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Yoni Art  
Journey

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with Laura Hollick

# Your Yoni Art Journal

Welcome to the sacred space of your Yoni Art Journal. This is a place where you can smear your blood, drip your yoni juices, shed your fears, cry rivers of tears, stomp with rage, and giggle like it's a pilates workout. This is your fertile womb space to be nourished, replenished, reconnected and held in the love-drenched bosom of the Divine Feminine.

This is a safe space to let your guard down. You can open your heart and your yoni lips, to the profound pleasure of being a woman on the planet at this time in (her)history.

As a woman you have fertile depth that can support and nurture life to grow and prosper. You have the power to alchemize energy from one state of being to another. As you drink from the well of your femininity you remember who you are. Your remembering unlocks your creative capacity and nudges those slumbering seeds of your dreams to awaken into the light of day.

Now is the time to focus your feminine powers on yourself so you can create yourself and birth your dreams into reality. Now is the time to practice your Divine Feminine expression and embodiment so your presence becomes a transmission that transforms the world.

This journal is designed to support and guide you through a full spiral journey of your Divine Feminine Energy. You can use the journal to work in sync with your menstrual cycle, the moon cycle or the month cycle.

To begin your Yoni Art journey, take a moment, and take a deep womb breath, to acknowledge your choice to be here and your devotion to your sacred path.

I \_\_\_\_\_(your name) heard the call of my Divine Feminine Energy and I answered. I feel her ripening within me and I'm ready to let her blossom in my life. I am ready to learn from her wisdom. I am willing to let my guard down so she can breathe. I give myself permission to heal and grow through this transformational Yoni Art Journey. I am open to the profound pleasure that is available for me. I let myself receive intuitive messages to guide my path. I know my Divine Feminine Energy has been waiting for me and I am letting her know I am here now, ready to connect, ready to explore, ready to deepen and ready for this Yoni Art Journey!

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Your Yoni Art Journey Intention

Creating a sacred space for any transformational journey starts by defining the perimeter of the womb, the container, that will hold and nourish you through your journey. The container creation process takes shape as you clarify your deep desires and your intention for your journey.

These guiding questions will help you to unearth your deepest desires at this time in your life and clarify your Yoni Art Journey Intention.

What does Yoni mean to you?

How would you describe your current relationship with your Yoni?

What kind of relationship would you like to have with your Yoni?

What do you imagine would change in your life if your relationship with your Yoni deepened, healed and evolved?

What drew you to this Yoni Art Journey?

What transformation or healing are you seeking through this Yoni Art Journey?

How would you describe your current life experience?

Where are you ready to experience deep rooted healing in your life?

What would your life be like if you experienced deep rooted healing?

What excites you the most in your life at this time?

What do you want to focus on for this Yoni Art Journey?



From the layers you have just uncovered through these questions, notice what is ripe and ready within you. Where is your Divine Feminine Energy calling you to focus your energy at this time to support your deepest healing, growth, and transformational potential?

What is the juiciest, sexiest, most delicious, most exquisite desire you have at this time that has you squealing in pleasure?

## **What is your Intention for Your Yoni Art Journey?**

When clarifying your Intention, aim to crystallize it into one potent phrase or sentence that honors your deepest desire at this time. For example:

*"I am wildly magnetic and stunningly beautiful."*

*"I am experiencing the profound power of deep healing."*

*"I am creating a life that nourishes me."*

*"I am falling madly and deeply in love with myself."*

*"I am attracting incredible opportunities into my life."*

*"I am trusting my intuition and letting her guide me to magical places."*

Write Your Yoni Art Journey Intention:

Write your Intention in the Yoni. Then, place one hand on your physical yoni and one hand on your heart and say Your Yoni Art Intention with a full womb breath supporting your words. And, so it is!



# Your Yoni Art Daily Journal

Menstrual Cycle Day # \_\_\_\_\_

Moon Phase \_\_\_\_\_

Date \_\_\_\_\_

Your Yoni Art Journey Intention: \_\_\_\_\_

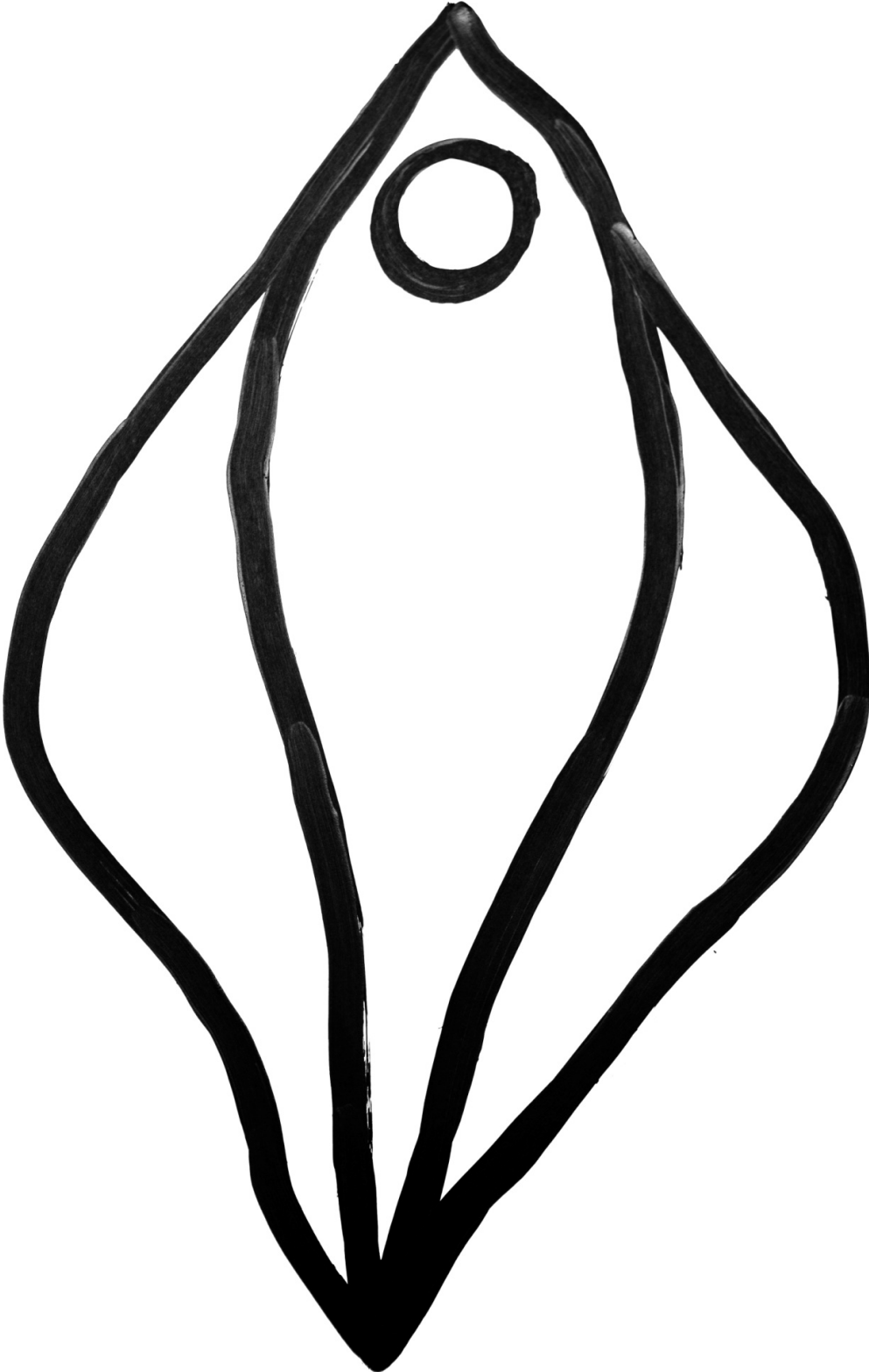
How did you connect with your yoni today?

How do you feel about exploring your yoni through this Yoni Art Journey?

What are your hopes or fears around diving into this Yoni Art Journey?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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Date \_\_\_\_\_

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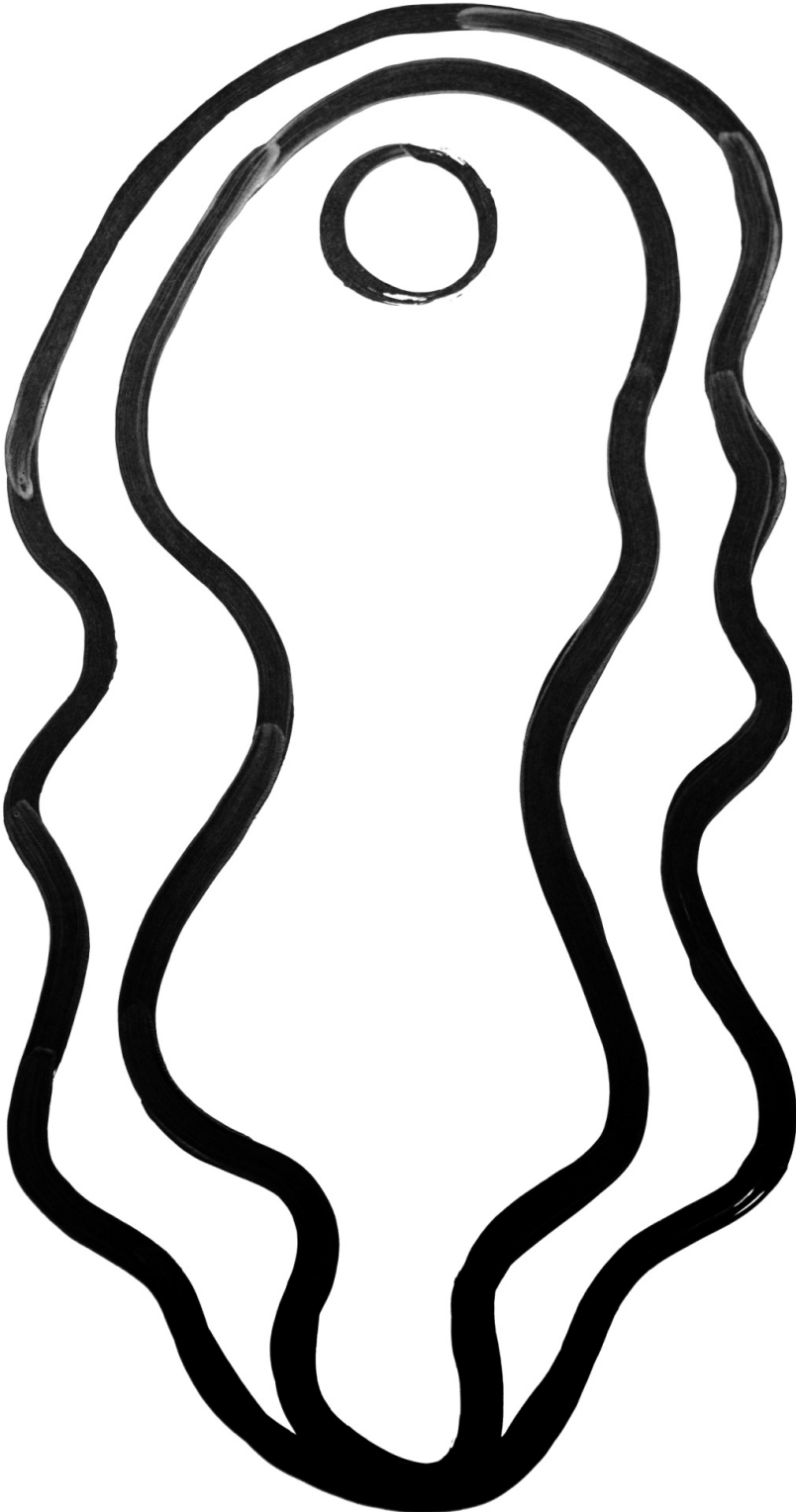
How did you connect with your yoni today?

How do you feel about the way your yoni looks?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.





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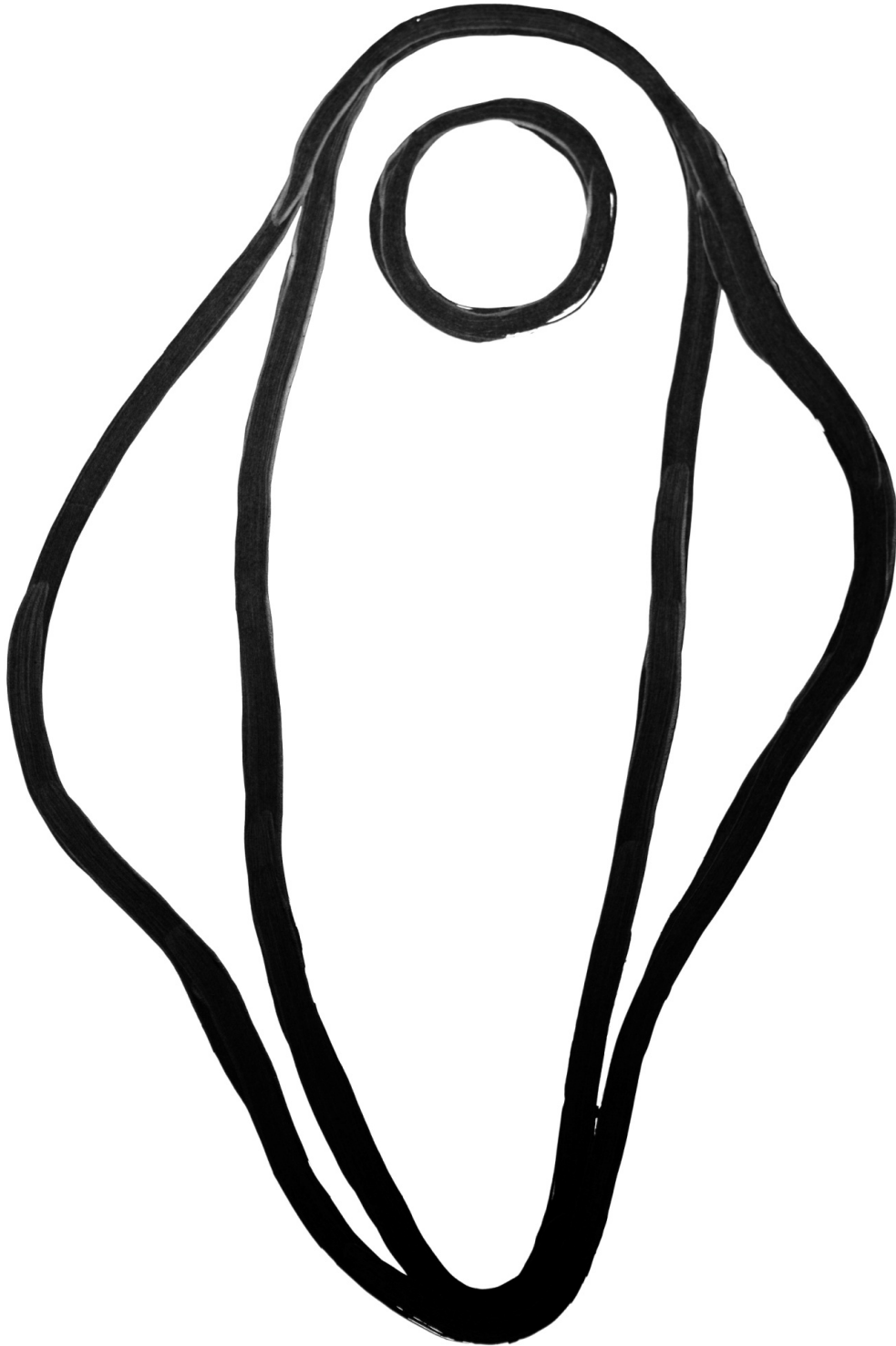
How did you connect with your yoni today?

