

# **JEMLIVE Call #4 Module 3 Transcript 10/26/24**

Yay.

Well, welcome everyone. This is the call for the third week in this session. It's our Fourth call, and as I was saying earlier, before I press record, I've had a little cold, and this is the first time I'm actually speaking. I canceled all my events this last week. So I just ask for your love and compassion if I have to press my audio off for a moment and cough and come back.

Okay, so also today, it will really help me. I think I'm going to do a couple breakout rooms so that you can speak amongst yourselves and then come back and share with me. That will also really help but I am very excited. I have a lot to share myself and just been feeling really honored and excited to show up tonight. So reading all of your shares. Thank you, ladies, so important to track.

Alright, so for those of you who have been feeling a bit tired or down or any of those kind of challenges, the most important practice of all of them that we've learned is the kidney rejuvenation. You really want to start to nurture your foundational energy. So when things start to go off, you put everything else aside and you deal with the foundations. And so foundations are hydration. Make sure you're drinking enough water with little electrolytes in it. So I do like a pinch of Celtic salt in mine.

Make sure you can get enough sleep and exercise in whatever way that means for you. Like dancing, walking, whatever, just moving the body. And then if you can doing the kidney rejuvenation that little set there is really important. Getting off of any sugars will really help as well if you're going through a time where your body needs a little extra assistance.

So if you're having trouble sleeping, which is also kind of normal for a lot of us, taking, like, a methyl folate type of supplement can be really nice. Making sure, again, you're getting exercise in the daytime, you need to move your body. All this extra mental energy can cause insomnia, and if you're going through any stressors right now, you still need to move your body. Body move. The more your body can move, it will process things for you being too stationary, it is not what we're designed for we're designed for movement. This body works really efficiently with movement, and it can be gentle, soft movement, but movement nonetheless.

So that's kind of the word I wanted to come in with. Even though I've not been feeling well, I get up and do an hour walk every day, and I try and do other types of movements and in general, that keeps me from getting ever sick this time though, I ran a big weekend and I didn't get my rest, so whoop. Anyways, here we are. We're going to talk about today accessing our erotic intelligence.

And before we jump in, I really like who actually was able to listen to at least part of the third week. And if you could just hang a new gallery view here for a second just see, kind of shake your hands at me. Okay. Oh, so most of you fantastic. You all get gold stars. Now, some of you are might be on a slower pace, so don't feel like pressured to move fast, but it is nice for

me to see like if you're just taking in some of the information, so that this call will make sense to you, but before we jump in with all my thoughts and ideas and my feedback and my answering of questions, if you did look at how I framed erotic intelligence and what it is, and had a moment to sit with it.

What I would love to hear, and I'll do gallery view so I can hear your voices. What does that mean to you personally, if you've assimilated it a little bit? So I would really love to hear from the newer students, so the ladies going through this maybe the first time. What does erotic having an erotic intelligence? How are you digesting that? How's it landing in your body? What does it mean to you? So you can just kind of wave at me, or I can pick somebody that is new, okay? Lucy, go ahead and be nice to hear.

Yeah, it's

it's really getting into a sense of trusting that what my body is saying, like really having a listen, having a listen in, um. And and trusting that it can show me what it wants. Yes, yeah, yes, beautiful.

And how does it feel to know that you can start trusting your body yourself? Well,

you know, like as I'm landing, I mean, as I'm considering the the the concept, and sharing it with you, what I'm feeling right now is actually a lot of aliveness around my pussy. Like, there's, there's like, tingling, there's like, I don't know, like, a sense of pulsing, yeah, energy there, like, and joy. There's so much joy that comes. Yeah,

it's so important. I'm happy, so happy. We're starting right off with the Yoni pulse, because everyone has one, and it's a compass. It's our compass. And when we feel that aliveness thrumming through the whole body, this is the area in a woman's body that gets the least circulation. So if you feeling a pulse, that means you got some good circulation happening. This is a really, really good sign. And it also means that that front body is open, you're you're attentive, you're receptive, you're not in fight or flight mode, so you're really here. So that's fantastic. Yay everybody. Let's give Lucy a little loving. Thank you, Lucy, for sharing.

All right, anyone else want to share what erotic intelligence, but having an erotic intelligence means to you?

Yes, Christine, welcome.

