Welcome, Sister!

You have discovered a powerful ancient secret to women’s wellness. Hooray!

The practice of yoni steaming has existed for centuries, and has been passed down through generations of women who have found it to be an effective support for their cycles and their wellbeing. It is my hope that yoni steaming brings you deep comfort in your cycle, and calls forth your unique vibrance.

Also, don’t miss my guide to reducing menstrual cramps living your bliss, which you’ll find after you learn about the ritual.

All my love,

Sierra

A Ritual for Wellbeing

It’s time to take yourself on a journey of self-love. The purpose of this guide is to provide you with everything you need to know to access the varied benefits of yoni steaming – from the physical to the emotional. Through this simple but effective “ritual”, you will have the opportunity to provide gentle nourishment and healing to your body and reproductive system, while releasing stored emotions, opening your heart, relaxing your mind, and enhancing your unique vibrant radiance.

Let’s Begin…

Why Yoni Steam?

Thousands of women are experiencing a wide range of benefits from yoni steaming, a practice in which a woman allows the warmth of herbal steam to permeate the exterior of her vagina. But why?

- Significant reduction in pain, bloating and exhaustion associated with menstruation.
- Decreased menstrual flow.
- Regulation of irregular or absent menstrual cycles.
- Increased fertility.
- More rapid healing and a toning of the reproductive system after giving birth.
- Treatment of uterine fibroids, ovarian cysts, uterine weakness, uterine prolapse & endometriosis.
- Assistance with the repair of a vaginal tear, episiotomy, or C-section scar.
- Assistance with the healing of hemorrhoids.
- Treatment of chronic vaginal/yeast infections, and works to maintain healthy odor.
- Relief for symptoms of menopause including dryness or pain.
- Detoxification of the womb and body.
- Reconnection to the Earth and ancient women’s wisdom.
- Release of stored emotions.
- Access to the feminine energy that gives rise to our vibrant radiance and creative potential.

Have questions or want to learn more?
Visit www.soulvibrance.com/yoni-steam-FAQ

“In a short time, yoni steaming has allowed me to improve my health, wellbeing, and that of the people around me. Thank you for keeping alive an ancient remedy that I have benefited greatly from.”
— Kelly

Please note that these statements have not been evaluated by the Food and Drug Administration (FDA), and are not intended to
Yoni Steam Ritual
A Journey of Self-Love

Gathering The Herbs
The Vibrant Souls Devi Steam™ contains a special ratio of:
• Mugwort: Fights infection through its antibiotic and antifungal properties, balances female hormones and stimulates the production of hormones that help to maintain uterine health. Protects the uterus from abnormalities such as ulcers and tumors. Helps to stimulate menstrual discharge and ease cramping.
• Rosemary: An aromatic and antimicrobial herb, rosemary treats bacterial infection, speeds wound healing, and stimulates menstruation.
• Yarrow: Astringent, tonifying and cleansing, yarrow is great for regulating menstrual flow, treating ovarian cysts and supporting overall uterine health.
• Motherwort: Astringent, tonifying and cleansing, motherwort strengthens and relaxes uterine muscles, eases uterine cramping, and may help treat uterine fibroids. Motherwort also stimulates uterine tone.
• Lavender: One of the most relaxing herbs we have, lavender is antimicrobial, supports healing, and also promotes menstrual flow.
• Calendula: Soothes and aids in healing of scar tissue, vaginal tears, or hemorrhoids.
• Rose Petals: A relaxing, uplifting and astringent herb that smells delightful, and softens the skin.

