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YOUR SACRED PELVIS

Yoni Steam
EBOOK

A Comprehensive Guide To Vaginal Steaming



What is Yoni Steaming?

Yoni steaming, also known as v-steaming or vaginal steaming is an ancient practice, stemming from indigenous cultures in many different places in the world. In my studies over time, I have noticed that many cultures around the world develop similar practices and songs at similar times in history, before the age of the internet. It speaks to the wisdom of these practices and how that truly live in our collective consciousness.

I prefer the word "yoni" to "vagina" because yoni is an Indian word that roughly translates to "sacred pathway", where vagina is based in Latin and coined by Western Medical Doctors. It loosely translates to "sheath for a sword". We see this so much in medicine, that our language, particularly about the female anatomy is cloaked in misogyny.



A note: I am specific about using the word "misogyny" in place of the commonly used word "patriarchy." This is intentional, as "patriarch" could be the healthy complement to "matriarch", otherwise understood as the healthy masculine. We need this in the world, and language is so important. Often when we say "patriarchy" I think we really mean misogyny, which is a system where men's value and worth are assessed as higher or better than women.

I learned this practice from Rosita Arvigo in 2009, who studied with traditional healers in Belize. This practice is also native to Korean ancestral lines. I honor the lineages of which I am not aware who have held this practice. It is an ancient practice. It

Essentially this practice is a ritual, where practically speaking, we find a creative way to get a pot of tea under our yoni's so that the herbal steam may enter our yonis and wombs, offering opportunity for healing and release from all kinds of spiritual and physical challenges we experience as women.

Why Do We Steam?

Steaming is an ancient ritual. Passed down through lineage and time. I began steaming over fifteen years ago, and that is a drop in the bucket in relationship to how long yoni steaming has been practiced. Now in the era of social media, it is becoming more mainstream, which has its pros and cons.

The main benefit of steaming being more mainstream is that more women / womb keepers have access to this practice. The unfortunate aspects of steaming becoming more mainstream is that it is on the radar now in the Western medical world.

Western medicine has its time and place, and often when it gets wind of traditional practices that support deep and lasting healing for conditions that will not profit pharmaceutical industries, the practice gets denounced. I have seen both well known natural practitioners, as well as mainstream medicine denounce yoni steaming, and even warn women not to engage with this practice.

Instead of embodying the fear that mainstream medicine is inducing, what is more important is to have empowered knowledge around when steaming is indicated and when it is contraindicated.

In over fifteen years of practice, I have seen steaming work magic for so many women who experience such a variety of conditions, including:

- Painful & Irregular Menstruation
- PCOS
- Endometriosis
- Fertility challenges
- Vaginal dryness
- Postpartum healing
- Miscarriages / abortions
- Fibroids
- Chronic vaginal infections of all sorts
- Pelvic and bladder pain
- Hemorrhoids
- Prolapse symptoms
- Basic nourishment, love and care of the yoni and womb
- MORE

Considerations

While yoni steaming is generally safe and nourishing, it is not for everyone and it is not indication at all times of the cycle. Also, you may want to contact a steaming practitioner for specificity on steaming for your body in relation to details like how long to steam for, how often, which herbs, etc. We are all different.

I reiterate here how much I trust steaming because so many indigenous cultures around the globe developed this practice at the same time way before there was Instagram and the world wide web. And because I have been steaming myself and my clients for 15 years and have seen the power of this practice in real time.

When I first began steaming, no one knew about the practice. Now that it is more well known, if you google steaming, some of the first sites that pop up will tell you how unsafe it is, and that there are no known benefits. In an age when what we have access to on the internet is being controlled for profit, many important resources are being suppressed. It is important that we stay awake to this and maintain these and many more ancient healing rites.



Steaming encourages downwards flow in the pelvis. For this reason, here are some reasons and times you would not want to steam.