Hi. This is my first time here, because, like you, I've been quite ill for a bit. For me, I've always had a real heightened sense of sexuality since I was a small child. But this new way of looking at it is adding a whole new layer. It's a whole part of me that I never really got attached to because my sexuality was always more about how I interacted with men, not necessarily how I interacted with myself. And so I've, I've always been, you know, how is this looking for them? How am I feeling about them? It's always been a more it had. I always had to have someone else, kind of, in my life to feel like there was a sexuality going on, or at least someone in my head.

Yes, this is very much, very personal, opening up a lot of different feelings for me as I guess it's, it's the deeper sense of me, who I, who I might be without a partner, because I don't have one right now, and getting in touch with that. And it's really, it's, it's like, it was always like having cake, but now it's like having cake with icing,

awesome, icing and sprinkles and sprinkles. Yeah, yeah. That's amazing. Before you you go. I just want to comment on what you shared, because it's such a beautiful thing to come into like this realization that you could be your own best lover. And I just want to reiterate here, because it's part of the work. Is who's creating all the arousal, all the sensations, all the turn on, all the orgasms. It's you, right? So when we start to actually really take full sovereign ownership of, like, what you mean, all those best, amazing experiences, like, they came from me, my body created that, then there's this sense of freedom. Because now, even if you have a partner, don't have a partner, they're a moody you're okay, like, there's a new kind of way of like, oh, I can be in my relationship with life and choose to purr, like, 24/7, if I want, because it is for me to make that choice. And when I'm not purring, that is also my choice, right? Instead of like, blaming and shaming and like getting angry and all of that. So yeah, beautiful, I'm glad you're feeling better, and I'm really happy that you shared. Let's give Christine lots of love, everybody. Thank you. Great. Share.

Um, anyone else want to share? Because this is really important. Most people don't even know they have an erotic intelligence, let alone like taking, like claiming it for themselves. So let me see Ellie. Let's hear from you. You're going through some things. I just read your share in the membership.

I am going through some things. And it, I mean it, it's really, it's really, really cool, because it's like, we're both, there's like, this sweetness and this honesty that's coming, and I think that that's really part of the erotic intelligence, and it's kind of making me want to cry a little bit right now when I think about that, like, I. I think, you know, from my conditioning, my training, like I was, I had that lovely curiosity when I was really small, and then, and then it really got, like, beat out of me, you know, and now it's like it's coming back alive and and I, one of the things that really, really got to me this, that got me this, this, this week, is that it is really loving, like Sex is nothing like I thought it was when I was growing up, and then through my young adult life, like is nothing like I was told. And I think that, you know what's prevented me from really full expression is the beliefs that I put in place as a child. You know, like to protect myself, to save myself for survival sake, and it's like now this, this new way of being with it like can dissolve these, these things that were really keeping me from myself and from others.

YeahI must say. So yay, giving you lots of love if you want to, if you don't mind, giving Ellie some love for her share. Thank you so much. Thank you. Okay, and then Ines wants to share. You're going to share what erotic intelligence means to you? That's the question right now,

yeah, for me, there's a lot of innocence in there and freedom in a way that it's just following my impulse, and there's no judgment, and there's just Me being in, me being me in the most like kind of present and sweet and magnificent way I can be, yay.

Would you say Ines that understanding that you have an erotic intelligence allows you a greater sense of connection to yourself. Yeah, that's getting what I'm hearing you, yeah,

it's because I'm also and I come back to what Ellie's saying, I'm also being curious about what I'm feeling, what's happening, what wants to come up, and like, welcoming that with so much care and compassion and creating this space to for it to come up, rather than, like, shutting it down. Or, no, you have to, or you should, or this, it's just like, oh yeah, with you want to play like, Yeah, let's do that. And it's just like this, like really sweet, joyful feeling that's at the core. And for me, it has, like, this kind of movement that is arising and arising, it's just like and it changes, and it doesn't have to stay still. And I don't mind whatever it takes, like shapes and it doesn't. I don't have to shape it. I don't have to, like, control it. I don't have to. It's like, permission to do everything and it, yeah,

yeah, yeah. It's an important relationship, because maybe others will relate to this, but we spend most of our life editing ourselves, editing what we say, editing what we feel, making sure it goes through this filter, what's acceptable, not acceptable. There's a lot of editing, and so to feel that authentic self, to really actually know what that is, few of us know that there's so much clutter and there's so much editing that by the time we even get to slightly listening, that little voice barely can be heard. So when she gets to just like Express, and you're celebrating of that, and you're making wise choices so you feel good about her expression, and then how amazing is that? It's like a freedom. So thank you so much Ines. Let's give her all every. Going to give her lots of love. Thank you. Thank you.

