



FOR  
HER



Sofia Sundari

# Moon and Woman

THE SECRET FEMININE CODES AND CYCLES

# Moon and Woman:

## The Secret Feminine Codes and Cycles

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Hello beautiful!

I'm Sofia and I'm so glad you are here.

I was first prescribed birth control pills at the age of 14, way before I became sexually active. This caused the development of Polycystic Ovarian Syndrome, which took many years to heal.

I started bleeding at the age of 11, during a very challenging time: my grandmother had just passed away, my parents had just divorced and I was on a long flight with my mother and her new partner. After that I didn't bleed for years, which was quite disappointing to me, because the period seemed to be something cool. So I went to a gynaecologist and said that I wanted to have my period again and that's when they put me on the pill, instead of letting my body adjust by itself.

I began the path of meditation and yoga in 2009. I discovered sacred sexual, Taoist and Tantric practices in 2010. I was living in the Thailand jungle back then, doing a lot of spiritual practice and learning a great deal about natural healing. That's when I came across the knowledge about conscious menstruation and the **4 phases** that I am about to share with you.

This work healed my body and supported me in becoming not only a balanced human being, but also my own best gynaecologist and lover. This is a natural outcome for anyone who takes full responsibility for their body.

I held my first Women's Circle in 2012. Since then I've worked with tens of thousands of women from more than 80 countries.

I know that it takes courage to want to fully embrace our femininity. It takes courage to make the choice to reconnect with ourselves, to honour ourselves, and to celebrate ourselves as sexual beings. It takes courage to investigate subjects that have been taboos in our society. There is a long-standing and deeply-rooted taboo around the subject of sexuality and menstruation.

We've gotten so used to not talking about it, we just sort of accept it and keep silent. Silence around a subject suggests there is something 'wrong' or 'shameful' about it. Consider that most women and girls live their lives thinking that a fundamental part of being female is shameful. This stops them from wanting to know, discover and protect their body.




I am about to share with you knowledge that will completely shift the way you perceive your body and your femininity. This is exactly what happened to me. Even today I am still in awe of the intelligence of the feminine body and in this book I will share with you a map that will help you become even more connected to your vessel.

This little book is an amazing tool for you in case you experience any of the following:

- Frequently feeling tired
- Low energy and sexual desire
- Hormonal imbalance
- Irregular periods
- Difficulty conceiving a child naturally
- Experience of unwanted pregnancies
- Intense premenstrual syndrome
- Very long and painful periods
- Not feeling feminine
- Feeling disconnected from your body

I admire you because you are reading this. To me it means that you have already started taking steps towards embodying your feminine essence.

With love,

A handwritten signature in a cursive script, reading "Sofia Sundari". The signature is written in a dark, fluid ink.

## Welcome home to your Womb and Yoni

Let's talk about two amazing parts of the feminine body, amazing gifts that the Universe has given us – the Womb and the Yoni.

Yoni is the Sanskrit name for female genitalia.

It also means the sacred temple, the gateway to the Universe and the source of all Existence.

When we hear people speak about feminine empowerment, there are so many concepts surrounding it, but not many people speak about the relationship of a woman to her womb, her vulva, her vagina, her yoni.

*In fact, that's where feminine empowerment should start.*

The womb is the place of the fertile void, the place of nothingness, from which all life emerges, the emptiness which is actually the fullness of all life.

We all come from this sacred and magical place.

Yet, most women live completely disconnected from their holy sanctum.

Yoni has been shamed for centuries. She was labeled as that stinky, ugly, disgusting area “down there”. The names that people use to refer to vulvas are either childish words like “pipi” or “wowo” or slang like “cockpocket”.

The words “pussy” or “cunt” are some of the most straightforward and direct names there are, but many people use them in a disempowering context.

Many yonis hardly ever receive any loving touch. Even fewer receive praise or are looked at with awe and admiration.

I had several spontaneous big experiences of consciousness in my childhood/around the time of puberty. One of them happened when I consciously approached my yoni for the first time. I was about 12. I took time to explore her on the outside, then I entered her with my finger... I was mesmerised. I couldn't believe how beautiful she felt, what a holy place I had within me. I felt that whoever got the honour to touch her in this way would be a blessed person.

I was in awe.

That's how we all should feel about the Yoni.

Most yonis are not appreciated for the magical and mystical place they really are. Without that, our yonis fall asleep. Or sometimes they even fall into a coma.

It is so crucial for all women to develop a profound and deep relationship with their yoni. **This is how we can reclaim our power.** This is how we can access our deepest wisdom and intuition.

*Yoni is a place from where all life originated.*

In Tantra and Taoism yoni is referred to as a cosmic gate through which we all came here. It is the most feminine part of our body. The most receptive, the most sensitive... It is such a mystical, mysterious, powerful and beautiful place.

If we want to establish a deep connection with the Feminine, our yoni and womb are the places where we should start. Once there is this deep connection, we become more balanced, more clear and more intuitive.

Yoni is the seat of our Femininity. Just like our Heart, she opens when she feels adored, she oozes her sweet nectar for those who approach her with reverence. If you approach her with sincerity and love she will welcome you in. The more she fills up with sexual ecstasy, the more love she will feel and that love will pour over her partner, and not only when she orgasms but into every aspect of their lives.

It is every woman's duty to learn to love and honour this sacred place of her body. I wish for every woman to develop a relationship with her yoni, give her plenty of attention and love daily.

In my free **Activated Woman Masterclass** I am sharing a very simple 5-minute practice that you can do every day for connecting with your yoni and heart.

