

Your Vulvalicious Vagina

Your guided tour...

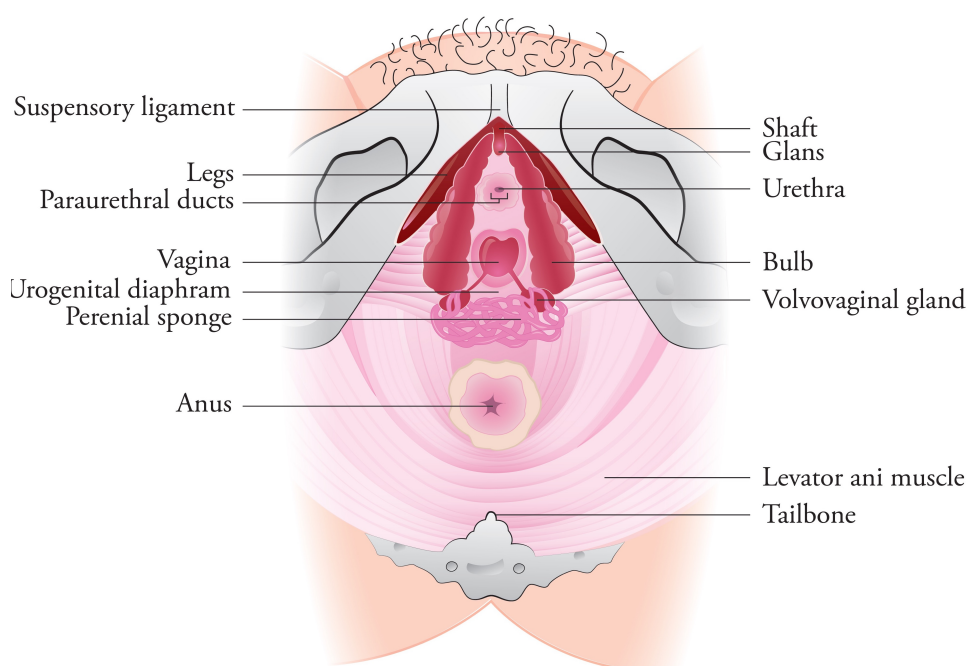
Celebrated in many ancient traditions as a sacred one, the vagina is a very special place indeed; the headquarters of your feminine energy. Your vagina has the ability to birth children, deliver you delicious pleasure, and help you feel centred and grounded in who you are and what you are here for. Your vagina also has the ability to cause you pain, both physically and mentally.

In Japanese the vagina is known as the 'oku-no-in', meaning inner temple of truth. If your vagina isn't entered with love and respect, you are likely to experience sexual health issues, feel pain or desensitisation or have an inability to get wet during sex. If your vagina is holding trauma from past relationships, abuse or mistreatment - the vagina absorbs everything you experience - your vagina will communicate this too you, perhaps through thrush or more serious vaginal health concerns. For some women this will play out by way of problems reaching orgasm.

This is what the Japanese mean when they describe the vagina as an inner temple of truth. It never lies. When you practise *Yoga for the Vagina* you will start to reconnect with this most beautiful home. Your truth. Your muscles will begin to tone and strengthen, while staying supple and pliable (essential for a healthy, natural birth-ready vagina), you feel calm with a deep sense of inner clarity and life will start to become a delicious playground of insight and adventure.

The vagina is a sacred source of love and beauty, regardless of how it looks.

What's important to understand, is that the vagina is a flexible tube that opens and closes, rather than a muscle. Therefore it is the muscles around the vaginal canal that give it its dexterity. The bulbs in the picture below are the glands that get stimulated when you use the Jade Egg to help you naturally lubricate. Any pelvic or vaginal issues are a self-care issue not an age issue or genetic issue. Once you start looking after that part of yourself, all of these issues resolve naturally.



So now we know the importance of our vulvalicious vagina its time to go on a guided tour of our most intimate parts. Even if you get out a mirror for a closer inspection, you can only see so much. In this playsheet I give you an overview of your vulva (the outer area of your genitals) and your vagina, so you can have a little more insight into how it all works, what's available to you, and why this information is so absolutely vital for all women to know! So lets get to know your vulvalicious vagina...

THE CLITORAL SYSTEM

I'll begin by talking about the clitoris, because a belief among most people is that the pea-sized node on the vulva is all there is to the clitoris. Which as you'll see on Page 1, that is not the case at all. Just like an iceberg, where the tip is simply a taste of what's below the surface of the water, so too is this the case with the clitoris. If you were to remove the top layer of skin and the visible structure of the clitoris, it would reveal erectile tissue, glands, muscles, blood vessels and nerves; all part of what is known as the clitoral system.

