

# The 5-Minute Yoni Awakening Ritual

## For Women Over 40

What if you're not over 40?

This practice can benefit women of **any age**, but it can be especially powerful for women in midlife and beyond.

If you're over 40, chances are your body has gone through changes — and you may also have absorbed years of conditioning about your body and sexuality.

Many women feel disconnected from their bodies and from their yoni.

**Yoni** is a Sanskrit word that refers to the vulva, vagina, and womb. It is often translated as *sacred space* or *source of life*.

## Understanding Your Yoni

Your **vulva** is the external part of the yoni. It includes:

- pubic mound
- outer labia
- inner labia
- clitoral hood
- clitoris
- vaginal opening (introitus)

The **vagina** is the internal canal connecting the vulva to the womb (uterus).

I like using the word **yni** because it helps us move beyond the shame and stigma that many women have been taught about their bodies, and it invites a more sacred and respectful perspective.

## The Conditioning Women Receive

From childhood onward, many women receive subtle or explicit messages that their bodies are somehow shameful.

Perhaps your yoni was referred to as “down there,” as if it were a part of your body that couldn't even be named.

As girls grow up, they often hear messages suggesting their bodies are dirty, smelly, or unattractive. The massive market for douches and deodorizing products reflects this conditioning.

But the truth is:

Your yoni is **beautifully designed** and naturally functions exactly as it is meant to.

It is also the source of life itself.

## **Sexual Conditioning**

Women also receive strong conditioning around sexuality.

Girls are often shamed for being “too sexual,” even though sexual desire is completely natural.

At the same time, women’s bodies are frequently sexualized or approached without consent.

These mixed messages can leave many women feeling confused, disconnected, or unsafe in their sexuality.

## **The Midlife Layer**

By the time women reach their 40s, 50s, and beyond, additional changes may occur, including:

- vaginal dryness
- difficulty reaching orgasm
- decreased sensation
- hot flashes
- sleep challenges
- anxiety or mood changes

All of these can impact how connected you feel to your sexuality.

Given all of this, it’s no surprise that many women lose interest in sex or feel disconnected from their bodies.

## **Your Sexuality is Sacred**

In tantric philosophy, sexuality is not something shameful.

It is a powerful pathway to:

- self-love
- vitality
- emotional healing

- connection with the divine

Reclaiming your connection to your yoni can be a deeply empowering step.

The **5-Minute Yoni Awakening Ritual** is a simple daily practice designed to help you begin reconnecting with your body and your pleasure.

## **Benefits of This Practice**

Women often experience:

- A sense of feeling lighter
- More connection with their body in general
- More connection with their yoni
- Greater body confidence
- Deeper self-love

Even five minutes per day can begin to create noticeable changes.

## **Preparing Your Sacred Space**

Before beginning the video practice, take a moment to create a supportive environment.

Choose a time when you have privacy and won't be interrupted.

Then:

- Silence your phone and electronics
- Tidy the space around you
- Do one small thing to make the space sacred — such as lighting a candle, burning some sage, or placing a beautiful piece of fabric on your bed

This simple act helps signal to your body that something meaningful is about to happen.

You are now ready to watch the video and begin your ritual.

Enjoy.

If you have questions, feel free to contact me:

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