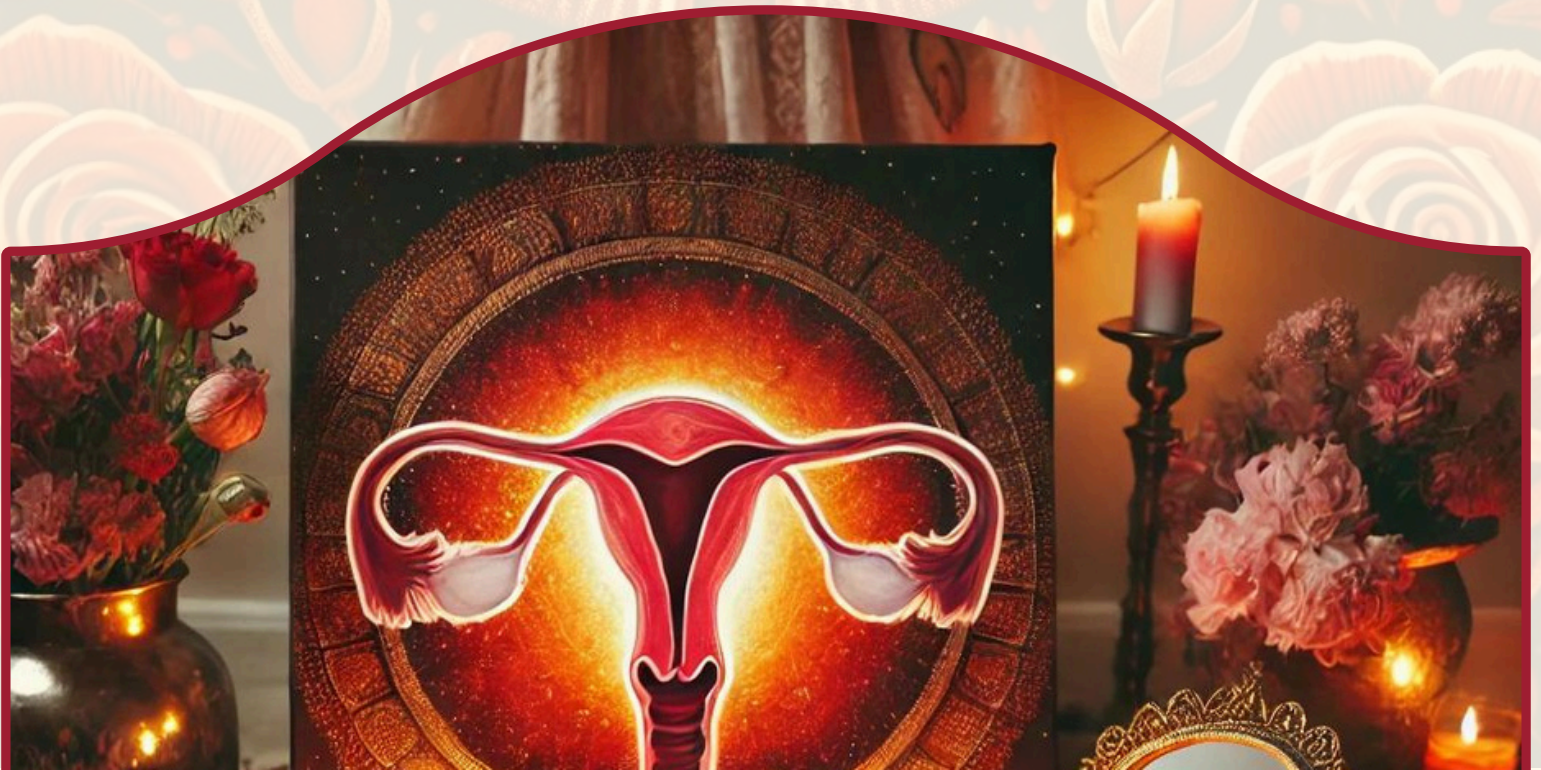




YONI PUJA RITUAL



MAY GONZALEZ





Welcome!

Welcome, beloved soul, to the sacred space of the Yoni Puja ritual.