When women start practicing sacred sexual awakening and healing they get stunned by how much energy tends to get stored in their yoni and womb. You don't have to believe it - you can experience it for yourself once you start doing practices such as yoni egg and yoni massage and de-armouring.

When I facilitate initiations into this work during my trainings, it is not uncommon that I find myself in a room of over 30 women who are yelling, crying and laughing (sometimes all at once!) as they are experiencing release of old energy that was stored in the most receptive parts of their bodies.

To tap into this work in the comfort of your home, I'd love to invite you to join **the Activated Woman online course**.

## Breaking taboos in our culture

**Consciously embracing our femininity asks us to break some taboos in our culture.**

There are unspoken rules by which most women live.

For example:

- We must be productive and resting is just an excessive luxury,
- We must perform in the same way every day of the month,
- We must behave in bed in the same way every day of the month,
- We must not acknowledge the abundance in our lives.

Instead we are conditioned to see lack and insufficiency around us, which causes us to rush about constantly seeking more, proving ourselves as worthy and striving to behave in a predictable productive way.

All this results in most women behaving predominantly from their masculine energy (do, achieve and get). They may look very feminine, but they don't feel feminine. Because as long as we are operating under these rules we will remain prisoners of those taboos and we won't experience the incredible joy and intelligence of a feminine body.

Living predominantly from the masculine energy is detrimental to any woman's health and wellbeing. With that we are also stealing from the world our greatest gift - our Radiance.

It's time to break these unspoken rules and embrace the incredible gift of our feminine bodies, are you in?



## The Four Phases of a Woman

*They want you to be exactly the same today as you were yesterday. They wish you not to change, not to be so unpredictable.*

*They want consistency from you.*

*When the mere idea of consistency in the value system of those around is opposed to the wild nature of women.*

*This kind of consistency would make your eyes empty, this kind of consistency would disconnect you from your soul...*

*The wild woman is dancing, howling and growling. And she is consistent in that.*

*She cannot be consistent in confining to linear rules, but she is committed to instinctual life and her creative fire.*

*If it's not too scary for you, join in and let her ignite the life in your veins. And in this you will learn the most glorious consistency. The consistency of your wild self.*

Our monthly cycle is very powerful and it impacts the way we feel from one day to the next. In fact the biochemistry of our brain changes from one day to the next. It means, you are literally not the same person today that you were yesterday! (Doesn't it feel liberating to find this out?!) Hence, you are not designed to perform in the same way every day.

Most of us know about the 3-7 day 'period' of bleeding, but not the whole series of amazing changes your entire body is cycling through the phases that extend over the course of 28-ish days.

We have heightened strengths during every phase of our cycle.

Unfortunately, most of us don't know about the intricacies of our cycle and how to really capitalise on these strengths because from the time we hit puberty we're given very little information about it. But here comes the information that has changed the lives of the awakening women, and now you are one of us too!

## Moon and Woman

Many women menstruate either around the full moon or new moon. Menstruation is in some ancient cultures also called “moon time”. There is a great connectedness to the natural cycles in nature and we are all synced in.

**Just as the Moon waxes (or grows outward into the night sky) until it becomes full and then wanes (or gets smaller) as if moving back into itself – so do we.**

Sometimes she shows up fully, open, bright, reaching out. Other times – she covers her face, retreats, falls back, quiets herself.

We can be in the same pattern as the Moon. I find it really beautiful.

Moon is the most feminine planet. It is changeable in the same way as us – ever changing women.

● What happens during the New Moon is exactly what our bodies invite us to do when we bleed – to hide and internalise.

● Full Moon corresponds to the time of ovulation – the time when we are at the peak of ourselves, feeling energetic and social. As the Moon uncovers her face we are invited to uncover ours. We get more and more active and shiny.

## Phase 1: Menstrual Phase

**Day one (and phase one)** of your menstrual cycle begins when your period arrives. It is called the **Menstrual phase**.

*During her entire life a woman spends approximately 3,500 days menstruating.*

Menstruation is a process of release and deep relaxation.

Within hours of starting your period, levels of the hormone estrogen will slowly begin to rise and gradually you will start to feel a shift from the heaviness or ‘PMS’ of the days before.

**We are very powerful during menstruation, our ability to feel and sense is increased.**

The best thing to do during period, and especially on the first day is to rest as much as possible, stay internalised, meditate and journal. This is the time of reflection. Rest is

especially important on the first day because that's when we normally lose the largest amount of blood, and the body receives a certain signal that may change your period a lot. I observe a really significant difference in the length and abundance of my menses when I manage to rest on the first day of my cycle. Sometimes my period is as short as 1 or 2 days.

Surround yourself with things that nurture you. If chocolate does it for you... I don't have good news. It's better to avoid chocolate during your period. Not only will it make your period heavier, but also it might take you away from the rawness of emotions that you are experiencing.

*If you deny the natural need you have to slow down and turn inward, feelings of resentment, frustration and anger find a way to surface.*

Great news is that once you are more in touch with yourself your mood swings will diminish or even disappear! I promise! Because that's what happened to me. Before I knew the wisdom I am sharing with you here, the menstrual phase was exactly when I would fight with my loved ones and overall make it terrible for anyone (including myself) to be around me.

It's fine to be emotional during the period, as long as we can let our emotions flow, rather than let them get stuck or project our moods on others.

If you allow yourself to be quiet and internalised during your period you may get filled with vision and ideas and later on closer towards ovulation time – bring these things forth. On the contrary, if you are unhappy, and restless during your period – that's what you put out in life.

