

ALCHEMISE



Visshudha Chakra

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PURE VOICE



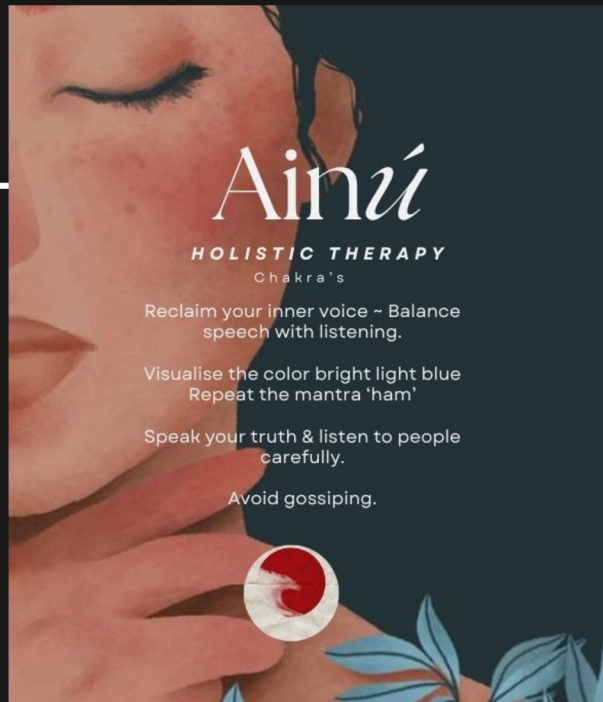
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SEXUAL ALCHEMY HERBS: FANCY A PURE VOICE VIA YOUR 'SACRAL & VOCAL' CHAKRA? USE HERBS.

Alchemizing the energy can include utilization of healing herbs or even a cleansing bath elevating the inner chemistry. "It can give a human a totally different frequency", says Lycia Van Roy, herbalist and yoga teacher at Ainú Holistic Therapy.

ENHANCED CREATIVE EXPRESSION AND VITALITY

The vocal chakra or 'vishuddha chakra' is intimately connected to your sensual and sexual energy. As a result, utilizing the power of the sacral chakra can boost your creative thinking and expression, allowing you to explore new ideas and views. Furthermore, this chakra affects our way of listening with intent and purity, and keeping it balanced can increase energy, drive, and passion for life.

A blocked or imbalanced vocal chakra can lead to a variety of issues.

Alternately, those who learn to alchemize their sexual energy invariably become more creative and start to identify with their actual professions and callings in life.

A well-balanced sacral & vocal chakra, which is the epicenter of emotional intelligence and social interaction, is essential for creating and maintaining healthy and meaningful relationships. Similarly, its energy can considerably boost your ability to articulate emotions and thoughts, honing your communication skills.

BEING ELEVATED SEXUALLY IS POSSIBLE.

The deeper your sexual experiences are, the more you approach foreplay as a sex act and goal in and of itself.

Connecting with your intuition and authentic expression is a shortcut to discovering and embodying your Self, with a capital 'S'. Both are intertwined and work as clockwork.

AFFIRMATION

'I express myself authentically and with purity.'



EVEN IF PEOPLE ENGAGE IN FREQUENT SEX. THERE IS A DISTINCTION BETWEEN HIGH-LEVEL AND LOW-LEVEL SEX.

Firstly, be aware of how you are feeling while you are with someone. Every time you are open about your intentions and back them up with your actions, you add another layer of trust, increasing your life force.

Secondly, your mind is probably trying to advise you not to spend as much time with that individual if you feel heavy, depressed, guarded, or uneasy. Especially if they are engaging in low level activities, such as addictions to porn, drama, drugs etc. Be mindful of those who you surround yourself with.

IMPROVED RELATIONSHIPS AND COMMUNICATION

Conversely, if you experience joy, lightness, ease, and safety, it's a hint the someone is probably a good match for you. Always pay attention to your feelings. Your energy doesn't lie.

WHAT TIPS DO YOU HAVE FOR THOSE WHO WANT TO ALCHEMIZE THEIR ENERGY?

Check with your body whether you feel comfortable or not in your body. If not, you may benefit from grounding. An effective way to ground is by walking bare feet on the earth. Another way is by using your voice.

Chanting and authentically expressing your boundaries and purest Self are essential in elevating yourself.

Also good to know: some people will even purify and ground naturally. Since you need to be grounded to rise, it is important to cleanse yourself regularly and surround yourself with people who you feel comfortable with expressing your authentic Self.

However, the most effective way to alchemize internally is by making love and with someone you love.

Such a love can be induced by yourself, but then it needs to be practiced every day, because one person can elevate as much as they maintain intent, and it will be stronger as part of a unit.

Therefore, it is important to purify the sacral and vocal chakra's with full consciousness, and with qualified methods. Of course, you have to take the level of context into account.





