

# YONI CARE WELLNESS GUIDE



*Priestess Graell*

# YONI CARE WELLNESS GUIDE

WRITTEN BY PRIESTESS GRAELL

## **Yoni ~ Sanskrit**

Source, Womb, Female Genitalia

**The Vulva**, especially as a symbol of divine procreative energy conventionally represented by a circular stone. Representative and dedicated to the goddess Shakti, her sacred temple.

**The Male** counterpart of the yoni is the lingam, the sacred wand, which is dedicated to the god, Shiva.



*Blessings, Sweet SeaStar of the Land, Sky, and Sea,  
Holy Womb-on of the Moon and Stars*

*I am sharing this Wellness Guide to you, as a tool for Self Healing. This list of tools is a compilation of years of experience with myself having the adventure of Herpes simplex, 1 since I was a small child, and Herpes simplex 2 since I was in college. I have tried every thing you can imagine to eradicate the virus, and what I have finally allowed to happen, instead of freaking out, starting a war on the sore, and going into a complete depression...is I immediately do Self Inquiry....*

1. What foods, drinks, or medicines have I consumed in the last 3 days?

2. What level of stress have I been under?

3. What am I not saying that my Yoni wishes I had?

Energetically, the Yoni and the Mouth are directly related. What we say and what we don't say, deeply affects our WombSpace.

**Our voice creates Spells...**and those spells create our experience.

Herpes....why is it called Herpes?...a chronic viral skin eruption...

What needs to erupt out of our being?

What is screaming for attention?

How many lifetimes have we given our bodies away?

How many times have we not said no?

How many times did we use sex to get what we want?

How many times have we slept with lovers that have no clue how holy the Yoni Temple is, and have an understanding of sacred Puja (offering to the Temple doors and altar, before entering in a holy way)

The questions are endless and the facts are... that HERPES, are clusters of little bubbles...spheres ready to burst with a message...

It is HER PRIESTESSES speaking loud and clear to you...

What are they saying?

Well, one of the hardest pieces is announcing to your present or next Lover that you have the gift of Herpes, a gift that helps you speak Your truth, when your ego won't let you.

I have lost quite a few men over this announcement...and why would I want to be with them, if they had zero compassion, or trust in me, that I would never be with them during a breakout, and I would do everything I could to avoid a break out. I also have been with many men, who are incredibly relieved, because they, too, have Herpes! Then we make very clear agreements on our health protocol. It is more common than you think, about 1 in 3 people have

simplex 1 or 2...it is an epidemic.

With all that said I have created a Guide of many helpful ways to work with this experience. Please remember, this is an opportunity to grow more, deeper and wider.

**Our Yoni speaks...***may we listen more closely...*

Be sure there is CLEAR CONSENT for all parties involved when Making Love, no matter what, no matter where...

YONI= SACRED TEMPLE  
LINGAM= SACRED WAND

**YONI CARE:**

\*Please ALWAYS pee after your Yoni is entered with a finger, Lingam, or sex toy penetration. Your Urine is your own perfect medicine and is sterile! It helps cleanse and clear fungus, is a skin protectant, and anti-infection agent.

\*If there is ANY concern after being with a new Lover, insert one organic, gently peeled, **elephant garlic clove** into your Yoni ONCE A DAY, overnight for a total of 3 nights.

**To remove the each morning:** push like you are pooping and it will come out, or before inserting, you can create a loop with a clean needle and thread thru center of garlic clove, to pull out like a tampon.

Garlic is anti-bacterial and anti-viral, controls bacterial, viral, fungal, yeast, and worm infections.

\*Apply hydrogen peroxide to Lingam before penetration if there has been a yeast infection being passed back and forth



# YOUR SACRED YONI

## THE DIVINE PASSAGE, THE SACRED TEMPLE

### KNOW YOUR YONI...

Every few days grab a mirror and have a good look at your Yoni, become familiar with her shapes, colors, and secretions. Notice how you change through out your menstrual cycle. As you develop this visual relationship with your body, you begin to feel more familiar and empowered with yourself.

The visible part of the sexual organ is named the **Vulva**. The pubis or your Holy Mound, forms a small, curved, triangle-shaped cushion. It is usually made up of fatty tissue and covered by hair.