You could even connect with your womb and ask: *“Show me what do I need to see...”*

In the early days in tribes menstruation was considered to be the time for spiritual practice and the getting together with other women. Women are quite sensitive to subtle energies during their period and meditations can go very deep then.

When it comes to **Sexual Desire during menstruation** – it will depend on a few factors.

Naturally you feel internalised and may feel that it is most harmonious for you to be left alone and not even be touched. Although if you share a really profound intimacy with your partner you may on the contrary wish to share this special time with them. Be aware – sex during menstruation is very bonding as you are being incredibly receptive.

Especially if you don't use a condom – a very deep exchange is happening on the energy level between partners.

## Is Menstruation Dirty?

Menstruation unites all women of the world no matter what else sets us apart. At any one time on this planet, millions of women are bleeding.

>>> Take a deep breath – absorb this for a moment <<<

*Conscious menstruation refers to the profound awakening that is possible when we embrace our monthly bleeding with deep awareness and self-love.*

You probably know that bleeding women are asked not to participate in certain spiritual rituals or even refrain from going to temples. You may have heard people say: “Women are dirty during their menstruation – that's why they have to retreat”.

This cannot be further from the truth. It is simply a lie we picked up in the patriarchal society that was incredibly scared of... women's mystical magical power.

Truth is that since ancient times it's been known that during menstruation women become extremely powerful.

To honour and make the best use of this power in the coming month we need to be quiet during that powerful time.

*We shouldn't be working and cooking, not because our energy is bad, but because by not taking time off we are taking something away from ourselves and thus – our people.*

If we rest and internalise during this time we can bring back something powerful.

In tribes women were asked to report their dreams during their moon time to medicine people, because it was considered that women have increased psychic abilities during this time.

Please understand that there is absolutely nothing dirty about your menstrual blood.

Actually it's been studied and proven that it is full of nutrients and power!

If you experience bad odour of your blood – this is perhaps it was in contact with air for too long or it was mixed with the chemicals contained in commercial pads or tampons.

## Preserving the Ojas

In eastern esoteric philosophies such as Tantra and Taoism it is advisable to diminish the volume of blood women lose each month.

That's because with menstrual blood we lose significant amounts of the very essential non-physical component of our being – *ojas*.

In the Taoist system, the ovaries are to women what the testes are to men. They house the reproductive seed potential of the body. They contain the life force energy that creates new life and every month the woman's body spends a huge amount of time and energy high-grading the best quality resources in the body to create an egg. The thing is, most of these eggs aren't utilised, they simply bleed out of the body each month.

The Taoist view is that this monthly production and release is very taxing on the body and if we have no intention of using these eggs to make babies, then we can and ought to draw this high-potency energy back into the body rather than eject it.

Our essential energy is housed in the ovaries and it's depleted with unconscious menstruation and for men, theirs is stored in the testes and it's released out through unconscious ejaculation. The practice for men is to conserve and to harness their sexual energy and ultimately to retain ejaculation.

It is important to have a conscious practice around this. In men, we see this cliché that after they have their orgasm, they roll over and they go to sleep.

Some men say that the release that comes with ejaculation is relaxing. But what not many realise is that this is not a true relaxation – in fact it is an energetic depletion. In my **online course Activated Man** I teach men how to cultivate their orgasmic energy rather than waste it.

For women who experience heavy PMS and difficult periods – these are signs that they have lost so much of their energy and this makes them exhausted by it. They are grumpy and frustrated because they have depleted themselves through having unconscious and excessive leaking of menstrual energy.

There are also statistics that every woman can relate to, for instance: menstrual blood contains 7 times more calcium than normal blood and 30 times more iron, and millions of women are complaining about lack of calcium and anaemia.

There are lots of practices in Tantra and Taoism that assist in diminishing menstruation, also there are lists of foods to avoid. I share all this in my [online course Activated Woman](#).

### **Tantric Yoginis can stop their period through practice**

With this knowledge some advanced tantric yoginis even manage to stop their menstruation, so as not to lose their ojas or power. I never recommend my students push it to such extreme, unless they are very serious tantric practitioners.

## **Phase 2: Follicular phase**

After your period ends comes **Phase 2 or Follicular phase**. During this phase your vitality and energy levels increase, as does your libido. Your energy is directed outwards, you are most inclined to be social and outgoing. That's the time to start new projects, be physically active.

If there is ever a time to push and be in your masculine energy – that's the one when you can do it without it being detrimental for your health and wellbeing. During this phase you are more prone to naturally act in linear, predictable ways. It's also the time when you can push it a little more than usually in the gym, if that's fun for you.

## **Phase 3: Ovulation**

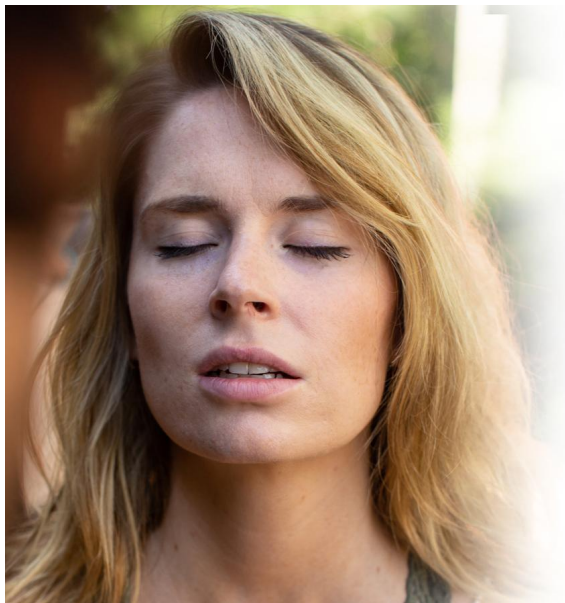
**Ovulation (phase 3)** refers to the release of a tiny egg from one of your two ovaries (they alternate from one cycle to the next). This typically happens between days 14-16 of your cycle, making it the time you are most likely to get pregnant.

