



## DE - ARMOURING GUIDE

De armouring is a slow, mindful and conscious self healing practice where you work with your body to awaken sensitivity inside your vagina and release stored emotions and blockages of stagnant energy. This practice can help you awaken your sensuality and connect to yourself, your truth, your body, your sex centre and your sexuality again so you can experience more pleasure, deeper intimacy, fulfilling sex and most of all claim back your power.

**By Alexandra Skoeld Soulintimacy**

[www.soulintimacy.com.au](http://www.soulintimacy.com.au) / IG Soulintimacy



## YOU AND YOUR BODY IS MAGICAL

Your body is magical and your pussy is maybe the most magical part of your body. She is the portal to your pleasure, your power, your life force energy which is also your creative energy and when she is awakened she also works like your internal gps. She is also very smart and has done anything she could to protect you from pain throughout your life. Every time she was penetrated before she was ready (fingers, menstrual cup, pap smear, sex toys, tampons, sexual abuse, during self pleasure and even with your partner when you thought you were ready but felt that you could have done with some more foreplay) she would numb her self out and dissociate so you couldn't feel the pain.

She has tried her hardest to protect you in the past and due to this so many of us women experience numbness inside our vagina today. We should celebrate her power and protection rather than be upset about the numbness. If you can meet yourself with love and compassion and give your pussy/yoni the love and attention she deserve, you can bring sensitivity back and connect to your pussy, connect to your heart, connect your pussy to your heart and come back home to yourself again.



## WHAT'S THE DIFFERENCE BETWEEN SELF PLEASURE AND DE-ARMOURING?

The difference between self pleasure and De-armouring is that during self pleasure/masturbation we follow pleasure in our body and often touch ourselves in the way that feels best in the moment. Often during self pleasure we are chasing pleasure or trying to touch ourselves in the way that will make us orgasm as quick as possible. During de-armouring we allow pleasure but we are not chasing or following it. It's a self healing experience and we stay with the practice until we feel done. (I have had some of my most magical orgasms and releases during de-armouring so don't stop reading here)

## WHY DE-ARMOURING?

Some benefits from a regular practice can be:

- Release of tension inside your pussy/yni.
- Connect to yourself and your pussy/yni/sexuality.
- Increased blood flow and break down of toxins.
- Feel like home in your own body again.
- Release stored emotions, stagnant energy and past experiences and trauma.
- Get to know your own body/sex centre.
- Create a sense of safety to receive pleasure and feel.
- Activation of your orgasmic energy, life force energy and creative energy. (Also your sexual energy)
- Take back your power over your body, pussy, voice, pleasure, orgasms and gain confidence.
- Release negative beliefs, messages and attitudes that you are holding onto about what it means to be sexual and sensual as a woman.
- Bring more sensitivity back inside your yoni/pussy.
- Awaken numb areas and bring your nerve endings back to the surface that was withdrawn during trauma.
- Release blockages that will help you speak your truth and express yourself fully.
- Awaken your sensuality and magnetism.
- Cultivate more pleasure in your whole body and more intense, fulfilling orgasms.
- Deeper intimacy and deeper connection with your partner and more pleasure during sex because you might feel more inside you vagina during penetration.
- Connect your heart to your pussy.
- Connect to your body and reprogram your body that it is safe to feel pleasure and that all the pleasure is YOURS, it's your PUSSY and you are worthy of pleasure and orgasms.



## AN ARMOUR IS THE EMOTIONAL MEMORY OF A PREVIOUS EXPERIENCE THAT IS STORED IN THE TISSUE INSIDE YOUR VAGINA AND CERVIX.

As mentioned all those times we were penetrated before we were ready plus all the experiences and emotions that were too much for us to feel and deal with in the moment can get stored and held in the tissue inside our vagina and cervix. We can also store shame, negative messages and beliefs that we have picked up along the way from our upbringing, school, parents, past lovers, relationships and society. Those experiences and stored emotions that we didn't allow ourself to feel and express can be stopping us from feeling all the pleasure that is available to us.

Remember a time when you wanted to cry, scream or express yourself but you couldn't? Those moments and emotions can be stored inside your vagina and keep you disconnected from your sex centre and stop you from connecting to your truth, your voice, your power and purpose.

**Your cervix is connected to your heart and throat.**

Every single one of us stores trauma and suppressed emotions inside our bodies and especially in our pussy so if you are feeling numb or disconnected, trust me, you are not alone. There is no need to feel shame about having a “numb pussy” and with a de-armouring practice you can release those pressure spots, stored emotions, awaken your pussy/yoni again and experience mental, emotional and physical healing.

