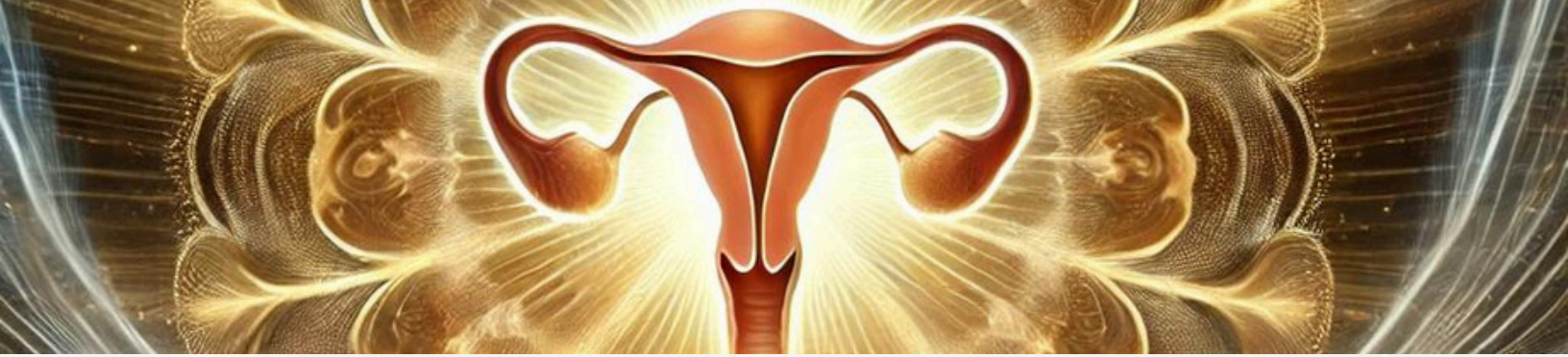


www.maygonzalez.com



Y O N I M A P P I N G
W O R K B O O K

written by May Gonzalez



Welcome!

Welcome, beautiful soul,

You are about to embark on a journey that is deeply personal, sacred, and transformative. This guide has been lovingly crafted just for you—to help you connect with the essence of your femininity, nurture your inner self, and rediscover the power that resides within.

The practice you're about to explore is not just a process; it is an invitation to come home to yourself. To heal, to release, to celebrate every part of you—exactly as you are. Here, you are safe. Here, you are whole.

Take your time as you move through each step. Allow your breath to flow, your heart to open, and your body to speak. Know that whatever arises is part of your unique journey, and you are held and supported every step of the way.

Thank you for your courage, for choosing to love yourself in a deeper way. May this guide bring you healing, connection, and a profound sense of the divine power that you are.

With warmth and blessings,
May Gonzalez



MAY GONZALEZ



Personalized Material Use Policy

This material is intended exclusively for your personal use in your individual healing journey. It is specifically tailored to provide guidance and support for your unique path to wellness and self-care. To honour and respect the sacred nature of this content:

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May Gonzalez

May Gonzalez is a **sacred sexuality priestess** and **somatic sexologist** who works with women to reconnect with their bodies, heal emotional and physical wounds, and explore their sacred feminine energy. Through her teachings, she emphasizes the deep connection between emotional experiences and physical manifestations, particularly in the yoni (vagina), and how trauma, repression, and unresolved emotions can create physical symptoms. May Gonzalez guides individuals in practices of self-knowledge, embodiment, and the awakening of the sacred feminine, using somatic and spiritual techniques to help women heal and reclaim their power.

She is passionate about helping women heal Womb conditions and other emotional or physical blockages by understanding the interplay between body, mind, and spirit. Her work involves integrating sexual energy as a path to wholeness, pleasure, and self-awareness, creating a space for transformation and empowerment.



MAY GONZALEZ



Yoni Mapping Guide

What is Yoni Mapping?

Yoni mapping is a sacred practice that involves exploring, understanding, and becoming more attuned to the yoni (Sanskrit for the female genitalia, which means "sacred space"). It is both an emotional and physical journey that allows women to connect with their inner landscape, uncover emotional blockages, and access deeper self-awareness and pleasure.

