

**SPARSH: KUNDALINI CERVICAL AWAKENING ENERGIZED HEALING
TOOLS USER GUIDE MANUAL**



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INDEX

- 1. What is a Kundalini Cervical Awakening?**
- 2. What is a Yoni Egg? What are its benefits?**
- 3. How is a Yoni Egg energized?**
- 4. How is a Yoni Egg cleaned?**
- 5. How is a Yoni Egg charged?**
- 6. What are the warnings, precautions & contraindications of using a Yoni Egg?**
- 7. How to wear & release a Yoni Egg?**
- 8. How to start working with your Yoni Egg?**
- 9. What kind of crystal yoni eggs are available and what are their specific benefits?**
- 10. What are the other Kundalini Cervical Awakening tools available here?**
- 11. How to record your Awakening & Healing Journey with the Yoni Egg?**

WHAT IS A KUNDALINI CERVICAL AWAKENING?

” To awaken is to ponder...To awaken is to know!”

The gift of awakening to one’s pleasure and sensuality is to be reborn, freed from the conditioned mindsets of perfect archetypes and to allow self-love and self-acceptance at the highest level. Most women remain unaware, uninformed and unawakened to their cervical zone of potential and creativity. In the mundane monotony of the urban world, where women have clearly forgotten to connect deeply with their yoni, there is no reason to doubt the miseries and mutiny of the mind that most women face. Manifesting as many kinds of

emotional, psychological and even physical disturbances, the root of many of these anguishes lies in the disconnect between the Anahata and the swadishtana chakras.

Suffering from many kinds of yoni insults and scarring, most women are not even able to acknowledge it to themselves or even a close friend. Considered taboo and fear of being rejected, the scarring finds its way to make them feel powerless, meagre and disappointed. belittled and rendered vain, they suffer the pangs of self-rejection out of guilt and shame.

Pleasure is not only a sensation but also sentimental satiety that can progress on to become a fully blossomed independent human who dares to love and respect himself. individuals who are self-reliant and deeply know about their sensual pleasures are more often likely to succeed in becoming better and more wholesome partners to others. The pleasure with oneself is liberating, safe and self-reliant. Its acknowledgement and direct practice can be cultivated mindfully.

Kundalini Cervical Awakening is the awakening to the immense creative, healing and blessing potential of the yoni (womb) to itself. Welcome to this journey of self-love, self-healing and self-empowerment?

What is a Yoni Egg? What are its benefits?

“The word ‘yoni’ means sacred space and is the symbol of the Goddess or Shakti in Hinduism. The practice of strengthening the pelvic floor with jade or yoni eggs was started by the queens and concubines of Ancient China. These secret practices are now being rediscovered and taught to many women who want to create a more vibrant life.

Benefits of Yoni Eggs:

- Expanding mindfulness and enthusiasm for your yoni
- Arousing your inventive energy, enthusiasm and mood.
- Turning a lot more orgasmic
- Strengthening of the perineum and the entirety of the pelvic floor muscles
- Offering delight to your sweetheart and assisting him with discharge control
- Orchestrating your feelings and mending your relationship to closeness and sexuality
- Diminishing PMS, feminine spasms, and bosom distress
- Diminishing menopausal side effects by expanding vaginal lubrication and adjusting estrogen levels

- Defeating horrendous encounters (especially as identified with sexual maltreatment)
- Expanding blood flow to the yoni, along these lines observably expanding lubrication and affectability

How is a Yoni Egg energized?

Each of the eggs dispatched to you is energized by Dr Pallavi Kwatra (Certified Advanced Reiki Expert & Sri Vidya upasak) through a set of sacred practices and spiritual techniques before the consecrated egg that can best assist you in your personal and spiritual journey is ready for your use. Energy healing modalities like Reiki and the use of sacred chant of Lalitasahasranma is done for each egg. Personal requests can be mailed to her at hello@drpallavikwatra.com. The eggs are therefore like a personal talisman and lending or allowing another person to use your egg is highly unrecommended. Also; the eggs are not available for a replacement for the same reason.

How is a Yoni Egg cleaned?

Wash it with warm water and an unscented cleanser for touchy skin, flush it completely under running water and air-dry it. This will guarantee that there isn't anything rough in the cleanser that can harm the outside of the egg or the fiery shine of its gemstone.