## WHAT YOU NEED:

Your own fingers or a glass/crystal pleasure wand plus a body friendly oil, lube or coconut oil.

I recommend that you start with your own fingers the first time to get familiar with your own pussy/yoni and connect to your vagina with direct contact. After that I personally prefer to use a glass or crystal wand because it's easier to reach, they are firmer so it's easier to access specific areas/pressure points with tension and release it.

If you haven't got your own glass/crystal wand yet, I highly recommend [The Soulintimacy Sensual Awakening Wand](#). You can find the pleasure wand [here](#).

Or type in this address  
<https://soulintimacy.com.au/product/the-sensual-awakening-wand/>





## TIME + - 45 MINUTES

Set aside 45 minutes. I know this sounds like a long time but honestly you deserve at least 45 minutes of self love once a month for a healing purpose. Sometimes you might just want to spend 10 minutes and that's enough and other times you might want to spend 90 minutes because things are coming up or your body is telling you to keep going. Your body will tell you/show you so slow down, feel more and listen to your body. You can de-armour yourself a few times / week or a few times / year. You do what's right for you and your body. I feel that the more regularly I do it, the more profound experiences I have. The more regular my practice is the more I feel connected to my body and sexuality plus I tend to enjoy sex more and have more pleasurable orgasms.

## SET THE SPACE

Create a beautiful space for yourself. You deserve that. Think about it like you are going to get a massage. You want to feel safe, relaxed, warm and soft. Maybe lit a candle, clean your bedroom, burn some incense, lock the door or tell the people you live with that you are going to do XYZ (practice, healing session, meditation, listen to a workshop..) and don't want to be disturbed.

You want to feel really safe so feel into your body what you need to feel safe. When are you feeling most relaxed? Maybe you want to meditate before, have a cup of tea or put on a song and dance for a few minutes. I highly recommend to dance/move or do some kind of breathe work before to clear energy, allow yourself to get out of your head and be in your body already before you start your practice. Dancing, shaking, moving, emotional release or crying before has often led me to the most powerful de-armouring experiences for me.





# INTENTION

I invite you to set an intention. You know I always talk about the power of intentions and your magical body loves working with an intention. Some things won't come to us straight away but when we are really clear on what we want we will receive it when the timing is right or we will receive what we need before we are ready to receive what we want.

Intention could be:

- Trying to be as present as possible.
- Exploring my body/pussy with curiosity.
- Connect to my body, heart and pussy/yoni.
- Allowing myself to find spots with tension/pain and release it.
- Allowing myself to find numb areas and with de-armouring bring sensitivity back.
- Just be with whatever is here without judgment.
- Get to know my own pussy and connect to her.
- Catch myself when my mind wanders and bring myself back into my body.
- Use more sounds.
- Trying to not chase orgasm, pleasure or "big" experiences.
- Staying with the practice even when I feel bored.
- Release the energy from a past lover.
- Bring love from my heart down to my yoni.
- Have fun

# THE GIFT OF YOUR OWN LOVING PRESENCE YOU ARE WORTHY

Gift yourself a moment of loving presence. Turn off your phone and let go of everything else for this experience. 45 minutes is just one episode on Netflix or a quick non mindful scrolling on instagram that you are now swapping for self-love and healing. You do have 45 minutes for that right? (How often do you gift and give others 45 minutes of your time?) Babe, you are worthy!

Going to the gym is great but we also need to “exercise” our internal body. (Physical, emotional, spiritual and energy body) Taking care of our sex centre is important, it is a part of who we are and as mentioned before the portal to access our creativity energy and the wisdom from our body. I would say the more time we spend giving our pussy/yoni love and attention in the right way the more we program our body to feel safe in connection with sexual experiences and pleasure.

This is not a one hit wonder experience. You might give yourself a yoni massage and feel tension, pain, sensations and discomfort the first time you are doing it or you might not feel anything at all. It's all normal and it depends on where you are on your journey and on the day. It doesn't matter if you are doing it for the first time or if it's your hundredth time, some days we feel a lot other days nothing. It might take some time before you can associate pressure, pain, numbness and sensations inside your vagina with past experiences but it doesn't mean that what you are doing is not working.

