

JEMLIVE Call #4 Module 3 Outline 10/26/24

This session covered reconnecting with the body's wisdom, recognizing the "yes" and "no" signals of our bodies, and nurturing our "erotic intelligence" by tuning into our true needs and desires. Participants were encouraged to listen to their bodies, respect personal boundaries, and establish a gentle, sustainable practice of self-connection and self-care.

Outline with Action Items

1. Introduction and Setting Intentions

- *Purpose:* Emphasize the importance of reconnecting with one's inner wisdom and moving at a personal pace.
- *Action:* Set an intention to listen and honor personal boundaries and energy throughout this process.

2. Body Awareness and Daily Check-In Practice

- *Purpose:* Develop awareness of body signals and foster a relationship of trust with the self.
- *Action Items:*
 - Morning: Ask, "How am I feeling today?" and honor the answer.
 - Throughout the Day: For each activity, ask, "Is this life-giving or life-taking?"
 - Evening: Reflect on the day by asking, "How did I do today? What would I want to try differently tomorrow?"

3. Identifying "Yes" and "No" Signals

- *Purpose:* Strengthen understanding of body cues for what feels safe, nourishing, and joyful.
- *Action Items:*
 - Identify how "yes" and "no" feel in the body (e.g., openness vs. contraction).
 - Practice responding to small "yes" signals by acknowledging and saying "more of that, please."
 - Take note of "no" signals and respect them by not forcing activities or interactions.

4. Addressing Resistance and Building Trust

- *Purpose:* Recognize and respond to internal resistance as part of reconnecting with self.
- *Action Items:*
 - If resistance arises, acknowledge it without judgment (e.g., "I see you, I hear you").
 - Make small adjustments to the pace or intensity of practices, maintaining a focus on self-kindness.

- Use gentle, grounding techniques such as deep breathing or movement when resistance feels intense.

5. Practice: Yoni Awareness and Interceptive Sensation

- *Purpose:* Cultivate deeper awareness and sensitivity to bodily sensations, especially around the pelvic area.
- *Action Items:*
 - Practice gentle “Yoni breathing” by connecting with the breath and visualizing openness or release with each exhale.
 - Try placing a hand over the pelvic area and bringing awareness to any sensations, without forcing or judging.
 - Experiment with visualizations and soft breathing to invite more sensation and awareness without pressure.

6. Reflection and Daily Integration

- *Purpose:* Make connecting to one’s body and emotional intelligence a daily habit for long-term transformation.
- *Action Items:*
 - Reflect on any moments of clear “yes” or “no” throughout the day.
 - Note down these experiences to deepen understanding of personal needs and preferences.
 - Set a personal goal for one small life-giving activity to incorporate into the following day.

7. Community and Support

- *Purpose:* Maintain connection and feel supported within the community space.
- *Action Items:*
 - Share insights, challenges, or victories in the group for collective learning.
 - Offer and receive encouragement to others as they navigate similar journeys.

8. Ongoing Practice and Long-Term Integration

- *Purpose:* Continue building self-awareness and incorporating life-giving practices consistently.
- *Action Items:*
 - Maintain the “yes” and “no” tracking as part of an ongoing self-relationship.
 - Gradually build practices that nurture well-being, even in small moments.
 - Trust in the process and allow time for growth and change.