You are invited into this sacred ceremony to honour the divine feminine within you. Feel the warmth of the candles as they glow softly, illuminating the altar adorned with vibrant flowers and gentle crystals. This is a space of love, healing, and reverence—a warm embrace where the power of creation and life itself is celebrated.

As you enter this ritual, let go of all burdens and worries. Allow yourself to fully surrender to the divine energy present here. You are safe, you are held, and you are deeply cherished. Every petal, every flickering flame, and every breath taken in this moment is a tribute to the beauty and sacredness that resides within you.

Let the gentle aroma of rose and jasmine fill the air as your senses awaken to the presence of the divine feminine. Feel the energy of the altar welcoming you, the warmth radiating through every offering laid out in your honour. Here, you are free to express, to release, and to embrace the deepest parts of your being.

This is your sanctuary, a portal to love, creation, and self-discovery. Let this ritual be your reminder that your body is a sacred vessel of life, pleasure, and nourishment. Today, you are not just observing the sacred—you are the sacred. Welcome, with all your heart, to this divine communion.

With love,
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:

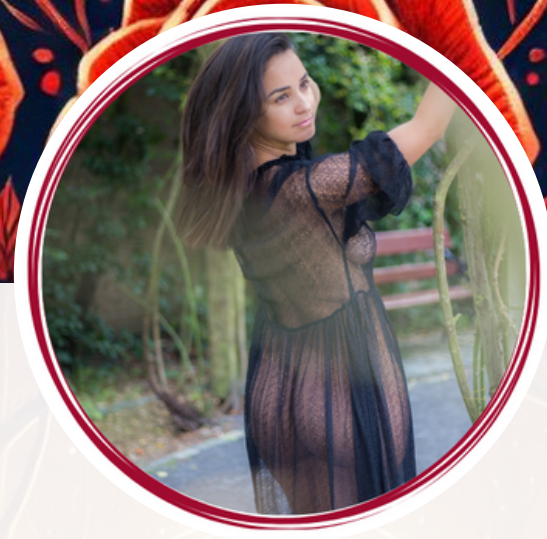
1. **Non-Transferable:** This material is strictly for your personal use only. It is personalized to fit your unique journey and is not to be shared, copied, or distributed to others in any form.
2. **Confidentiality:** The content provided here is designed to foster a safe space for your personal growth and healing. Sharing this material outside your private practice may compromise its effectiveness and violate the intent of its creation.
3. **Respect for Individual Journey:** Each person's healing journey is distinct, and this material has been specifically crafted to meet your individual needs. Sharing it with others may lead to misunderstandings or misuse, as it may not be suitable for someone else's experience.
4. **No Reproduction:** Unauthorized reproduction of any part of this material is strictly prohibited. This includes, but is not limited to, printing, photocopying, recording, or creating derivative works based on this content.
5. **Honour the Sacredness:** This material is designed to support your deep, personal exploration and should be treated as a sacred tool. Please honour the intention behind it by keeping it for your private use.

By adhering to this policy, you are not only respecting the integrity of this personalized work but also protecting the sacred journey of self-discovery and healing for which it is intended.



MAY GONZALEZ





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 Puja Ritual

1. Setting the Sacred Space

- **Choose a Sacred Environment:** Find a quiet, comfortable space where you feel safe and undisturbed. You can perform this ritual alone or with a trusted partner. Clean the space and energetically purify it using sage, palo santo, or incense.
- **Altar Creation:** Prepare a small altar with symbols of the divine feminine. You can include flowers (particularly red or pink), rose petals, candles, crystals (like rose quartz), images of goddesses, and any items that symbolize the yoni's sacredness to you.
- **Calming Music:** Play calming, meditative music that makes you feel at peace. It can include soft instrumental, nature sounds, or chants.

2. Setting Your Intentions

- **Grounding and Centering:** Sit comfortably, close your eyes, and take deep, grounding breaths. Visualize roots growing from your body into the earth, stabilizing you.
- **Intention Setting:** Take a few moments to set your intention for this ritual. It could be about connecting with your inner feminine power, releasing past traumas, inviting self-love, or simply honoring your body.