How do you know when your yoni says "Yes"?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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Your Yoni Art Journey Intention: \_\_\_\_\_

How did you connect with your yoni today?

How do you know when your yoni says "No"?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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Moon Phase \_\_\_\_\_

Date \_\_\_\_\_

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How did you connect with your yoni today?

How does your yoni communicate with you throughout the day?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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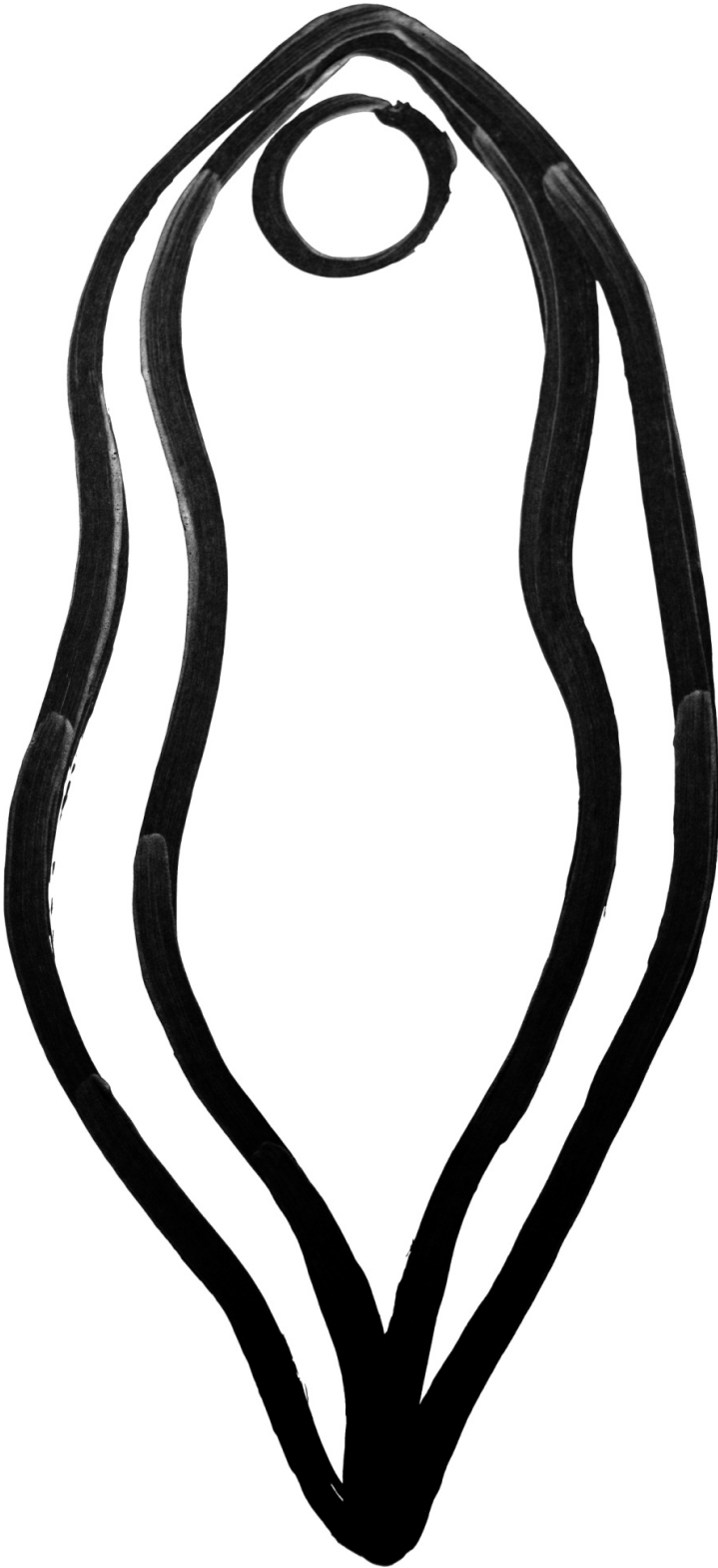
How did you connect with your yoni today?

How would you describe your yoni personality?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.





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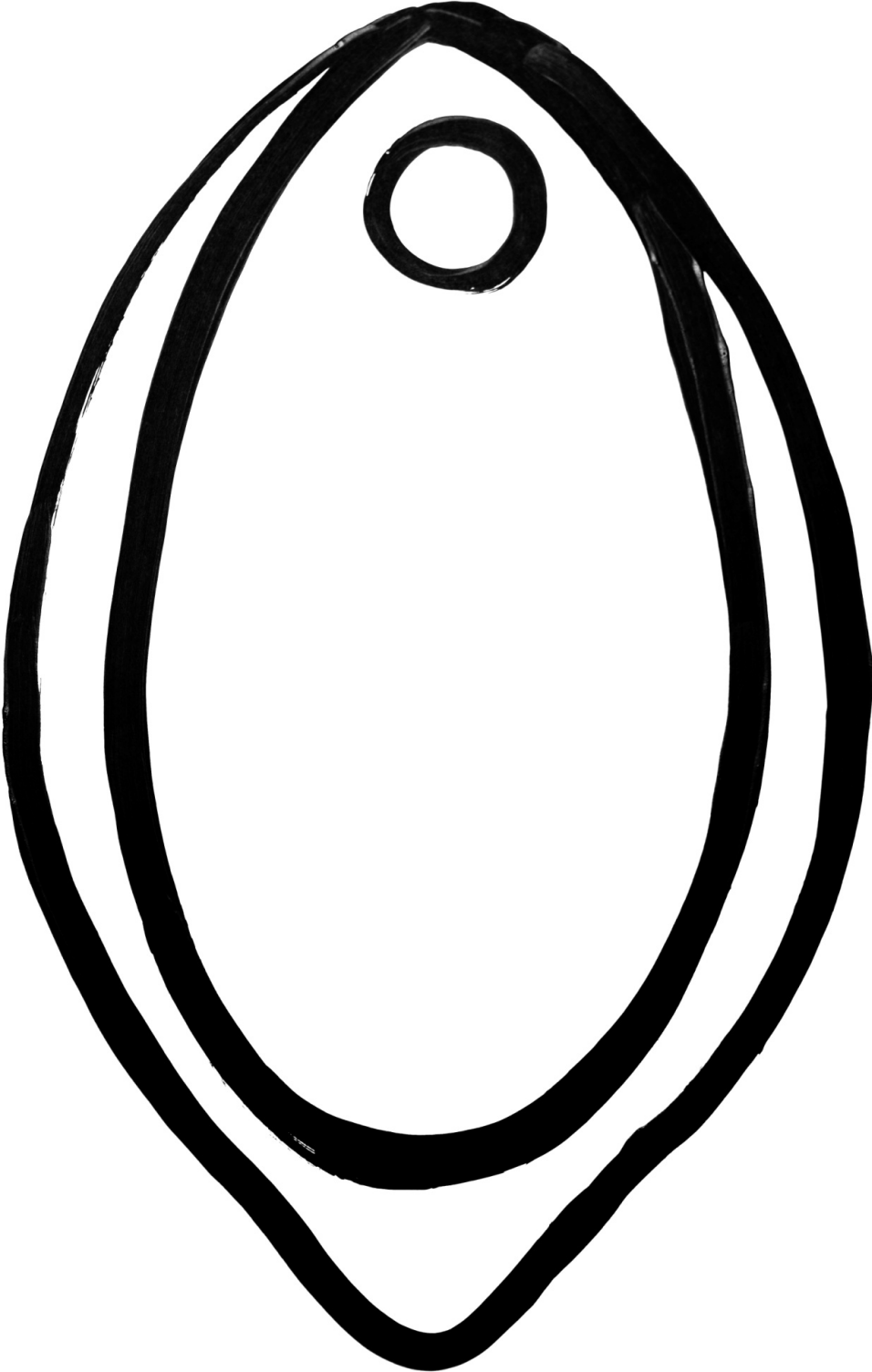
How did you connect with your yoni today?

What do you believe needs to be healed within your yoni, or your relationship with your yoni?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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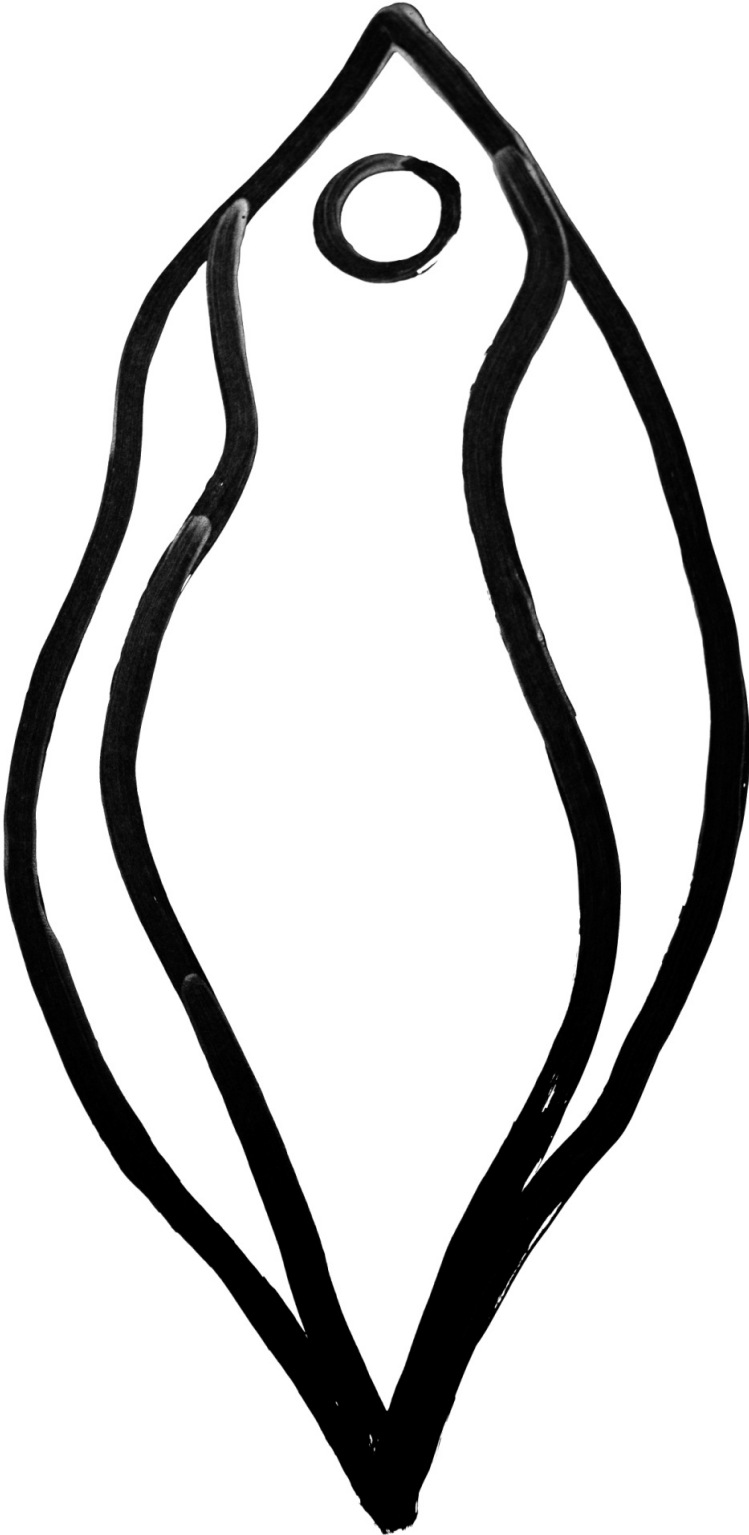
How did you connect with your yoni today?

What does your yoni want to tell you?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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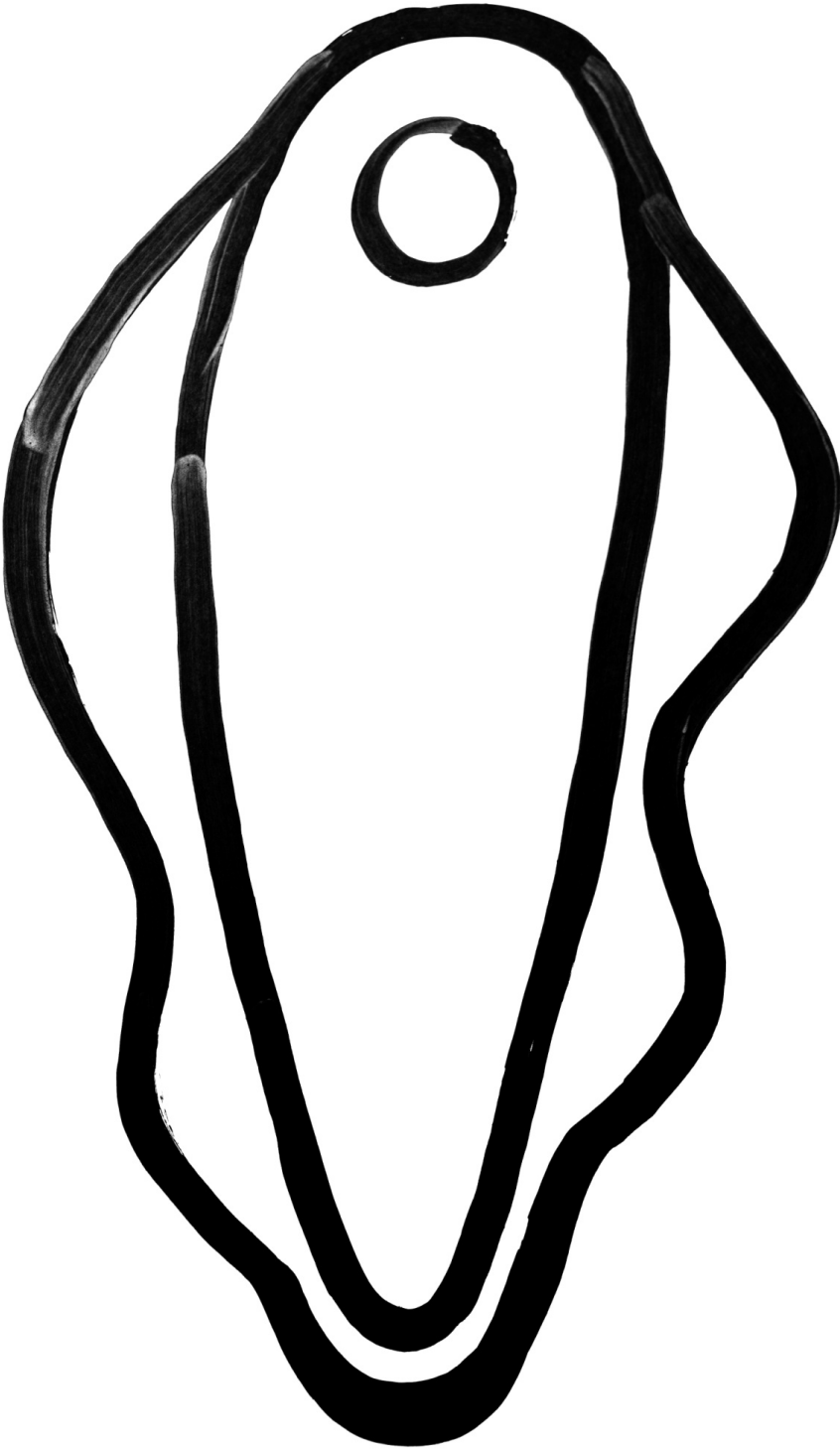
How did you connect with your yoni today?