You don't wanna miss your ovulation: that's the time when we are the most attractive, even our lips, breasts and eyes become slightly bigger and more symmetrical – imagine



your body is ready to conceive, thus nature wants you to attract the best possible match now! Nature is so clever! It's always best to work together with nature. That's the best time to have important conversations or even ask for a raise – simply because you are so magnetic, it's very likely you will get whatever you want!

If you want to learn more about the magic of magnetism, how to cultivate it and what is the key element for that, I am happy to invite you to join my **free masterclass Activated Woman**.



*Free Masterclass*  
**Activated Woman**

Resource yourself in a feminine way  
and ignite your radiance and magnetism

*Sofia*  
SUNDARI

Also, of course if you want to conceive – that's the time to be aware of. We can only conceive during this phase. The most powerful and reliable natural contraception method I know of has to do with this awareness. I go in depth into it in my **online course Activated Woman**.

And this is the time when we are shining and so outgoing – just like the full Moon.

Sometimes I wish I'd ovulated all the time!

## Phase 4: Luteal phase

The **Fourth or Luteal phase** consists of the final days before you begin a new cycle. It corresponds with the waning moon and starts right after ovulation. You slowly start to feel the effects of decreasing estrogen and testosterone and increasing progesterone. Progesterone is the 'ebb' to estrogen's 'flow'. It will increase your desire to move inward, like the waning moon.

Each new day is characterised by waning of your outgoing capacity and potentially - sex drive.

Although there is something important to say about the sex drive piece.

What some may consider low sexual desire might be just low desire for a certain **type** of sexuality. Due to the lack of healthy sexual education, most people are aware of quite a limited potential of sexual expression. What image do you have when you think of sex? Probably fast, intense, super juicy action with a lot of friction and stimulation. Well, that's not the only way. There is a way to make love very slowly, with a lot of cool and nurturing energy (yin). You can totally surrender into your softness and slowness, become heavy yet vibrantly alive and receptive like the Earth. Note: there is a big difference between being passive and receptive. There is nothing passive about being receptive! Making love in this way during the luteal phase is a very enriching experience. During this phase you are invited by your own neurochemistry very deeply into your feminine energy. In terms of sexuality - that's the one that is much like water - it takes a while to come to a boil, but can stay hot for a long time. So explore various ways to bring yourself to a boil, focus more on foreplay, perform the sacred sexual feminine practices.

As you come closer to menses the natural tendency is to become more quiet, retreated. It's important to follow the natural instinct to be quiet, aware of what kind of energy we draw into ourselves. This is the time of contemplation.

Research shows greater activity in the right hemisphere of the brain during this phase — the part associated with intuitive knowing — in weeks 3 and 4 of your cycle. Always trust your intuition. But pay especially close attention to it in the second half of your cycle.

If you deny the natural need you have to slow down and turn inward, feelings of resentment, frustration and anger find a way to surface. That's the time to give yourself permission to move a little slower and take extra care of yourself.

Then comes the menstrual phase again.

There are also lists of food that are best for each phase, ways to exercise and even to have sex. I share more in depth about it in the [\*\*Activated Woman online course\*\*](#).

Consider this your little initiation. Start tracking your cycle and living according to your phases. This will bring a lot of harmony to your life, increased joy of experiencing your strengthened abilities within each phase, more regularity in your periods and possibly - complete absence of discomfort during the premenstrual phase.

As my friend musician Praful signs: *"If you don't fight with Life, Life simply helps you, takes you on its shoulder."*

Awareness of the 4 phases changed my life. I know my body much better now. I can predict the way I will be feeling, and what sort of activities will be best for me on this or that day. It also allows me to be more mindful of my interactions. If my body feels a little heavy during the second half of the cycle, I don't try to go against it: I don't do intensive workouts, I sleep and rest more.

Your (current or future) partner will really appreciate it if you let him know that you might be going through some intense emotional menstrual days, so in case you show the fierce side of the feminine beast he knows where it is coming from and - hopefully - how to hold you. Generally it is really beneficial for men to know about the cycles, this helps them understand us better. Great news is that you don't even have to do it yourself - in my free ebook for men I am sharing this information with them. You can simply send this link to your man - here he can download the ebook [\*\*The Key to the Feminine Mystery\*\*](#).

## Tracking your Moon

A really great tool is a calendar.

If you have a smartphone I recommend getting an application, it's really convenient. I use iPeriod, but there are many more. I like it because it reminds me when my period is expected, it allows me to add notes, moods and symptoms to each day. So I can compare what's been happening on a monthly basis and know what to expect. You can use it for free too. The paid version has some extra functions, and it's 2 or 3 USD worth.

If you don't have a smartphone you can simply do it the old way. Get a calendar from your gynaecologist and track it by hand.

Another option is to use a free menstrual cycle calendar online, for example Fertility Friend, or mobile applications like Period Tracker Period Calendar, Glow, Read Your Body, iPeriod.

Another way to know with certainty where you are at in your cycle is by checking your vaginal secretions daily. You will discover that they change.

In the second phase the secretions tend to be very light and liquid.

Around **ovulation** much more cervical fluid is produced. The secretions become wet, slippery, clear, stretchy, resembling the consistency of egg whites.