#### **BENEFITS of your Yoni Hair:**

1. Pheromones: the hair retains sexual secretions to attract your mate
2. Protective: the hair catches dirt and bacteria

3. Cooling: the hair creates an air pocket to keep yoni cool and from breeding yeast and bacteria.

Not sure why so many lovely ladies are waxing their entire mound...it's there for a reason:~)

**The vulva is made up of the large lips (labia majora) and the small lips (labia minora) held within the labia majora, protect the clitoris.** The vestibule, both majora and minora is the interior of the vulva. The vagina and the urinary orifice (the urinary meatus) open up towards the back of the vestibule.

### **LABIA MAJORA - THE LARGE LIPS**

The labia majora are two thick folds of skin running from the mons pubis to the anus. The outer sides of the labia are covered with pigmented skin, sebaceous (oil-secreting) glands, and after puberty, coarse hair.

The inner sides are smooth and hairless, with some sweat glands. Beneath the skin layer, there is mostly fatty tissue with some ligaments, smooth muscle fibres, nerves, and blood and lymphatic vessels. The sudoriferous glands give off a smell that stimulates sexual appetite.

Inside the large lips there are two glands named Bartholin's glands; the substances produced here lubricate the entrance of the vagina during intercourse.

**The labia majora have the following functions:** to protect the vulva from external aggression and maintain the necessary humidity.

### **LABIA MINORA - THE SMALL LIPS**

They are placed underneath labia majora and are two thin folds of smooth, hairless skin. Their aspect is different from one woman to another, in terms of texture and color (this may vary from light pink to brown), they may be smooth or indented, covered or not by the

major labia.

Inside the small lips, on each side of the vestibule, there are the vestibular bulbs, two cavernous bodies that become swollen with blood during arousal.

This process generates another - the swelling of the small lips, which may double or even triple their thickness.

**The minor labia have the following functions:** to ensure a further protection of the inner genitalia, to increase the sensitivity to touch in cases of sexual excitement (due to the sanguine vessels and sensitive nervous endings).

## **THE CLITORIS**

The clitoris has a rounded elevation of tissue at the tip known as the glans clitoris. It is usually found at the upper portion of the Vulva. The clitoris is capable of some enlargement caused by increased blood pressure during sexual excitement.

The labia minora are known as the prepuce (or foreskin) of the clitoris. It contains nerve endings and is highly sensitive to tactile stimulation. It is an important "organ of the woman's pleasure".

# YONI CARE

## **YONI EXERCISES**

Squeeze your yoni with the muscles that you use to stop yourself from peeing. Do this exercise as often as you can. This strengthens your Perineum and your Pelvic Floor, which literally assists in holding your internal organs up and in place. This exercise is commonly called, Kegals. You can create any name you would like for this one! I like reclaiming Medical Terminology...how about instead of Kegals...let's call it Yoni Hugs!

## **YONI WASHING**

It's best to wash only the external part of your Yoni, so that the balance of the inside of the HER is not disturbed, with separate washing of the vulva and of the anus with warm water and natural soap. After rinsing, dry with a clean, dry towel. Wet towels contribute to the spreading of the bacteria that can be responsible for the Yoni infections.

INTERNAL washing will disturb the natural balance of the Yoni, as it will no longer be able to protect against microbial aggressions.

## **HOW ABOUT VAGINAL DOUCHES?**

The internal vaginal douches are quite harmful, if not done properly, because they destroy the bacterial flora and modify the internal acidity, making it vulnerable.