Preparation
1. Gather your herbs and the materials listed above-right.
2. Pour 2 quarts of water into your 4-quart saucepan and bring to a boil.
3. Add 1 heaping cup of yoni steaming herbs.
4. Gently simmer the herbal blend in the water for 5 minutes. Keep covered.
5. While your herbs simmer: Set up your yoni steaming seat, turn on your music, light your candles, and create a small altar with items that are special to you placed in front of your yoni steaming seat. Place your towel(s), notebook and pen nearby.
6. After 5 minutes of simmering have passed, turn off the heat and allow the water and herbs to cool for 5 minutes.
7. Carefully pour the hot water and the herbs into your heat-safe stainless steel or glass basin.
8. Position the basin below where you will sit. There are a couple of way you can do this:
   - **Option #1:** Gently place the basin inside of the 5-gallon bucket, and place a Devi Steaming Seat™ on top.
   - **Option #2:** Position the basin directly below the chair with a hole or slits in the seat.

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9. Disrobe from the waist down, leaving on only a warm pair of socks.
10. Sit comfortably above the basin with your yoni exposed to the steam. Wrap yourself and the chair in a towel to keep yourself warm and to keep the steam contained inside. The steam should feel warm to your vulva (the exterior of your vagina), but please move away from the steam if at any time it feels too hot!
11. Once you are settled, you may either close your eyes or allow your eyelids to float effortlessly in the direction of your altar and candles. Connect with the items you placed on your altar, and feel a sense of peace and relaxation wash over you.
12. Take a few deep breaths... inhale joy, abundance and gratitude, and exhale any emotions, thoughts or feelings that do not serve you.
13. Ground down into your seat through your root chakra. With your feet planted firmly on the ground, imagine a powerful bright light beaming directly out of the top of your crown. Sit up straight, and shine your heart to the sky. Feel your pelvis open wide as your heart shines upward.
14. Allow your hands to rest effortlessly in your lap. Relax your shoulders away from your ears, and release any tension you may have in your hands and feet. You can even release your tongue away from the roof of your mouth. If it feels good, turn up the corners of your mouth with a very slight smile.
15. Now turn your attention to your root chakra, and begin to connect even more deeply with your womb. Connect with the powerful feminine energy contained within. Feel this energy, as this is the energy that will manifest your dreams, and create a better world for all. Now is the time to release what’s stored in this sacred place in your body, and to tap into your yoni as a powerful source of your unique vibrance and creative potential.

“*I am having the best period! No sharp pains, cramping, or back aches like usual... We as women need to embrace our femininity and feel good about how we were created. This is a great way to relax and heal in a natural way!"*
— Marisa

Join thousands of women who steam
Visit www.soulvibrance.com/yoni-steam

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**Live Your Bliss.**
8. As you allow the steam to permeate directly into your skin for the next 20-30 minutes, you may choose to either meditate or journal. Know that what comes up physically and emotionally is perfectly normal, and is simply a manifestation of the power and potential contained in your body.
   a. **If you choose to journal**, write down whatever thoughts and emotions are coming up for you. Tap into this source of creative potential and feminine energy, and begin to channel it toward serving you and your purpose on this Earth. If you feel compelled, you may wish to respond to one or more of the following journaling prompts:
      i. Write down the intentions, or qualities of being, that you wish to bring into your life. Write them down in the form of affirmations: “My body is healthy; my mind is brilliant; my soul is tranquil.”
      ii. Write down any emotions that arise, allowing them to be released from your body as the words flow onto the page. Consider that as you write them, you let them go.
   b. **If you choose to meditate**, continue focusing on each breath. Imagine that each breath brings with it a warm, bright light that you send to your yoni, allowing it to cleanse and heal. As you breath in, visualize your yoni being filled with joy, abundance and inspiration. As you breath out, imagine stored emotions and blockages being released from your body.

9. After you’ve been seated above the steam for about 30 minutes, begin to slowly deepen your breathing, and call your awareness back to your altar. Place one hand on your womb, and one on your heart. Share with yourself a sense of gratitude for giving yourself this time to heal and reconnect.

10. Stand up and dry off with your towel. Get dressed in warm, comfortable clothing and/or wrap yourself in a blanket. You’ll want to stay warm for as long as possible after your steaming session.