Yoni Puja Ritual

3. Cleansing and Preparing the Body

- **Physical Cleansing:** Before the ritual, you may take a warm bath with Epsom salts, essential oils, or herbs like rose, lavender, and chamomile to relax and cleanse your body.
- **Energetic Cleansing:** Use sage or palo santo to cleanse your energy. Waft the smoke around your body, particularly around your womb space and yoni, while affirming, “I release what no longer serves me.”

4. Invoke the Divine Feminine Energy

- **Invocation of the Goddess:** Begin by invoking the divine feminine energy within you and all around you. You might call upon specific goddesses, like Kali, Lakshmi, Isis, or a feminine archetype you resonate with.
- **Chanting or Affirmations:** Use mantras or affirmations to connect with the sacred energy of the yoni. Examples include:
 - “I honor the divine feminine within me.”
 - “My yoni is sacred, powerful, and a portal of creation.”
- **Use a Mala (Optional):** You can use a mala to chant a sacred mantra, repeating it 108 times. For instance, “Om Shakti Namaha” (salutations to the divine feminine power).





Yoni Puja Ritual

5. Yoni Worship

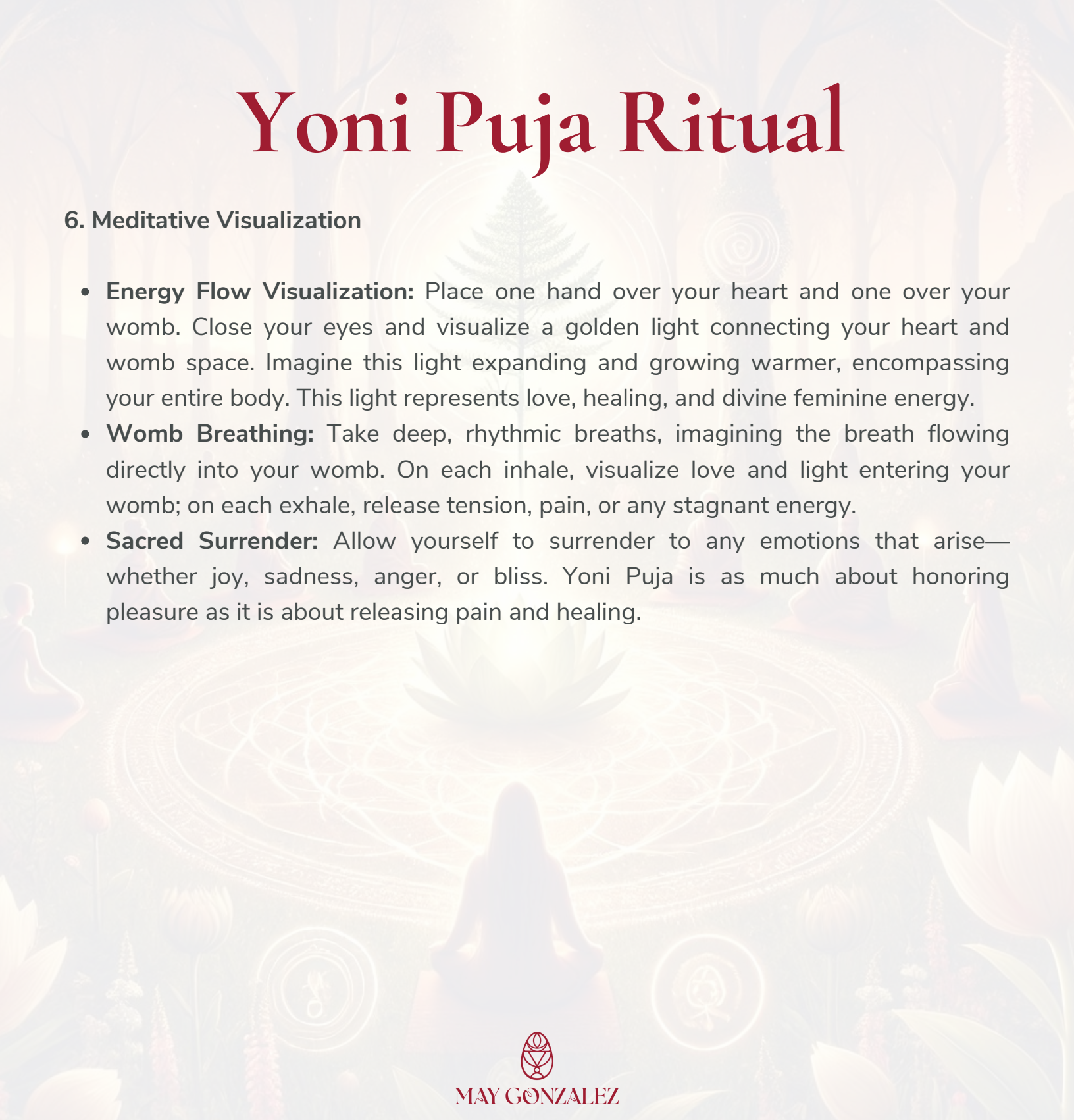
- **Self-Massage or Yoni Oil Anointment:** Gently anoint the yoni with a natural, sacred oil (like rose or jasmine-infused oil). Use soft, loving strokes, being present with each sensation and honoring this space. If comfortable, you can also perform a gentle yoni massage to awaken your senses.
- **Offering Flowers and Gifts:** Offer flowers or other small symbolic gifts to your yoni. Place the petals around or on your body in a way that feels right to you, while expressing gratitude for your body and its wisdom.
- **Mirror Work:** You may use a hand mirror to look at your yoni, appreciating its beauty, uniqueness, and sacredness. This is a powerful practice for those looking to build love and acceptance for their bodies.





