

# JEMLIVE2024 - CALL2 - MODULE 1 - TRANSCRIPT

## 10-12-24

Okay, we're recording. This is officially the session for week one. I gotta let a few other people in here, but we're going to jump in. We're just finding out right now from everybody, you know, what's a takeaway from this week because that is super important. If we don't do takeaways, we actually don't make this ours. So there's a form of learning where we just stay in the conceptual. What I want for you, though, is to learn in a way that becomes embodied. You make this the facets of this that are yes for you, so maybe not all of it, but the portions of it that are yes for you, make that your embodiment. Does that make sense? Ladies, your embodiment? Yes, okay, sorry, I'm still letting people in.

So we have discovering. We have "invite the pain, give it space, don't shy away or judge it." Yes, I agree, that's very nice. Okay, same with Linda—importance of my own time. Yes, exactly. Okay. So today, you will have the opportunity to ask me some questions, which is really cool, to get clarification, maybe to find out some things. There was a question that was posted in the groups. I made note of that, so I will cover that. It has to do with different ways to breathe with the pelvic floor. So I will be clearing that up.

But so far, in terms of breaking the myth of orgasm, this first week, we're learning a lot of different things, and that's amazing. I listed a few earlier, before I pressed record. So, just for yourself, if you are also watching this as a replay, what is the thing that you're really learning about breaking the myth of orgasm? This is very, very important because when you speak it out loud, ladies, it becomes yours. Your subconscious is like, "Oh, that's mine." So even if you're not writing anything in the chat, or if you're watching this as a replay, just say it out loud, whatever it is that you're learning, so it can become yours.

Oh, I'm still letting some people in. As soon as everyone's in, what I want to do is actually get up, and we're going to move together. So we're going to review some of the practices you learned this week and give you just kind of a nice experience of that as a flow. Learning a different, untaught perspective. Ooh, that's very nice. Okay, all right, I think almost everyone's here, so I'm going to push this back a little bit and invite you all to stand with me, if you don't mind standing up. Yeah, very good. Twist that a bit like that so you can see me a bit better.

And then, if you remember, we did some shaking this week. So as you're shaking right now, I want you to release anything that feels sticky or heavy or confusing or annoying. Any of that kind of stuff, I want you to shake it off your hands. Let go of it. Be willing to release. And as you're shaking, use the breath. So nice, full breaths in and out as you really shake. Shake like you have something disgusting on your hands and you want it off really, like, really good. Yeah, that's it. Shake. Then shake into your elbow pits and your armpits. Shake into that whole arm and anything you're holding on to there, just let that go. That's really good, ladies. You're doing great. Make some sounds if you're private and you can make sounds. Sorry, I gotta let people in here, shake, shake, shake.

And then go down to one foot. So you're going to just really shake down. If you look at your own foot, you can hold on to a piece of furniture, or you can hold on to like an invisible trolley strap, and you're shaking and making all the foot bones really move. And what you're thinking of is, "Ew, I stepped in something disgusting," or "I have something on my foot I don't want," and you're really, really shaking to get it off. Shake, shake, shake. You want to shake so much you vibrate all the way up into your knee, thigh, and hip joint. Shake, shake, shake, shake, shake. And then the other side, really, shake, shake, shake, shake, shake, all the way up. And then shake your booty. Let me hear those butt cheeks clapping, ladies!

Good. And then we're going to shake down and up, so like you're trying to get something off your spine and back. Release your neck. Release your jaw, release your tongue, really shaking out. Good. And then just bouncing. So you're going to stand, look down at your legs, open them nice and wide, bend those knees, and really let out on a big sigh. Now you're releasing internal tension, internal contractions, and old stuck energy. Let your whole body soften as you bounce. Ah... Ah...

And start to slow down and come to a point of stillness and notice what you're feeling in the body. Notice if you sense any warmth or tingling, or any kind of different felt state from when we started. And then heat up your beautiful hands. We're going to just rub the area in the lower back, get that nice and warm, and then hold that as we roll through the spine. So you're going to breathe in and make your spine really long. And when you exhale, lead with your chin and come down through the spine only as far as it's comfortable. Exhale, and then roll up slowly through your spine as you breathe in, getting taller and longer. Exhale, releasing all the way down. Inhale, exhale, and ahhh.

