

PORTAL PRIESTESS MYSTERY SCHOOL

# PUSSYOGRAPHY GUIDEBOOK



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# TABLE OF CONTENTS

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CH. 1 WELCOME

CH. 2 CREATE A SACRED SETTING

CH. 3 THREE FACES OF YOUR PORTAL

CH. 4 A NOTE ABOUT PUBIC HAIR

CH. 5 PHOTOGRAPHY TIPS

CH. 6 CONNECT YOUR HEART & PUSSY

CH. 7 PHOTO ONE: RELAXED & RESTING

CH. 8 PHOTO TWO: OPEN & INVITING

CH. 9 PHOTO THREE: FULL BLOOM

CH. 10 CLOSING THE RITUAL

CH. 11 CONTINUE THE JOURNEY



# CHAPTER 1

## WELCOME

Creating time to have an intimate photo shoot with your pussy is an essential part of becoming initiated in the Art of Pussyology.

This process may bring up many feelings and might also be an exciting experience for you.

It's important that you give yourself spaciousness and grace when doing this process. Set aside at least 15-30 minutes to do your Pussyography Ritual.





## CHAPTER 2

### CREATE A SACRED SETTING

Make sure that you are in a safe and private space for your photos to be taken.

Set up the room to prepare for your Pussyography Ritual. Warm temperatures. Candles and incense. Soft music. Sacred items.

If you have a friend or partner that can help you take the photos, that's ideal, but many women want to do this on their own so whatever you feel most comfortable doing is perfect.

Also, have a journal nearby so you can write down and process what comes up for you.





# CHAPTER 3

## THE THREE FACES OF YOUR PORTAL

For your Pussyography photos, we want to capture images of your vulva in three distinct "faces" of your sacred portal ...

Note: these pictures are missing pubic hair so that you can see the labia folds and their positions more clearly.



**Resting &  
Relaxed**

**Open &  
Inviting**

**Full Bloom**

# CHAPTER 4

## A NOTE ABOUT PUBIC HAIR

We want you to know that however you like to wear your pubic hair is certainly up to you, AND... please do not feel that you need to groom, wax or shave your hair for your reading session.

In fact, the design and patterns of your pubic hair hold lots of information for your reading, so we invite you to send pictures that have hair so we can access all of that amazing information.

If you have a lot of pubic hair, you will need to make sure that at least one or two of your photos have a clear vision of your outer labia.

And if you simply don't have hair for whatever reason, that is perfect as well. We'll still have lots of information to gain from this so... love yourself in all the ways that you enjoy your pussy to be expressed.



# CHAPTER 5

## PHOTOGRAPHY TIPS

Natural light is best so doing your ritual during the day will be supportive. If you can position yourself and have your yoni pointing toward a window with a lot of light (not a window where others can easily see in) ... you will get the best results.

You can use a flash if need be, but again, natural light is always best.

Prop your phone up on a pillow or something to help you get the right angle. It's best if you have the view screen pointing toward your pussy so you can see the shot before taking it.

Be mindful of the focus and do your best to get clear, well lit, crisp photos of your pussy. You can always crop them down before sending.





# CHAPTER 6

## CONNECT YOUR HEART & PUSSY

Take a moment to sit in silence and hold your intentions for this reading in your heart.

Take a few deep breaths and drop your attention and breath into your pussy. Place one hand on your heart and one hand your vulva and begin to send energy between your heart and your pussy.

Begin speaking with her and share the gift you have given to yourself with this Pussyology reading. Let your sacred portal know that you're inviting her out to be seen, witnessed and honored.

When you're ready, undress yourself... slowly, sensually, and playfully. Have fun with the unveiling of your pussy.

Once your vulva has become free of all clothing, you can begin to take her photograph.





# CHAPTER 7

## PHOTO ONE: RELAXED & RESTING

Snap a pic of your flower while she is simply "being" still, relaxed and resting.

Take a moment with the photograph.

Make sure it is clear and well lit, but more importantly take a moment to BE with her.

To acknowledge her beauty.

To be curious or wowed by what you see.

Really take yourself in for a moment before moving on to the next picture.

