

Pussy Clearing and Sealing Exercise



A POWERFUL AND FAST WAY TO CLEAR THE SHIT
BLOCKING YOUR PRIMAL PUSSY CONNECTION AND
ENERGY FLOW

This simple, yet powerful, exercise can be used when you're feeling off balance, stressed out, depleted OR stagnant, frustrated, and locked up.

Step 1: Breast Awakening and Heartfire Breathing

We'll begin by waking up your Heart Zone and bringing that juicy Self-Love magic awake and into circulation.

Take a few really good deep breaths that totally fill your core to the count of 3-4 seconds in and 3-4 seconds out. Place your hands on your breasts and start gently moving them in circles, jiggling them, squeezing them, bouncing them gently, whatever feels good!

As you massage and wake your breasts, continue your breathing and add a long "Haaaaaaaaa" to your exhale, beginning to let your Heart Zone move and flow.

Imagine your breasts becoming filled and illuminated with your warm Heartfire and letting it fill your body deeper and deeper as you inhale clean air in and "Haaaaaaaaa" Heartfire out.

***If this can be done without a bra, even better! Then you can fully circulate not only your energy, but also your lymph fluid and blood, helping with detox, healing, firming, and toning.*

When your breasts feel full, happy, and tingling, put your hands in front of your mouth and when you breathe out fill your hands with your warmth and energy. Smile when you're doing it, really feel your Heartfire Magic.

Cup that energy in your hands and put it right to your Pussy. Feel the warmth and tingling transfer from your hands to your Pussy and keep breathing and filling your hands.

Wipe all around your pussy, your ass, your whole pelvic area like you're getting cobwebs off and drop it into the toilet or flick it into the earth.

Refill with your Heartfire breath, and keep on wiping and flicking those cobwebs of stale, stagnant energy and potential leaching lines from others...

***Leaching lines are energetic cords others may consciously or unconsciously attach to you to feed off your energy and vibrancy. This exercise will detach those. For an added bonus, you can imagine sending any detached cords back to their owners for their highest good.*

Do that until you start feeling warmth coming into your hips. And then you can literally cup yourself and do more of the Heartfire breathing to build your Pussy heat and energy.

Continue with the next step when this current one feels complete to you.

Step 2a: Building Energy and Firming Energy Seals for Depleted and Distended Abdominal/Vaginal Sensation:

Then when that feels right, I want you to do some really quick sucking up breath cycles. Really fast, really powerful, like you're literally slurping everything up through your vagina and tightening your pussy muscles while sucking in, like your joining your cervix to your lungs.

You'll use 3 sucks to take a full breath, then relax your body while keeping a light hold in your pussy and exhale. It'll look like this:

Inhale: Suck/clench, Suck/clench, Suck/clench.

Exhale: Hold your pussy/anus with about 10% muscle engagement, relax everything else and exhale with a "Haaaaaaaaaaaa" sound.

Repeat at least 3 times, or as many as feels complete to you.

Step 2b: Alternative Exercise for Restricted/Blocked/Locked up Pussy and Stagnant Energy:

Start with the Heart/Breast connection and use the following techniques below after.

It can be helpful to rest one hand on your chest and one on your abdomen, you should feel your abdomen popping your hand with each quick blow/exhale out, the reverse of the exercise above.

Instead of sucking up and lifting your pelvic floor, you'll inhale and blow out forcefully with 3 quick, powerful breaths, compressing internally with your lower abdominal muscles and letting your chest remain still.

You'll begin with a deep, full bodied inhale, letting your spine lift and elongate as you fill yourself completely, feeling your palm rise with your breath.

As you exhale, let your abdominal/pelvic muscles and clench down firmer with each blow out, like you're squeezing out all the shit that's stuck and weighing you down. It'll look like this:

Inhale: Lift and fill your whole torso with a single, full breath.

Exhale: Blow/compress, blow/compress, blow/compress.

If you want to add a sharp “Haa!” with each blow, do so! It really amps up the clearing.

Step 3: Sealing in and Shielding Your Pussy Power

Then imagine sealing that in, magnetizing all of the energy circulating up underneath your belly button, and keeping it there.

As you continue inhaling, magnetize energy, warmth, magic into your core.

As you exhale, coil and compress it all into your lower abdomen, ovaries, uterus, and kidneys. These are all powerful sex energy organs and were made to hold and circulate this powerful magic.

When you've magnetized and compresses to your feeling of fullness and fulfillment, massage your breasts again for a few seconds to bring your Heartfire into balance and then carry on about your day feeling filled and centered with Pussy Power!

This can be done in only a few minutes once you get the hang of it, but the effects last all day!

Have questions or comments? Visit me [here](#) to get in touch! I LOVE hearing from my community!

With lots of juicy love, Your Primal Pleasure Coach, Tabitha Jester



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