Let's do one more and see how much aliveness we can bring into the body as you breathe in, and how much letting go, letting go, letting go. Drop the arms and slowly rolling up. Good.

And if you remember, we did hip circles in the class. So let your hips move in a nice circle, slowly. And if you can, close your eyes and just feel the movement from the inside of your body. See if you can be Yoni-centric. Bring your attention into the body as you move your hips in a circle, both directions, allowing any yawning, burping, farting, tearing up to happen as you release old, stuck energy out.

Step a little wider, and let's make bigger hip circles, really letting your back move with your hips. Nice and slow, really stretching out, breathing life into the body again. Once you get the movement, close your eyes and be inwardly aware of the movement. How luscious can you make this movement both directions? That's it—really breathing into your body.

And then heat up your hands again. If you remember the groin rubbing that we did this week, you're going to rub your groin. And I want you to imagine that you can see everybody here, and you're going to do a little groin rubbing in their direction, just saying a little "Hello" to everyone in the group. Just "Hello everybody!" And then reach back and you're going to rub the lower back sacrum area, heating it up nice and hot, ladies. And then forward—push your hips forward as you rub. Open up that groin. Heat up right over the pubic bone as well.

And then back. Yes, and forward, really rub nice and hot. Everyone, make that warm! And back. Excellent.

Shake out your hands, just stand with eyes closed and scan your body and just notice what you're sensing after all that movement. Any thoughts, feelings, or sensations—we're just paying attention, allowing and welcoming everything. And then, as you're standing here with your eyes closed, scanning your body, I want you to feel the soles of your feet and imagine the soles of your feet connecting in with lover Earth. Feel that intimacy, that forever consistency of presence. The only constant is not change; there's also gravity. So feel this beautiful, intimate connection with Earth. And I want you to feel as your feet are connecting into Earth, feel your bones and feel how your whole skeleton is solid in that connection, and the body is fluid around that solidity. But still tune into feeling that solid, safe, consistent, grounded space within.

And then take your arms and really open wide. And I want you to really spread the front of your chest as wide and open as you can, arching the back a little. And then I want you to imagine you're hugging your favorite person. Maybe it's even just yourself—hug, hug, big hug! And open between the scapula, and then open in the front. Inhale, exhale, big hug. One more. And big hug.

Then remember, put one hand in one armpit and really squeeze, and I want you to give yourself a gentle, loving squeeze. Open the eyes, look around your space, and really claim this space. This is my space right now. This is my time. I'm safe. I'm excited and delighted and at peace being here today. I'm grateful. Whatever is true. Claim this space for you. Shake that all out, and then we'll come back into a seated position together.

That was nice, yay. So how many here—I'm going to go to a gallery or group view here—how many here actually did the practice this week? At least once, this warm-up practice? Yeah, some of you, good.

So what we just did—if you learn nothing else from this course—this is like the first-aid kit of modern times. This is your capacity to choose intentionally the felt state that you want to predominantly live in. And I'm assuming, because you're in this course, the felt state that the majority of you predominantly want to live in is one that's peaceful, pleasurable, joyful, and with ease. And that's completely available to you every single day and throughout the day. So if you do get stressed—which we all do—if you do get upset about something—which we all do—remember the shaking. Shake it off. Bounce. Like if I have a really intense phone call that I don't like or something intense happens, as soon as I hang up, I'm like, I'm shaking it off. It's really important because if we don't do that, then our nervous system gets tighter and tighter. Who can attest to that?

Pleasure practice is not something we do here and there. Pleasure practice is something we choose in all the little, ordinary micro moments. And this—what we just did—even if you don't feel remotely interested in pleasure, this is a really good first step.

Okay, ladies, all right. So, I'm interested to hear from some of you. I want to know who did the exercise on redefining orgasm for themselves, and I'm curious what your definition of it is.

Yes, so we'll go to Ellie, and then we'll go to Lauren. Ellie, if you can unmute yourself, because I don't have the power to unmute you. So, Ellie, please unmute yourself.

Ellie: Okay, let's see... now I have to find it. Sorry, which one was it? Define orgasm for myself?

