

# Sistah's Organized & Unified for Liberation Soul Sistah Series

In pursuit of a pleasure filled life



## Soultv and Let Go, Let Goddess

This week we are launching SOULtv the place where modern day Goddesses meet. You know we're all about pursuing pleasure and it is our goal to use SOULtv as a platform for us to gather together, learn new things and just enjoy some good ole fashioned Goddess talk.

Our first guest on SOULtv is Lady Shepsa Jones of [Let Go, Let Goddess](#). She is a life coach, author, poet, mother, teacher and my personal favorite a Juju woman. And she came to talk to us about...Yoni Eggs.

Mmm hmm, take a minute; ask yourself, what that be?



If you want to know, what they are, how we use them, and why we should use them, check out our interview [here](#) and after that go on over to [LetGoLetGoddess.com](#) where you can find out more about Lady Shepsa and her JuJu Power!

But, if you need a little taste before you are able to settle in for our first episode, continue reading below. We're talking pumpum maintenance and ways to pursue pleasure though shit keeps on happening.

Ways to pursue  
pleasure ...though shit  
keeps happening!

### Music

Am I the only whose mood can be changed for the better by listening to music? One of my most favorite Bob Marley lyrics says, "When music hits, you feel no pain." So for me, when shit is happening, I muster up the strength to put on some music. Now I say muster because I know once I choose the right music my sadness will disappear.

### Create

I used to have this very unhealthy relationship with creativity. I thought that creativity was something only certain people did and I was NOT one of those people. What I know now is you create in everything you do, from cleaning your room to picking out an outfit to actually drawing, painting, or dancing. We are endowed with creativity just by being in human form. So when shit happens, go create!

## Pumpum Maintenance

Just yesterday, I was talking to a man and he made a comment that had me thinking. He said some women don't even know how to take care of their vajayjay. Ok, crickets.

I asked him what he meant and he said, "They don't have good pumpum maintenance."

I was trying my darndest, not to be offended by his insistence that there was a proper way to take care of ones punany and that he as a man, knew it but some women we're oblivious.

Eventually, he explained he knew she didn't know how to take care of hers because it had a smell he didn't agree with. Um, okay.

But that conversation got me thinking about how one learns how to maintain their vagina.



**How many different terms  
did I use to reference our  
girl down there?**

**Do you have a favorite name  
for her or do you cringe at  
the thought of saying her  
name?**

What are the basics?

- Wipe from front to back
- Wash at least once daily and there's no need to put soap inside of you
- Carry wipes to freshen up in any situation
- Change your tampon/pad at least once every 3 hours,
- Never douche
- Pineapples make you taste sweeter.

Have I forgotten anything?



Oh yes, do kegels to keep yourself feeling tight.

Well for the next couple of issues, we're taking a more indigenous approach to taking care of and reconnecting to our kitty.

This week we're discussing Yoni Eggs also known as Jade Eggs. These are semi precious stones made of earth elements, which contain various energies and personalities if you like. You use a Yoni egg to increase your sensitivity, juiciness and the strength of your vaginal walls.

It's kegel exercises for Goddesses, not girls.