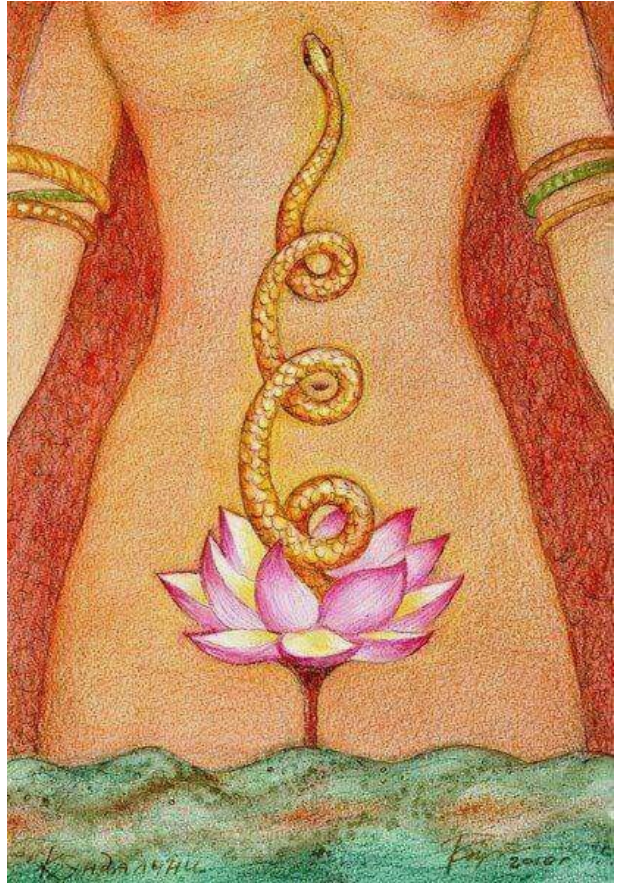
**YONI MASSAGE** GENTLY MASSAGE YOUR YONI AS OFTEN AS POSSIBLE

**DEEPEN your EMOTIONAL  
CONNECTION TO  
CHALLENGING ISSUES WITH  
YOUR YONI**

**Some best pharmaceutical  
helpers:**

\*A prescription of Valtrex  
(Valacyclovir Hydrochloride),  
which has some intense possible  
side effects...please do your  
research.

\*Over the counter, found at most  
Pharmacy's, Abreva topical cream  
There are hundreds of attempts  
and options of natural healers out  
there...they basically all work to  
keep your immune system strong.



**Here are some of my favorites:**

- Quantum Health Super Lysine Liquid Extract
- Grapefruit Seed Extract
- Source Naturals Wellness Formula

*Bottom line Beloveds...Herpes breakouts and other vaginal issues  
are directly related to your emotions and to your stress levels.*



## YONI AFFIRMATIONS FOR HEALING ISSUES:

YONI ~gathered from the book: Heal Your Body by Louise L. Hay

**Urinary Tract Infections:** Feeling pissed off, usually at the opposite sex or your lover, blaming others.

**Healing Affirmation:** I release the pattern in my consciousness that created this condition, I am willing to change, I love and approve of myself.

**Fibroid Tumors and Cysts:** Nursing a hurt from a partner. A blow to the feminine ego.

**Healing Affirmation:** I release the pattern in me that created this experience, I create only good in my life.

**Menstrual/Moontime Imbalance/Problems:** Rejection of one's feminine energy. Guilt, fear, belief in being sinful or dirty.

**Healing Affirmation:** I accept my full power as a woman, and accept all my body processes as normal and natural. I love and approve of myself.

**Menopause difficulties:** Fear of no longer being wanted. Fear of aging, self rejection, not feeling good enough.

**Healing Affirmation:** I am balanced and peaceful in all changes of cycles. I bless my body with love.

**Vaginitis:** Anger at mate, sexual guilt, punishing the self.

**Healing Affirmation:** Others mirror the love and self approval I have for myself. I rejoice in my sexuality.

**Candida (yeast infection):** Feeling very scattered. Lots of frustration and anger. Demanding and untrusting in relationships. Denying your own needs. Not supporting yourself.

**Healing Affirmation:** I give myself permission to be all that I can be and I deserve the very best in life. I love and appreciate myself and others. I now choose to support myself in loving, joyous ways.

**PMS:** Allowing confusion to reign, giving power to outside influences, rejection of the feminine processes.

**Healing Affirmation:** I now take charge of my mind and my life. I am a powerful, dynamic woman! Every part of my body functions perfectly. I love me!

**Ovaries:** represent points of creation. Creativity.

**Healing Affirmation:** I am balanced in my creative flow.

**Herpes VD:** Mass belief in sexual shame and the need for punishment. Public shame. Belief of a punishing God, rejection of the genitals.

**Healing Affirmation:** My concept of God supports me. I am normal, I am natural, I rejoice in my own sexuality and in my body. I am wonderful.

**Herpes Cold Sores:** Burning to bitch, bitter words left unspoken.

**Healing Affirmation:** I think and speak only words of love, I am at peace with my life.

**Warts (HPV Virus):** Little expressions of hate. Belief in ugliness.

**Healing Affirmation:** I am the love and beauty of life in full expression.

**Cancer:** Deep hurt, long standing resentment. Deep secret or grief

eating away at self. Carrying hatreds.

**Healing Affirmation:** I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.





## SHAKTI SELF CARE AND CULTIVATION

**CELEBRATING, HONORING, ADORING**, and caring regularly for your Yoni is a super important part of keeping the emotional, physical, and spiritual health of your Yoni in harmony.