Unfortunately after the 18th century this knowledge was gradually suppressed and forgotten - hence the definition of 'clitoris' shrinking from an extensive organ system down to a tiny pea-sized button solely responsible for a woman's pleasure. The 'glans' is what we commonly know as the clitoris, and it is this glans that has 8,000 nerve endings. That's more nerve endings than anywhere else in the human body and twice as many as the tip of a penis. Hence why this hypersensitive little node has only one purpose: *Pleasure!*

The glans, just like a penis, also grows in size and becomes erect when aroused, poking its head out from under its hood. Which makes sense, given the clitoris is homologous to the penis, meaning that they originate from the same tissue. The clitoris is filled with erectile tissue with lots of little blood vessels that engorge - or fill with blood - during arousal. This, along with how wet you are, are great cues to know how aroused and ready for penetration you are.

Now while the glans may be the crown jewel of the clitoral system, the hairless inner lips - or labia minora - are typically the most prominent feature of the visible clitoris. Lips vary in size and colour and it's not uncommon for one lip to be quite different from its mate - so if you have large, wonky or different coloured lips, this is how they're meant to look. They also swell during stimulation.

Just above the glans we have the clitoral hood. Then we also have the clitoral shaft, which is attached to the glans, just under the surface of the skin. This shaft rises towards the public mound, bending sharply and divides into two slender **legs** - faring out somewhat like the wishbone of a chicken. So yes ladies, your clitoris has *legs*! And they're generally about 10cm long. Most people have no idea the legs even exist, as they go deep into the body and are buried in the tissues at the top of the vagina. Now while the legs are difficult to feel directly - they stiffen and elongate when aroused, making them easier to locate, thus setting the stage for orgasm.

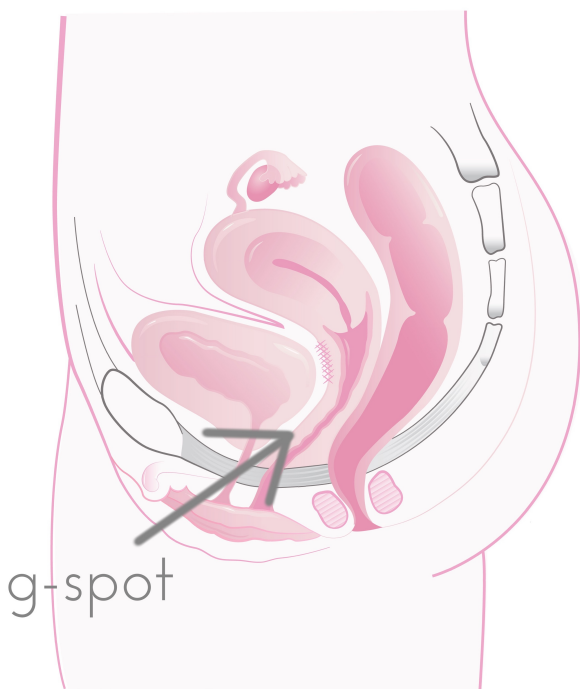
If you feel into the boney structure of the vagina, the clitoral legs run along the bone, so when you massage this boney structure you're actually activating the clitoral system. The more aroused you becomes the more your clitoral legs move, and they move the vaginal canal. It's the clitoral bulbs that fill with blood during arousal and push on the labia - making them appear bigger. When you have your inner labia cut - as we see in plasticity - part of your internal clitoris is actually being chopped off! Which you really don't want, because essentially what you're doing when you have this kind of cosmetic surgery, is short-circuiting you pleasure potential.

YOUR G-SPOT

Now you've got a bit more of an understanding of the clitoral system and how extensive it truly is, lets go inside the vaginal canal to your G-spot. The G-spot got its name by Ernst Grafenberg who was the German gynaecologist responsible for doing various studies into the G-spot. Of course the Taoists knew about the G-spot thousands of years before it was proved to exist in Western medicine - the Taoists naming it the Black Pearl.

Unfortunately, there is a lot of confusion over the elusive G-spot with some experts claiming it either doesn't exist or that not every woman has one. Please know that EVERY woman has a G-spot and every woman is capable of experiencing a G-spot orgasm. The reason most women have not yet experienced a G-spot orgasm is because a) During intercourse generally the penis goes right on past the G-spot, missing it completely, unless of course you're blessed to have a guy with a penis that curves in precisely the right way. Lucky you!