Try not to utilize liquor on it, as certain ladies are sensitive to it, and DO NOT utilize vinegar, as it can corrupt your egg.

Then, at that point heat a pot of water to the point of boiling. Allow the bubbling to water cool to a temperature that permits you to place your finger into it without consuming yourself. Then, at that point place your egg in the pot and let it absorb the water for 12-15 minutes. Try not to pour bubbling water over your egg. it may make it break. Be certain your egg is cool before utilizing it for yoni egg practice. You would prefer not to burn/scald the delicate tissue of your yoni!

Wash your egg completely previously, then after each use.

How is a Yoni Egg charged?

It is likewise a smart thought to personally charge your yoni egg before utilizing it interestingly. One of the approaches to do this is by setting it in a bowl of plain water. You can likewise decide to smudge it with sage or palo santo.

You can set the bowl outside to absorb the sunlight or moonlight to bathe your egg of new clean energy. You can likewise make a little nest with seeds, blossoms and different precious stones and put it in a little altar before you use it.

When you start your training, you might decide to vigorously clean the egg by soaking it in water or washing it with water after each utilization. Make certain to do this in some measure once per week regardless, as the precious stone absorbs the physical and lively liquids of our bodies. If you have a drilled egg, the passage may get a portion of your yoni liquids, and you can wipe these out by blowing through the opening and afterwards flushing through the penetrated section with water. Your yoni egg shouldn't be cleaned with warmed water after each utilization, even though you need to wash it prior and then afterwards every use.

Kindly DO wash it with a cleanser and disinfect it with the warmed water strategy on the off chance that you drop it in the flush or start your periods while wearing it. Add a drop or two of tea tree oil to the drenching water to kill microbes. We suggest that you do this profound cleaning each month to reset the energy after each period.

What are the warnings, precautions & contraindications of using a Yoni Egg?

Do Not Use the Yoni Egg When:

- **You are pregnant.** You don't want to jostle the uterus during pregnancy or stir up energies or tissue release that could create contractions and compromise your pregnancy. If you have already developed a strong yoni egg practice and practised regularly for 6 months before conception, you may be an exception.
- **You have an IUD.** The movement of the egg can bump against the IUD and push it out of place. The yoni egg string can also become tangled with the IUD strings. This can reduce its effectiveness as a contraceptive device, as well as even create tears in the walls of your uterus.
- **You have a Bladder, Vaginal, or Rectal Prolapse.** While the yoni egg practices can prevent these conditions, we do not recommend that you use the egg if your organs are already prolapsed. Consult with a pelvic specialist or physical therapist for manual treatment and training of the specific muscles and ligaments that need to be addressed to heal these conditions.
- **You have an infection of your pelvic organs.**
- Though it is not explicitly dangerous to your health, we do not recommend that you use the yoni egg **during your menstrual time**. Better to give your uterus space to release the monthly blood without adding any extra stimulus.

It is recommended that you use the egg only after your medical expert approval if you are suffering from severe uncontrolled hypertension, epilepsy or any neurological or psychiatric conditions. All responsibility for the usage and its complications lie with the user alone.

How to wear & release a Yoni Egg?

Beginning the training: Start your relationship with your yoni egg in an agreeable, private setting where you can take as much time as necessary, unwind, and honour yourself. This is another approach to become acquainted with your yoni and you would prefer not to be hurried or interfered with. You might decide to be bare or wear a long skirt without clothing.

Grease/Lubricate: Utilize any oil of your decision. Plentiful oil mollifies the yoni tissues, energizes the blood stream, and like excitement liquid, smoothes the way for the egg to move into the yoni waterway. You can utilize natural additional virgin coconut oil, it is mitigating, and has anti-bacterial and antifungal properties.

Heating up: Very much like with any activity schedule, warm-up. The best situations for embeddings the egg are crouching, in "horse position", remaining with one leg raised on the bed or seat, or while resting with legs set open on cushions. Resting in bed is regularly the most comfortable for ladies. Start with a delicate bosom rub. You can utilize a silk scarf or a segment of texture. Bosom and areola rub is a lovely token of self-care that connects with the endocrine framework and invigorates the kidneys where sexual energy is put away. While you are doing it, tune into yourself and the sensations in your body. Move your consideration and supporting touch to your internal thighs, then, at that point, perineum and vulva.