“A WOMAN CAN CREATE AND GROW A HUMAN IN HER BODY...WE ARE MIRACULOUS BEINGS... PLEASE REMEMBER HOW INCREDIBLE YOU ARE!!”

**\*drink warm lemon water:** every morning to support healthy Yoni ph balance.

**\*Daily Massage:** with coconut oil. Begin with your Breasts, rotating 9x inward circles, and 9x outward circles, then massage your ribs, and belly, lower back, down to your Venus Mound, gently proceed to you inner thighs, outer/inner labia, clitoris, and Yoni Gateway.

**\*Yoni Cleanse:** with a peeled cucumber! Once a week, gently insert an organic cucumber into your Yoni Temple twisting it as you move in and out. The cucumber is antimicrobial and helps cleanse harmful bacteria, yeast, and viruses, it also soothes, helps inflammation and nourished sacred tissues. You can also rub cucumber on your lips to bring forth your natural and lovely rose hue.

**\*Consider purchasing a Yoni Egg:** The Yoni Egg or AKA Jade Egg is a wonderful intimate way to extend your awareness of your sacred Womb. It detoxifies, rejuvenates sexual glands, strengthens your

Yoni Muscles, and brings you deeply into your Center.

**\*Moon Blood Honoring:** create a Moon Altar inside or outside your home. Wear all red, and offer your Blood to the Earth, create Prayers of what you would like to shed and prayers of what you would like to reclaim. In a sacred chalice, consider drinking your holy Sacrament with Spring Water only on the 2nd and 3rd day of your Flow. Your Moon Blood is full of Stem Cells which induces immune system regeneration, shifting stem cells from a dormant state to a state of self-renewal.

**\*Urine Therapy:** Is your own perfect medicine! Your urine has all your antibodies concentrated in it. Your golden liquid is your own vaccine! Use under your tongue or topically for skin ailments, immune booster, and general healing. Use a clean dropper or organic cotton balls to administer your own perfect medicine. I suggest 3-6 drops internally when needed.

Please ask your body and listen and do more research!

**\*Drink lots of Spring Water:** Mini Wiconi. Water is Life! Your uterus is a muscle, muscles work best when properly hydrated.

**\*Let your Yoni breathe:** try no panties, or only organic cotton panties.

**\*Sun your Yoni:** 11-22 minutes once a week. Call forth the rays of the Solar King to penetrate your blossoming flower.

**\*Yoni Puja:** Consider giving yourself or asking loving and trusting Sisters, or request this gift from your Lover...offer the Yoni red gems, rose petals, organic cream and honey, massage with coconut oil, and anoint with diluted holy oils.

**\*Sing and tone to your Yoni:** while gazing in the mirror with a candle lit in a safe position. Burn herbal rosemary and smudge all around and ask the Goddess for you to remember the ancient Priestess Arts. They are within you! I promise!



This list below has had extreme success with people experiencing: Candida, Herpes, HPV (warts), PCOS/Ovarian Cysts, and works as an excellent Cancer Prevention program.

### ***What to say NO to!!!***

- Deep fried, grilled, BBQ, or baked beef, pork, poultry, fish
- Table Salt and ANY oily foods
- Processed meats -bacon, ham, sausages, cold cuts
- Preserved foods with nitrates
- Alcohol
- COFFEE
- Foods high in gluten: bread, pasta, pizza, wheat, rice, oats
- Milk Chocolate (any cooked chocolate)
- Acidic Tomato/Orange/Grapefruit Juice/any Fruit Juices
- Peanuts/Peanut butter/Roasted nuts/Red Pistachios
- SUGAR (disease LOVES to feed on ANY sugar)
- Soda
- All canned foods
- Frozen Veggies/FruitS/Berries
- High Heated Oils
- Overcooked Foods (cook only up to 350 degrees)
- Anything Bar-B-Q (including veggies)
- Anything Microwaved
- Dried Fruit
- Most ALL Condiments
- ALL Artificial Sweeteners
- Soy
- Grains (especially white rice)
- Garbanzo Beans/Chick Peas (Hummus)

