



LAYLA MARTIN  
PRESENTS

# HOW TO TOUCH YOUR CERVIX

A STEP-BY-STEP GUIDE





# Welcome to Your Step-by-Step Cervical Touching Practice

This simple but profound practice will allow you to  
unlock a loving, compassionate connection with  
yourself, your body and the Divine.



# Step 1

Choose a body-friendly oil, coat your hand with it and begin the practice with a pussy hug by placing your palm over your pussy and taking a deep inhale and exhale.

# Step 2

Set an intention for your practice, such as:

*I want to know you more deeply*

*I want to reconnect with you*

*I want to re-establish trust with you*

*I want to access deep ecstasy and bliss*

# Step 3

Listen from within your body for a yes or a no response. If you receive a no, you can stay in a pussy hug for the entire practice or join in when you feel ready. If you receive a yes, move on to the next step.



## Step 4

Position your body into a frog squat position or with one leg up on a chair.

## Step 5

Take a deep breath in, exhale with an audible sigh and begin gently inserting your middle finger into your vaginal canal with the finger pad facing up. Continue breathing and staying with your body as you reach your finger as far as it can go.

## Step 6

Gently feel around for a round bump that feels a bit more firm than the rest of your vaginal canal. It can also be helpful to clench your pelvic floor to lift it up and then release it with an exhale, dropping your cervix down lower.





## Step 7

Take deep breaths in through your nose for a count of 6 and exhale for a count of 6 with an audible sigh. As you breathe, notice any sensations or emotions arising inside of you and welcome them in with compassion and acceptance.

## Step 8

When you feel like your practice is complete, gently remove your finger from your vaginal canal on an exhale and close your practice with a pussy hug, sealing in the energy and offering gratitude to your cervix.