Your body will only show you what you are ready for and never give you more than you can handle. Be kind to yourself, every step is a step in the right direction. Approach your body with curiosity. Even five minutes of yoni massage is a step to release tension. **No judgment, no attachment, Just love, care and self compassion.**

# THE DE-ARMOURING PRACTICE

As mentioned before I recommend you to move, dance or shake before to get out of your head and drop into your body.

You can lay on your bed, floor, sofa or you can sit up, squat down or even sit on the toilet to reach better if you are using your fingers.

I invite you to put a hand on your heart, maybe your womb space or somewhere on your body and connect to your intention for your practice.

Speak it out loud or take a breath into your heart as you are feeling your intention.

**Warm up, relax, soften and surrender – Touch your whole body.**

Use your body friendly oil or coconut oil.

Spend a lot of time awakening your body by touching your whole body. Remember foreplay needs to be 20-40 minutes for a woman to be ready to be penetrated.

Touch your whole body.

Stroke and massage yourself everywhere.

Touch yourself like you want your partner/lover to touch you.

Wake up all body parts of yourself.

It helps blood and energy move around in your body.

Touch the body parts you do not love a little bit extra.

Massage your stomach.

Stroke, tickle and squeeze your inner thighs.

Stroke your face, your neck and maybe massage your shoulders a bit.

Massage your jaw and allow your jaw to drop and soften.

Try to unclench your jaw as often as you can throughout the whole practice.

Massage your breast to open and connect to your heart.

Spend a minimum 5 minutes around your breasts/heart.

Feel how your body wants to be touched and follow that.

You can also tap your body to awaken parts that might feel numb.



## TOUCHING YOUR PUSSY/YONI

Use plenty of oil, lubricant or coconut oil.

Start with just cupping here with one hand. (Maybe your other hand on your heart)

Allow her to feel the warmth and a sense of safety from being held.

Start massaging on the outside of her.

Explore the outer lips. You can gently pull them and massage them.

Touch yourself with a sense of curiosity.

Explore the inner lips.

You can slide your fingers between your clitoris and the opening.

Play around with different touches/strokes/pressure/rythm.

Allow pleasure but don't chase it.

Increase blood flow and keep massaging touching the whole area.

Explore the clitoris.

You can do circles around her, slide across or gently tapping.

You can gently put two fingers around here and rub her a little.

Allow yourself to be aroused and turn on.

Noticing if blood is rushing down to your sex centre and if your pussy/yoni is starting to get swollen.

Keep breathing and you can visualise breathing love and energy from your heart down to your yoni.

Give her the love and attention she has been longing for.

# ALWAYS ASK FOR PERMISSION BEFORE YOU ENTER INSIDE

When you are feeling ready to go inside ASK YOURSELF FIRST.

Am I ready to go inside? Are you ready to be penetrated? Do you want me to enter you? (Asking your pussy/yni) Do you want my fingers/the wand inside you now or not yet/not today?

I invite you to rest one finger against the opening. Don't insert your finger, just rest it there as you asking for permission.

Whatever works for you, saying it out loud will allow yourself, your body and your pussy to really feel into those words. It also help you learn to express yourself, express your boundaries and ask for what you need in life and give your body a chance to say NO.

You can also ask yourself within without speaking it out loud just make sure you really feel and honour what you/your pussy want/need.

Every time we ask her for permission before we enter her we show her that she is safe and that she will not get penetrated ever again without her and your permission. This will help her relax and surrender more during your sexual experiences. Every time you ask her you are taking a step in the right direction towards more pleasure and surrender.

Is she open and ready to be penetrated?

You will feel the answer and if she is not ready you might need to spend more time touching yourself or maybe today isn't the right day. Honour yourself and your body. If it is a NO, listen to that and come back another day.

When she is ready, she can sometimes work like a magnet and you can almost feel her sucking/pulling the wand or fingers inside her.



## GOING INSIDE, START WITH YOUR FINGERS

The entrance is for many women the most sensitive part so start with focusing on the entrance. Allow your finger to just rest there for a minute. Keep breathing from your heart and down to your sex centre.

Start running circles around the entrance and stay there for a bit longer. Connect to yourself. If you feel pleasure, remind yourself that the pleasure is yours. Go slowly inside and allow yourself to feel around and get familiar with the area inside your vagina.

Move your fingers around on the walls inside the vagina and notice what you are feeling or what might come up for you. If there is tension in your body, remind yourself to breathe and relax. Allow yourself to get familiar with what it feels like in the different spots/areas and if you are feeling the sensations in your fingertips or on your vagina walls. Maybe both?