You might decide to excite your vulva and clitoris by squeezing and holding the tissue to energize the blood stream, or to uplift sensation with greased up stroking. At the point when you feel prepared – loose and excited – warm your egg in the middle of your two hands or at the fissure of your bosoms. Spot the bigger edge of the egg to the tissue around your yoni opening, and start to make fluid, exotic circles in tandem with your relaxing.

Stay associated with your feeling of delight and move such that feels better, regardless of whether that is exciting or sustaining. Pay attention to your yoni ~ Does she invite the egg inside you? If not, continue to follow your pleasure until you feel an initial sensation. Feel for an attractive current coming from inside that mollifies the passage to your yoni and forces of pull around the egg. Unwind here and notice how the egg feels in the mouth of your yoni. You might move your hips or delicately beat the egg with pressure here at the passage. Connecting with your breath, permit the mouth of your yoni to draw the egg inside you. Try not to push or power it. Simply give it a delicate poke, following the point and course of the current. It might take a couple of seasons of working this far in the training just to track down this casual, listening association. Try not to push the egg as far as possible up the cervix. Permit your yoni's

knowledge to attract your egg to where she needs the contact. You might have the option to feel your egg within you, and whichever way is alright.

Wearing the Egg: The primary practice with your egg is to just wear it inside your yoni for a while. We recommend that you start with wearing it around evening time while you rest; one night on, one night off ~ for the main week. Your yoni will play with the egg while you rest, and the gem can accomplish its recuperating work. Kindly remember that there is a solid neurological and vigorous association, and amazing data trade between your mind and your yoni. Laying down with the yoni egg can bring feelings put away in the tissue to the surface and cause lucid dreams and emotional episodes. This is an extraordinary method to work with subliminal, we simply suggest beginning a yoni egg practise toward the end of the week to permit yourself to be with feelings.

During the subsequent week, wear it around 2 hours per day (or at whatever point you can) 3 times each week as you are moving around the house and make certain to have reasonable clothing on. You may not feel the egg from the beginning, however, the muscles of your yoni are becoming acquainted with holding the egg while you are both moving and at rest. The muscles are moving around inside you and rubbing themselves with the egg. They will get worn out, so develop gradually and utilize your instinct. Your body is additionally getting the healing properties of the gemstone you picked, and you might wish to incorporate these progressions gradually. It is for the most part fine to wear your egg as long as 12 hours all at once.

If you find that you experience difficulty holding the egg in as you stroll around, then, at that point simply start with sitting while it is inside you a couple of times each week for 10 or 15 minutes (or however much time you have). Zero in on pressing the egg and check whether you can feel it. On the off chance that you don't feel any actual development, you can zero in on the pelvic region and envision pressing it. This will begin connecting with the piece of your brain liable for controlling these muscles. Show restraint toward yourself. You may simply be adjusting to these muscles without precedent for your life, and it may take some time and practice. It might likewise be that your pelvic floor is uncovering shortcoming or snugness on physical, vigorous, and enthusiastic levels. The yoni egg practices can help you!

Squeezing:

You may feel squeezing in a couple of days after you start your training. This is typical, as muscles get sore after an exercise, and it is a pointer that the egg is doing something amazing. On the off chance that you feel an upsetting sensation or squeezing during the activity, pause and rest. Return to the activity after you rest or at some other point. Try not to surge and feel like you need to do everything simultaneously. Try not to push or strain your muscles, as this can make harm the tissue and intrude on the sensitive neural pathways of the pelvis. If you feel sharp agony during or after an activity, stop promptly and look for help from a pelvic subject matter expert or actual specialist. This may be a marker of a genuine undiscovered condition or

a strain or tear in the pelvic floor muscles which should be treated as quickly as time permits to stay away from additional trade-offs.

Demeanour: This training isn't objective arranged. It is a cycle, and one of the fundamental intentions is to foster better attention to your yoni and develop self-esteem in your body. Practice with goal and delight, instead of going through mechanical movements. Go gradually and relish your training. Set aside a few minutes for it in your timetable. Likewise, with any daily schedule, ordinary practice is superior to inconsistent practice. Irregular practice is superior to no training by any stretch of the imagination.