Okay. And Tracy, you wanting to share something to do with erotic intelligence. I think this will be the last share on this topic for now. So

I just, I want to share that this is my third time, and I want to just share that because I want to encourage people that may be going a little slower than others, and I've always followed that go only go as fast as the slowest part of you. But you know this time around really connecting to not letting that slow part conduct where my outcome is, and as far as erotic intelligence goes this time around, it's really connecting me to my truth, pulling me out of my head and into my body, and validating that I can trust the truth, my core truth that lives inside of me. Um, so for me, it's bringing me back to my truth and allowing me to trust myself. And there's so much programming, like Ellie said, that was guiding my life for many years and in conflict with my with my true self, that the more that I'm able to connect with my erotic intelligence, I'm able to connect to my truth and feel safe with myself.

That's very big. Yeah. Thank you. Everybody. Give Tracy Catherine some love. Amazing. Share around truth, yay. Thank you. Before we go into more talking, I think it would be really nice to settle our bodies. So that's what I'm feeling in the group right now, because there's tiredness and there's a lot we are, you know, into the third week, which we're getting deep now, and in that underbelly of of who we really are, there's a tenderness, right? They say it's so tender, and it's sometimes scary, and sometimes it's almost feels like like before was almost better because I was numb and I didn't feel, or I wasn't aware and but I just want to encourage you at this phase to allow the process of your being, allowing whatever's percolating to the surface, it's because it wants To be loved into wholeness. We've created a container that is honoring and really supportive of you thriving, and in holding a container of you thriving and really stepping into claiming unprecedented pleasure then anything that isn't in resonance with you thriving and you living your your fullest, most expressed, pleasurable life. It's going to rear its head. And the reason it's doing that, it's not because it's misbehaving. It's just scared that you're going to abandon it. It's been your buddy. First of

all, that voice that puts you down every day. Your buddy is with that voice that's like someone you're used to, and now that someone that's like, it's scared that you're going to, like, get so the thing is, these parts of us, they just need a new job. So like, okay, I get that. But right now, no longer interested in you, like, putting me down. So what I can, what you, you know, what would be great is you can support me by and then you give it a new job. Okay? So just notice if that's arising.

But let's settle our bodies right now, just for a little moment, if you can uncross your feet, kind of look down at your toes and spread them out as wide as you can, yeah, and then just going to move my chair back. Then put put your feet hip width apart, and what you're going to do with nice wide toes is, I want you to really push with one of your heels. And notice what's happens if you put all the weight you push into the floor with your right foot. What happens? You can feel tension going up that right leg. It kind of activates your right butt cheek. You can then can feel a little bit of tension going into the middle of your back on the right side. And if you really pay attention, you'll feel energy or tension rising all the way up to the top of your head.

Release that, and imagine draining all the stress energy out of that right side, letting it flow out good. Let's do the left side really push with that left heel into the floor. Feel the tension rising up your leg, into your glutes, up that left side all the way up, breathing in, hold the breath, and on that exhale, release the tension. Release the foot and. Melting open. And let's do that a couple more times. On each side, inhale. Press your left sorry, your right heel into the floor. Inhale all the way up that right leg, up your right torso, all the way up to your head. And release the breath, release your foot, release that tension. On that left side, pressing that heel, inhale, breathe all the way up. Hold the breath for a second, and then really let go. Use your voice letting go.

And let's do one more time on the right, really press that right heel, inhale, hold the breath for a second and really let go, washing clearing out left side, inhale, push that left heel strongly into the floor all the way up that whole left side, activating, and then release and just breathe normally. And notice how that feels in your body when we activate a little bit of tension, like that, and then we release, we also activate the immune system, the circulation. It's awesome. So now let's just move your I'm gonna move this down so you can see, so you're moving your rib cage side to side, the lower part of it, and you should feel that massaging a little bit. I have my hands on my waist, and I'm feeling that massaging my kidneys.

If I go side to side, there's a nice little massage. And you may want to pull your navel in and then do the side to side and see if that helps. Getting a little more of a stretch in the spine area. I'm even twisting my shoulders a little bit to get a little extra Yeah, nice. Then let that go and rolling the shoulders so this movement, ladies, it's super important for your breast health. Anytime you can move those shoulders, you're moving the lymph around the breasts. So the breast massage is moving the shoulders. Or you can just do shoulder rolls, if it's not appropriate to touch yourself. So just play.