What makes your yoni happy?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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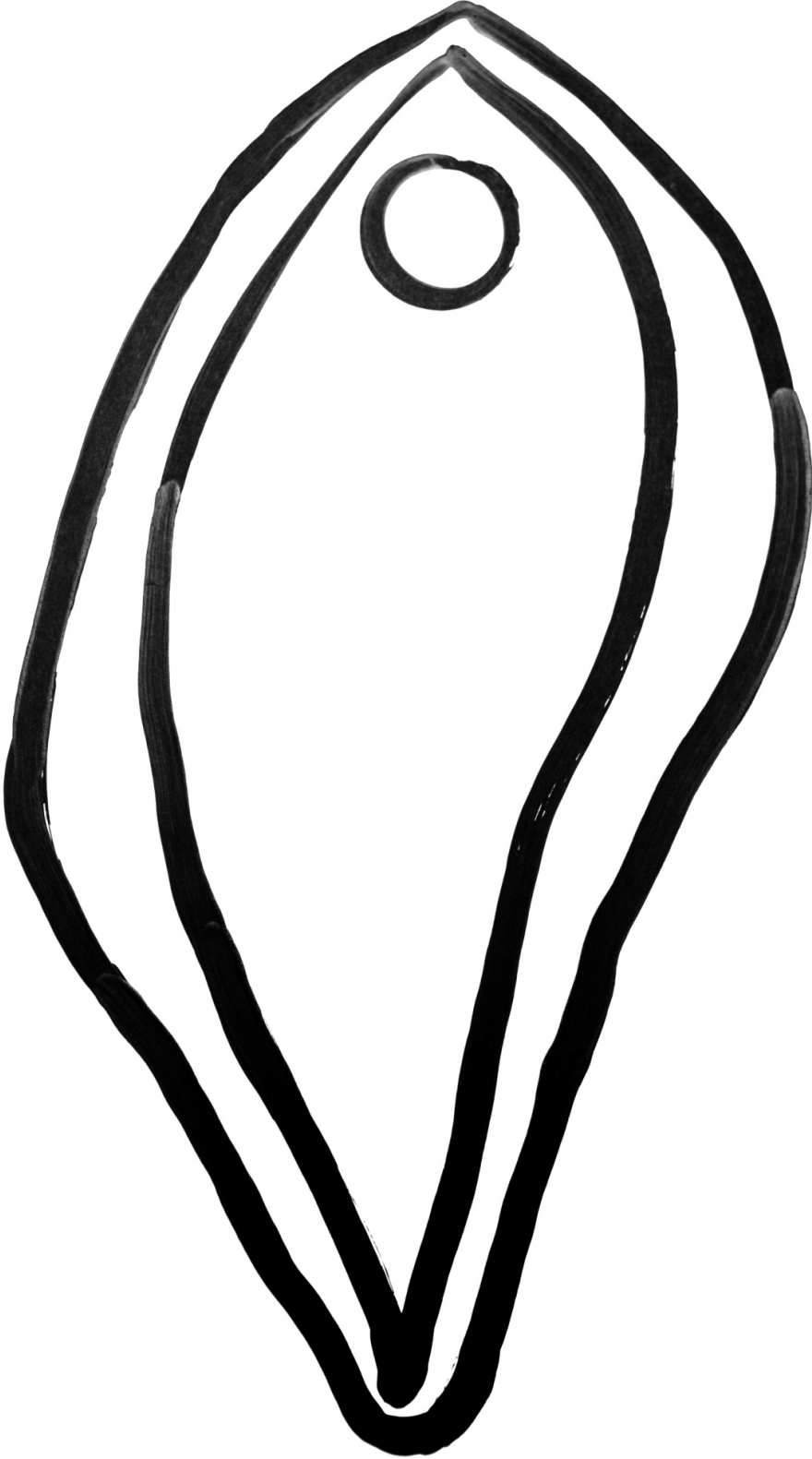
How did you connect with your yoni today?

What makes your yoni sad?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.





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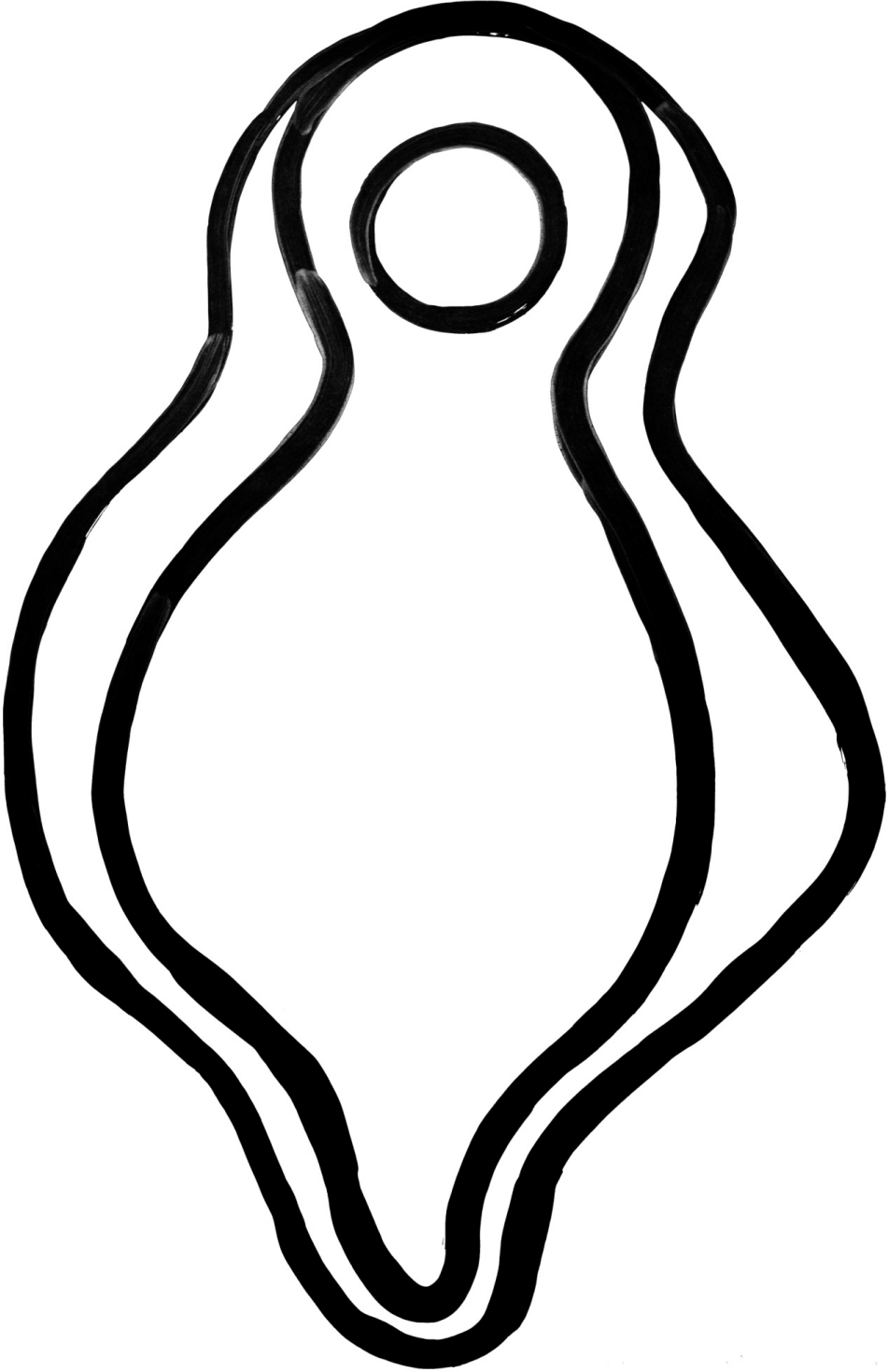
How did you connect with your yoni today?

What stories are you storing in your yoni?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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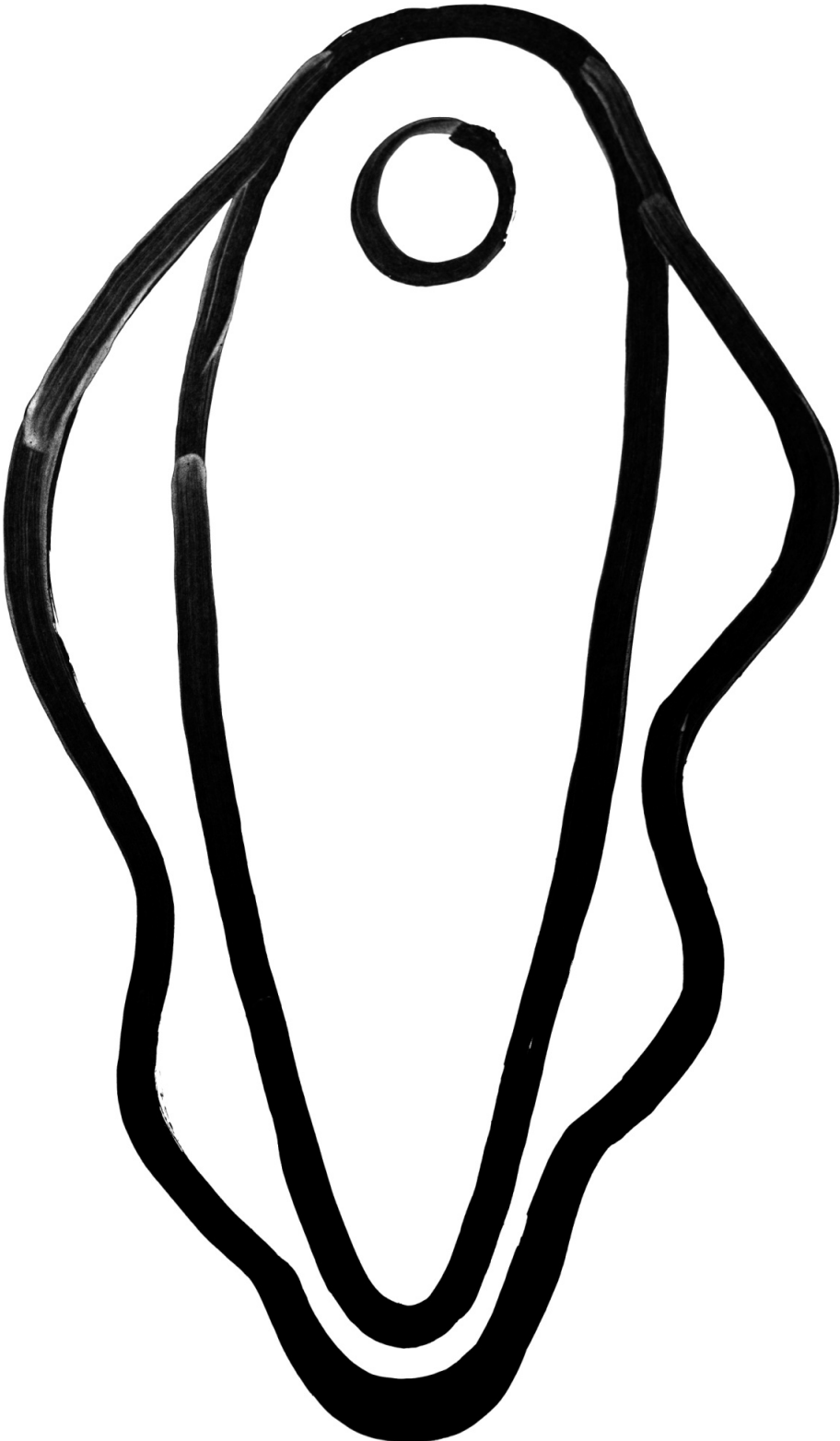
How did you connect with your yoni today?

What does healing mean to you?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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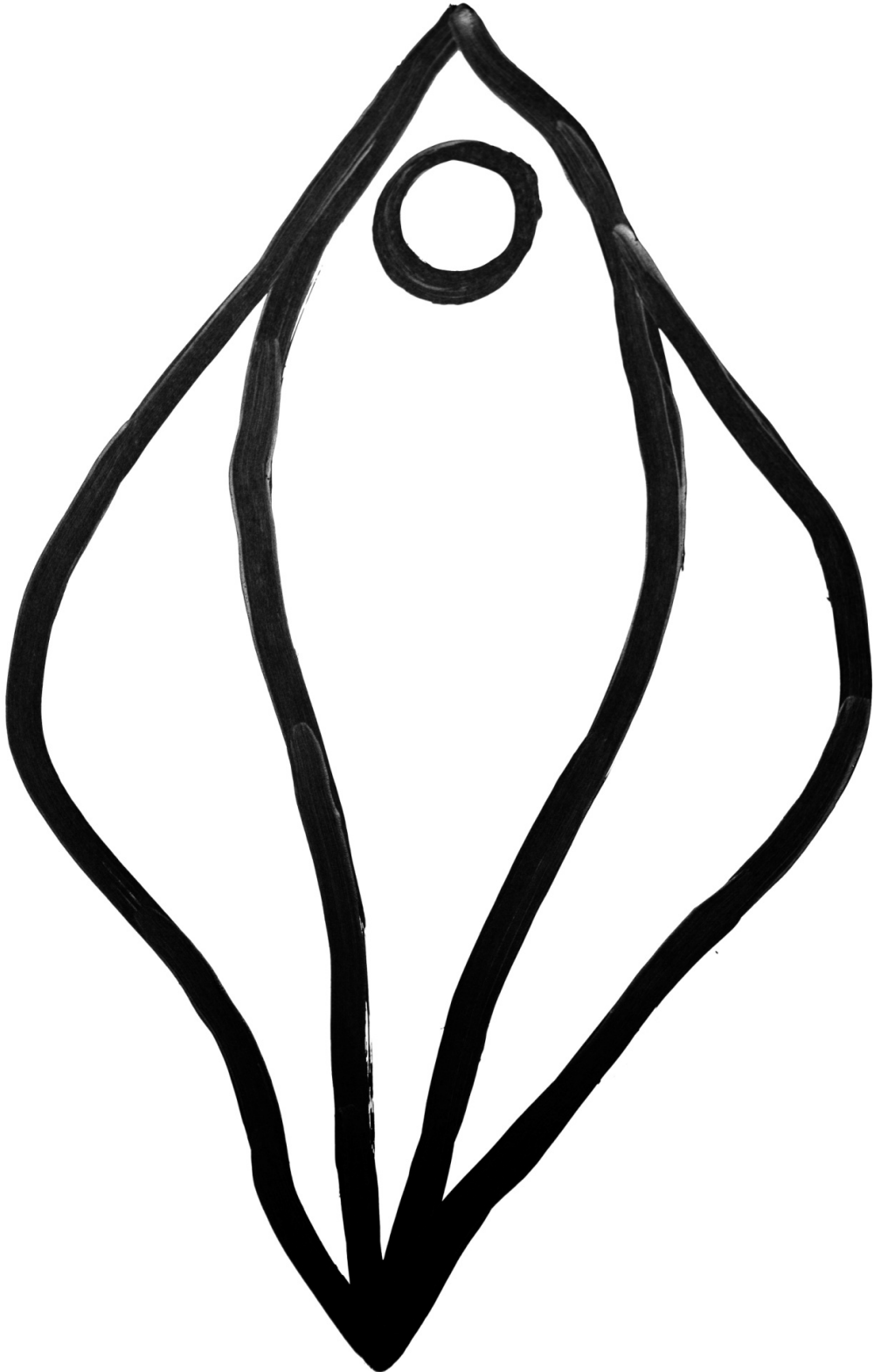
How did you connect with your yoni today?