And b) because the vaginal canal has not yet been awoken. Thrusting with a penis does NOT awaken the tissue, it actually numbs it. The G-spot - just like the entire vaginal canal - needs slow, soft gentle stimulation. Unawakened vaginal tissue has less sensation; for some women it's actually numb. That's why during intercourse a woman may feel stretching and prodding, but she doesn't actually feel pleasure. So in order to bring the G-spot tissue back to life, you need to apply gentle pressure and massage the tension out of the area, which can be done through using the Jade Egg and through using your finger to massage the area.



As you can see in the diagram, the G-spot is found 1 to 3 inches up the front wall of the vaginal canal. You follow the natural curve around to an area that feels like a ridged surface, much like the roof of your mouth, and it becomes spongy when it's stimulated into arousal. Now if your G-spot is numb, it will take some time to wake it back up again. A regular *Yoga for the Vagina* practice coupled with some gentle G-spot massage with a finger, is perfect for this.

Our feeling sense is like any other skill - if we don't use it, we lose it. So please don't get disheartened if you feel your sensory detection system is out of order. If you use a vibrator regularly, chances are to some extent you've actually numbed the G-spot area. I hate to say it, but you run the risk of desensitising your special parts with the overuse of vibrating toys - making it harder to reach orgasm though finger,

tongue or penis stimulation. They simply can't go as fast or as intense as a vibrator!

When stimulating the G-spot, there are a few things you need to be aware of. You will in most cases feel the sensation of needing to urinate. This is why I suggest making sure you go to the toilet *before* you do any G-spot reawakening massage (which we explore in intimate detail in the [Sexual Self](#) course) to take away your fear of peeing. If you do experience this sensation, don't clench as you would to hold the urine back, allow yourself to relax into it, even push out. This is where you will experience immense pleasure.

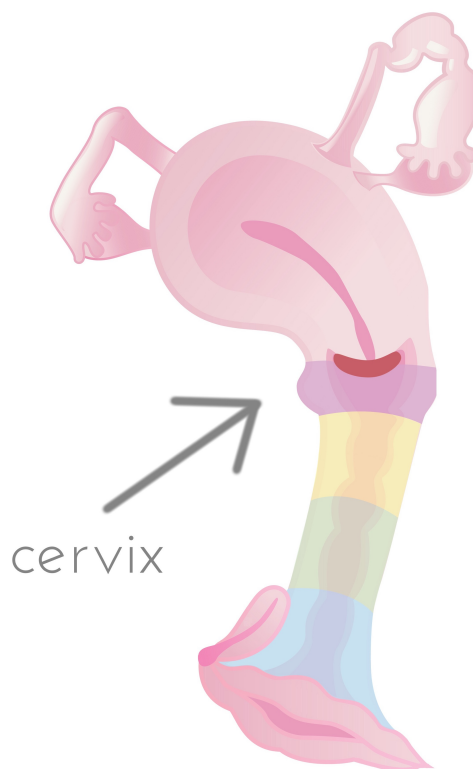
In terms of the G-spot orgasm experience, it is rather different from the clitoral orgasm. Sometimes you

may ejaculate as part of your G-spot orgasm, other times you won't. While a G-spot orgasm usually takes longer to warm into, once you arrive, you can experience multiple G-spot orgasms, one after the next, that are far more emotional, much deeper and fuller than the clitoral orgasm.

THE CERVIX

You'll find your cervix at the top of the vaginal canal. Often the cervix is overlooked as a pleasure zone, hence why it can be a little tender (due to hard and fast sex, for example) or numb when you first begin giving this area attention. So like the G-spot, it needs to be awoken, and massage and your *Yoga for the Vagina* practice will help do this, especially practising such eggercises as The Straw. What's important to note when touching the cervix however, is that you need to be soft. Like super soft. As soft as you would touch the face of a newborn baby.

It's really important also, that you are completely aroused before you start playing with the cervix - that's really really important. And it could take 45 or so minutes before you start to feel pleasure there. So be patient and present, because the cervical orgasm is well worth the build up. A cervical orgasm can bring with it, intense feelings of love, ecstasy, transcendence, even tears. Not tears of pain, but tears of joy, or breaking through something; like you've let go of a lot of emotional gunk. Most women describe it as an out-of-body spiritual experience that opens them up to all that is.



The cervix really is a super highway to creativity and to feminine power and wisdom.