And notice when you roll your shoulders what's happening all the way down your spine. So you're getting lymph moving through the breaths, and you're activating your spine all the way down. Go the other way, now forward with the shoulders forward. Notice your body

breathing life into your body. Pay attention. Smile into your body. Pause. Notice if there's any extra saliva, swallow that down if there is and

then, if you remember, on the very first call, we put one hand in one armpit, and we hugged ourselves. I want you to do that now and just give your body a big hug and look around the room and recognize that you are currently physically in a safe space. Just look around, establish that for yourself, and then really squeezing love into your body and letting your body know I got you, I'm right here. I got you. I'm not going anywhere. I'm gonna stay right here with you and let your body feel that reassurance. Beautiful.

Come and grab now starting at the top of sternocleidomastoid muscles. So here, if you know, you have these strong muscles here. So grab at the top, just very gently, lightly pinching coming down, just gentle. Remember, the throat is the vaginal canal of our cranium. So if it feels nice to hum or make a sound, I'm not doing that just because of my throat. But if that feels nice for you, allow that. Just get that a little low and then reach back now and do the back part of your neck, if you can just a little Hello.

And then, if you can grabbing the trapezius muscle here, and you're just going to kind of bring that shoulder back as you pull. Pull your hand forward. Okay, pull your hand forward. So I'm grabbing and then I'm moving my shoulder back and bringing my hand forward. Grab

other side and taking nice deep breaths. Notice how that's feeling in your body, very nice for a moment. Just feel into your chest. Feel with your fingers between the ribs, and just see if you can feel, is there any area of your upper chest that feels a little tight often this point here can be very, very tight. Okay, so it's okay if that feels tight, but you're just going to take your fingers and give that a little massage, or it could be another point, and you just very gently little circles and take full connected breaths and keep reassuring your body, it's safe to let go. I got you. We got this.

Then bring that touch, if you can, right down the center line here, this the sternum, and then come right down to the xiphoid process, which is right here, like where your ribs meet, there's a little dent, and then there's That little cartilage underneath that just grabbing that and pulling down, grab and pull down, grab and pull down. Really good ladies, ah, releasing your diaphragm, okay, and then coming down around your belly, kind of massage a little bit around the navel, pause and then take full, juicy breaths like you did in the kidney rejuvenation. Really inhale front, side and back. Let your belly get poofy and full, and then exhale slowly, pull your navel towards your spine. Inhale, really, breathe, expand the belly, releasing any sounds or sighing.

A few more.

Bring your hand now to rest just over your pubic bone, so you want to get your hand right over the pubic bone and just give a little hello to that part of the body and notice is there tension there? So I'm just literally putting your hands above the pubic bone and just kind of shaking my fingers like this and feeling around that lower belly area. Okay?



And then rest with your fingertips resting, just if this is the pubic bone, the fingertips are just on the top, like this, over the pubic bone, not on it, just over so you can feel that lower belly breathing. And when you inhale, imagine pressing your breath all the way down into your fingertips and very gently releasing all the breath out.

Do that at your own pace, smiling all the way down.

One more, and then just scan your body with your hands. Kind of run your hands over the body and notice, is there an area on your body or inside the body that feels like it could use a little extra love today, and I want you to take your hands and place them on that part of your body, and we're just going to smile and send some appreciation into that part of our body as we breathe nice, full, deep breaths and.

Thank you, thank you. Thank you, thanking that part of your body, bringing appreciation and connection to that part of your body.

And then, very gently, moving your hands find one more part that might want some extra love, feeling around till you find that part. And then again, just nice full breaths, breathing your gratefulness, your appreciation into this part of your body.

And then you can either leave your hands there or rest them in the heart-Yoni connection, and just rest for a moment and allow your attention to sink really deeply into your own home base, your own inner space and whatever felt state you're in, just giving some love and appreciation to the whole of yourself for where you are today, in this moment, for all your courage, all your curiosity.

And yeah, maybe there's a part of you that's been a little bit critical. They can still be at the party. You're just not going to pay too much attention to that part. Give it a little cup of tea. Let it sit on that cup of tea as you turn your attention of appreciation into your body.

And I would love you to just scan your body and notice what would you need to do in this coming week, or you could even just be in this coming hour that would allow you to have even more contact with this erotic intelligence part of you. What do you need to feel more aligned and attuned to your own integrity, your own deep knowing?

And start to open your eyes, but stay in that attunement, in that space. Beautiful.