Is there anything you need to do to support the health and happiness of your yoni?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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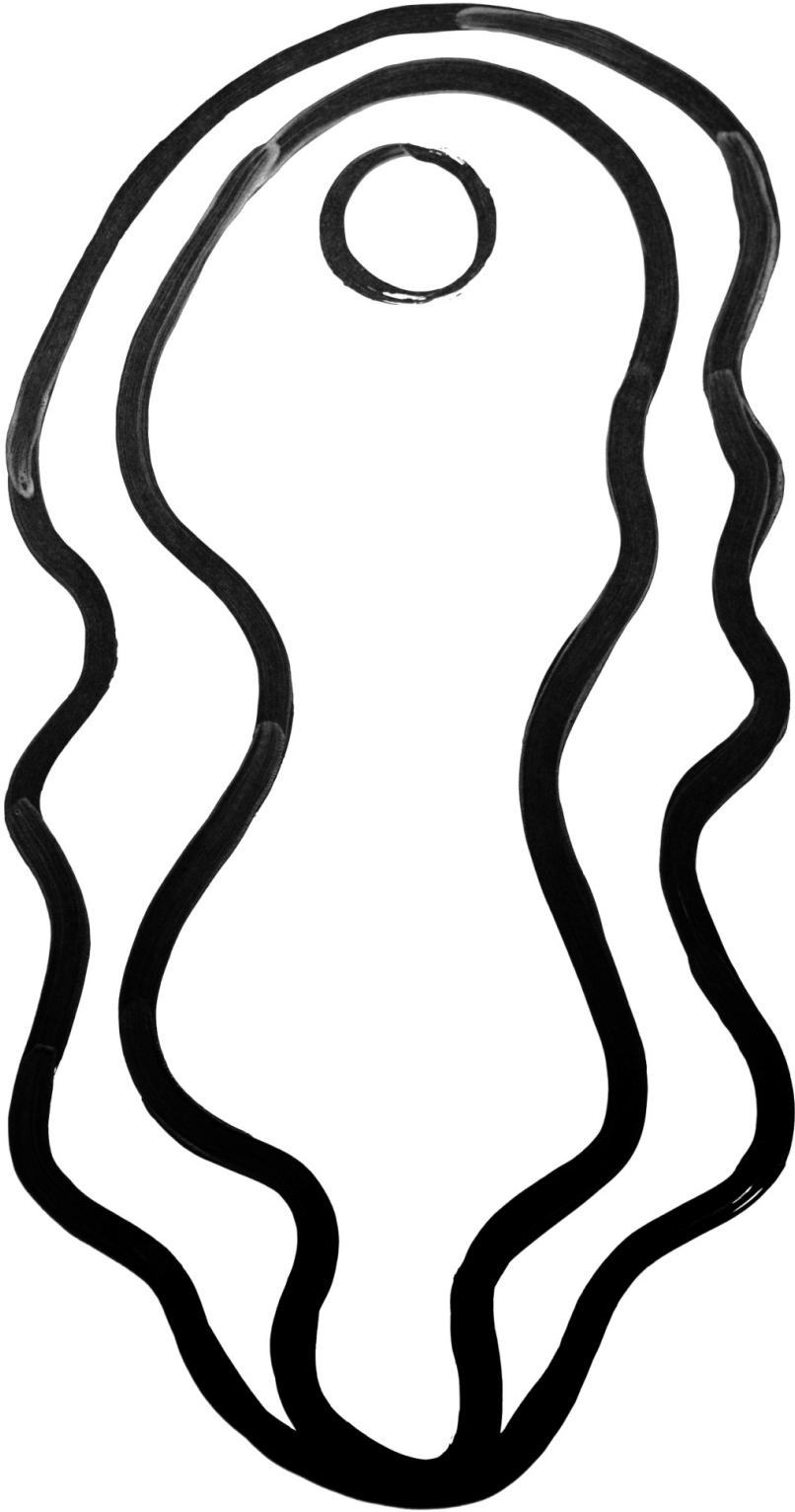
How did you connect with your yoni today?

What excites your yoni?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.





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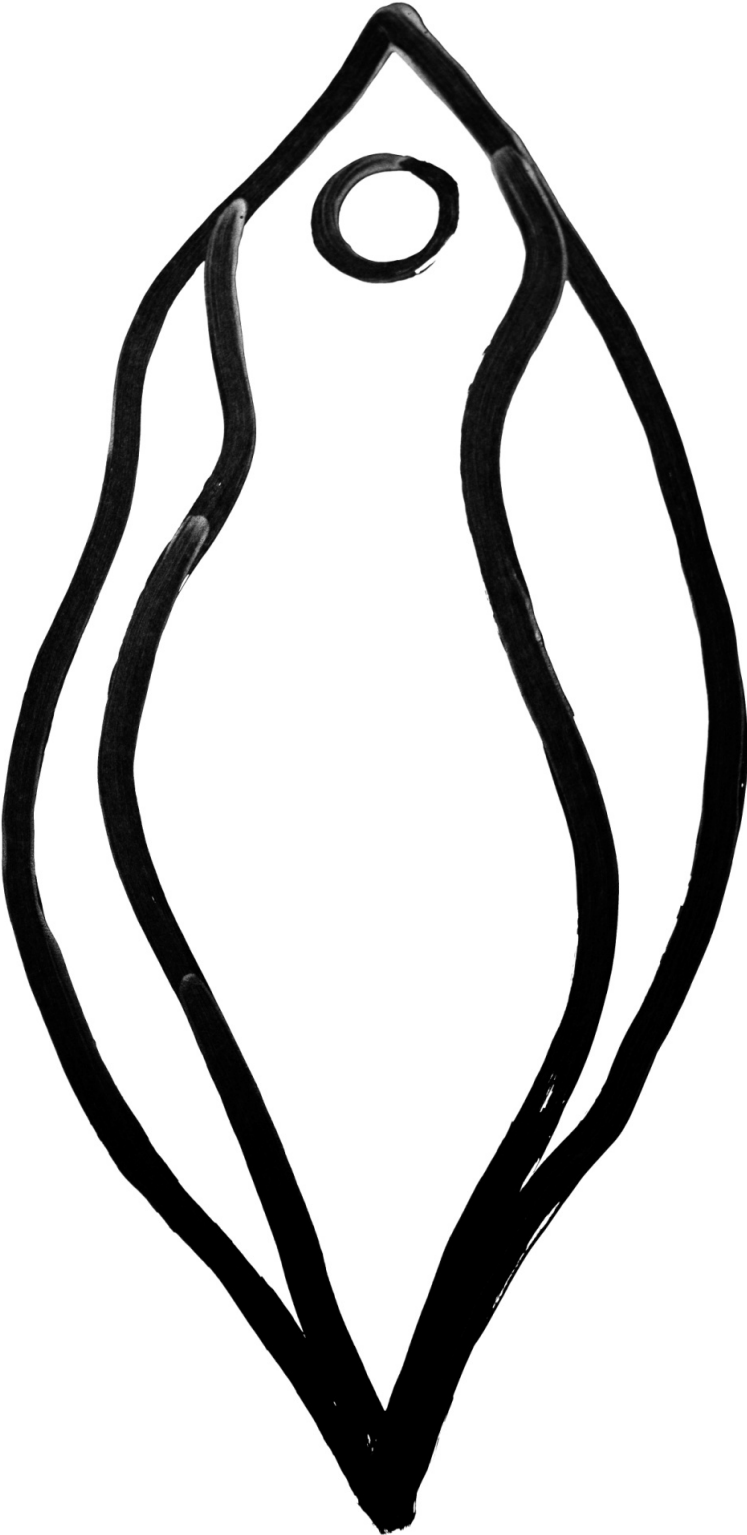
How did you connect with your yoni today?

What makes your yoni super juicy?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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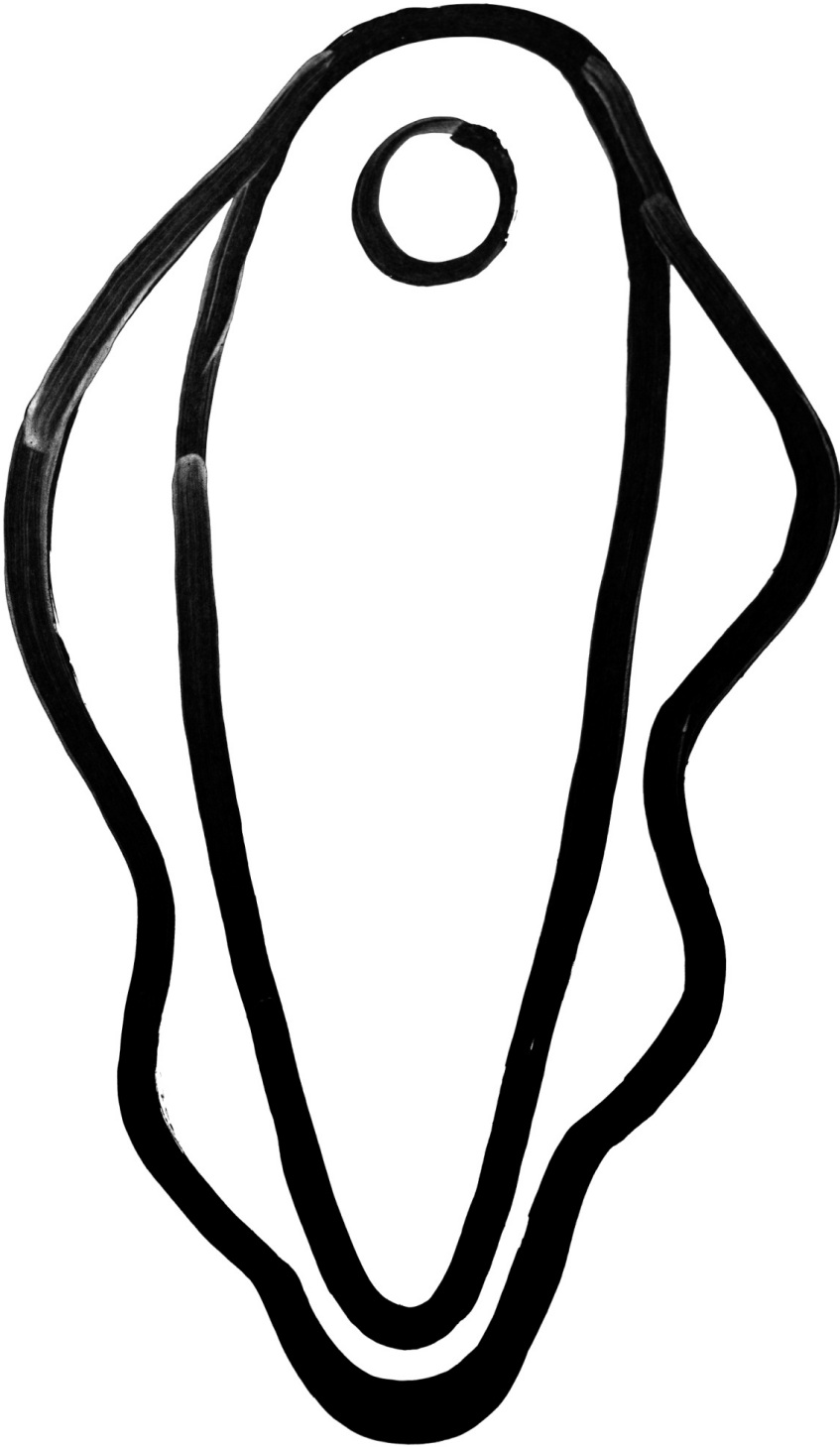
How did you connect with your yoni today?

What is wildly pleasurable to your yoni?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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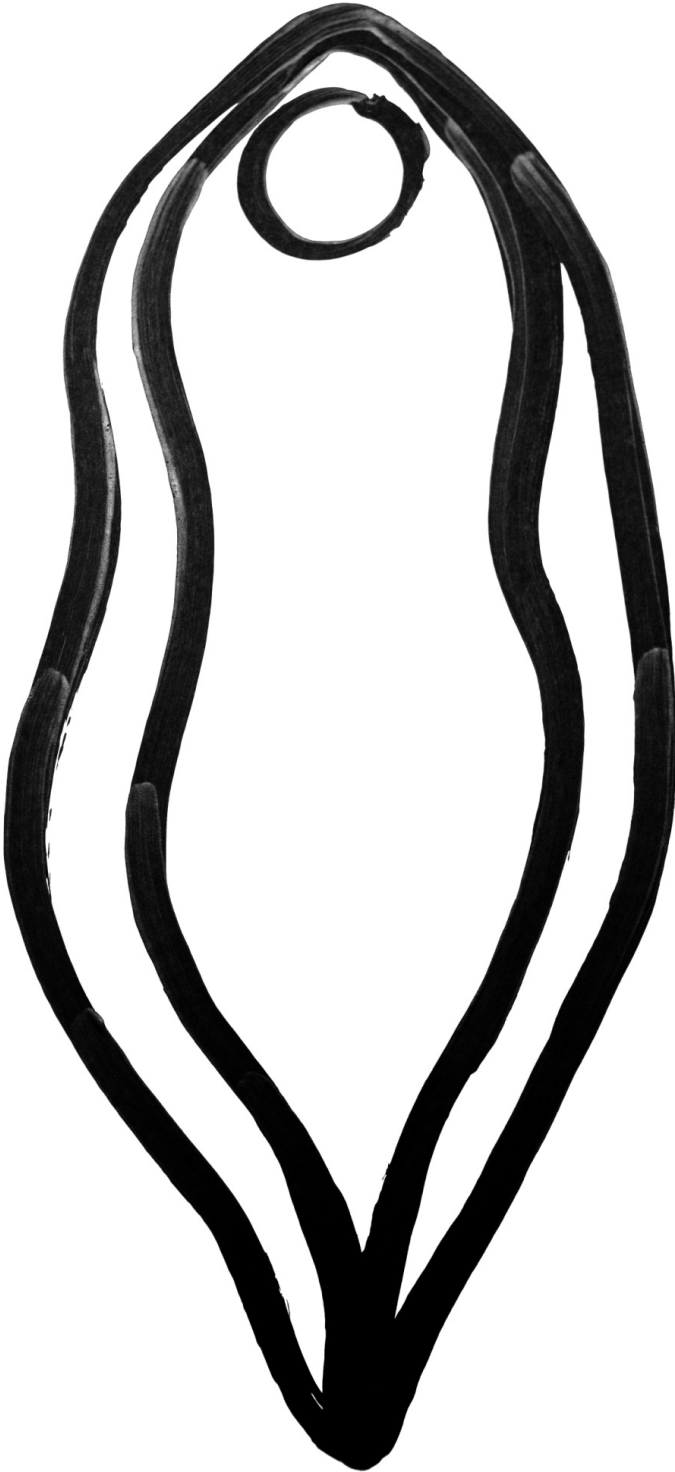
How did you connect with your yoni today?