11. Compost your herbs. If compost is not available, find another way to return them to the Earth.

12. Lay down in a warm bed for at least an hour, or preferably for the entire night. After sleeping soundly, you’ll wake up refreshed, revitalized and reconnected!

13. Repeat 2-3 times monthly, before or after your menstrual cycle. You may notice that your next menstruation will be heavier and darker, but this is temporary! Within 1-2 months, your menstruation will be easier, lighter and pinker in color. Discomfort associated with menstruation will be reduced.

We are dedicated to helping you…

...Live Your Bliss.
Although every woman experiences them differently, at least 80% of women experience menstrual cramps. For some, the menstrual cramps, which are medically known as dysmenorrhea, can be very intense, or even debilitating. For others, cramps are described as a dull and throbbing pain in the lower abdominal area that may be annoying or distracting.

Ladies, the great news is that using natural, often ancient knowledge and remedies, we can support our reproductive systems to work more efficiently and effectively. We have the ability to take control of the factors that influence how our body and uterus work. So next time you feel like popping a pain killer and lying in bed, consider how you can work with your body and support your cycle. Here's what I've learned about different menstrual imbalances and how to prevent and treat them.

The two types of menstrual imbalances, and their prevention:

Yin menstrual imbalances:
Characterized by dull, achy cramps, exhaustion.

**Prevention:** Dress warmly, and make sure your feet are warm and dry. Avoid refined sugar, fruit and raw vegetables. Eat more protein, grains and beans. Alternate hot and cold footbaths to improve circulation at the onset of menstrual cycle.

Yang menstrual imbalances:
Characterized by restlessness, thirst, swollen or painful breasts, and sharp cramps with abdominal pain. Pain is worse with heat and touch.

**Prevention:** Eat more vegetables, fruit, raw food, and whole grains and less animal protein. Be sure you’re getting adequate calcium and magnesium.

General Regime for the Care of the Female Reproductive System (and reducing cramps!)

1. **Drink at least 3 cups of Vibrant Souls Women’s Reproductive Support tea every day throughout the month, and especially in the 10 days before your menstrual cycle begins.** This tea is specially formulated to prevent menstrual cramps, tone the system, and relieve uterine congestion. **Ingredients:** Dong Quai, Nettle, Oatstraw, Raspberry Leaf, Horsetail, Licorice, and Rose Petals.

2. **Increase your calcium and magnesium intake** 10 days prior to your period, and work to alkalize your system. Take the recommended dose of a high-quality calcium/magnesium supplement and eat more seaweed, sesame seeds, nuts, avocado, coconut, and leafy green vegetables.

3. **Do a yoni steam using Vibrant Souls Devi Steam™** approximately 7 days before your menstruation begins, and another within the next couple of days (2 in the week before your period begins). Yoni steaming will help your uterus to tone and clean itself so that it will not have to work as hard to release the material at the time of menstruation. The result is reduced pain and reduced flow!

4. **Go outside and play!** Studies show that exercising 3 - 4 times per week, and getting enough Vitamin D (which comes from the Sun!) can help reduce menstrual cramps.

5. **If you do experience cramping** when your menstruation begins, try the following:
   - Don’t eat anything cold, as cold foods can exacerbate cramps.
   - Drink a ½ cup of Vibrant Souls Women’s Cramp Relief every 15 minutes until cramps subside. Be sure to steep the tea for 30 minutes before drinking in order to draw the properties out of the cramp bark.
   - Make a Ginger Poultice. Grate fresh ginger and pour ¼ cup hot water over it. Place the ginger mixture on a cotton cloth and fold it several times. Place the pack directly over your womb area (the space in the soft crevice above and between your pelvic bones). Cover the poultice with a towel and then place a hot water bottle or heating pad over the pack. Lie down comfortably with your eyes closed and relax for 20-30 minutes. Sip your Women’s Cramp Relief Tea!

6. **Drink water, rest, and remember that you are beautiful and perfect!**