Yes, it was the one where we... there was a question of... well, I kind of go through this explanation that you are the Creatrix of your reality, and your definitions create reality, and your definitions of orgasm actually define how you experience them. Therefore, if you don't like how that's happening, we can redefine this for ourselves and find our own language. Because I find, at least for me, the language that's out there around orgasm doesn't vibe with my body. And so for a long time, I thought I never was having orgasms. I'm like, "That's just not my experience, I'm not having this thing that people are describing," but I *am* having orgasms. I'm having it the way my body is having it uniquely. So, I had to redefine that experience, and that's what I want each of you to do. So, did you get to do that?

Ellie: Yeah, so... I sort of have three in the parts that were like, define how you would love to experience and relate. And then also, yeah... apparently did that twice. But okay. Um, I would love to relate to my orgasm as purely as I would to my pleasure. I would love for orgasm to open me up for even more orgasms. I would love to be the kind of woman who wants sex daily, for hours with loads of mini or Whopper orgasms. I love it. I would love to let orgasm clean away any fears of life I have. I would love for my body and my being to open, to be opened more and more by my orgasm. I would love for orgasm to be active inside me, even if I'm not having sex.

Wow, beautiful. Let's give her lots of love. That's awesome. Ellie, how does it feel to share that?

Ellie: Um, it feels... it feels really like lots of things. You know, there's that sort of shyness that comes with vulnerability, of course, but then there's also... it's, that's pleasure in itself. Like that, yeah, that softness, that like, "Oh, oh, I'm showing myself." Yeah, yeah, yeah. So, it feels sweet and...

Yeah, and by being seen in this, we can start to wipe away the cobwebs of shame or weirdness. As grown women, we need to start normalizing this conversation around our bodies, around what our bodies are capable of. And if some of us are having difficulties with any aspect of being alive, speaking to that is really important because now we can just start, okay, well, here's the difficulty. What is it that I would love? If you don't have something that you'd love, ladies, you're just going to stay in the "kaka." So your heart, what you would love, those desires, they're the guiding light. They're your internal compass. Can you feel it in your life? Can you feel when your whole being is like, "Oh yeah, Hell Yeah, fuck yeah, yeah!" Like, big yeah! And also, like, can you feel even in a small conversation or a little question or a

smell or a flavor, and your body's like, "Eh, no." Can you feel those things, ladies? The yes, the no?

So a pleasure-full oriented life, one that allows orgasm to be like a side effect of that choice, is one where we are being very curious about our yeses. And if we have a lot of no's in our life—which a lot of us do—women are really good at saying what they don't like. Have you ever noticed that? And what they don't want? Right? I'm guilty as charged. So when we can start to name our yeses, then we create that space, Ellie, that you are describing, which would allow for the welcoming of pleasure, the welcoming of orgasm in all its flavors, to have its rightful expression. So, grateful for your share. Thank you.

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Anyone else would like to share their new definition? I think we had... was it Lauren that put her hand up? And then we'll have Regina right after. Okay, I'm a little nervous to share. I'm not going to lie about that. Let's just pause and just connect with me. Lauren, I think it's really enough to me. And then bring your hands to your belly and close your eyes, and then just take a few breaths so that your throat and jaw can start to relax a little bit. You can even wiggle your mouth around. There it is, yawning, stretching. Yeah. Okay, um, yeah.

So, for me, like, my definition does include local-focused orgasms in the pelvis, but it can also be expansive, involving the complete physical and psychological fusion of, like, full embodied sensations with intense emotional and intellectual erotic activation. And for me, this says it can occur alone or with my husband. It can be contained or limitless. For me, complete safety is required for this expansive version of orgasm to be possible.

Can you tell me a little more about complete safety, what that looks and feels like for you?

Lauren: Yeah, that looks like... It looks like making sure that we have privacy, like my kids aren't gonna, like, walk in on us or anything. That's really, that's really important for me because I don't want to have to be thinking about anywhere else in the world. I want to be able to just focus on, like, our experience, my experience, our relational experience. And then for me also, especially with partnered experiences, just knowing that I'm psychologically and physically safe, and we have fun discussing our desires and plans, kind of creating boundaries and a framework for what's okay and what's not okay. And then I also feel really safe in our communication—that if anything changes in the moment, at a single word, or even just like a tightening, my partner will respond to that and keep me safe and check in with me to make sure that the whole experience is going to be something that feels good instead of awkward or painful.

You mean emotionally or physically?

Lauren: Either, for sure, yeah.