Delivering the Egg: The yoni egg might come out itself during or after your training, or when you get up in the first part of the day in the wake of wearing it to bed. At whatever point it comes out, simply realize that your yoni was prepared to deliver it and rest. Assuming you need to deliver it intentionally, you can crouch sit on the edge of a seat with your hand prepared to get the egg, and delicately push ahead with your pelvic muscles as though you were delivering/defecating. (Note that the egg may come out coincidentally when you do mitigate your bladder or your insides, so be ready to get it!) If you are wearing a drilled egg with a string, you can tenderly pull on the string while at the same time doing this pushing. Try not to push powerfully, however leisurely and in the mood with your breath.

How to start working with your Yoni Egg?

The yoni egg can be used in these three ways:

Exercising with the yoni egg

The pelvic floor muscles, dissimilar to different muscles in the body can recover and fix themselves in a brief timeframe. You can accomplish any degree of control at whatever stage in life, restricted simply by your craving and commitment. On the off chance that one reason for acquiring the egg was to fabricate more grounded yoni muscles and to oversee them, the activities beneath will help you in accomplishing your objectives.

A considerable lot of us can't feel our pelvic floor muscles by any stretch of the imagination. Some of us experience pressure and snugness there, and a few of us have such flabby muscles that over-adaptability is a danger for harm. With the activities underneath, you can start to feel, tone, reinforce, furthermore, articulate your pelvic muscles. These are just a start, furthermore, ought to be drawn closer leisurely and with care. Further developed activities can and ought to be polished under the direction of a pelvic subject matter expert or yoni egg teacher. Numerous ladies as of now experience over the top snugness of the pelvic floor which should be addressed preceding participating in the activities beneath.

It is VERY IMPORTANT that in each activity, you balance the stretching of muscles with the unwinding of muscles. You may discover one development simpler and one more troublesome, thus it is fundamental that you teach yourself to do both with equivalent time and core interest. Over-crushing the pelvic muscles with an end goal to be "solid" or "tight" can be exceptionally harmful to the pelvis. Genuine expertise is found in finding both the yang and yin articulations of yoni and pelvic floor muscles.

Basic kegel practices are the establishment of yoni egg practice. Doing kegel practices is as of now incredible. Doing them with a yoni egg is comparable to doing twists with a free weight instead of simply flexing the bicep muscles. To play out these activities accurately it is important to initially find your PC muscle (pubococcygeus muscle). To do it, tense or crush the muscles of the private parts as though attempting to stop a pee stream. Interestingly you can have a go at doing it while peeing. If you practice yoga and have done Mula bandha before you know the most effective method to draw in your PC muscle. To ensure you've found the right muscles you can embed a couple of clean fingers inside your vagina while crushing and lifting the perineum. You may feel your finger being marginally crushed. Significant – in case you are playing out this effectively, no muscle development ought to be seen from outside the body. Ensure you don't feel that your stomach is being locked in. This is the magnificence of the yoni egg works out – you can do it anyplace whenever you need, no one around you will at any point know. Start your activity routine gradually and simply relax into the training.

Meditation:

Use the yoni crystal to meditate just as you would with any other crystal. Hold it in your hands, inside your vagina, or place it on your altar. Begin to relax, clear your mind and connect with your higher self. Let the powerful energies flow through your yoni egg and yourself.

Sacred Yoni breathing:

The practise of connecting with your yoni and sexual energy. Insert your yoni egg into your vagina or hold your yoni egg on your womb, begin to inhale and exhale with your mind and body focused on your yoni. At the same time, you inhale squeeze your vaginal muscles, on the exhale release your vaginal muscles. Be sure to be in sync with your squeezes and breathes. Use this time to focus on you, your body, sexual energy and bringing out your feminine side.

What kind of crystal yoni eggs are available and what are their specific benefits?

The following yoni eggs are available on our website and each healing crystal has specific properties to assist your journey of cervical awakening.

1. **Rose Quartz:** Rose quartz yoni eggs are all about love, love for your body, love for your partner, and love for your spirit and life. Rose quartz emits the beautiful healing energy of calm. This lovely pink stone is all about opening the heart chakra, which so many of us have closed. A rose quartz yoni egg may help you feel more connected to your divine self than ever before.