In the day or two after ovulation (the beginning of the **luteal phase**), the amount of **fluid** decreases quickly. The **cervical fluid** becomes more fibrous, thick, sticky and dry – therefore difficult for sperm to pass through (as you are not fertile in this phase).

During menstruation your womb is releasing its lining.

## Troubleshooting: late and early periods

If your period is late it is likely that your hormone progesterone is low. There may also be tension in your body and unprocessed emotions. Here are a few things that will help:

- Taking a bath with epsom salt.
- Increasing the intake of magnesium (magnesium oil is better than pills).
- Increasing intake of protein and fat (animal products, oils, avocado, eggs and nuts. Vegan or vegetarian diet might not be a match for your body if your periods tend to be late. Although it might be a match for your mind. Your call what to trust.)
- Drinking sage infusion.
- Drinking parsley infusion.
- Doing yoni steam or sitz bath.
- Using sage essential oil on your womb, feet, hands and heart.
- Stop running around. Slow down. Don't do intense workout. Practice yin yoga.

Progesterone hormone naturally makes us slow down and become very yin. That's the wisdom of this part of your cycle. If you are going against it your body won't be able to produce enough of it to trigger the period.

If your periods tend to come very early (less than 28 days from the start of the previous one – day 1 of your menstruation) or are very intense, it is likely that your hormones are not in their perfect balance. Here are a few things you can do to harmonise things:

- Avoid foods high in protein (dairy, eggs, meat, fish, beans, lentils and... cacao (read: chocolate!)). Especially after day 15 of your cycle. Eat light food.
- Practice inverted poses (shoulder stand, headstand, hang upside down, or at least lay on your back and place your legs against the wall several times a day).
- It may sound contradictory but if you are vegan/vegetarian and you are bleeding a lot you might actually need to eat animal protein.
- Very important: if you are very active physically – significantly reduce the activity. This is a common case for professional sportswomen.

From phase to phase our neurochemistry changes – we are literally not the same person each day. We are not designed to perform in the same way every day, if we do it – we are pushing our body and neglecting its natural rhythms. Hence it is likely that the body will start sending signals to get your attention, because it wants you to change things around. Too frequent or too abundant periods are likely to be such signals.

Also if you have any hormonal problems awareness of the four phases of the cycle might help a lot, as it happened in my case and in the case of Alisa Vitty – author of a great book called **Woman Code**.

Another great author is Christian Northrup. I recommend her book **Women's bodies women's wisdom** to all my female students and I think it is a must have for all women. A very experienced gynaecologist and an intuitive person Dr. Northrup sheds light on issues of female health that most women are terrified of.

# Essential Witchery: meet the Yoni Steam

## *What is Yoni Steaming?*

Yoni steaming, also known as vaginal steaming, is a sacred feminine self-care practice deeply rooted in physical and emotional healing. It can support everything from menstrual flow and cramps, to fertility and postpartum healing, to clearing the energy of past lovers from the womb.

Practiced for thousands of years to tone and heal the vagina, womb, and ovaries, this sensual ritual can also help transform one's relationship to their sexuality and divine feminine energy.

Using steam created from water and herbs, yoni steaming carries the medicinal properties of healing plants into the bloodstream and tissues of the vagina. These medicinal properties then circulate through the reproductive system, promoting balance and healing.

Many who practice yoni steaming also feel that this sacred act of caring for their vagina and womb-space can provide a sense of emotional healing or reclamation around their sexuality and health. It is common for women to experience feelings of deep connection with their bodies and emotions, as well as an ancient connection to the women in their lineage.

## *Benefits of Yoni Steaming*

**Yoni steaming benefits include a healthy menstrual cycle, fertility, and so much more.**

- Relieve symptoms of PMS, including cramping and pain
- Regulate menstrual cycles and flow
- Increases fertility
- Relieve yeast infections, infection, and odor
- Postpartum healing
- Tone and heal the tissues of the vagina
- Heal and clear endometriosis, ovarian cysts, uterine fibroids, uterine pain, and haemorrhoids



- Relieve vaginal dryness, tightness, or pain during intercourse
- Clear toxins of birth control pills and devices
- Balance hormones and mood
- Increase sexual libido
- Emotional and physical healing from miscarriage and abortion
- Energetically release past lovers and clear stagnant emotions
- Ancestral healing of the maternal lineage
- Clear trauma from the yoni and womb
- Reconnect to divine feminine energy

### ***Precautions and Contraindications to Yoni Steaming***

#### **Do not yoni steam if...**

- You are on your period
- You are prone to spontaneous bleeding
- You have an internal or external infection
- You have an IUD (consult a practitioner)
- You are trying to conceive or you are pregnant (consult a practitioner)
- You experience hot flashes or night sweats (consult a practitioner)

If you are postpartum, or if you are working on healing severe issues, always consult a practitioner.

### ***Choosing the Proper Herbs***

Before you choose which herbs to use for yoni steaming, connect to your intention. When you know what you want to focus on healing on physical and emotional levels, you can better choose which herbs or blends will best serve you.

Many certified herbalists have created herbal blends which can help with a certain issue you'd like to heal, as well as yoni steaming blends for general wellness and nourishment. You can also create your own blends using beneficial herbs such as red raspberry leaf, rose, calendula, nettle, motherwort, and lavender.

Different herbs can create results such as cleansing, disinfecting, blood building, and hydrating.

**Cleansing herbs** such as calendula, motherwort, and rose can help you release your old uterine lining so that you have less cramps and a fresh start on energetic and physical levels.