How does your yoni like to express herself?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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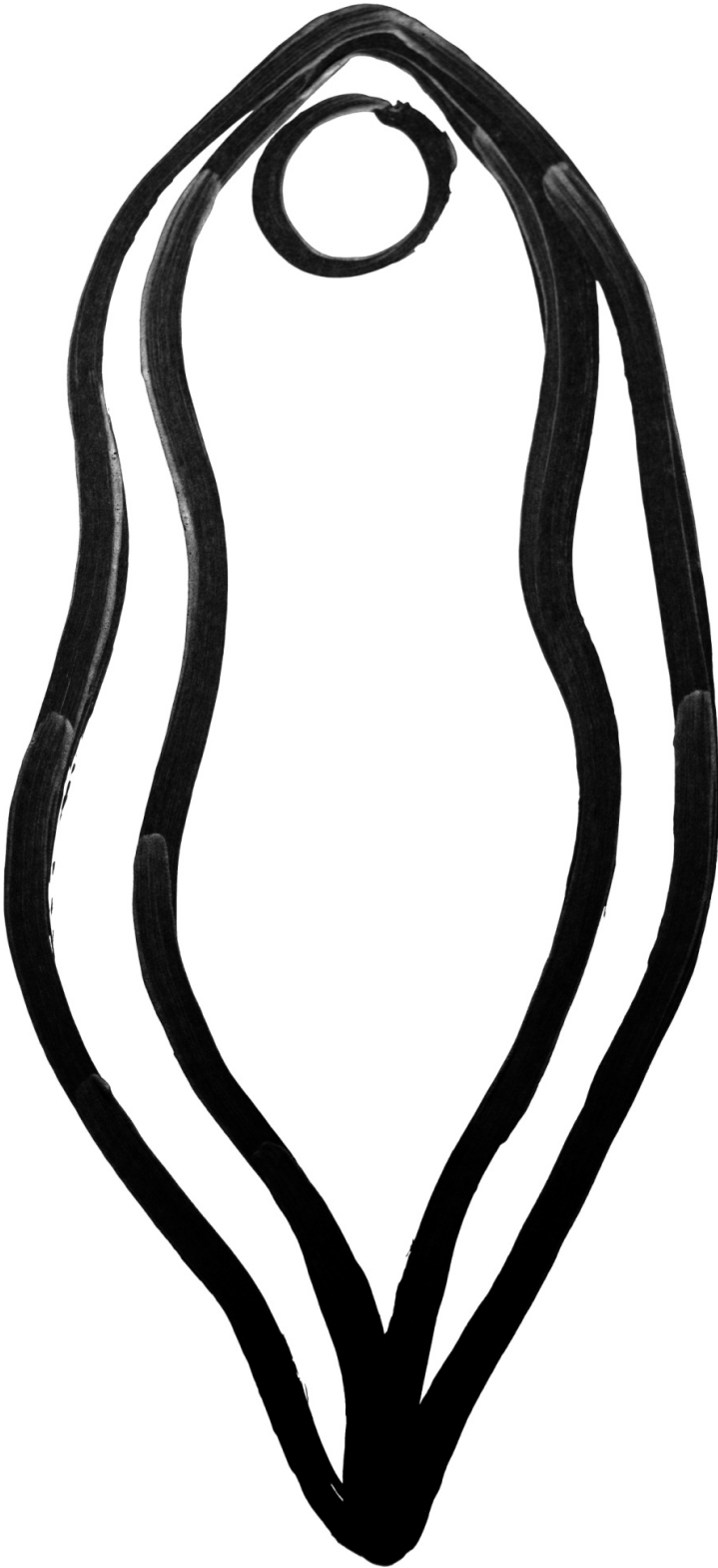
How did you connect with your yoni today?

If your yoni could talk, what would she say?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.





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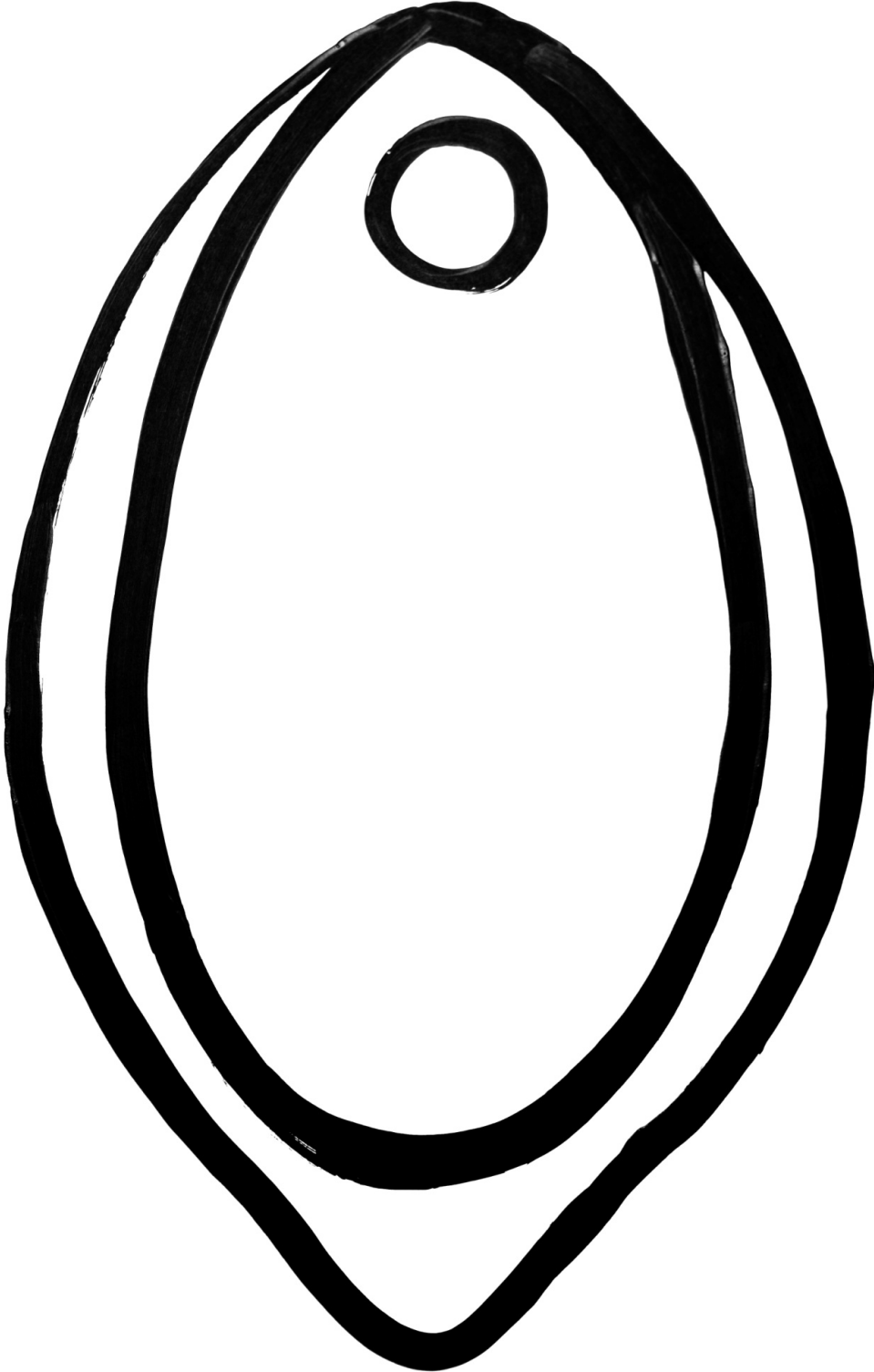
How did you connect with your yoni today?

What shifts or transformations are you noticing as a result of focusing your energy on your Yoni Art Journey?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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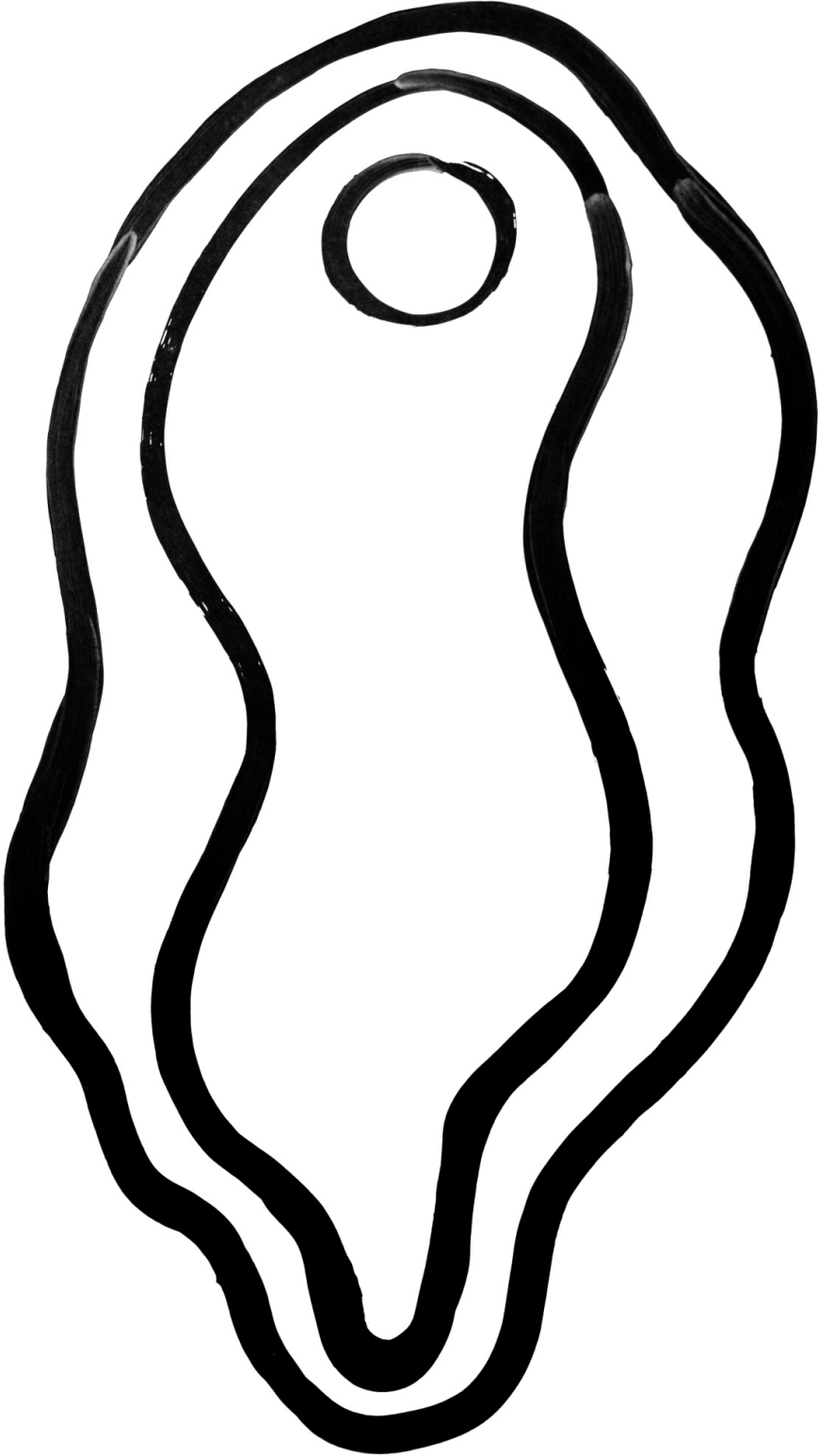
How did you connect with your yoni today?

How are you integrating your yoni awareness into your daily life?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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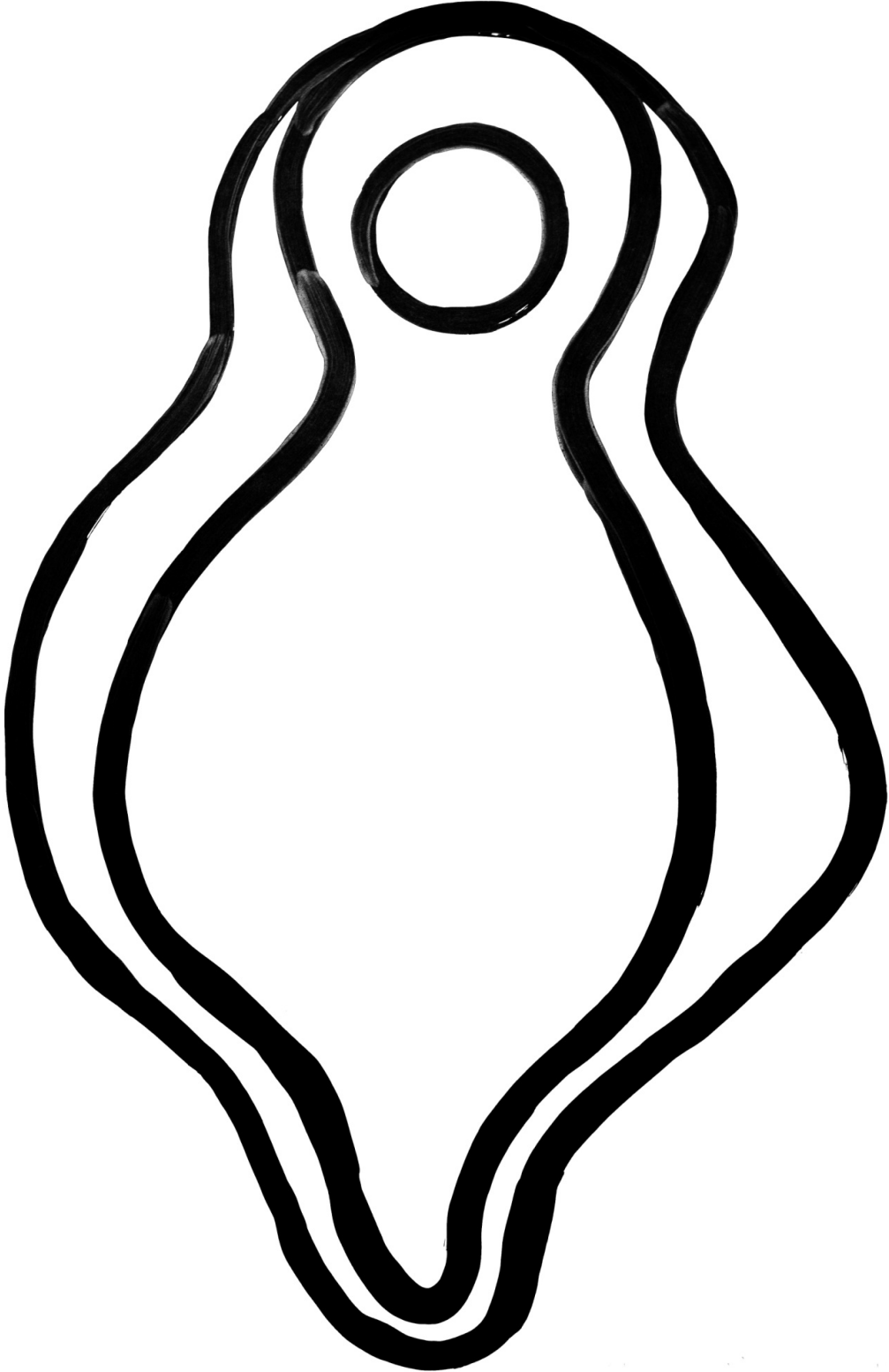
How did you connect with your yoni today?