- Roasted Sesame Sauce
- Oatmeal/Granola
- Tobacco

### **What to say YES to!!!**

ORGANIC, NON-GMO, primarily ALAKALINE SHOPPING LIST  
VEGGIES

Greens- Rainbow Chard, Kale, Dandelion

Basil

Broccoli

Sweet Potatoes

Beets

Artichoke

Asparagus

Cabbage

Cauliflower

Celery

Garlic

Onions

Mushrooms

Parsnips

Pumpkin

Radish

Spinach

Sprouts- Alfalfa or Broccoli

Squash- Acorn or Spaghetti

Turnips

Zucchini

Wheatgrass

FRUITS

Banana- very ripe only

Coconut

Fresh Figs

Lemon

Lime

Avocado

Fresh Blueberries

SUPERFOODS

Camu Powder

Goji Powder

Chia Seed Powder

Hemp Seeds- hearts/hulled

WILD MEAT (2-3 times per week only)

Venison

Turkey

Bison

Elk

Grassfed Marrow Bones from the Butcher (for soup)

HEALTH AND BEAUTY

Fluoride free toothpaste

Probiotics- replace healthy bacteria

Vitamineral Green Powder- for your immune boosting, nutritional shake

Cordyceps Mycelium- immune support mushrooms

Natural/Organic shampoo, conditioner, soap, shaving cream, body cream,

deodorant, etc.

Essential Oils Melissae and Melaleuca- both antiviral

BEST oils~ DoTerra

BREAD and TORTILLAS

Gluten-free ONLY

DAIRY

Raw Goat Cheese

Rice Cheese

Cage-free hormone free eggs (2-3 eggs per week only)

Egg whites

Quail eggs

FROZEN (1-2 times a week only)

Gluten-free, dairy-free Pizza

Coconut Bliss Ice Cream

MILK/JUICE

Hemp unsweetened Milk

Coconut Milk (not in the can)

Aloe Juice

Coconut Water

OILS

Virgin Olive Oil- on low heat only

Coconut Oil- on low heat only

Hemp Oil- do NOT heat

Coconut Manna- use instead of butter

#### SWEETENER

Truvia Stevia (Truvia is the best brand of Stevia)

#### GRAINS

Quinoa

#### RAW SEEDS/ RAW NUTS

Almond RAW only, soak overnight, peel the skin, eat immediately

Pumpkin

Pine nuts

#### HERBS/SPICES

Italian

Turmeric

Cinnamon

Cardamom

Nutmeg

Pink Himalayan Salt

#### SOUPS- NO CANS

Veggie

Pumpkin

Sweet Potato

#### **TEAS**

Nettles- nourishing Uterine tonic

Red Raspberry Leaf- nourishing Uterine tonic

Dandelion- supports the Liver

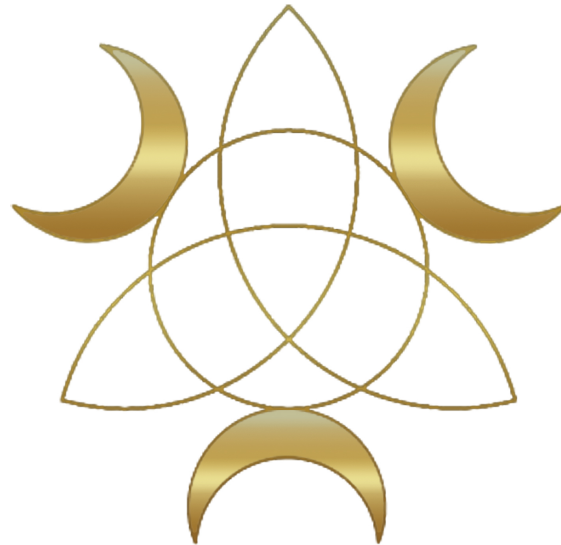
Pau D'Arco- anti-fungal/yeast

Green Tea- anti-Oxidant

LOVE & BLESSINGS  
~ PRIESTESS GRAELL ~



I am so grateful to share all of this info with you. Most of it has been gathered from many years of experience working as a Medical Assistant for a Gynecology Clinic, attending and giving many workshops and retreats on Women's Empowerment, as well as 19 years of being a Birth Attendant for home, birth center, and hospital births, also, living as a Lover and a Mother, Priestess of the Goddess, and Teen Mentor.





If this Guidebook has served you in any way,  
Please consider donating to my  
paypal account: [priestessgraell@gmail.com](mailto:priestessgraell@gmail.com)  
[www.priestessgraell.com](http://www.priestessgraell.com)

*Layout and Graphic Design By:*  
Artist Shelley Sophia Crawford  
Sunlight Circle Designs  
[www.sunlightcircledesigns.com](http://www.sunlightcircledesigns.com)