**Disinfecting herbs** such as lavender, rosemary, and sage help clear toxins, promote healthy pH levels, and create a healthy microbiome for your vagina.

**Blood building herbs** such as motherwort, oat straw, and raspberry leaf help replenish the nutrients of your blood after each period.

**Hydrating herbs** such as nettles, hibiscus, and lemon balm bring the essential elements of water and moisture to your reproductive system.

There are many other herbs that have additional benefits as well. Find a blend from a certified herbalist or purchase organic herbs to create your own yoni steaming blend.

## ***How to Yoni Steam***

### **1. Set the space**

Before you begin your yoni steam, create a sacred space for yourself. You may light candles, turn on music that feels related to your intention, and burn incense or herbs to clear the space for your healing. You may also choose to simply read a book, sit in the garden, or enjoy sacred silence — whatever feels most nourishing to you.

### **2. Create your seat**

For your yoni steaming seat, you can purchase a steaming stool, or use either a big bowl or a 5 gallon bucket. If you use a bowl or bucket, create a comfortable seat for yourself with a towel rolled up as a cushion.

You can also turn your bathroom into a temple and your toilet into a steaming stool. Make sure to thoroughly cleanse the toilet before placing the bowl with your steam into it.

### **3. Boil your herbs and let them cool**

Bring 3-5 quarts of filtered water to a boil, and add 1 cup of your herbal yoni steam blend. Then, reduce the heat and let the herbs simmer for 5-10 minutes. When this process of steeping is finished, turn off the heat and let the water and herbs sit and cool for 5 minutes.

You may feel called to speak your intentions for your pot as you stir your boiling herbs, to activate the healing even more.

### **4. Place herbs safely into your yoni steaming stool**

After the herbs and water are steaming and emanating a gentle heat, pour them into a pot or bowl and place it below your steaming stool, or at the bottom of your bowl or bucket.

### **5. Get comfortable and situated**

Get undressed from the waist down (or completely if you desire), and slowly sit on the yoni steaming stool to ensure it is a safe temperature. Be cautious not to touch the pot with your body. The steam should feel comfortably warm, and not overly hot. If the temperature is uncomfortable, wait several minutes and try again.

Drape a towel or blanket around both you and the stool like a tent. This way, the steam and moisture is absorbed by your vagina and does not disperse.

### **6. Relax and enjoy**

Sit on your yoni steaming stool for between 15-30 minutes. You may choose to meditate, set intentions, tone, sing or allow yourself to do what feels right for you. Allow yourself to feel what arises, as emotions may come up to be released, and you may experience a feeling of liberation and empowerment.

After your yoni steam session, you may choose to thank yourself for this sacred experience. You may also thank the herbs, the water, or any other element that has helped create a healing space for you. When finished, you can offer the herbs to the compost or directly to the earth.

### ***How Often to Steam***

For full benefits of yoni steaming, it is recommended that you steam 1-2 times per month.

As there are many different uses for yoni steaming, and each woman's body is different, ensure that you pay attention to the messages and signals your body is sending you. For instance, if yoni steaming makes an issue flare up, ensure you aren't over-steaming. You may also take a break or adjust the herbal blend you are using.

Additionally, never steam during your period or during ovulation, without direct medical reasons. For example, an herbalist may advise that you steam during your time of ovulation to heal infertility or imbalanced hormones.

If you are experiencing a severe reproductive health issue or if you are postpartum, consult your midwife, doula, yoni steaming practitioner, or certified herbalist.

## **Taking Care of the Moon**

Handling menstrual flow is something that each and every woman has to deal with. Papyrus was first used in ancient Egypt, then reusable sanitary belts, and after that - disposable pads. Most of these options were not that reliable until tampons were developed in the 1930's which revolutionised feminine hygiene.

Although research has shown that tampons can be dangerous for a woman's health. Let's look into the health risks of tampons and explore the healthy alternatives.

# Health Risk of Tampons

## 1. Toxic Shock Syndrome (TSS)

TSS develops in the body when the common bacteria, *Staphylococcus Aureus*, produce a toxin which is absorbed into the bloodstream. The toxin rapidly overwhelms the immune system and attacks the major organs, leading to kidney failure, collapse of the lungs and in severe cases, cardiac arrest. Alarming, 50% of all known cases of Toxic Shock are from women using tampons!

Symptoms of TSS are: sore throat, aching muscles, high temperature, vomiting, watery diarrhoea, red rash, confusion, dizziness, very low blood pressure. Only one or two symptoms may occur, and they do not necessarily occur all at once and may not persist. If you are experiencing any of these, remove the tampon right away and go to the hospital and insist on getting a blood test.

## 2. Chemicals in Tampons

Rayon is the main ingredient in generic tampons. It's a fiber that is made from cellulose fibres. Cellulose is a natural fibre but to produce Rayon chemical procedures are needed that include: carbon disulphide, sulphuric acid, chlorine and caustic soda. Side effects from exposure to too much Rayon can include: nausea, vomiting, chest pain, headaches and many others.

Tampons are also bleached using chlorine, which results in the production of dioxin, which is linked to breast cancer, endometriosis, immune system suppression and various other ailments.

## 3. Tampons can cause infections

Tampon use causes micro lacerations (tiny wounds) every time you insert one and pull it out, leaving your vagina wall more exposed to any infection or disease.

## 4. Tampons disturb the PH-Balance

Tampons absorb your flow but they also absorb all the moisture that is very important to keep your PH and vagina healthy.

## 5. Tampons cause odor

Remember, there is nothing toxic, dirty or smelly about our menstrual blood. But as soon as the tampon is inserted the process of oxidation starts and bacteria develops which explains that funky smell.