Where could you integrate your yoni awareness into your daily life even more?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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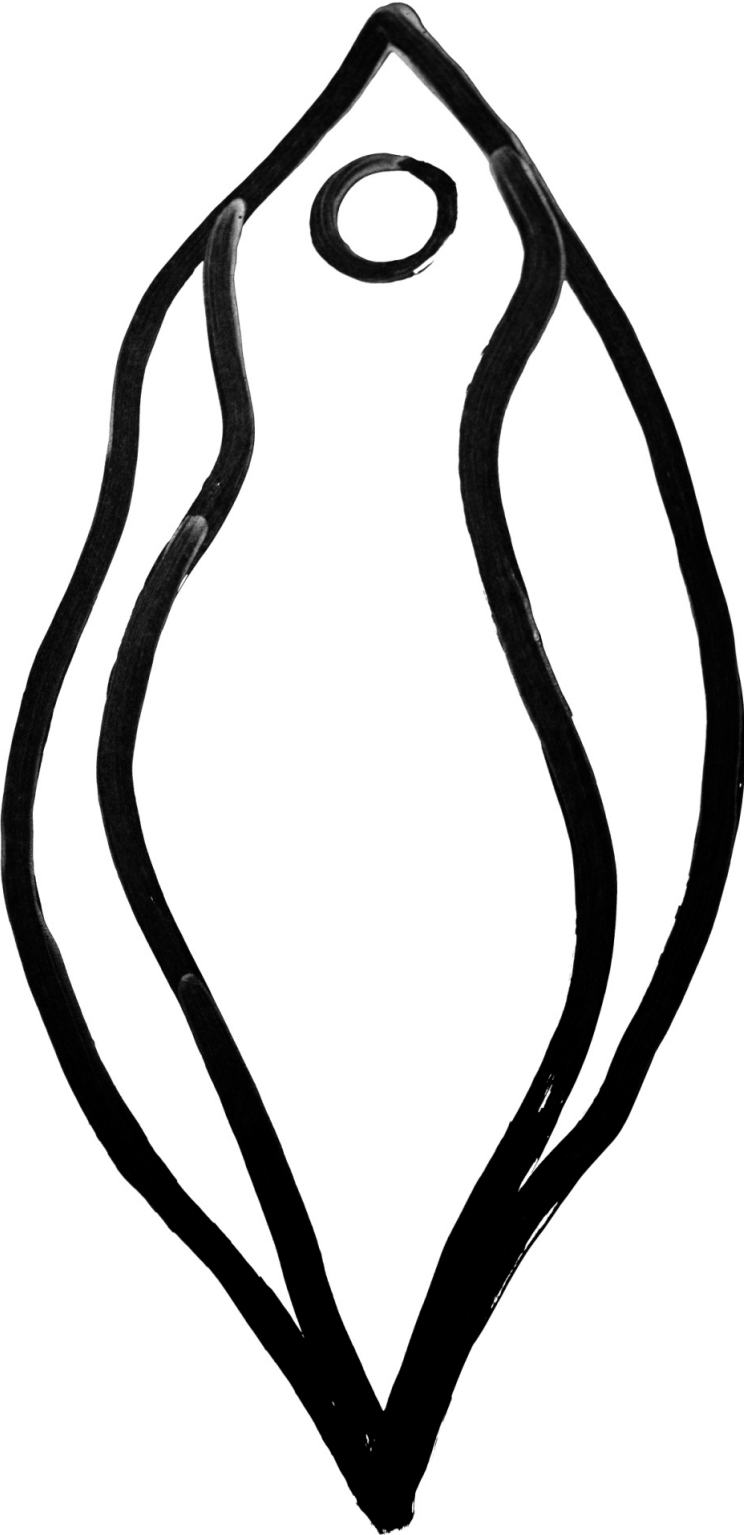
How did you connect with your yoni today?

How does your yoni want to express herself in your daily life?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.





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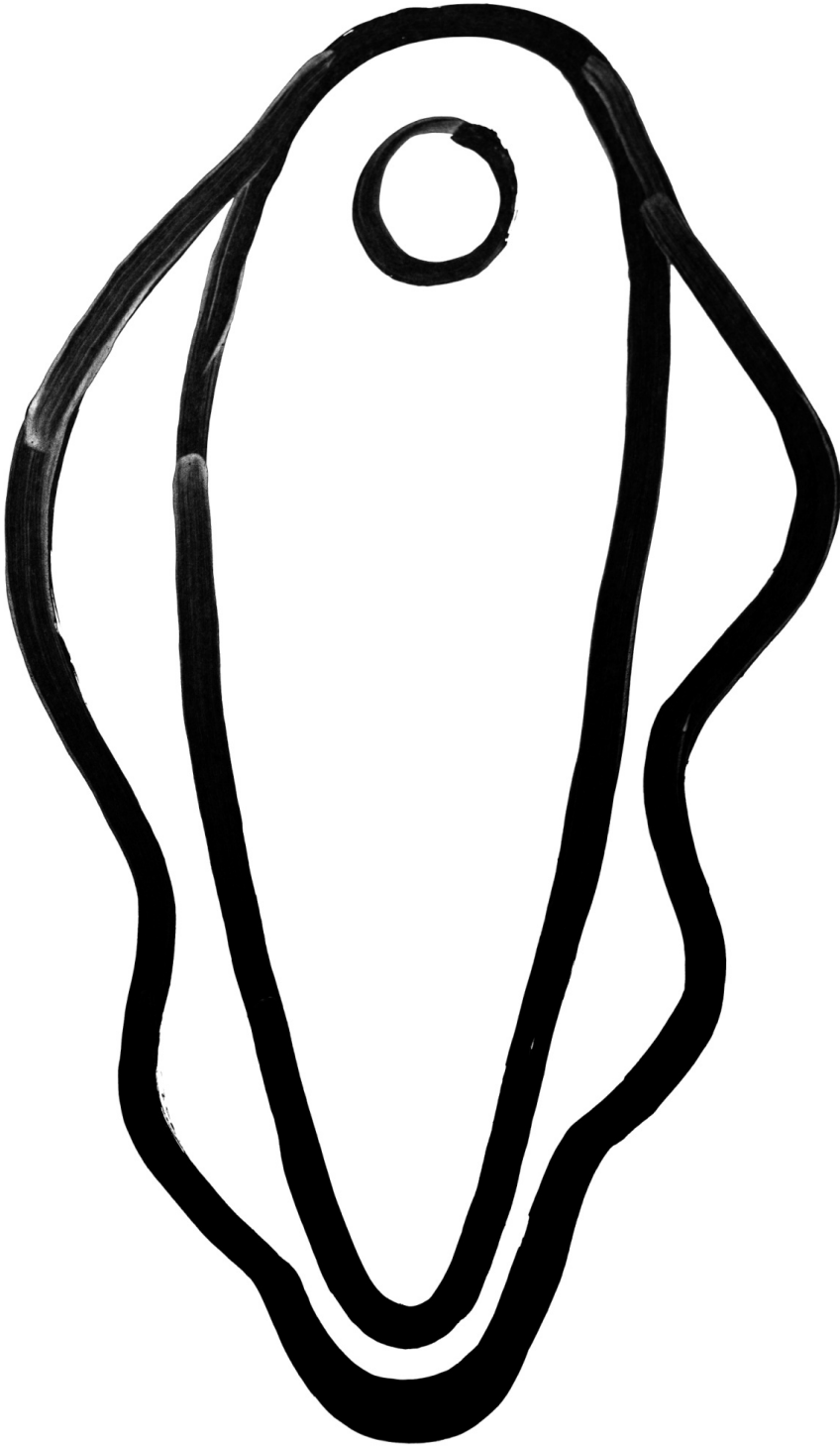
How did you connect with your yoni today?

How does your yoni like to have fun?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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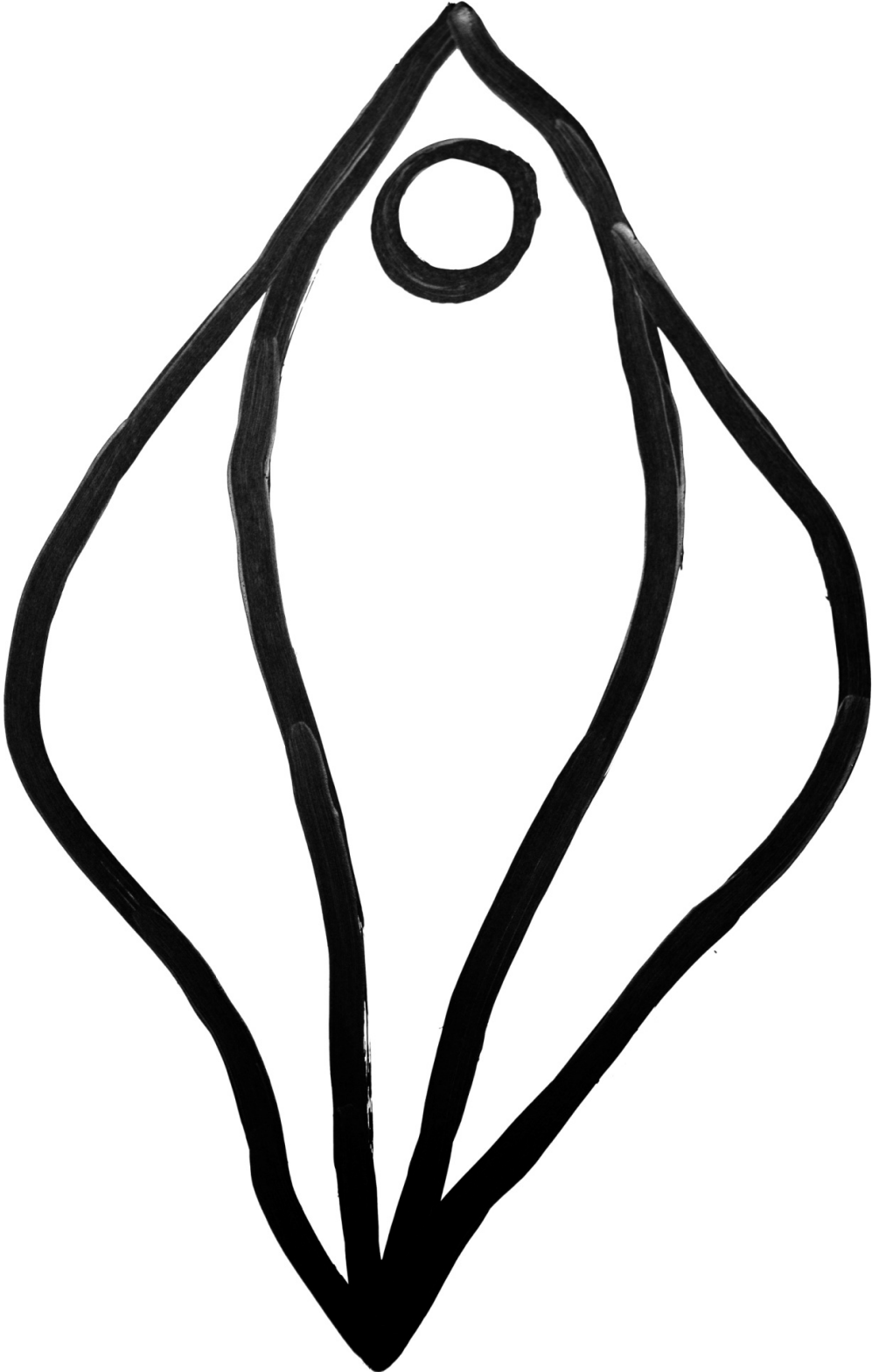
How did you connect with your yoni today?