HERBS TO SUPPORT WOMBALCHEMIZATION

For example, energy from herbs intended for sacral chakra therapy can assist release negative emotions like guilt, rage, and fear, resulting in emotional equilibrium.

Exaggerated feminine and masculine energies are typically present in couples with the most intense sexual chemistry.

This peaceful condition then, fosters self-respect and the capacity for forgiveness toward oneself and others, which spurs personal development and healing.

For example, the Mugwort, *Artemesia Vulgaris*, does well for its awakening effect. If your vagina/yni has endured a lot of abuse, I would choose this plant, which is named after the Greek Goddess of the hunt and the moon.

This herb, as its name implies, awakens the areas of your subconscious mind that have been allowed to gather dust and leads you into the lucid realm. It tastes pungent, bitter, and floral, because it functions as a bridge between the nervous and the digestive systems.

Mugwort has a strong affinity for the nervous system and is an excellent treatment for nervous digestion. Its effects are stimulating, drying and relaxing. It aids in the processing of old wounds to promote greater closure and healing in your life.

If the use of plants is new to you, in that case, you could start with a hydrolate of orange blossom, as it provides a emotional balance. A teaspoon. For a duration of 21 days. You can even use the rose quartz yoni egg, which is also a crystal for soft love, although not everyone knows that.

EMOTIONAL HARMONY AND RECOVERY

As for your throat chakra; citrus limon's vivid yellow fruits are frequently used in cough and sore throat medicines, particularly when mixed with honey. Lemons, whether sliced or whole, are also employed as energizing cleaners to assist cleanse the spaces they are stored in.

The oil's characteristics are comparable. Because of this, any part of the lemon is perfect for opening and clearing the throat chakra. Drink lemon juice, eat the fruit in savory or sweet recipes, or use the oil for aromatherapy.



Many traditions also consider the resin and oils of *Boswellia* species to be universal cleansing and blessing oils. It's great for setting up a serene, holy area and fostering an upbeat vibe. Burn frankincense resin on charcoal tablets as incense, diffuse the oil (be careful around children and pets).

WHAT ARE THE PITFALLS?

You have a couple of contraindications for the use of herbs. Mugwort, for example, is generally regarded safe for most individuals. However, you should not use it if you are pregnant since the uterine contractions it generates can result in miscarriage. Due to a lack of safety study, it should not be given to minors or used while breastfeeding.

And lemon, like many citrus species, can trigger phototoxic reactions, so don't use it in anointing mixtures for areas that are exposed to sunlight.

HOW LONG DOES IT TAKE FOR A HERB TO FULLY DO THE WORK INTERNALLY?

It depends on your body and the work that needs to be done, but usually a herb can be used for three weeks, with a break during your menstruation and period of integration. For others, it can take up to a couple of months, to years. The time your body needs in order to heal. Overuse might cause discomfort or harm. To begin, choose a loving plant. For example, Lady's Mantle will do as well for your sacral chakra.

Most herbalists frequently refer to Lady's Mantle as a protector, similar to a mantle of protection, especially for sensitive people. The herb is a calming and helpful presence, protecting persons who use it from external stressors and fostering their well-being.

Lady's Mantle is distinguished by its peculiar cup-shaped leaves, which function as reservoirs for water and dew. This feature is strongly symbolic of its link to the womb, covering physical, emotional, and psycho-spiritual dimensions. Lady's Mantle, like the leaves that contain water, provides caring characteristics to assist the womb.

One remarkable feature of this herb is its capacity to treat issues of stagnation and excessive fluid leaking in the body. Lady's Mantle's water storage in its leaves represents the plant's ability to balance fluids. On a psychospiritual level, it helps to release stored emotions and trauma in the womb.





PEOPLE MAY THINK IT IS A LOT OF WORK TO TAKE IN THE HERB.

That's not true, in under 30 min, including boiling the water and letting the herbs infuse, you are able to make your infusion. Depending on how to take in the herb of course. And if you cultivate the herb; you can develop a unique relationship to its spirit and use.

CAN HERBS BE DAMAGING TO MY YONI?

Not every herb that is advertised is safe for internal use, therefore avoid companies and people that produce herbs that can be mislabeled as "safe" when used internally. Many herbs are registered within the encyclopedia and in doubt, consult a trusted herbalist and/or doctor.

WHY SHOULD PEOPLE WORK WITH HERBS?

A lot of people are in deep need for healing and healthy feminine wisdom, nurturing them gives that another dimension.

Around the world, you have beautiful women and men, gems, that are hidden in very dense surroundings or have experienced a very dense past, transgenerationally, culturally and/or contextually/individually.

The healing then gives a totally different feeling and a possibility to blossom up into the person they truly radiate.

If you are looking for support during pregnancy, whether it is on an energetical, mental, physical and/or emotional/spiritual level > message me via ainuinfo@gmx.com with your name and topic at hand and I'll reach back out to you!



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