What I would love to do, I'm just going to check with all of you with the gallery view, I'd love to do a little like some a few breakout rooms and allow for you to share. If you could take turns just all stating, like, "My body needs more sleep," or "I need whatever it is that you think that you need," where it will enhance that connection, that conversation, that listening to your erotic intelligence, so that's what I would really love. And I'll just have maybe like five minutes so it's not super rushed, and I'll make sure how many of us are here. 34. Okay, so we need,

I want you to not have so many per room. So this is going to be like three or four people per room, and I think that should be enough in five minutes where you each get to share. If you could please just have the etiquette of when someone's sharing, really giving them your full

attention and when they're finished, if, as a group, you could say, "I see you," and the person who just finished sharing saying, "I am seen," and then move to the next person, and maybe one person can volunteer as the time keeper, so that each of you takes like about a minute to do your sharing.

Okay, all right, enjoy everybody. I'll see you in five minutes.

Okay, so was that fun? People are slowly coming back, but those who are back, was that fun? Yes, got to meet some cool people. Alright, so see here it's coming back. Hello, yes, coming back. Very nice.

It's one of my strong beliefs that the current state of chaos that humanity experiences is in part because we've disassociated from this erotic intelligence. And for those of us who are doing the good work of coming back and re-associating ourselves with ourselves, we're part of the solution now of what's going on. So yeah. So thank you. Hi, Leslie, you unmuted yourself. You want to say something wonderful? Alright, so let me continue. I hope that was fun, that you got something out of it, that you have a clear like, what's needed for you. And I hope you're starting to notice that, although there's a lot of content and there's a lot of ideas and there's a lot of practices, the most important practice always is the one when you wake up in the morning and you check in, you're like, are we good? What do we need to be good, right? Go to bed at night. How did we do? Review the day. What would I want a second try? Like, how would I have done that better? And when you do that, you're really starting that reclamation of a lifestyle and making pleasure lifestyle, it starts in those small steps.

So I'm really curious, as you're moving through all of the content, but especially this last week's content, you know, how is it for you to live that turned-on life? Are you comfortable with that and start to notice how many times you turn yourself off, right? Did that choice? So with my thumb like, is that choice an on, like a life-giving choice, or is it an off, a life-taking choice, on off, right? So notice in your body, you will feel, if you're paying attention, what a yes actually is to something. If you don't know what yes feels like in this next week, start to be willing and curious, like, what would my yes feel like?

Typically, the experience of a yes allows for a sense of openness, a sense of you could feel aroused so like a little bit excited, but you can also feel relaxed and secure. Like yes has a lot of different flavors. It's always in that sense of you almost feel like the body blooms the full, the front body blooms, and a no is often a contraction, right? So the body is closing in some way or another. Either your mind is closing, you're not open-minded, you don't like what you're hearing and what's going on. You feel your throat closing. You feel your heart this area closing, your belly like so pay attention to that sense of no and the sense of yes, and then start to pay attention. Day by day. Am I making life-giving choices, or am I Yes-defying myself? Or am I creating a lot of No?

Because if you're habitually doing a lot of No, your body's not getting resourced enough in the yes sauce. You need some yes sauce to like function well in the world. Okay, so who here appreciated the piece of knowledge around the Yoni never lies? It's it's a very deep experience that I've basically adhered to most of my adult life. It's something I learned after a very traumatic incident that, oh, you know, my body actually knew. My Yoni really knew, but my body knew too. So the Yoni never lies, and it's an interesting concept to hold us. Is



that true? Could that be possible? And if you are pulsing with life, it's... That's interesting. If your body, like your Yoni's, like cramping or hurting or like shying away or drying up, that's also interesting.

So really paying attention to how the Yoni is expressing herself, especially nowadays, when our well-being has been hijacked by a pretty massive industry, and you will be sold a lot of different ideas around your juiciness, and those ideas that you're going to be sold, typically are going to need some kind of pharmaceutical intervention to be sold. So first, before we even go that route, check in with your body. Because what if you've said no for so long you've not remembered what a yes feels like. So I know some women who maybe haven't had the kind of lifestyle where they could they have emotional integrity with themselves. Maybe they're in a marriage that is convenient, but it's not actually great for them. Maybe they're in a job that's convenient, but it's not actually great for them. Maybe the way their kids have treated them isn't very respectful. I don't know the situation, but what I do know is, if for so long, we're constantly in no state, and we repeatedly make more life-taking choices, then it's almost impossible to remember what a yes feels like, and we almost can feel like, yes is going to betray us. Anyone ever have that like, start to feel a little bit good, and you're like, where's the shoot, right?