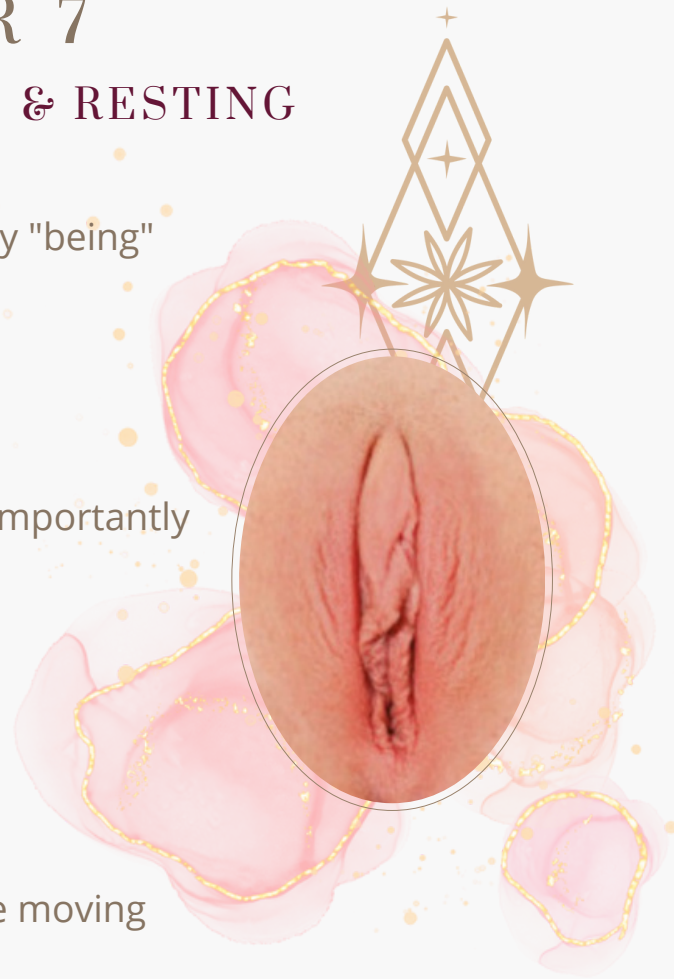
If you experience any unpleasant reactions or heavy emotion while looking at your pussy pic, take a moment to breathe and send more love to your heart and your pussy.

It can be a bit surprising to see her this clearly (especially if it is your first time).

Know, dear sister, this will all change very soon with this gift you are about to receive.

Your sacred flower is divine!

Your Pussyology reading will support you to know this without a shadow of a doubt.



# CHAPTER 8

## PHOTO TWO: OPEN & INVITING

Your next photo invites a closer look into your sacred portal of life.

Before you take this next photo, relax and breathe some more.

Invite the thought of a yummy lover into your energy field or conjure up a pleasurable sensation or visual.

Feel free to arouse yourself with some touch. Get your yoni to open herself a bit. Let her begin to reveal more of herself to you.

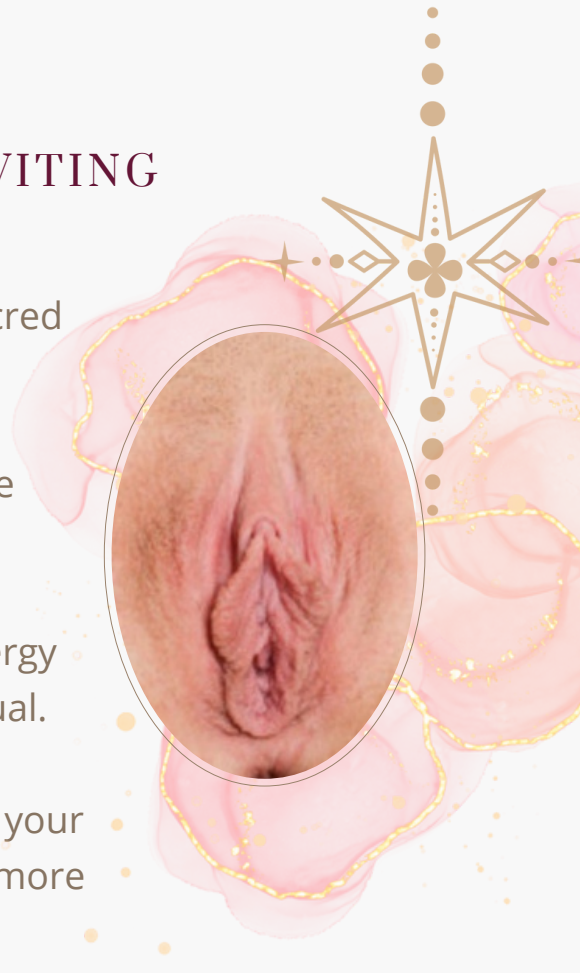
When you feel you are more open, take another picture of her... well-lit and in focus.