Rose Quartz is a mothering crystal, inspiring nurturing of the self if one has lost their mother. It promotes bonding and is a good stone to place on the stomach during pregnancy and to take to the hospital to be near the baby during birth. It is also soothing in the days to follow. Rose Quartz is a calming and reassuring crystal, excellent for use in trauma or crisis, including the emotional upheaval of mid-life crisis. It strengthens empathy, sensitivity, and aids in the acceptance of the necessary change. It is also an excellent stone for comforting grief.

2. **Black Obsidian:** **Obsidian** crystal properties are also known for their stabilizing and grounding effects, making it an excellent crystal for reigning in scattered energies. Whenever you feel spread too thin, hold a stone in each hand and feel it restoring harmony to your root chakra, the energy centre that anchors you securely to the earth. This protective shield enables one to go back into past lives for healing and to work on ancestral and family lines. It is an excellent talisman for self-control, reversing the previous misuse of power, and addressing power issues on all levels. Psychic protection of the yoni against bad intentions can be prevented by the use of black obsidian eggs
3. **Green Jade:** Green Jade is the stone of calm amid the storm. Its action balances nerves and soothes cardiac rhythm. It is excellent for healing feelings of guilt, and extreme cases of defeatism. It also treats "pathological normality," an excessive desire to adapt oneself to a group. Jade is a powerful cleansing stone, enhancing the body's filtration and elimination organs. It is excellent for treating the kidneys, spleen and supra-adrenal glands, removing toxins and balancing the fluids and water-salt/acid-alkaline ratios in the body. Jade has a restorative property, allowing for both the cellular and skeletal systems to re-bind themselves, and assists in the removal of pain associated with the body's healing of itself. Jade also helps stitches to bind and heal properly and has been used to diminish cramps. Jade relinquishes self-imposed limitations and assists in cherishing one's ideals and desires, facilitating the ambition and building of those thoughts into physical reality. Jade provides confidence and self-assuredness, self-reliance and self-sufficiency.

4. Moss Agate: Increases Libido & Reawakens Sensuality
 - Relieves Menstrual Pain & PMS, Strengthens Pelvic Floor Muscles
 - Prevents or Resolves Uterine Prolapse & Incontinence
 - Increases Sensitivity
 - Boosts Fertility
 - Increases Natural Lubrication pre/post Menopause - Tightens Vaginal Walls, Makes Childbirth Easy (less tissue damage)
 - Improves Circulation & Blood Flow
 - Enhances Intimacy - Natural Tool for Kegel Exercises, Boosts Vaginal Orgasms
 - Promotes Postpartum Healing
 - Boosts Immune System
 - Treats Fever and Infections
 - Treats Depression

What are the other Kundalini Cervical Awakening tools available here?

Other than Yoni Eggs, we have Kundalini Cervical awakening wands made out of rose quartz, sunstone, labradorite, sunstone, unakite and malachite.

METHOD OF USE: Crystal wands are also pleasure and consciousness enhancing tools that will help you navigate into the deepest layers of your sexuality and pleasure. There is no one way to use them and, with your imagination and zeal, you may find innovative useful ways.

Ease yourself into a comforting ambience of privacy and lie down holding your wand in your palms and setting a healing intention for yourself. You may even place it over your warm abdomen to make it comfortable and even temperature for you to use internally or over your yoni. Lubricating well with coconut oil, make circular motions with it over your clitoris and allow the pleasure to engulf you. The wand may then be inserted slowly into your vagina at your own pace using the narrow end to enter first. The yoni may bring forth many kinds of pent up emotions and to allow is the key to succeeding at your wand practice. Take your time, moan and move your body as guided. The wand may also be used by your partner to stimulate or arouse you as a foreplay act.

Rose Quartz opens the heart to unconditional love and healing. Rose quartz yoni eggs are all about love, love for your body, love for your partner, and love for your spirit and life. Rose quartz emits the beautiful healing energy of calm. This lovely pink stone is all about opening the heart chakra, which so many of us have closed. A rose quartz yoni egg may help you feel more connected to your divine self than ever before.

Rose Quartz is a mothering crystal, inspiring nurturing of the self if one has lost their mother. It promotes bonding and is a good stone to place on the stomach during pregnancy and to take to the hospital to be near the baby during birth. It is also soothing in the days to follow. Rose Quartz is a calming and reassuring crystal, excellent for use in trauma or crisis, including the emotional upheaval of mid-life crisis. It strengthens empathy, sensitivity, and aids in the acceptance of the necessary change. It is also an excellent stone for comforting grief.

