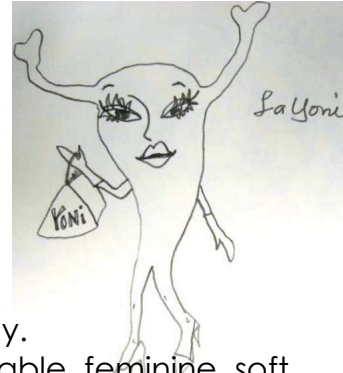


Connecting with Yoni

...a guided meditation

by Tres Fontaine



Find a quiet time and space where you have privacy. Have a mirror nearby, and wear something comfortable, feminine, soft, and beautiful such as a robe, skirt, sarong, caftan, or dress.

Sit or lie comfortably, and put your hands on your lower abdomen, below your belly button.

Close your eyes, breathe 3 deep breaths, relax, and think peaceful thoughts that speak to you such as a beach with soft waves washing up, a colorful sunset, Matisse Waterlilies paintings, children singing and playing, deer running through a forest of tall trees...

Breathe normally and appreciate for a moment, your own beauty, and the soft smooth warm feel of your belly underneath your hands, even appreciate the fat under the skin and how smooth and soft it is.

Imagine the feminine powerful strength inside of your body, your spirit, your soul and sit with those feelings, taking deep breaths that flow in and out with the rise and fall of your belly.

Slowly open your eyes and look down at your hands and belly and smile at them.

Raise your eyes and look at yourself in the mirror with this same smile and find one or two things to admire about your face and body. Think of the spirit and energy inside of you that give radiance and power to what you see in the mirror.

Slowly and as elegantly as possible, stand up, sweep your arms out to the side and over your head and take a deep breath and exhale fully.

With this exhale you share your spirit with your world.