You're invoking an attentive partner who's in tune, not going off somewhere, but also for you to have permission to go off somewhere with someone who's holding that space. That's really important, and I think a lot of ladies, this is something that is desirable. To be held in

such a way that we can really let go. But there's an interesting thing, Lauren, in the brain, where in order to let go like that, you need to lose control, right? And there's a center in the brain that actually switches on so that you do lose control. And because we're so afraid to lose control, we inhibit that center. So we actually inhibit ourselves from really letting go.

One of the things I'd love to invite you to do, Lauren, is to realize: I'm super safe. Like, I chose the right man, I live in the right place, and start to feel into what would happen if safety is already there. So could there be another word that brings out your feeling of being powerful and really present, so that surrender doesn't feel scary, it feels like breathing in? You're like, "Wow, I love that. I love that smell, I love that feeling."

Lauren: Yeah, it does feel like that for me with us. It's really... we've taken a long time to get here, for sure. Like, we've been through a lot together, and yeah, and definitely we are there. And in a minute, I can completely surrender and just, like, ask for what I want and enjoy the ride and completely trust and let go. And it is really wonderful.

*So I'm grateful that I'm there, partnered that way.*

That's so amazing. Thank you so much. It took a long time, but yay for that, right? Thank you so much, Lauren. Can everyone give her lots of love for that share? That was amazing.

And then we had—I think Regina wanted to share. Yep, Regina, go ahead.

**Regina:** *Can you hear me?*

Yes.

**Regina:** *So when I was going through the questions of the exercise, I was like, "Oh my God, what is possible?" Because right now for me, orgasm is already a problem. I'm always in my head, and so, and also, penetration can be painful. So I'm very curious about the session tomorrow. But what did I write down? I would love if orgasm was something that would come over me easily, because I feel relaxed and in touch with myself all day. I would love to be in a state of soft arousal all day long, and during sex, I would love it if my level of arousal is off the charts. During orgasm, there is no thinking mind, but only pleasure. So that is what I would like to achieve.*

I love it! That's incredible. Now, Regina, I have a question for you. With the practices you've done so far, have you been able to feel your body a little bit?

**Regina:** *Yes, I noticed it, especially with the shaking. But also with the meditation where you lie on the cushion—I don't remember the name—the erotic one. Sometimes it's difficult for me when you have to breathe in, and at the same time, imagine that you're expanding but also contracting. Those, for me, are two opposite things, so it's kind of difficult, but I do notice some relaxation coming over me. So I try to do them every day. Not all of them, but then I pick. I say, "Okay, today, usually after work, I'll pick a few." I always start with the shaking, and then I pick one or two of the meditations. And just to get more in touch and start with that.*



I love it. So I want to address a couple of things, if you're okay staying on with me?

**Regina:** *Sure, awesome.*

So for everyone here, the erotic field meditation—did you get to try that? Yeah? So let's just right now try a version of this together, Regina, you and I, and the whole group. When I say "inhale and expand," what I want you to feel first is just how your chest expands when you breathe in, right? So just put your hands on your chest, take a big breath, and feel that expansion that happens in the lungs. And then relax.

Now bring your hands down to your solar plexus, and let the breath push your hands away. Feel that expansion, and then relax. Now bring your hands down to your belly, below your belly button, and do the same thing. Really poof out your belly as you breathe in, expanding everything—lower belly, middle belly, lungs—and then relax. Now, you're going to take a really deep breath in. Imagine that all your bones are actually expanding. Everything's getting bigger as you breathe in, like a balloon swelling. Hold the breath just for a second to feel that fullness in the body, and then gently release.

Now take another really big breath through all parts of your body. Imagine like a whole balloon just going and filling with life, more and more life. Hold the breath, and now just squeeze your muscles while you hold the breath. Squeeze, yes. Now release. And then just breathe normally. Notice how you're feeling in the body.

How is that, Regina? Were you able to expand and squeeze?

**Regina:** *Yes, that's possible. And also, I noticed when doing the exercises how much tension I have in my body. You know? I feel that my heartbeat is like bouncing through my body, like I just ran to catch a bus or something. So that's why I feel the exercises are good for me, to wind down.*

Yes, that shaking is going to be really good. And for everyone, we can also do one where we're gently stroking from behind the ears, down the neck. I want you to make an "O" shape with your mouth. Just "Ooooo..." This is a really nice way to get the vagal nerve to go, "Oh, we're safe." Okay? So with touch and with that "O" breath—slow exhale, and the "Ooo" or "Oh" sound—did anyone notice what happened when you were doing that? For me, I almost went into like, "Stop breathing, I should be awake, I'm here!" So, that's really good.