How can you express your yoni on a daily basis?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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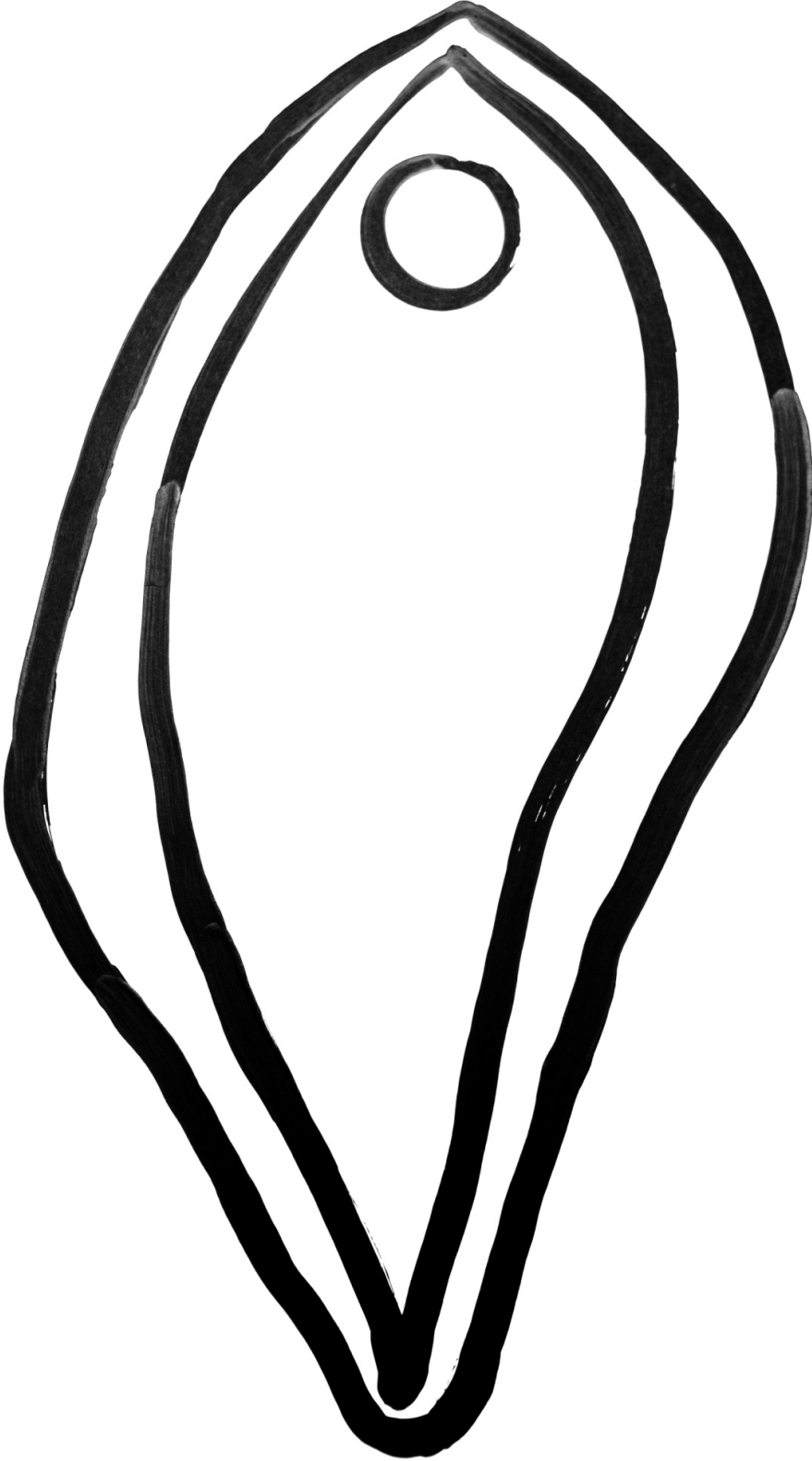
How did you connect with your yoni today?

How would you know if you were embodying the power of your yoni?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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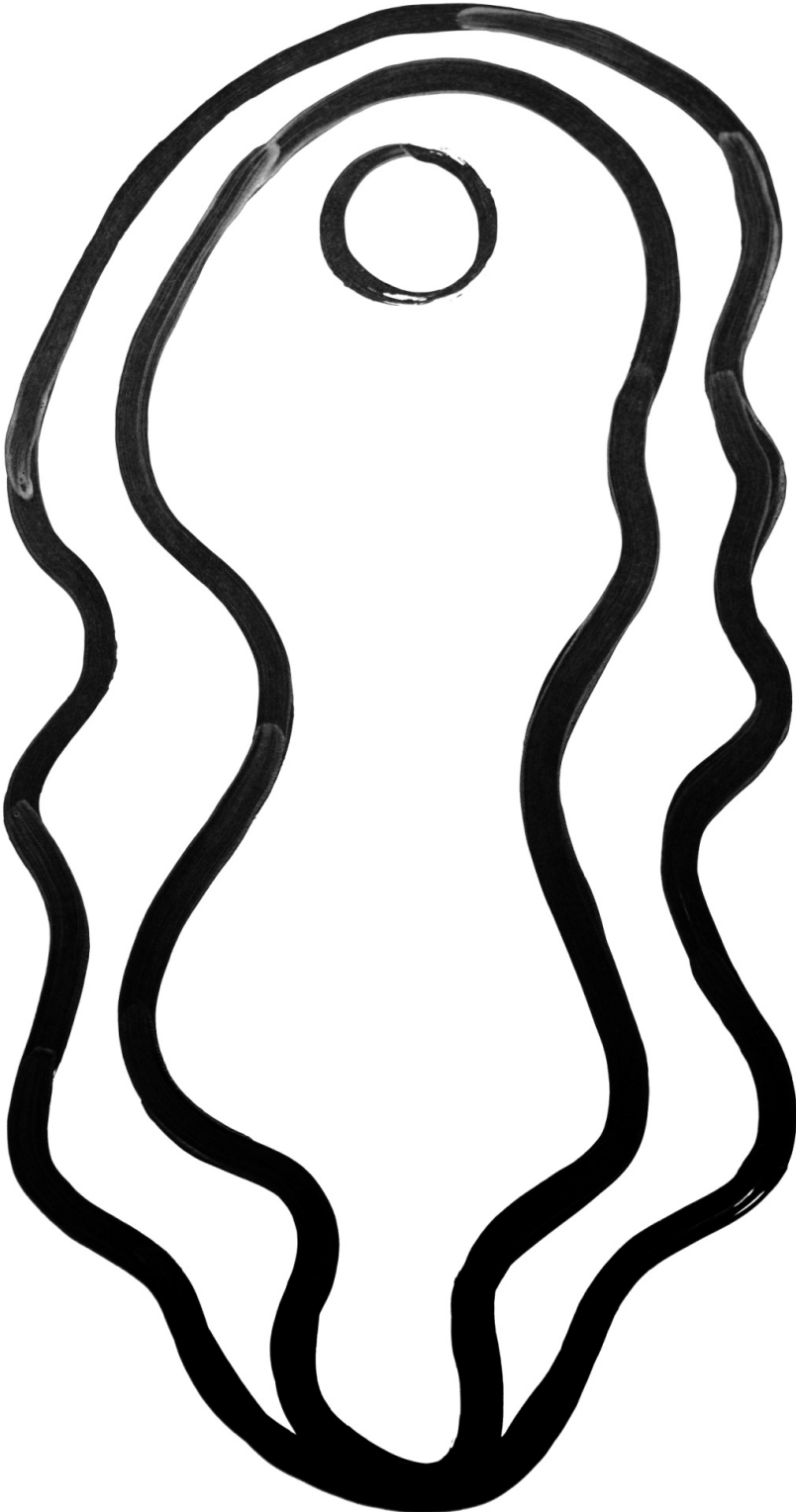
How did you connect with your yoni today?

How can you practice embodying the power of your yoni in your daily life?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.





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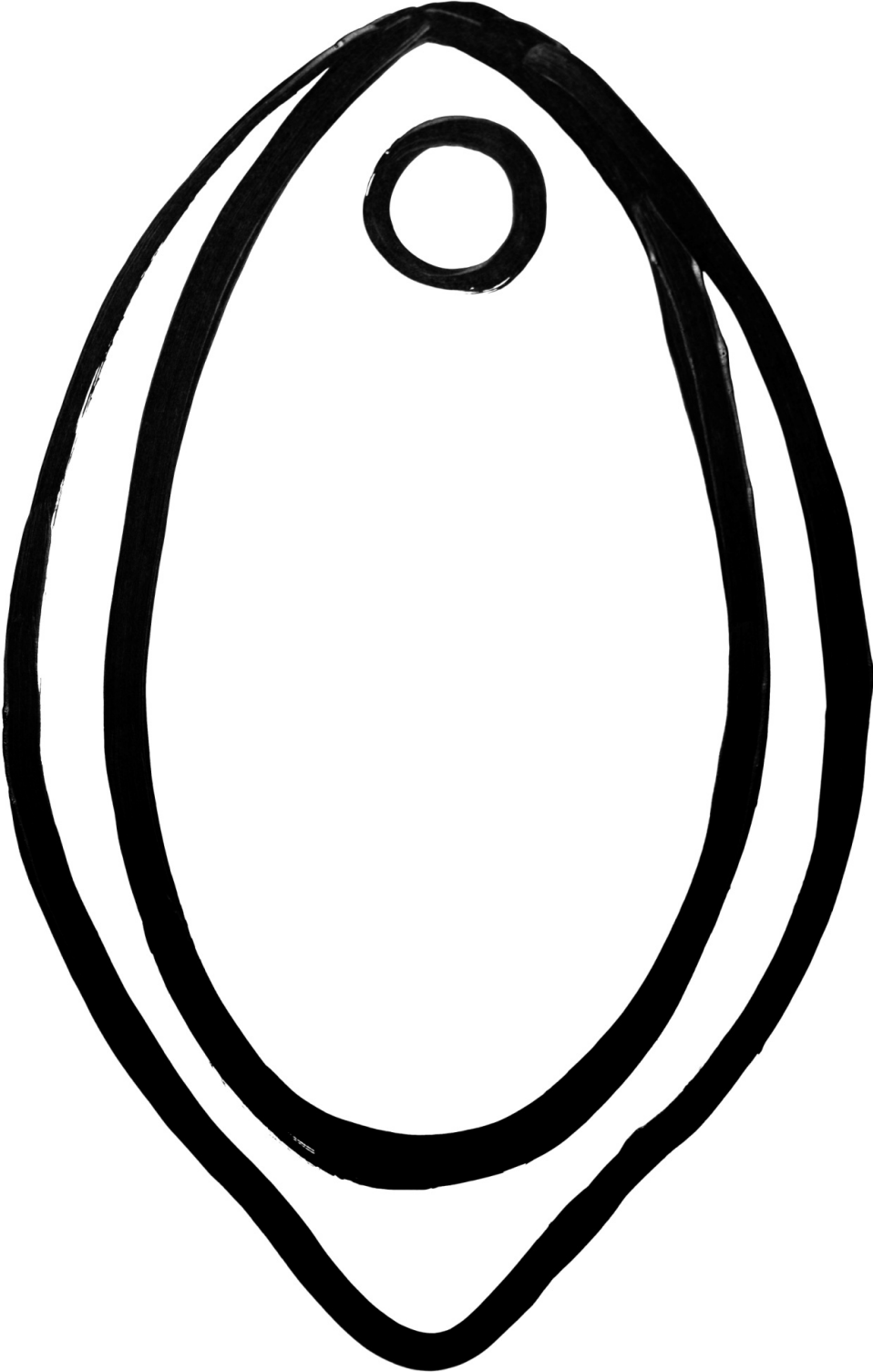
How did you connect with your yoni today?

How did you include your yoni in your decision making process today?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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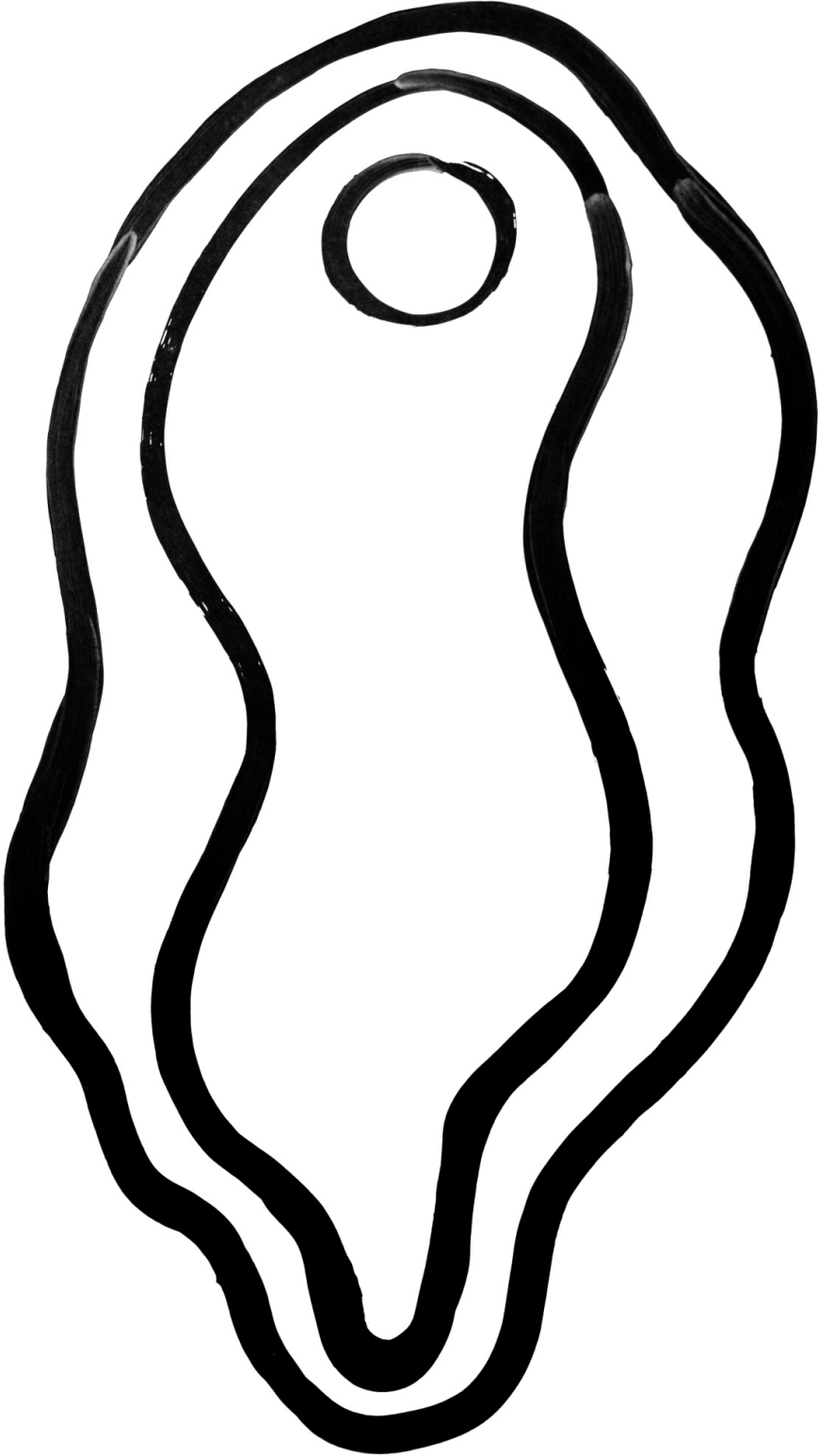
How did you connect with your yoni today?