If you are using your fingers through the whole practice you can stay with your fingers and if you are using a crystal or glass wand you can grab your pleasure wand now.

I highly recommend that you start with your fingers the first time or the first few times to get a chance to really feel yourself.

Again check in with yourself so you are ready and want to be penetrated with your healing product if you choose to do the practice with a wand.

Even if you do this practice regularly with a wand there might be times when your body doesn't want a foreign object inside. Ask her and honour her.

## MOVING WITH THE CLOCK

I invite you to go inside just an inch or two with your wand/fingers and starting at 12 o'clock on the front wall towards your belly button. Gently press/hold there for between 30 seconds to a minute. Just hold on the spot and breathe into it. No trying to achieve anything or doing it "right" just hold with curiosity and allow yourself to be with the experience/sensations.

What are you feeling? Numbness, sensation, pain, pressure, discomfort, pleasure? Maybe emotions are coming up, maybe you feel stuck in your head, maybe you are bored. Just stay with it. Take a deep breath in and visualise sending that breath into the spot you are pressing against.

Move on to 1 o'clock, 2, 3, 4, 5 and all the way around. You can then move in a little bit deeper inside your vagina and do a second round of the clock there or you can stay with the same area and stay a bit longer with those spots where you could feel some kind of sensations.

If you are experiencing pain, tension or numbness, hold a bit longer there. Imagine sending love and really breathing into those spots inside your vagina. Press the glass wand/fingers against those spots and imagine it like a trigger point massage, hold there and maybe massage a little bit to release the tension. Visualising the tension leaving those spots with help of breathe or sounds. You can go back and forth between pleasurable spots and areas with pain or tension. It should not hurt like you can't stand it or handle it but I invite you to "be" with the discomfort if there is a bit of tension there.

Ask your body to show you how long it wants you to hold on the same spot. It's like rolling on a foam roller. You know when it's time to move on to the next muscle. There might be spots of tension or pain that you have to come back to many times before your body wants to release it. Remember the practice is perfect and it's exactly what you need at this moment. **Just allowing, no chasing or forcing.**

## CONNECTING TO STORED MEMORIES & EXPERIENCE

After you have spent some time inside your vagina and if you are coming up against sensations you can ask your body what's there as you are pressing/holding against the sensation.

It can be pain, discomfort, numbness, tension and emotions. Ask yourself one or a few questions. Again don't do this from your head and from a place of trying to figure things out, work it out or gain information to your head. Ask from your heart, from your body and with curiosity.

This is tricky, try to feel not think too much.

- What is the tension here?
- What's here?
- Where is the numbness coming from?
- What are you holding onto?
- What have you protected me from?
- What's behind this sensation?
- What's underneath the pain?
- What are you carrying with you?
- What do you need to let go of?
- What are you trying to show me?
- Is there a message for me from this tension?
- If this pain had a voice what would it tell me?





## RELEASING STORED ENERGY AND PAST EXPERIENCES

Sometimes when we are doing de-armouring we can associate the sensations inside our vagina with past experience and memories. If a memory or past experience pops up in your mind or as emotions in your body allow yourself to be with it. Keep breathing and hold on the spot/area as things are coming up. Just be with it.

Here is where I invite you to work intuitively with your body. If there is a painful experience from something in the past that was unpleasant or traumatic I invite you to stay with it. Keep de-armouring that spot and breathe into it. Claim back your power, your body, your pleasure, your pussy, your sexuality, your voice and yourself by gently massaging and releasing that experience.

Maybe you want to speak into it. Maybe that are words that needed to be said that you couldn't say at that moment. Maybe you need to scream fuck you or fuck off as you are visualising that contraction and stored memory to leave your body. Maybe you want to kick your legs or scream stop. Maybe you want to go back to that memory and rewrite the story of what happened.

As you are releasing I invite you to push that energy down and out of you. Maybe you want to say something empowering like this is my body, my pleasure and I am taking my power back. Play around with words, thoughts and feelings and see what your body responds to.

## SOUND, BREATHE & MOVEMENT

The 3 key elements for moving energy, stagnant energy and pleasure in the body is:

**SOUND, BREATH AND MOVEMENT.**

Allow and use sound to move energy and tensions out of your body. Use your words and your voice. Often when we are working with our sex centre the sounds that comes and especially during de-armouring are more primal and deeper. Allow the sounds to come from your womb space rather than your throat.