The other thing I want to do, ladies, is—so if you're feeling like in your life, you're really tense—Regina, that exercise or the shaking throughout your workday, get up, go to the bathroom and shake. Just do it all day long, and you'll notice a difference by the end of your day. Because when we're in our heads a lot, ladies, the body is hurting. It's uncomfortable. It doesn't like to sit for eight hours. It wants to move. It needs to move. So in your chair, every once in a while, making those circular movements is really, really healthy. Getting up and shaking is healthy. If you have a moment of stress at work or even at home and you can take a space, shake that out.

And let's do a really micro reminder that we're choosing pleasure as our predominant desire. On the palm of your hand, if it feels good, very lightly touch the palm of your hand, and then close your eyes and just touch your palm in a way that feels really delicious and safe and warm. If you have your hands up—because I was modeling that—you can bring your hands onto the palm of your hands. Imagine you're in a meeting or on public transport, and just allow your fingers to make contact in a really subtle way so it's not noticeable to anyone else. Take a deep breath and allow that gentle, calm touch to remind you of that deep, undulating aliveness inside you. And if that's too much, just put a light touch of just a fingertip on your palm. Maybe that's enough to remind you.

And then throughout the day and week to come, play with that. And if that doesn't work, create something that's like a very easy reminder that you can use to bring yourself back, even for a few moments, because it's the micro moments cumulatively that are going to give you the biggest results. If you just practice once a week, Regina, you're not going to be able to retrain your body's natural reaction to being tense and not feeling safe, right? But if you use small micro moments where you just pause or whatever, and you have that light touch that feels good—maybe it's a different part of your body you're touching, like your leg or your elbow, whatever is comfortable—that reminder will start building those pleasure pathways.

**Roberta** was saying, "The palms of my hands are so sensitive they tickle when I touch them, so I touch my wrists for my pleasure." Yeah, exactly. Find your spot, ladies. There's no "have to" formulas here. It's, like, find what works for you. So I really want to thank you, Regina, for speaking up, and to hold possibility for you. You have an incredible body. Like, thank your body right now. Go, "Oh my gosh, there are so many neural pathways everywhere, and I actually can retrain those neural pathways so they experience the pleasure of being alive—the pleasure of breath, the pleasure of connection." That's what's going to prime your system to then choose to feel comfortable enough to allow pleasure to move through in a bigger way in your body.

Okay? Arousal, for some of us, is scary. Alright? I just want to say that. We want arousal, but it can feel scary because the heart rate goes up, and sometimes that's a sign of alarm, because when you're stressed, your heart rate goes up. Well, when you're aroused, your heart rate goes up. So if you notice that you're a little bit like, "Oh, that's a bit uncomfortable," slow down the breath so that the heart rate can slow down, but maintain the sensual touch. Get that oxytocin happening and dripping through your body. Keep doing that for yourself, even in a partnered setting. Sometimes our partners kind of can forget to be sensual.

So touching ourselves—like, sometimes when I'm receiving pleasure from my partner, I will reach up and, like, this is almost like a second clitoris for me. I just start to gently with my fingertips, trace my collarbones and my chest. It's nothing crazy erotic, but I'm so attuned to the yummy sensation that it amplifies everything that's happening and it helps me receive better. Does that make sense?



Okay? So that's essentially what we're learning here is, the frameworks need to be changed. We have frameworks that are outdated, right? We can see that clearly. Guess what? The frameworks you set up today are going to be outdated in, like, a month or a year. So here's the beautiful thing: you're an emergent being, emerging into being deeply alive all the time. It's new. You're a new person. So when you can tune in and go, "What's true for me today? What is the absolute truth?"

Some days I can tell you, I'm small, like, so compressed, like, "Oh, I can't handle even touch." So what can I handle? I can handle sunlight. Okay? And I just go sit for a moment and let the sun, like, touch my skin. I'm like, "That feels good, okay." And then suddenly, I'm more available to other kinds of connection. Does that make sense?