Take a moment to notice if you see a difference. If she is indeed more open, more revealed.

If you don't notice a huge difference between pic 1 and pic 2, you can use your fingers to gently spread her open a bit... just a bit... and try taking the photo again.

The key for this photo is to be able to see her inner lips (labia) fully as well as her outer lips, and as much of the clitoral hood as possible.

Again, be with what you see, journal what you feel and know that together, all will be alchemized.



# CHAPTER 9

## PHOTO THREE: FULL BLOOM

Ok, by now you may feeling warmed up and in-touch with your Yoni.

This final picture can feel the most vulnerable and yet reveal so much information, as this is where the portal truly begins to open herself.

We don't expect you to get sexually aroused to see the full opening, but you can certainly have fun with yourself to get here.

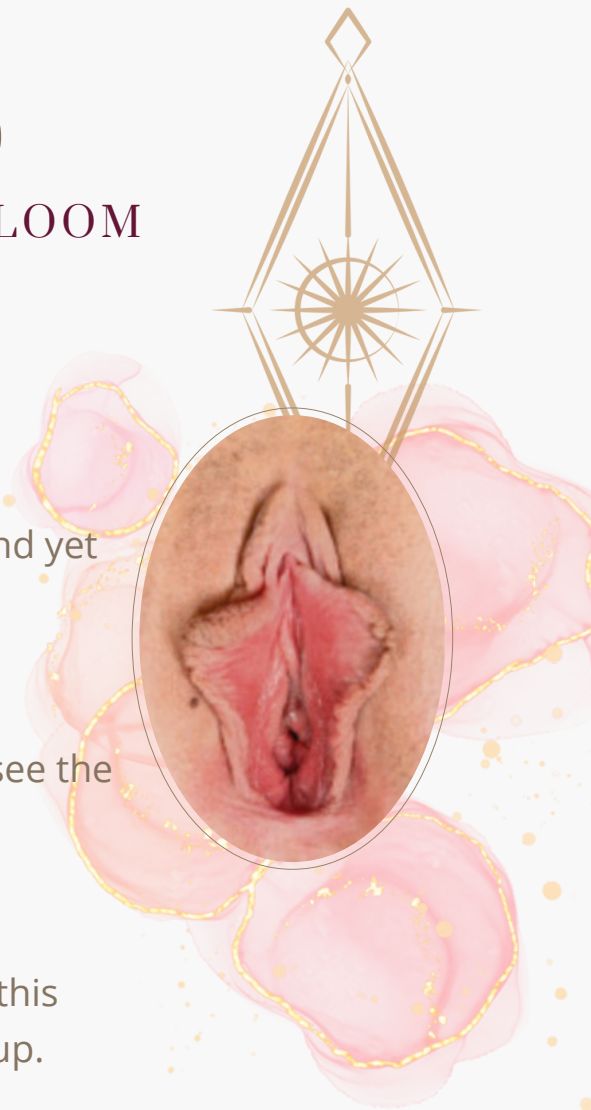
However, the simple and easiest way to "cheat" this photo is to use your fingers and open her right up.

This picture may be hard to get by yourself, so if you have a little tripod for your phone, now is a good time to use that. However, without having to get too technical here, simply use your thumb and middle finger to spread her wide open and get as good of a picture as you can.

Don't worry if your hand is in the picture, as long as your fingers are on the outside of your outer lips, the shot will work.

And... if that's too difficult or uncomfortable, do your best to spread those gorgeous legs of yours as wide as you can, and take the picture from that position.

Again, see if there is a noticeable difference in this photo from the others, and if so, we are good to go!



# CHAPTER 10

## CLOSING THE RITUAL

To close this experience, we invite you to place one hand back on your heart and the other on your vulva and take a moment to thank your pussy for showing up for this experience.

Then, thank yourself for giving yourself this space and time to be in a sensual and loving photo shoot with your sacred portal.

Close with three long breaths or a few oms and you are complete with your Pussyography Ritual!







## CHAPTER 11

### CONTINUE THE JOURNEY

Now that you have completed your Pussyography Ritual, the Portal Gates are open!

Connect with the Portal Priestess Mystery School community by:

- Following us on social media @portal.priestess
- Join our Facebook Group "The Portal Collective"
- Attend one of our virtual or live events

Find links and more ways to connect at [www.PortalPriestess.com](http://www.PortalPriestess.com)



# NOTES