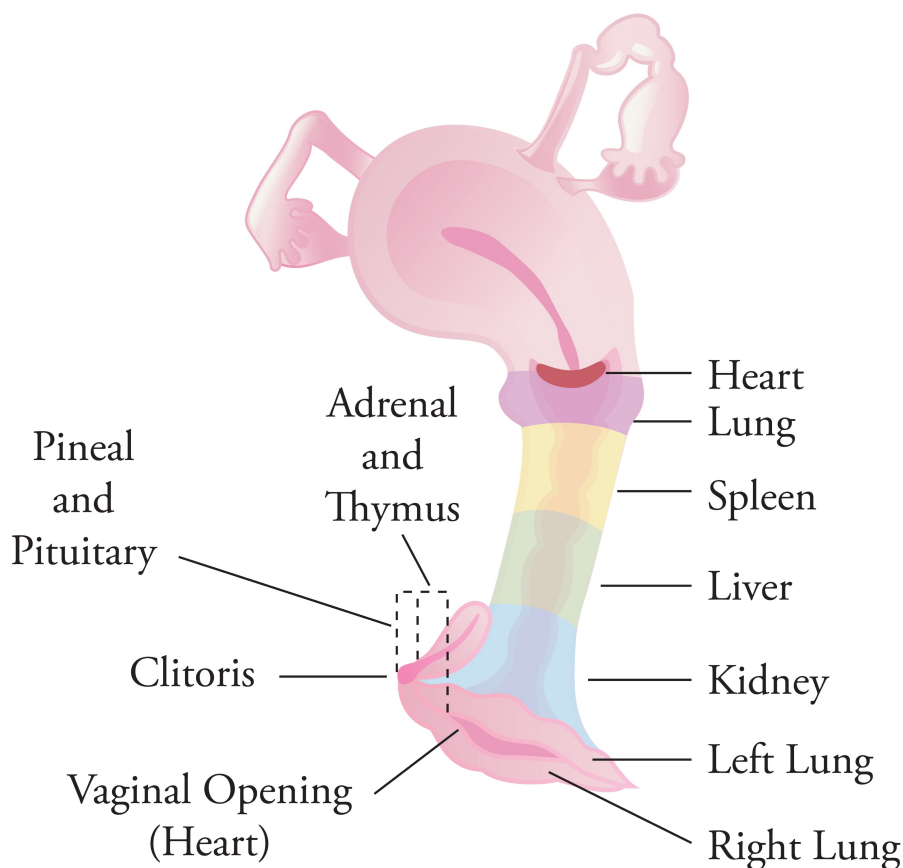
While the clitoris has 8000 nerve endings, it has just one nerve - the pudendal nerve - that runs up into the brain. The cervix, on the other hand, has three nerves running up into the brain. So while the cervix may be less sensitive than the clitoris to begin with, once it awakens there's actually massive potential to light up the brain, hence why you have so much access to your creativity. Energetically there is a meridian channel that leads from the cervix all the way up to the crown chakra - so in opening the cervix you're gaining access to your spiritual self and all that is.

VAGINAL REFLEXOLOGY

Have you heard of reflexology? If you haven't, the basic principle is, you press very specific points on the feet or ears, and those points send healing energy to the corresponding organ to help restore it to full health. Interestingly, the Taoists believed that the most powerful reflexology points on the body are actually found, not in the feet, but in the genitals. Yes, our vagina is full of reflexology points!

If you have a look on the next page, you'll see that particular areas in the vaginal canal correspond to specific organs such as the heart, lungs, spleen and liver, whereby gently stimulating these spots has the potential to create great healing. And yes we can use our finger to physically massage these spots, or we can use the Jade Egg. When you do your *Yoga for the Vagina* practice, you are gently and naturally activating these reflexology points, assisting in deep vaginal healing.

And just as we are physically healing through these spots, so do we mentally and emotionally heal. You see, specific emotions are associated and help in regulating various organs in our body. For example, the kidneys are associated with fear. When the kidneys are in balance we experience calm, yet when we are over-ridden with fear, this is a sign that our kidneys are out of balance. The liver on the other hand is associated with anger, and so on it goes.



GET TO KNOW YOUR VULVALICIOUS VAGINA

Now you know all the juicy pleasure spots of your vulva and inside your vagina, it's time to spend some time getting to know this most intimate terrain. If you've never got a mirror out and had a look down there, do. Use your hands to explore all these yummy places. Wake them up. And simply notice what you discover on your journey of exploration. Are there numb bits that need some love? Are there places that make you go 'ooooohhhhh ahhhhhhh'?

Want to explore all of this in more detail? Enrol in the [Sexual Self](#) online course where you'll learn specific massage techniques and tools to ignite and connect you more deeply with your vulvalicious vagina.