**Regina:** *Definitely.*

Yay! Thank you, Regina. Everyone, let's give her some big love for that share. That was awesome. Okay, so let me see what I wanted to go through...

Yes! Who here enjoyed—I'll get to questions in the chat in a moment—who here enjoyed this invitation into self-validating your pleasure? Did you get to that part of the class? So there was a moment where, like, there might be versions of your pleasure, versions of your joy, versions of your arousal that are unique, specific to you, and you will not find any external source to validate it. Are you willing to self-validate it? Because it exists—you are experiencing it—so why is it not valid?

This is really, really important, ladies. I can't tell you enough the conditioning that we have to get external validation and to look outside of ourselves, like, "Am I okay? Am I normal? Is this okay? Is this all right? Am I going to freak out my partner? Am I going to freak out my, you know, family?" For the most part, people can't sense what you're sensing in your body. So if you can self-validate and then ground, I highly doubt there's going to be a lot of, like, bad reactions around you—unless you're truly surrounded by people who don't want you to be happy. Then you'll get a reaction, okay?

You are the expert of your own experience—absolutely well said. Okay, so from now on, we're going to be self-validating. Pay attention to all the awesomeness that is bubbling from you, and if you can, this is what builds those pleasure pathways. You want those pleasure pathways. You want your brain—here's the funny thing about your brain: it's like a real estate agent. And if you don't use something very much, your brain goes, "It's not that important, so we're just going to do a general whole sensation for that part." But the parts that are really important—say you become an expert of, I don't know, the nose—this whole area would be so enervated and have so much real estate in your brain that the nose would be just amazing.

So we want to retrain our brain so that the vulva, the vagina—this area of the body, the whole body too—but definitely this area isn't a general area of real estate, of sensation. It's very specific. It's very... How would you say, like, important to the brain. A VIP area. And the

more we do that, then the more sensation, subtle sensation, variety of sensation will become possible.

So, as an experiment, when you are off this call today or tomorrow, I would like to invite you to cup your vulva, just like this—you put your hand over—one hand on the heart, and when you have that connection, maybe you do the heart breath. Then what I want you to do is start just very lightly with one finger, just touch different parts very, very lightly and see if you can actually feel it. "Where am I touching?" Do it with your eyes closed. Touch. Tell yourself, "Okay, I'm touching here." Look down—are you actually touching there?

Because this will build those pathways, that interceptive awareness we talked about a few weeks ago, which is the key to everything. This is the starting point: starting to touch, bringing your mind, your awareness, into that place of touch, and then amplifying so that you're aware. And if you have areas that are numb or painful, this is going to be a skill set you really want to have—the capacity to touch something very gently and go and be with it, with your attention, with your awareness.

Okay, so I have a question for everyone, so this can be answered in the chat, but then we'll also unmute a few of you. What do you believe would happen if you let yourself attune to and live by your pleasure fully? What do you think would happen? Put some of that in the chat. But I also—I'm going to do gallery view here. Does anyone like to answer that? What do you think would happen if you really went for it?

**Participant:** *I would be scared to death.*

Okay, that's interesting. Where are you? "See you. All areas of your life would expand. People would notice me." Okay, keep going, ladies. "More joy. My life would be a rocket ship of sensing and feeling beauty all around me. Wonder." **Jenna, where are you? And would you be willing to speak to me? I want to know more about this.**

**Jenna:** *Yeah, I'm here.*

Okay, I'm going to read a few more of these. Jenna, with you here with me, but I'm going to read a few more, and then I'll speak to you in a second here. So: "My nervous system would be more relaxed. I would cut toxic people who I'm not safe with out of my life forever. Never miss them. I would not be afraid of anything. I would move with ease, more joy, aliveness, sense of goodness." "I'd be burned at the stake." Yeah, I mean, there's some scary bits to this too.

So, Jenna, before we get going, let's get the body feeling safe. And if everyone can mirror myself and Jenna just so she can feel like she's not in a spotlight, but we're all doing this together. Very good. So that rubbing of the vagal nerve—make that "Oooo" sound. Ooo. And then, Jenna, I want you to kind of, like, stick your tongue out—go "blehhh" again. Good job. And then see if you can squeeze the traps up here, like these muscles. Squeeze, and then go down your arms. Yes, really good. I'm going to squeeze right down your chest, squeeze your belly, and squeeze down your legs if you can. Good job.