WHY PRACTICE YONI MAPPING?

- Deepen your connection with your body.
- Release emotional blockages and heal trauma.
- Improve your sensitivity and pleasure.
- Gain a better understanding of your physical anatomy.
- Promote self-love and acceptance.





Yoni Mapping Guide

PREPARATION

1. Create a Sacred Space: Find a private, quiet space where you feel safe and comfortable. Light candles or incense, and play soothing music if it feels right. This helps to make the experience sacred and calming.
2. Set an Intention: Decide on an intention for the session, such as self-love, exploration, healing, or pleasure.
3. Relax Your Body: Take a few minutes to ground yourself. Practice deep breathing, and relax any areas of tension in your body.





Yoni Mapping Guide

STEPS FOR YONI MAPPING

Breathing and Grounding: Start by sitting comfortably and take deep, slow breaths. Focus on your body, and breathe into your belly and pelvis. This helps you to ground yourself and feel more connected to your body.

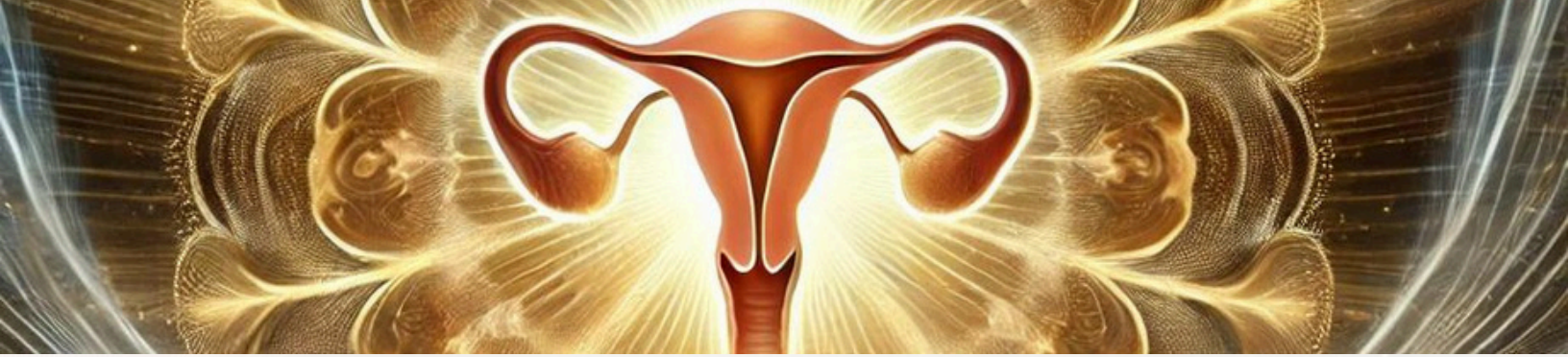
External Touch:

- Gently start by touching your vulva externally. Explore the outer lips (labia majora) and inner lips (labia minora) with curiosity and no judgment.
- Notice any sensations that arise—pleasurable, neutral, or even areas that feel numb or uncomfortable.
- Be sure to breathe deeply and consciously as you do this, letting go of any judgments or expectations.

Internal Mapping:

- Once you feel ready, apply some natural oil or lubricant to your fingers.
- Gently insert one or two fingers into your vagina. Move slowly, pausing to notice sensations or emotions.