So in your books, if you have your notebook, I want you to write down when you experience a yes, start to train yourself the first response to a yes is more of that, please. I don't care what it is. I don't give it the smallest, teeniest, little bubble of a yes. The moment you notice a yes, start to train yourself to say more of that, please. What we want to do is get that nervous system where the stories are rewritten and you're predominantly running pleasure in your system, joy, yes. And when you need to say no, it's clear, it's not all spiky. It's clear, it's honest, it's stable, it's strong.

Does that make sense? I see we have a little question here. Gina, you can unmute yourself.

Yes, I have a question about the yes and the no, yes. Couldn't no also be a little bit for you? For instance, I feel a lot of resistance before doing the exercises in this program, but when I do them, I'm like, Oh, I feel something, you know, in my Yoni, I feel it. Tine or, for instance, this morning, I told my boyfriend about the long finger exercise, and I said, yeah, the lower part is blue, and I immediately felt a sensation in the lower part of my... But you know, I've been so numb basically since I was 17, 18, 19, I was on hormonal medicine to stop my growth. Ridiculous, but anyway, so I've been basically numb since that time, and I'm now almost 49. Can you imagine? So sometimes I feel like, Oh, is it? Maybe also fear in my head for feeling pleasure, feeling arousal that is keeping me away from... Is that giving the resistance and telling me, No, no, don't do it, because I really have to force myself to do it because I'm like, I'm gonna go for it. I'm gonna do it. I'm gonna make time.

The great question, yeah. Is anyone else resonate with her? The resistance coming up and... yeah, okay, it's super normal, especially now at this stage in the program, it's really natural. So a few things are happening. One, you're habituated to life-taking choices, to things that actually turn you off. You're habituated to that. So anything that's slightly turned you on, your systems are like, What's going on? Why are we doing this? It just feels foreign and alien right now.

Habituated means you're programmed to do it like this.

Yeah, you formed a habit. Okay? Yeah. A pattern, right? Yes. And it's been a long time because you were in your late teens, and now you're in your late 40s. So it's... And so the good news is, though, you have a lot of plasticity. This means you can choose slowly, slowly, to write the story that you desire to have. Someone else wrote your story earlier on. You didn't choose that. Someone thought you needed to be on these drugs, and you went along with it. Okay, that's the old story. The new story is different. So there could be a part of you going, Hey, I want to make this decision good, so then honor that voice first.

So when we have resistance, it's not a bad thing, but what we want to make sure of is the resistance doesn't win. Resistance is... it's like for a long time I was supposed to drink these little green drinks, and they tasted disgusting to me, like, No, but my blood was so sick and so, like, thick, I was actually not well, but I didn't know that. And so when I took the green drink that was making my blood better, my body was like, It tastes disgusting. I don't want it. But as soon as I started to hydrate more, move more, and take more of that green drink, now I can't live without it. My blood, I've had to look at, it's all rainbow light. It's all excited.

But there is that moment of resistance, of transformation, of the habit. It's like my body was so toxic, it was more comfortable being toxic than it was being oxygenated.

Exactly.

Okay. So being uncomfortable is good. Being triggered is not. That's why we need to move slowly. So as you each day, you're like, No matter what, I'm choosing this for me. I made that choice a few weeks ago. I'm sticking to that choice. However, what do I need right now to feel safe so I'm not forcing, like, pushing in a way that's violating myself, right?

Okay, well, what I need is... Can we just shake for a second? Okay, we'll just shake for a second. Can we just say I hate this stupid thing? Okay, let's just say I hate this stupid thing. But whatever we're saying, that's the slowest part that's like holding back. She needs to know she's included. Okay? So we're like, alright, you're included, but you're not setting the destination. So each day, you can include it, but the destination has already been set. You chose from your heart. I want to live a life where I'm fully alive for myself, right? So each day, when that resistance comes up, you're like, Okay, there you are. I feel you. You're welcome. Alright. What do we need? Do we need a cuddle? Do we need a shake? Do we need to stick our tongue out? Do we need to give the finger to it? Like, what is it that we need to do? You know, what's the rebel side that needs a moment of expression? Okay, okay, good. And then maybe your body's like, I don't want to do 20,000 things. Okay, how about we just take five minutes, and we just do heart-genital connection. That's all we're going to do today. Are you okay with that? I'm okay with that. Okay, we're just doing that. And then you start doing it. You're like, That felt good. I want more. And then you can choose at that point, do we want to do more? Do we not want to do more? So titrating the experience so you don't go into trigger is really important to creating enough, like, safety openness so that you get the oxytocin going. So you know being with yourself in a safe way, oxytocin helps to rewrite those stories. It will become easier, but right now, you're up against a few decades of inertia of life-taking choices, so life-giving one feels alien.