Okay, so staying really present with your body, tell me how you're feeling right now. What's happening in your body?

**Jenna:** *Well, it was kind of calm, and now I feel janked up, jacked up a little bit.*

Yeah. So, put one hand in your armpit and give yourself a big hug. And let's just take a few really slow breaths, and look at my spine—I'm just kind of gently moving on the spot. That's it. And the whole group is here with you. We're moving and breathing with you. We're very relaxed just being with you. And I want you to imagine that kind of nervous energy that's in there. Imagine something really fun, and allow that nervous energy to become almost like you're excited. It's the same energy; it's how we orient to it. Just like we...

So now, let's try that. You're going to open your arms really wide, keep going in a circle, really wide. Wheeee! And just feel what that feels like. It's exciting. My heart's racing a little bit, but wow, yeah, that's really nice. You're doing great. Spread your legs if you can—like, make them wide and strong. Yeah, there you go. That's better. And then twist from one side to the other side. Take some nice deep breaths as you're doing that. Excellent. And then shake your hands at me. Excellent. Thank you.

So, tell me a little bit more. If you were fully just in your big "yes-ness" of pleasure and joy, what's going on? Is the life around you going to change really drastically?

**Jenna:** *I will be seen. I think I've spent so much—because of, you know, early criticism as a kiddo in a dysfunctional household or whatever—I learned to, like, shrink to fit the space or to be safe. And so to be fully seen is really scary,*

*or to... I forget what the original question was.*

Don't worry about that. Okay, now can you put your screen on gallery view so you can see all the ladies, please? Yeah? And ladies, if you can just be present right now and breathe and stay in your hearts, and I'd love you to just look at—Is it Jenna or Janna?

**Jenna:** *Jenna, like, banana.*

Jenna. Just look around, and the ladies are just beaming back, and they're seeing you—that's all. And just take deep breaths and look at each person who gets to see you. We get the pleasure of seeing you. That's it. Just keep rubbing the front of your body now as you receive. Yeah, and then I'd love you to say out loud to the group: *I am seen.*

**Jenna:** *I am seen.*

Just let that settle in your body now, and you can just be with that. If you need to close your eyes for a moment, it's fine. Or if you want to keep looking at these beautiful faces, we're going to still be here with you, seeing you. And then again, I want you to say *I am seen* but speak from the deep parts of your belly.

**Jenna:** *I am seen.*

Yes, you are.

**Jenna:** *Thank you for seeing me.*

Isn't it a pleasure to see her, everyone? Yeah. Thank you for letting us see you. That's what's important about this moment, is that it's safe for you to be here with all of us and in the world. It's safe for you to be you. It's safe for you to occupy what is sovereign and belongs to you. So, squeeze your body and tell your body, "I'm willing to fully occupy you now." And ladies, if you want to join in on that, because most of us need this reminder, like, *I am willing to fully, deeply occupy this body, every corner of this body.* Just take that moment to feel into that.

Excellent. Thank you so much, Jenna. Would you like to share how that experience was for you?

**Jenna:** *Yeah, just seeing you all seeing me and feeling seen was very heart-opening, and just tears were streaming down my face. You know, just the gratitude of sharing a moment of connection and seeing all the smiles and the kindness that was in this space was really touching. And yeah, I just had a lot of gratitude for the shared connection and being open to being seen.*

That's a big one. Thank you so much.

**Jenna:** *Thank you.*

Just for a moment, everyone, settle back into yourself. I want you to imagine, like, all that beautiful love you poured out—now bring some of that back. Pour it back in and settle. Feel your sitting bones, feel your feet. Allow Jenna to have had her experience, and come back into your own experience. And just notice—what was that like for you to allow yourself to really see someone and reflect that back?

And the next time we're out in the world, there's so much pain, there's so many women—we're so competitive, we're so afraid of each other. One of my favorite things to do is I walk around and I collect smiles. One of my things, I'm a smile collector, and I love to randomly tell a person, I feel it in my heart and I never speak untruth, just that they're beautiful. I'm like, *Thank you for just being so radiant today. It's really made my day.* And letting people be seen. It's such a gift. It's such a gift because then we uplift each other.