## 6. Tampons leave chemical residue in your vagina

Loose fibres are left behind in your vagina, which your body eventually flushes out but until then you have chemicals stored in your body and these can cause bladder, vaginal infections, and TSS. Some of the fibres might also get stuck in the cervix, which might cause uterine infection.

If you want to test this, take a tampon and jiggle it in a glass of water and see what happens to the fibres!

7. I've heard some people say that some tampons have special **chemicals that make you bleed more**. So you buy more.

I couldn't find references to it in reliable sources, so I can't confirm it. But still feel it's worth mentioning it here.

Now quite a lot of organic tampons are available on market, which is of course a better option, and yet you see that some issues here very much relate to any kind of tampons.

Alarming, isn't it?

*The best thing you can do for your vagina is to stop using conventional feminine hygiene products. Not only tampons, but also pads are full of perfumes, chemicals and materials that can cause internal abrasions as well as irritate your vagina.*

It's important to keep in mind that tampons are still on the shelf because we buy them!



# Healthy And Efficient Alternatives To Tampons

## 1. Reusable cloth pads

These pads are usually made of organic material (cotton, bamboo, hemp) so they are breathable unlike the disposable ones. You can prewash them right after use (it makes it much easier to keep them nice and stainless) and throw them in the washing machine without any problems.

Some of these pads are good for light days, others are designed for heavy days. There are lots of cute designs available these days that are comfy and practical. They are a cost-effective option and are also safe for the environment.

One possible discomfort with these is that some have a tendency to slide on your underwear. It might take time to find the right way to fix them or play around with different brands.

## 2. 21st century period underwear

This is a really great invention and if you haven't discovered it yet, I feel honoured to invite you into your new life!

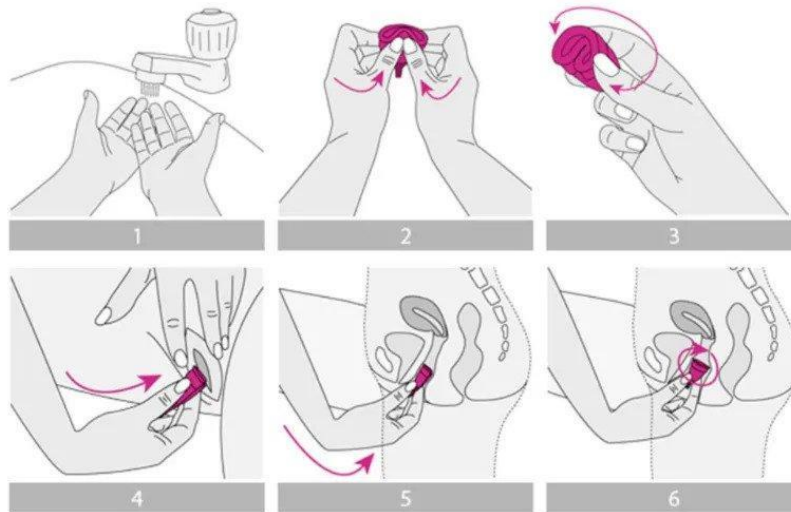
A great thing – they don't even have to look ugly! There are even thongs available for light bleeders.

You just wear them as normal underwear and wash them as needed.

## 3. Menstrual cups

These flexible silicone menstrual cups are inserted into the vagina and they catch all of the menstrual fluid. The menstrual cup can be emptied as often as you like, normally it can stay inside up to 4-6 hours or so.

This is a much safer solution than inserting a chemically treated synthetic tampon into your vagina. A single menstrual cup can be reused again and again for years (some say up to 20 years – easy), it's a very cost effective option (the price is anywhere between \$25 and \$40) that generates no waste.



It's worn internally like a tampon but without the string and other health inconveniences. Plus it's comfortable and when inserted properly does not leak.

Inserting (and removing) a cup correctly can take a couple of tries to get the hang of. It is a little hard to fold and manoeuvre at first. See image below for instructions on inserting the cup.

A tip here – once you've inserted the cup, you might want to squeeze it again to let the air out – it will create a vacuum that will secure the cup. Also you can try to rotate the cup a little for the same reason. It will also help you find the most comfortable position. Once the cup is inserted properly you should not feel it at all.

In the beginning some women choose to use a reusable cotton pad in addition to the moon cup. But once you are used to it there is no need in extra security.

Once you put your cup inside, trim the stem to fit you. The more you use it, the more flexible and soft it becomes.

You can sleep with it safely and practice any sport including swimming.

It doesn't interfere with your natural Ph by keeping your moisture intact since the cup doesn't absorb anything, and thus doesn't dry your vagina, it only collects your flow. Unlike pads, there's no wet feeling or unpleasant smell, and maintenance is very easy (boil or wash with mild soap).

Cup sits low in the vaginal canal, which means it won't irritate or even come in contact with your cervix.

Also, a menstrual cup gives you an opportunity to see with your own eyes how much you bleed. That's important – you establish a mind-body connection. You don't see much blood on a pad or in a tampon because most of it gets soaked inside. But with the cup, you get to face your blood head on. This is exactly how much you bleed.

And you get a choice of what to do with the blood.

I was saying how precious and full of power and nutrients our menstrual blood is. Why would you want to flush something so precious down the toilet?

***One of the great things to do with your blood is to put it in a cup, and offer back to nature.***

You may experience watering a plant with water mixed with your blood and see what happens to it. Expect surprises!