It's the same when someone's been abused. They recognize that as love. They don't recognize kind people. And so to help a person understand, actually, you deserve to be treated well, kindly, it takes time, because kindness feels foreign to a person like that. Kindness to ourselves, ladies, can feel really foreign because we're used to beating ourselves up. We're used to coming last. We're used to whatever we're used to. So this gentle, consistent daily like, how are we doing today? What's the sensation? That practice we did earlier? It's not in the course, but just that practice of the heels, pushing, creating tension, and then releasing. There's such simple, lovely ways to get the system to come back online gently. Gentle is important. The fact that you felt that first ring, the kidney area in your Yoni, is so exciting, and the predominant energy is gentleness. So your body is informing you, like, Just be gentle, and this will go well, right? We don't need to push so hard, or we don't need to take the stick. You can take your own hand and go, I'm here. We're going to do this today. How could we do it so that it's good for everybody, right? And that gentleness then builds deeper intimacy, which builds deeper trust, and then eventually, like, you'll end up feeling that joy come from, Oh, I felt something that's amazing. More of that, please. Yes, yeah, yeah.

Thank you. Thank you. Can we give Regina some love everybody for her share? Thank you very beautiful. Okay, super important, ladies. That's why at the start of this course, I always go, Okay, what's your resistance plan? How are you going to deal with sabotage? Because it's going to be there. It's just how this is. And for some of us, sabotage can show up like it feels like such a foreign thing, like a tornado showed up in my yard. It's so random. It's not random. It's your resistance. It's literally like that life is so weird when you really choose to go for something that's right, relationship and true for yourself, often little bits of chaos will show up, and the important thing to do in that moment is to down-regulate, reassure yourself. I've got you. We're good, whatever is happening, we're good, and really taking care of yourself through that process.

Okay, yeah, being... Tracy was saying learning to be comfortable with being uncomfortable. Uncomfortable is fantastic. Uncomfortable is where you're actually creating new neurons. You're learning, you're growing. It's beautiful. Trigger is not where we want to go, okay? And if you get triggered, you have many tools here to help settle your system. But let's learn to feel the signs of Ooh. That's almost a trigger, because I'm so uncomfortable, where you can take some deep breaths, start to self-soothe, shake it out, make some sounds, maybe journal. This level of intimacy, ladies, is priceless in its freedom. Knowing yourself this deeply, it's really essential. And for those of you who are in this program and say you're in the earlier start time of life, the younger ladies in this program, I wish someone had told me these things when I was a young woman. I wish someone could have held my hand and said, Look, it's intense out there, but you got this. You are smart, you're wise, your body knows, trust her, listen to her. Who here is a little older? Would have liked to hear that when you were younger? Yeah, so for all the generations, it's nice to hear it, but if you're one of the younger ones in this program, you're bombarded every day.

So the important thing to do is you're at choice where your awareness is, that's the paying attention. Remember, we talked about that last week. Where are we paying, literally investing our life force? Are you investing in life-giving or life-taking? Start to know the difference, ladies. Start to know when I drink this, I actually feel good after, or when I drink this, I'm always really tired, and I get a sugar headache or whatever. Or when I watch this

particular kind of show, like the true crime or horror, I actually feel more anxious and paranoid, or when I go for this walk in nature, I feel relaxed. I feel more peaceful. Like you, start to pay attention.

Ladies, start to pay attention to what actually enlivens you and what drains you. And it's not about anyone else's standards, it's about your body's standards, your energy, your sense of well-being. Start to notice: is this life-giving or life-taking for me?

Now, let's go a little bit deeper into "yes" and "no." Who here appreciated the piece of knowledge around the idea that "the Yoni never lies"? It's a deep concept that I've adhered to most of my adult life. It's something I learned after a very traumatic incident when I realized that my body, my Yoni, actually knew, but I hadn't listened to her. The Yoni never lies. It's interesting to hold that concept. If it's pulsing with life, it's a yes; if it's contracting, drying up, or shying away, it's a no. It's worth paying attention to her cues.

In modern life, our well-being has often been hijacked by industries that want to tell us what our bodies should need. We're often sold products or ideas that imply our pleasure or well-being requires external solutions—when, in fact, much of what we need is within us and free, simply asking us to tune in, to listen to the sensations in our body without judgment or over-intellectualizing.