What makes your yoni wet?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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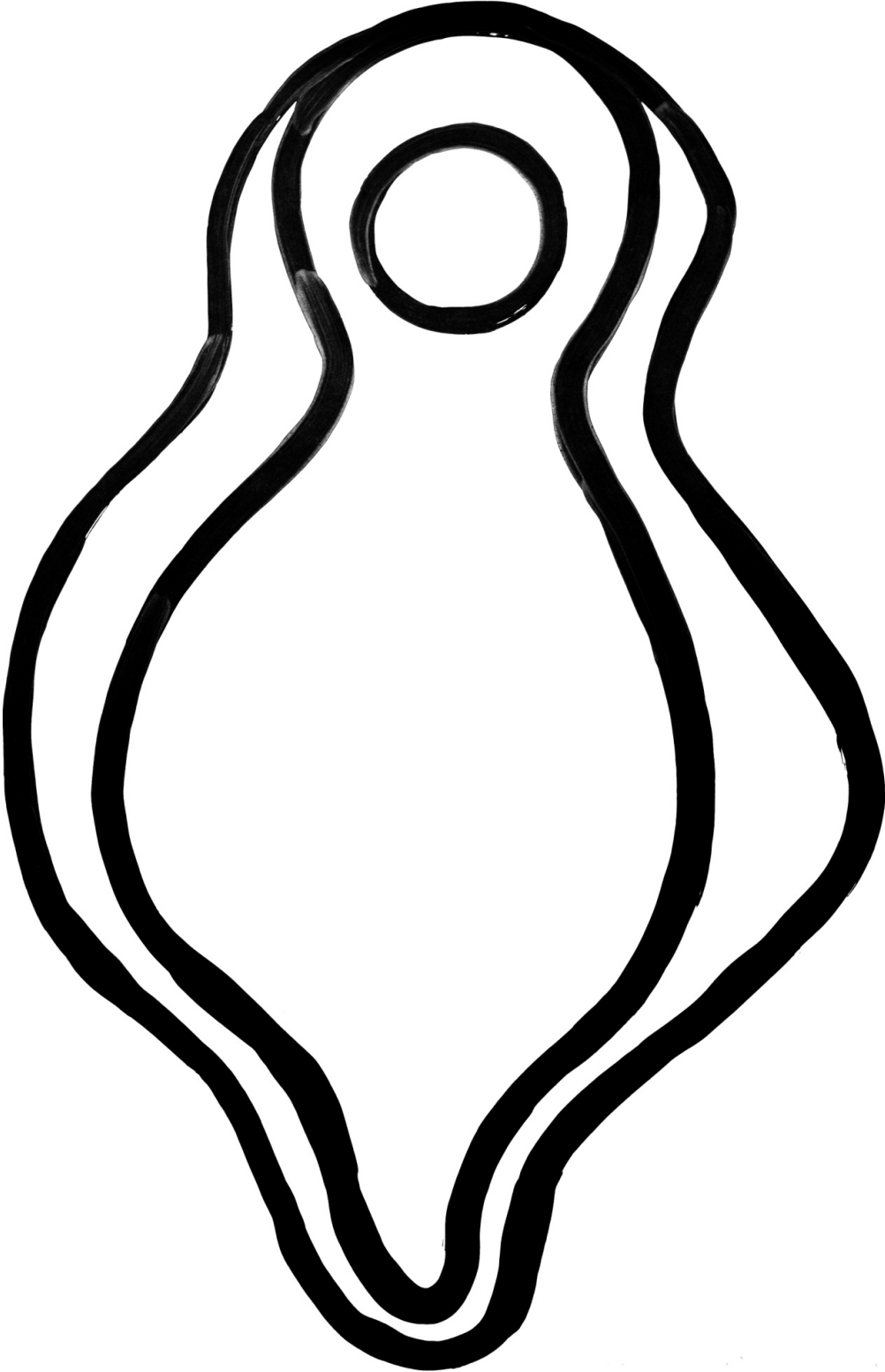
How did you connect with your yoni today?

What makes your yoni happy?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



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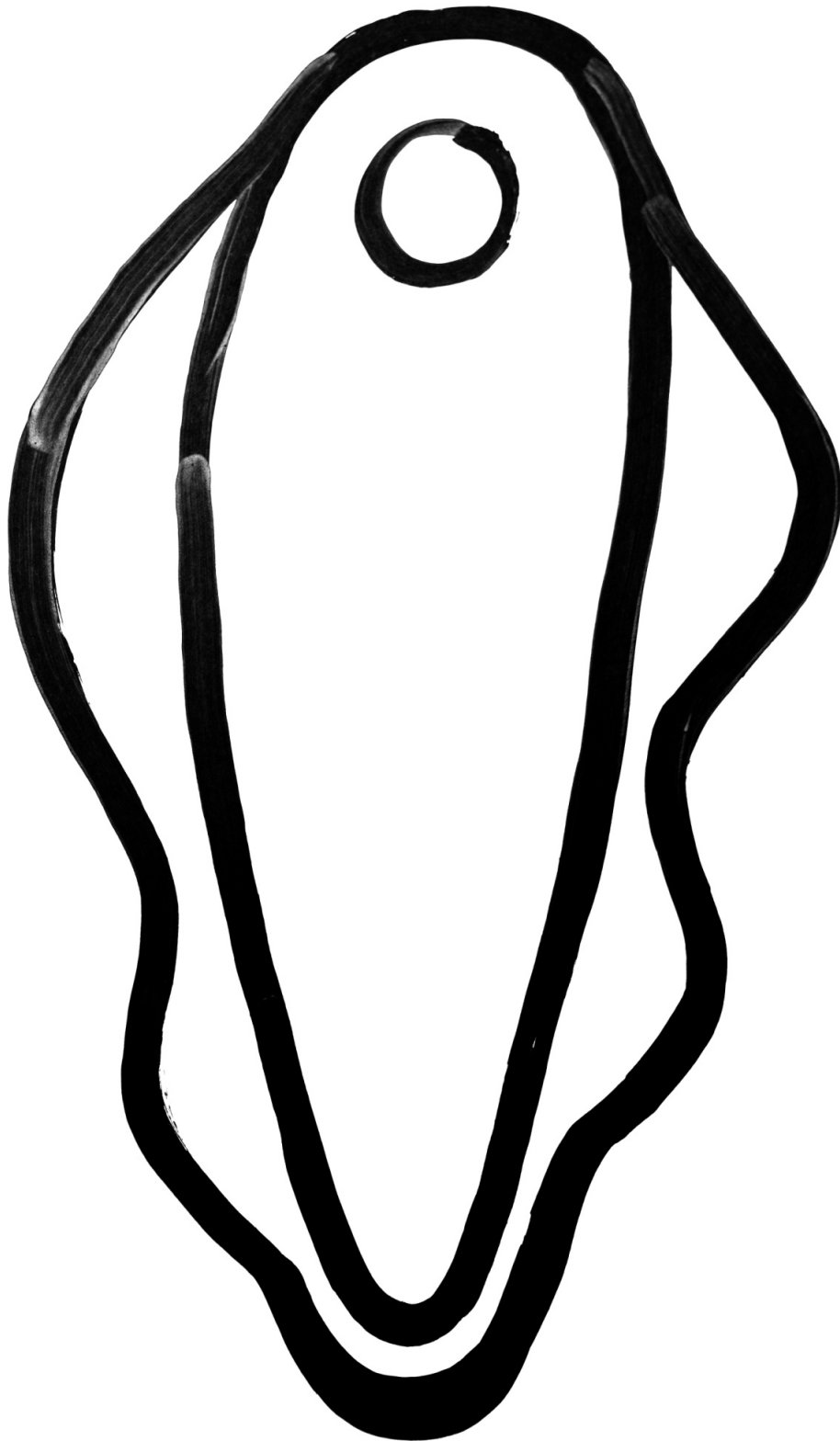
How did you connect with your yoni today?

How can you express your yoni brilliance in your career?

How did your magical request show up today?

What is a magical request you have for tomorrow?

Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.





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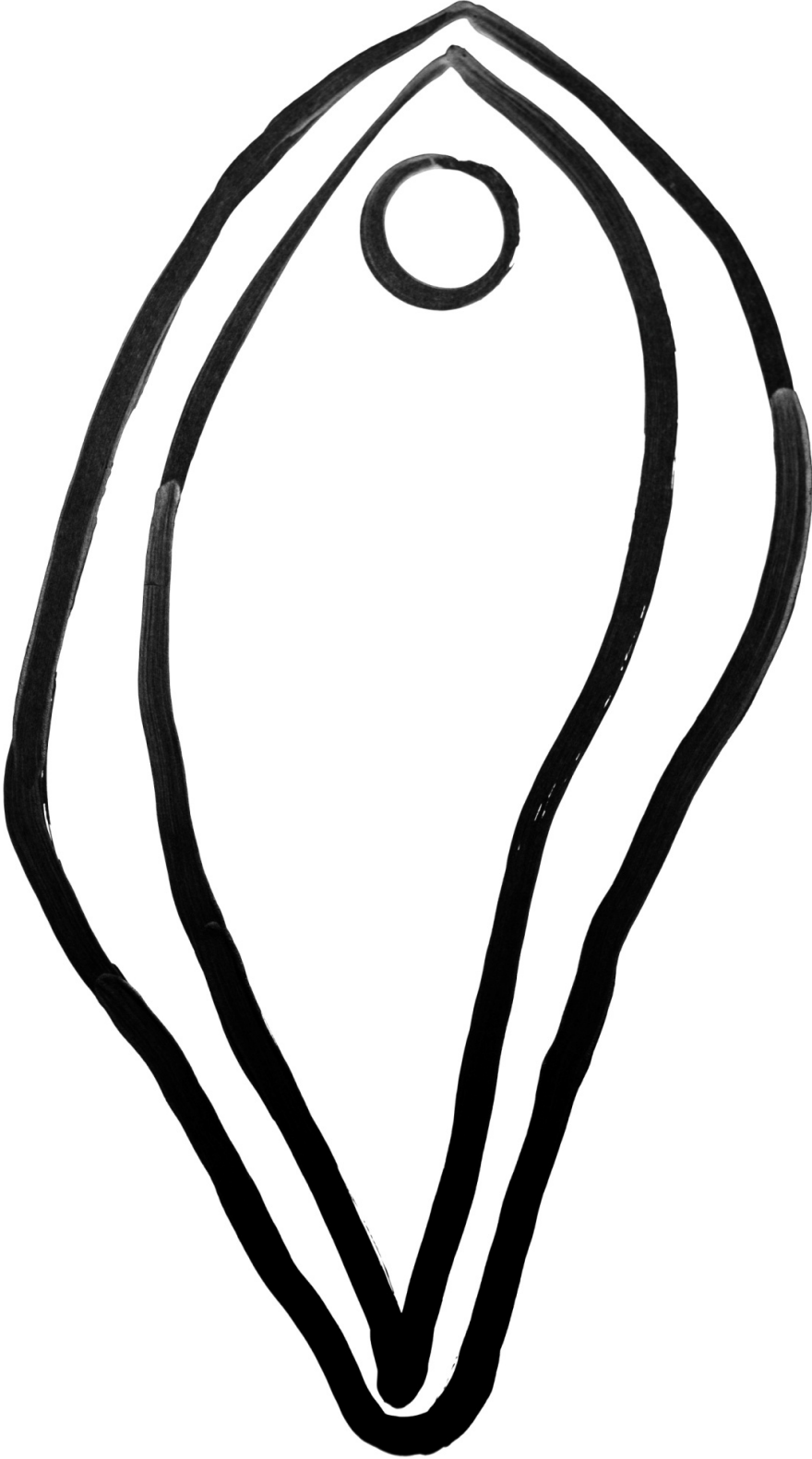
How did you connect with your yoni today?

How can you express your yoni power in the way you dress?

How did your magical request show up today?

What is a magical request you have for tomorrow?

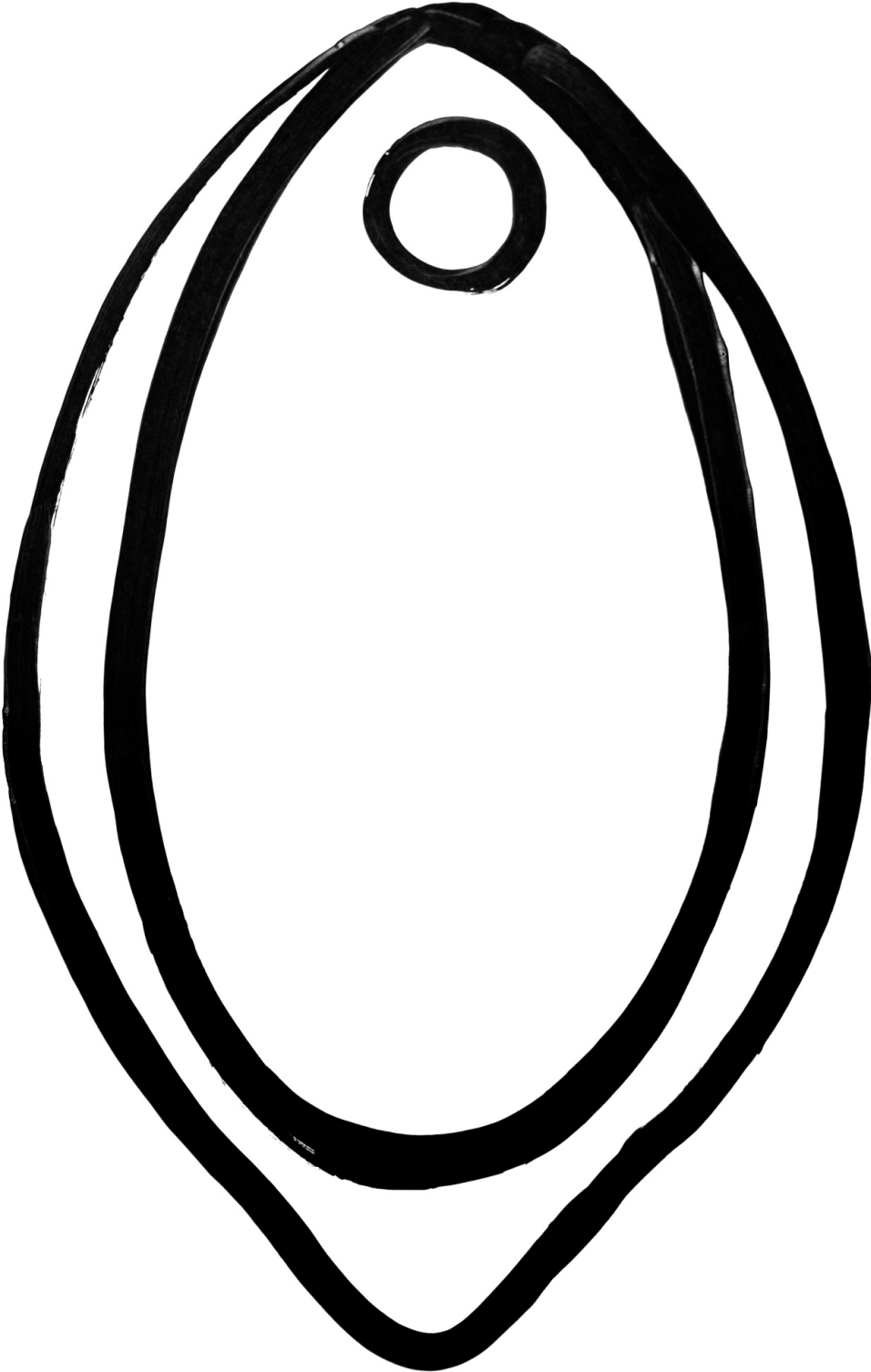
Fill in the yoni with your Yoni Highlight of the day. Then, place one hand on your physical yoni and one hand on your heart and honor this experience.



Take a moment to reflect on the full spiral of this Yoni Art Journey. What are your highlights? What did you learn? What shifted? What transformed? Where are you now?

What did you learn about yourself through this journey that can create a foundation for you for your next journey?

Fill in the Yoni with your greatest highlight from your Yoni Art Journey. Then, place one hand on your yoni and one hand on your heart and express your gratitude and blessings for this experience.



Where are you called to go from here? Listen to your Divine Feminine Energy and let her guide you to the next journey that is juiciest for you at this time.....