It's interesting that menstrual cups actually existed since the 1930's – that's when the conventional tampons were created! But in the face of the billion dollar tampon industry they sadly did not survive the competition and lobbying. Menstrual cups have been becoming more popular the last few years simply because we have more and more awareness concerning our health and the environment.

Menstrual cups look similar but range in length, volume, shape, stem type, softness and even colour. There are almost 20 brands available. The most important factors seem to be cervix height and desired volume. Women who have given birth vaginally often do better with the larger diameter cups. It's specified if the cup will best fit for women who gave birth or not.

Made in 100% medical silicone (Diva Cup) or organic rubber (The Keeper), they're hypoallergenic and won't leak any chemicals in your body. Diva Cup, Moon Cup, Keeper and Lunette are FDA approved.

Here is a beautiful conscious brand Mahina developed by my friend Alila that produces sustainable menstrual cups. Use code SUNDARI to get 10% discount.

## 4. Menstrual disc

The functionality of a disc is very similar to that of a cup.

The difference between a menstrual cup and a menstrual disc is that the disc sits deeper in the vagina - right around the cervix.

To place a menstrual disc in place you need to sit on a toilet, pinch the disc in half and slowly slide into the vaginal canal pushing back and down toward the cervix as far as it will comfortably go (typically the length of your index finger).

What is better: a cup or a disc? It's a matter of preference.

Some women who feel uncomfortable with a cup, feel at ease with a disc.

Also if you choose to make love one period, a disc could stay in place - which could be a great benefit for some occasions!

## 5. Free Bleeding

Last but not least - this is the method I personally love and use most.

Free Bleeding is the practice of menstruating without blocking or collecting the period flow.

Our menstrual flow is not constant.

You can become so connected to your womb that you feel exactly when you need to release the blood. In that moment you go into nature, squat and release the blood to the Earth (ideally). If you live away from nature, you can simply release the blood into the toilet. Up until that moment you will squeeze the muscles of your cervix and hold the blood. That's it!

If you are keen, try it at home first. When you go out a reusable pad or the undies will keep you safe for times where there is no bathroom around.

A huge advantage of this method is that you establish a really close relationship to your body and this results in diminished amount of blood that you lose and even the length of your period will shorten.

## Priestess Wisdom and Practices

Good luck with your conscious choices! I am excited for you: applying this knowledge will make such a healthy change to your life!

If you want to dive deeper into this work and learn Priestess Wisdom and Practices that will support you in countless ways, I'd love to invite you to join my online course **Activated Woman**.

In this course you will:

- Learn everything about the ancient Taoist Yoni Egg practice
- Learn ovarian breathing (so powerful!)
- Learn energetic womb clearing
- Heal past trauma that is stored in your vagina and holding you back sexually and in your life
- Overcome numbness of the vagina, shame and discomfort so you can enjoy pleasure deeply, both alone and with a partner
- Get to know and work on all the reflexology zones in the Yoni
- Make your breasts more sensitive and full of life
- Learn how to have breast-gasms
- Perform different variations of breast massage
- Get to know the anatomy of feminine arousal
- Develop a profound connection with your Yoni, hence with your Power
- Learn how to use the Yoni Egg to have orgasms during intercourse  
Dive deeper into your feminine core
- Discover and connect with your own sacredness

- Learn about natural birth control
- Understand the different phases you go through each month
- Discover the real meaning and power of your menstruation
- Practice sexual healing on yourself
- Discover the true source of your power: your yoni

## Special Gift

Thank you for being here. If what you learnt from this little ebook really hit home for you and you are ready to take it to the next level, go ahead and enroll in my online courses. **As a reader of this book you are receiving special gifts** (click to claim):

- **\$200 discount on Activated Woman online course**
- **\$150 discount on Activated Man online course**

Access the [Activated Woman online course here](#).



Online Course

## Activated Woman

Priestess Wisdom and Practices that  
Every Woman Should Know

Sofia  
SUNDARI

Or if you are not quite sure yet whether this course might be a fit for you, I'd be happy to welcome you in my free [Activated Woman Masterclass](#) where you can already go into some very simple but effective practices with me and see if you would like to dive in even deeper.



## Stay Connected

Let's connect on the wonderful social media outlets. You can find me here:

**Facebook:** [Sofia Sundari](#)

**Instagram:** [@sofiasundari](#)

Thank you for letting me guide you through this journey.

Thank you for trusting me.

Thank you for choosing a conscious approach to your life and femininity. Thank you for being you!

Can't wait to connect again,

A handwritten signature in black ink that reads "Sofia Sundari". The script is fluid and cursive, with the first name "Sofia" and last name "Sundari" clearly distinguishable.

Author:

## Sofia Sundari



Sofia Sundari is a mystic in the world with Love at the centre of her life. Sofia is an international transformational leader, bestselling author, speaker, founder of the Priestess School, facilitator of courses on spiritual development and sacred sexuality. She has worked with people from 80 countries and supported them in returning to their innate beauty, power and love.

After leaving her law career in 2009, Sofia spent many years in the jungles and temples of Asia, in the desert of California and mountains of South America training in healing and spiritual modalities, such as Kashmiri Shaivism, Tantra, Hatha and Kundalini yoga, Taoism, western esoteric science, quantum physics and shamanism. She has held over 30 worldwide trainings, over 100 workshops, developed 5 online courses on the subject of sacred sexuality and garners a strong online following of over 100,000 people.

Sofia has been featured in Shape Magazine, Healthline, Bustle, Yoga Journal, Elephant Journal, Metro and other online and offline media.

Russian born, Sofia resides in Ibiza, Spain and travels the world to lead trainings and retreats.

[Check out what's coming up here.](#)