Use your breath to move energy and release tension. Breathe to push energy down and out of you or use your breath to breathe pleasure and love up to your heart. Or love and compassion down to your yoni.

Move your body and shake if you are feeling stuck. Especially shake your hips.





## THIS IS YOUR PRACTICE

There is no right or wrong way to do this. This is your practice. Sometimes you might just want to work with one spot and end the session after that and other times you might work on a few. Some sessions you might feel “nothing” or numbness and other times everything is just painful.

Some experiences might be really deep and other times you can't get out of your head. Sometimes you might start it as a healing practice but it doesn't feel right and you end up self pleasuring instead and that's ok but I invite you to really do this as a healing practice every now and then. There is a difference between honouring your body and avoiding “the work”. Feel into it.

Other times you might just want self pleasure but feeling tension and turn it into a healing practice. That is absolutely fine as well. There is no right or wrong as long as you listen to your body and you are doing what feels right for you.

(Often some of my most profound healing experiences and releases of stored trauma have happened when I continued with de-armouring after a self pleasure sessions because I noticed it was something there I wanted to feel into.)

# LOVE, EMPOWERMENT AND ORGASMS

It's not all about releasing stored emotions and past negative experiences. I have many de-armoring experiences that are all about love and connection to myself and my pussy/yoni. During those experiences I am focusing on breathing love from my heart into my yoni and pleasure and life force energy (sexual energy) from the yoni up to my heart.

As you know now we are not chasing orgasm and pleasure during de-armouring but some of my biggest releases of sexual trauma and other painful experiences in my life have been released after a bit of de-armouring and during an orgasm. (This is often been in practices that have lasted over an hour up to 90 minutes and on days when I have been in my body and moved a lot of energy and emotions beforehand)

I highly recommend de-armouring after a big cry, fight with your partner or when you have already moved a lot of emotions in your body by crying, screaming, moving your body so there is more free flow of your energy in your body available for you.

If my orgasm is a releasing/moving something "negative" out of my body I push that out. If my orgasm is a part of a beautiful self love, self compassion, manifestation or a "loving/positive" experience/memory/moment, I breathe that orgasm up to my heart.



## COMPLETION AND PULLING OUT

Maybe the second most important part after permission to enter is preparing the completion of the practice and again asking you pussy if she is ready for you to pull out your fingers/wand. I invite you to always do this during self pleasure or intimate experiences with a partner as well.

By asking or letting her know that you are going to pull out you are preparing your body and pussy/yoni for the separation

"Are you ready for me to pull out now?"

"I'm going to pull out now"

After you have pulled out, I invite you to place one hand on your heart and one over your pussy and stay there for as long as you want. Send love to your heart, send love to your pussy and send love between your heart and your pussy. Celebrate yourself, acknowledge yourself. Feel gratitude spread in your whole body. Hold yourself and say a few loving, kind words to yourself.

Whatever you did or didn't experience was perfect.

Maybe you want to journal about your experience or move your body to a song you like.

## DISCLAIMER



Women from all over the world are claiming back their power, pleasure and sexual wellness through de-armouring. Take your time and trust the wisdom of your body. Be kind to yourself and approach your body with curiosity. The less you are trying to force things and the more you surrender to the practice the more you will receive. Remember we don't go to the gym once and lift 100kg on the first workout, or pick up a pencil once and paint like Picasso or bake a master chef quality cake the first time we step into the kitchen.

Every time you do something you are moving in the right direction.

No forcing, chasing or trying so damn hard!

Just allowing!

You and your body are magical!

### *Disclaimer*

This little guide is based on personal experiences and wisdom from women all over the world who have used glass and crystal wands for De-armouring and healing for years. It's not meant to be used as medical advice. Do not use this guide to treat any health problems or diseases. Consult with your healthcare professional before using your wand or inserting anything inside your vagina and don't use this guide as a substitute for any medical advice.



## ALEXANDRA SKOELD

Hi I am Alexandra and I'm a women's sensual empowerment & embodiment coach. Certified sex and intimacy coach. After working through my own challenges I am now in full devotion towards helping women like you awaken your sensuality, connect to your sexuality, use your voice and love your body so you can feel worthy of pleasure and create a life on purpose filled with joy and love.

If you want to work with me you can read more about me on my website [here](#) or come and join my women's online program [here](#) or book your free discovery call today if you would like to work with me 1:1. To book click [here](#).

[www.soulintimacy.com.au](http://www.soulintimacy.com.au) / IG Soulintimacy