Yoni Puja Ritual

6. Meditative Visualization

- **Energy Flow Visualization:** Place one hand over your heart and one over your womb. Close your eyes and visualize a golden light connecting your heart and womb space. Imagine this light expanding and growing warmer, encompassing your entire body. This light represents love, healing, and divine feminine energy.
 - **Womb Breathing:** Take deep, rhythmic breaths, imagining the breath flowing directly into your womb. On each inhale, visualize love and light entering your womb; on each exhale, release tension, pain, or any stagnant energy.
 - **Sacred Surrender:** Allow yourself to surrender to any emotions that arise—whether joy, sadness, anger, or bliss. Yoni Puja is as much about honoring pleasure as it is about releasing pain and healing.
- 





Yoni Puja Ritual

7. Gratitude and Closing the Ritual

- **Thank the Divine:** Express gratitude to the divine feminine, your body, and your yoni for this experience. Acknowledge any insights, feelings, or visions that may have come to you.
- **Offerings:** If you've created an altar, leave your offerings (flowers, fruit, etc.) there for a while longer or place them in nature after the ritual as a gesture of gratitude.
- **Grounding:** End with grounding breaths, visualizing yourself connecting back with the earth. You may eat some fruit, drink water, or have herbal tea to further ground yourself.

8. Post-Ritual Integration

- **Journal Your Experience:** Write down any feelings, emotions, or insights that arose during the ritual. Journaling helps integrate the energy and wisdom you've accessed.
- **Rest:** Allow yourself some time to rest and be gentle with yourself. Yoni Puja can be deeply transformative, so giving yourself space to process is important.





Yoni Puja Ritual

Additional Tips

- **Frequency:** You may do Yoni Puja as often as it feels right for you—monthly during your moon cycle, at significant life moments, or anytime you feel the need to reconnect with your sacred feminine energy.
- **Partner Involvement:** If you choose to perform Yoni Puja with a partner, ensure there is a strong foundation of trust and respect. They should approach the ritual with reverence, being a witness and a vessel for honoring the divine feminine.

Benefits of Yoni Puja

- **Self-Love and Acceptance:** Cultivates deeper love and appreciation for your body and sexuality.
- **Healing Trauma:** Helps in releasing shame, fear, or emotional trauma stored in the yoni.
- **Deepened Connection:** Strengthens the connection with your creative and sensual power.
- **Empowerment:** Reclaims and celebrates your feminine power, embracing your body as a sacred vessel of creation and pleasure.

Yoni Puja is a beautiful and sacred ritual that allows you to honor, heal, and connect with your feminine essence. It's about reclaiming the divine nature of your body and treating it with the utmost reverence and love.





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](#)



MAY GONZALEZ