Yoni Mapping Guide

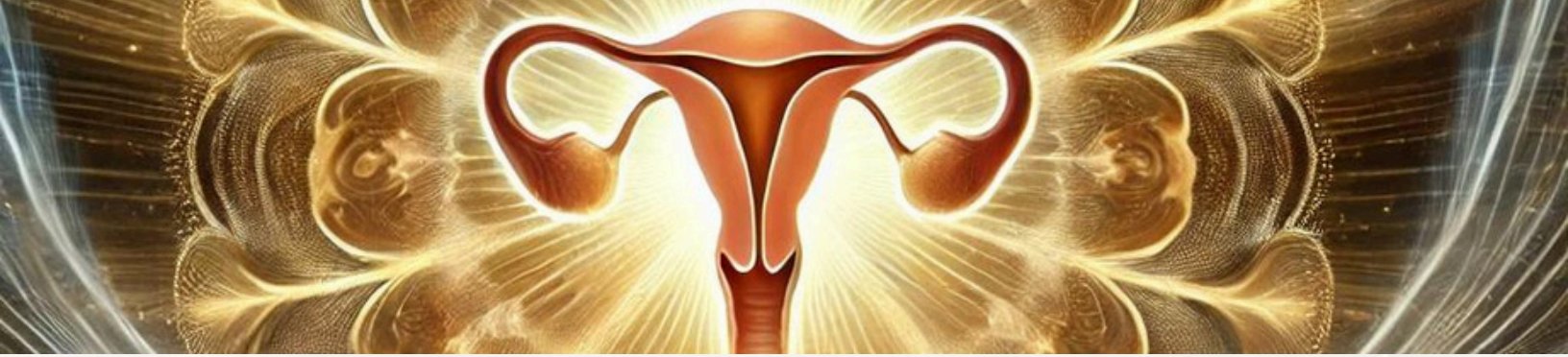
STEPS FOR YONI MAPPING

Explore the Different Areas:

- The Entrance: Notice how it feels just inside the vaginal opening. This is often a place that holds tension.
- The G-Spot Area: Located about 2-3 inches inside the front wall of the vagina, explore this area gently. It might feel ridged or spongy.
- The Cervix: If you can reach, touch your cervix at the back of the vaginal canal. It might feel like the tip of your nose. Notice any emotions that arise when you touch this area, as the cervix often holds deep emotions.

Map the Emotions: As you explore, be aware of any emotions, memories, or sensations that come up. You might feel pleasure, discomfort, sadness, or even anger. Allow these emotions to surface without judgment.





Yoni Mapping Guide

STEPS FOR YONI MAPPING

Using Breath and Sound:

- Use deep breathing to release tension or emotions that arise. Exhaling with a gentle sound can help in releasing stuck energy.
- If an area feels numb or uncomfortable, breathe into it, and gently massage it until you feel some shift or softening.

1. Closure:

- Once you feel complete, slowly withdraw your fingers and take a few moments to rest.
- Place your hands over your yoni and thank yourself for the courage to explore and connect.
- Take some deep breaths and, if it feels right, journal about your experience—note any insights, emotions, or sensations.





Yoni Mapping Guide

IMPORTANT CONSIDERATIONS:

- **Go Slow:** There is no need to rush. Take as much time as you need to feel comfortable.
- **Listen to Your Body:** Stop if anything feels painful or too uncomfortable. This practice is about safety and connection, not forcing anything.
- **Emotional Release:** It is normal for emotions to come up during yoni mapping, as the yoni can hold on to past traumas or emotions. Allow yourself to cry or express any feelings that arise.

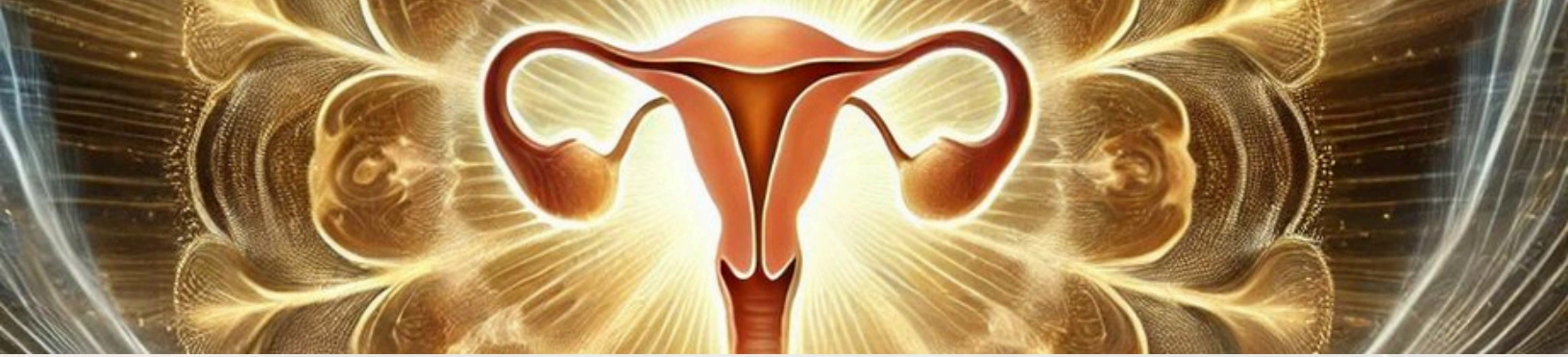
Benefits of Yoni Mapping:

- Enhances body awareness and intimacy with oneself.
- Helps release emotional blockages and stored tension.
- Supports healing from past traumas and fosters a deeper connection to feminine energy.
- Invites more pleasure and joy into your sexual experiences.

Aftercare:

- After the session, take a warm bath, drink some tea, or do something nurturing to honor yourself.
- Journaling can be helpful to process any emotions or realizations that come up.





Thank you!

Thank you for embarking on this journey of surrender and connection with me. I deeply honour your willingness to explore the sacred art of vulnerability, to open yourself to the depths of intimacy, and to embrace the beauty of your body and spirit. May the practices in this guide bring you closer to your true essence, cultivating more love, pleasure, and peace in your life. Remember that each step of surrender is a gift to yourself—one of trust, presence, and boundless joy. With all my gratitude, I wish you a journey filled with transformation and deep, loving connection.

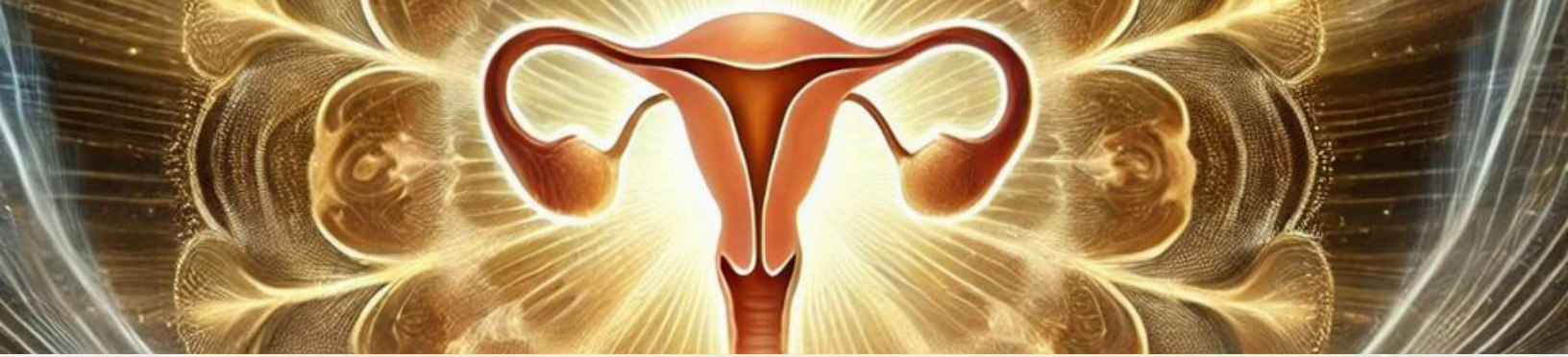
With love, gratitude, and healing light,

May Gonzalez

Sacred Sexuality Priestess & Somatic Sexologist



MAY GONZALEZ



Join the "Sacred Surrender" Workshop

Dear Reader,

I warmly invite you to step deeper into this journey of self-discovery and connection by joining my workshop, "**Sacred Surrender.**" This sacred space is designed for you to explore the beauty of vulnerability, release what holds you back, and embrace true intimacy with yourself and others. Together, we will create a nurturing environment where surrender becomes an empowering act, allowing us to unlock deeper layers of pleasure, love, and inner peace.

Come and be part of a community devoted to the art of sacred surrender—where you are seen, held, and celebrated for your courageous openness. Let us come together to create magic, heal, and discover the true power of letting go.

With love and light,
May Gonzalez

[Talk To Me](#)



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