- IUD: listen to your own body. I have heard of people steaming with IUDs and the IUD ejects itself. And we must wonder, if the IUD ejects itself, perhaps the womb is saying no. And, I have had good results with doing shorter steams, like 10 minutes max, with IUDs.
- Menstruation: Steaming can increase blood flow during menstruation. If you are a light bleeder, you might be ok with this. Generally I do not recommend steaming during menstruation.
- Active infection: Steaming can be great for people who get chronic UTIs or bacterial vaginosis, etc, but you would not want to steam while you have an active infection.
- Pregnancy: Because steaming promotes a downward flow, we would not want to steam during pregnancy, due to risk of premature labor, though on occasional if labor has not begun and you are beyond 41 weeks, steaming can be helpful.
- Trying to conceive: If you are trying to conceive, you can steam between menstruation and ovulation, but not between ovulation and menstruation, as you could theoretically be pregnant during that time.





How to steam?

WHAT YOU NEED:

- Herbal blend
- Bowl or pot
- Hot water and cold water
- Skirt or blanket
- Tea
- Journal

NOW WHAT?

- I begin by starting my electric kettle boiling, and then I gather everything else I will need.

- This includes a jar of cold water and the contents of the list above

- I set up my zone / position (more about position options coming.)

My dear friend Kit has a beautiful business that supplies a lot of these physical products which you can check out here. Use Code CHAYALOVE to get 10% off your first purchase.



- Once the kettle has boiled, I place the herbs in my pot or bowl, bring the kettle in with me, and set a prayer or intention with my herbs around something I might want to release with the steam.

- Get yourself settled on the steam. The first rule is that it should feel good. If it feels too hot then it is too hot.

- Steam anywhere from 5 - 30 minutes, using the blanket to keep the steam contained, and making sure to give yourself integration time afterwards, and making sure also to keep warm for 24 hours after your steam.

- In the spirit of reciprocity, offer your herbs back to the earth in prayer following the steam.

Steaming Positions

Making steaming accessible is the most important thing to me. Many of my clients have procrastinated steaming, because they thought they *needed* a special chair. There are so many easy ways to steam that require very little and include things that you already have.



SITTING ON THE EDGE OF A COUCH

You can sit on the edge of a couch or chair. Just make sure to put a towel under your butt and get the pot close to you. I put a yoga block under the pot, but you can get creative here.



CHILD'S POSE WITH YOGA BLOCKS UNDER THE KNEES

This is a great one for anyone experiencing prolapse symptoms. And it it just feels good. It is a modified child's pose with yoga blocks under the knees.



SPECIAL CHAIR OR STOOL

It is awesome if you can get a special stool and they can be expensive. As you can see here, I still use my yoga blocks underfoot, to get more of a squat position, which opens the pelvis more.

Steamy Recipes

PAINFUL CYCLES, LONG CYCLES, OR MISSED CYCLES:

- Motherwort
- Chamomile
- Rose
- Basil
- Nettle
- Calendula
- Mugwort

VAGINAL DRYNESS

- Lemon balm
- Marshmallow root
- Calendula
- Lavender
- Rosemary

HEAVY BLEEDING

- Mugwort
- Yarrow
- Ladys Mantle
- Nettle

STRENGTHEN AND TONE

- Nettle
- Raspberry leaf
- Ashwaganda
- Lemon Balm
- Oregano

These are all loving suggestions, not medical advice. If you have any health concerns, please contact a "qualified professional".

Happy Steaming!



MY NAME IS

Chaya Leia

I am passionate about women's health care, from adolescence to post menopausal. Each phase has its unique wisdom.

I have had the blessing of studying with incredible teachers. I deeply honor Rosita Arivgo, Tami Kent and ALisa Starkweather who I have had the honor of studying with directly, for many years. I honor all those who came before. I have also trained as a registered nurse, so I hold the balance of the multple worlds our health lives in.

In the realm of reproductive health, in the mainstream, we are gaslit and not given informed consent. It is my mission to help us, from childhood on to know what we are saying yes and no to, and to have empowered choice in our health.

Much love,
Chaya

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