in here. It's so beautiful to look at and beautiful to work with. And so next you really wanna use your hands and connect the flour and the herb and whatever's in your pot, you wanna mix it and sort of massage it. But as you're doing so, give thanks. Give thanks for the energy you're about to receive and for this beautiful ritual, give thanks to Mother Earth for growing these amazing medicines that treat us in so many different ways as medicine, as womb medicine, as perfume.

I mean, we enjoy flowers in so many different ways and herbs to just put your energy and your attention and. Now there is going to be a yoni steam invocation on Gaia Goddess's website, and I would try that out because it's lovely to work with the elements because when you think about it, we use all the elements for this yoni steam, the air, which carries the steam up into our womb, the water.

Which transfers from water to steam with the help of the fire, and of course the mineral, which is the earth, which grows this beautiful and abundant medicine. I'm going to give it a couple of more turns just to break it up, to put my energy in. My intention is to just let go of what no longer serves, and now we are ready.

To introduce our water. Okay, so this water came to a full boil, so be very, very careful when you're pouring it in the pot. You can do so gradually, you can do from a tea kettle. And like I said before, if you want, you're steam to be extra hot. Preheating the bowl before you add your flowers is a great idea.

How hot that is, all that steam coming up, we wanna keep that steam in and we wanna keep safe. So the use of a lid is highly recommended. This way when you transport your yoni steam to wherever you choose to conduct your yoni steam, you won't risk spilling it on yourself or anyone else. And this concludes how to prepare your yoni steam.

Next we'll be doing a demonstration on the different ways you can position yourself to comfortably remain over your yoni steam for 20 to 40 minutes. Thank you for joining me in this yoni steam preparation segment and learning with Gaia. Namaste.