If you're not familiar with your "yes," start asking, "What does my yes feel like?" Yes typically feels like a gentle opening or a blooming, while "no" might feel like a contraction or closing off. Yes can feel calm and secure, even a little excited, and no can feel uncomfortable, tight, or withdrawn. Start noticing how your body speaks to you through these physical sensations. It's about really being present with yourself and making choices from that place of awareness.

So, here's a simple check-in practice for this coming week: as you go through your day, ask yourself, "Is this choice life-giving, or is it life-taking?" When you feel that "yes" moment, tell yourself, "More of that, please." Write it down if you can, even the smallest bubble of yes. Let that start guiding you in your daily choices, so you can really start learning your body's language. The more you honor your "yes," the stronger and clearer it becomes. And over time, you'll find it becomes almost second nature.

In the same way, learn to trust your "no." Our boundaries are crucial; they're a healthy response to what doesn't serve us, so we don't keep saying yes to things that deplete us. Even when we sense "no," we can be kind and respectful with it.

Alright, so I see a question here. Gina, go ahead and unmute yourself.

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Yes, thank you. I have a question about the yes and the no concept. Sometimes I feel a lot of resistance before doing exercises in this program. But then, once I start, I feel something shift. Sometimes I feel a bit numb since I was very young and was on hormonal medication that affected me. Now, I'm almost 49, so could this resistance be fear? Is this holding me back from feeling aroused or from doing what I want to?

That's a great question. And yes, that's actually very common. When we're so used to habits or choices that turn us off, anything that invites us to turn on can feel foreign and bring up resistance. So, what's happening here is that you're starting to move towards something that feels unknown.

Remember, it's natural to feel resistance, and we don't want it to win. Sometimes the body just needs time to catch up with the new direction. So if you feel resistance, recognize it and acknowledge it, but don't let it set the direction. You set your intention from a place of choice, a life-giving choice that you committed to. So each day, when that resistance pops up, say, "I see you, I hear you." You can even bring some humor into it: "Alright, you're here, let's shake it out, let's have a moment with you."

And that's how you bring yourself gently along the way. This consistent, gentle approach is what will start rewriting the stories that created that resistance in the first place. And over time, you'll feel that shift happen more naturally, where pleasure feels familiar and welcomed, where joy and yes are your new norm.

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So, thank you for that beautiful question, and everyone, give Regina some love for sharing. Thank you so much!

Now, as we go forward, keep checking in with yourself this week, even if it's just for a few minutes each day, to ask, "How am I feeling? What's one small thing I can do that would be life-giving right now?" This process doesn't need to be all at once. In fact, the more gentle you are, the more lasting the change will be. Thank you for your presence and for bringing all of yourselves to this session tonight. Let's carry that sense of yes with us as we move through the week.

Thank you, everyone, and remember to hydrate and take good care of yourselves!

Thank you so much for all your shares and presence tonight. Before we wrap up, I want to emphasize that everything we covered here is simply an invitation for you to explore. Go at your own pace and stay attuned to what feels true for you. There's no rush; your body will let you know when it's ready to go deeper.

As you move through the week, keep practicing that gentle self-check-in. When you wake up, take a moment to ask, "How am I feeling today?" and honor that answer. This helps you start each day with a sense of connection to yourself, no matter what the day brings. And at the end of the day, reflect: "How did we do today? What did I learn about myself? What would I want to try differently tomorrow?" This practice will deepen your sense of self-trust and make space for real change to happen in gentle, sustainable ways.

This work of coming back to ourselves and reconnecting with our erotic intelligence is so much more than just feeling "turned on." It's about reconnecting with your inner wisdom, honoring your body's signals, and building a relationship with yourself that's based on respect, curiosity, and kindness. When we're able to do that, we become part of the solution to the disconnection that so many people feel in the world. By grounding ourselves in our

own truth, we create more freedom, ease, and peace, not just for ourselves, but for everyone we come into contact with.

So, thank you all for showing up, for being open, and for bringing your courage to this journey. I am so grateful to be here with you and to witness each of you rediscovering your aliveness. Remember that this is a community, and every time you share or participate, you're contributing to a larger field of healing and connection.

If you'd like to unmute and say goodbye, feel free to do so. Wishing you all a wonderful week ahead, and thank you again for everything. Take good care of yourselves, and I'll see you next time.

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Thank you so much, everyone!