Sunstone: The “Goodluck stone”, brings the happy cheer of the sunshine of joy in our lives. Activates the lower chakras blossoming sensual and sexuality inner connections. Very much like remaining in the daylight brings a feeling of life and recuperation, the Sunstone as well, realizes how to quickly get you and put you on the way to strength and self-strengthening. For the individuals who battle with occasional low feeling problems, Sunstone can be only the additional portion of Vitamin D you need to pursue away those more obscure days. For the individuals who experience the ill effects of issues like persistent sore throats, stomach pressure, ulcers, or any issues that interface with the stomach related framework and digestion. Since old occasions, this brilliant light stone has been utilized to assist the body with recuperating, regardless of whether from stiffness and joint agony or even from spasms and fevers, the sparkle of Sunstone needs you fit as a fiddle.

Labradorite: Labradorite is accepted to have tumbled from the Aurora Borealis fire and is the stone of shamans, energy healers and lightworkers. It seals energy spills and prevents energy psychic attacks. It improves the psychological and natural capacities of special insight, clairvoyance, prescience, and incident control, and aids correspondence with higher aides and spirits in getting to Akashic records, clairvoyant readings, and past life review. It gives simplicity in moving between the universes and grants a safe and grounded return to the present. Labradorite is helpful to the lungs and may help with respiratory issues, bronchitis, and colds. It aids processing, guideline, and digestion.

It has been utilized in treatment for eyes and cerebrum issues, to animate mental sharpness, and to lessen pressure and uneasiness. It might likewise be mitigating during the menstrual cycle, for PMS indications, and relief from discomfort.

Labradorite brings down circulatory strain, decreases vulnerability to cold, and mitigates stiffness and gout. It adjusts and opens the throat chakra and further develops sexuality.

Unakite: Unakite unites the plentiful, sustaining energy of green with the delicate, caring enthusiasm of pink in one of Nature's most recuperating precious stones of the heart and brain. Its pink and efficient power sources energies balance parts of the heart, lifting spirits when one is down, and assists with manifesting subconscious feelings sluggishly and delicately. It advances tolerance and determination, and step by step kills negative quirks and the musings and examples that sustain them.

It is accepted to be useful for breathing anomalies and hyperventilation and helps facilitate labour progress. Balancing perfectly the childish innocence and the maturity of wisdom, makes you evolve into the balanced human you seek to become. According to certain professionals, Unakite is the fundamental ally for would-be moms. It's often used to enhance fertility and grants protection over mothers during pregnancy.

Indeed, even ladies who aren't wanting to get pregnant may encounter some sure advantages. Some say the stone facilitates the ease of navigating through painful periods and diminishes PMS symptoms.

Malachite: Malachite exemplifies the profound recuperating green of nature and addresses the inborn magnificence of blossoms, trees, roots, and plants. Malachite is an assurance stone, deflecting negative energies and contaminations from the air and the body. It prepares for prevention against radiation, all things considered, and helps to clear electromagnetic contamination, and recuperates earth energies. As a stone of movement, Malachite secures and defeats fears of flying if you enable the gem before an outing by holding it and imagining yourself in the wings of the Archangel, Raphael. It assists with jet lag, supports smooth business travel, and ensures in movement on blocked highways

Malachite is a viable solution for female issues; particularly managing the period and cramps, and facilitating healing womb work. It has been known as the Midwife Stone. It resounds with the female sexual organs and treats sexual inconvenience, particularly when brought about by horrendous past experiences.

As a stone of change, Malachite supports the change and enthusiastic danger taking. It shows what is hindering your profound development, draws out profound sentiments and psychosomatic causes, then, at that point permits you to break undesirable ties and outworn designs. It energizes the declaration of sentiments, reducing timidity, and showing the obligation regarding one's musings and activities. It upholds fellowship and compassion for others.

We also have combo sets of yoni eggs and wands available with us.

[How to record your Awakening & Healing Journey with the Yoni Egg?](#)

It would be beautiful to record your Kundalini cervical awakening journey systematically in a diary or online notepad where you may refer it to inspire you for higher goals and also remind you of the long transformative road you may have walked so far.

You are also welcome to share your healing journeys with us by writing to us at hello@drpallavikwatra.com. We promise to keep the testimonials discreet and only use them for inspiring our own deeper work inspirations.