And if someone ever tells you, "Wow, you're so beautiful. Thank you," you're just like, *Ah, I'm seen. Thank you. That's awesome.* You don't owe that person anything. If you don't feel like even saying thank you, you don't have to, but take a breath. We're so afraid, and we need to learn to see again. So I'm really, really honored, Jenna, that you were willing to give that to this group. Thank you.

So, for some of us, our framework, our belief around *If I were to fully be my most sensual, pleasurable, erotically integrated self, my world would fall apart*—if some of the frameworks are in that direction, it doesn't belong to you. It's a framework that's been put into as an idea

in our society for quite some time. We need to keep women small so that family units stay together and society is stable. But that's a load of bullshit, as we all know.

So you're learning: do not be afraid of your deep erotic self—that is your aliveness. Remember we renamed that *aliveness*, and know that this way that I share information and invite you to grow and learn it, there's always these two pillars. There's the *aliveness* pillar—sensuality, sexuality, erotic pillar—and then there's the *deep emotional integrity* pillar, and those are growing side by side in this path.

So the beauty of you growing as an erotic and sensual and sexual being is you're also going to mature emotionally. Have you not seen that already with the questions I've asked you this last week? Being sexually sovereign isn't just a birthright, it's a responsibility. So you're learning to know your mind. If we don't know our own frameworks, they control us. Once we know them, we can change them.

And what I've seen to be true is that people who are regulated and have natural joy for no reason and are coming from a place where they feel pretty stable in themselves are the people who help other people stabilize and help change—real change—happen. But change that's happening from angry or fearful and reactionary people is where... we've kind of ended up now, is not a great place.

So that's why things require a new paradigm, and you're part of that. And all you have to do is be with yourself in a beautiful way. That's the revolution. It's not always out there rah-rah-rahing. It's inside—rah-rah-rahing. Makes sense?

Okay, so then the next obvious question: who is willing to own their pleasure completely, fully, just in totality? In the chat box, I would love you to just write it down, but I also want you to say it. Say it out loud: *I am willing to fully own my pleasure. Like in all levels, I am fully willing to claim and to own and to abide and to marinate in it. It's mine. It's my birthright, and it's my responsibility, and I cheerfully and delightfully and curiously allow myself to connect with this natural part of my being.* Yes, really beautiful, ladies. Yes. I love it. Amazing. Okay, I'm reading all the comments—so beautiful.

So, I'm curious—the next little check-in. Who did the PDF on *definition creates reality*? Let me do a gallery view here so I can see all of you. Just a second. Okay, so give me a little shake of hands—did you see that PDF? Did you do it? It's in the activity sheets, I believe, of week one. So if you didn't know that, you'll want to go and click on that.

That one PDF is going to help you so much, not just with pleasure but in any area of your life. Literally, how we define something is how we experience it. So for example, if we define menopause as the end of sexuality, guess what happens? We live according to that framework. But if we define menopause as the power stage of life—holy crap, what's going to happen now, right? If we define that all men are assholes, guess what's going to happen? You're just going to encounter a whole bunch of assholes. But if you define like, *men are my protectors*, you're going to start encountering more of that kind of quality of energy. And if

it's not present, you'll be like, *Hell no, get away from me because I don't want that around me, right?*

So, *definition creates reality*. It's a really important PDF, so if you've not done it, please make sure that you do. Play with it because I think it's going to just really help you for all your remaining days. It's something I teach in my ambassador program, it's something I live by. I'm always looking—like, if I'm not happy, if something's happening and I'm not happy, I'm like, "Well, how am I defining this? Or how am I defining myself in this?" Right?

Who here has defined herself as *broken* in some way or another at some point? Well, now what are you doing? You're trying to spend your life fixing you when there's nothing broken and nothing to fix. So we're like spinning around in circles, trying to fix something that's not broken, and we're not actually focused on living. But almost an entire industry exists—the self-help industry—that's designed on this definition.

Okay, that PDF rocked my mind awake—whoop whoop! I love it.

Alright, so I want to go over the three main practices that we did, and then I'm going to open up to Q&A, and we're just going to talk about some stuff. But there are three important practices that I introduced this week, aside from all the nervous system stuff. I don't know if you can hear it, but there's an entire pack of coyotes outside of my house right now, and they're howling like mad. They're literally like... and I can barely hear myself think! They're going crazy. So they love this topic.

Okay, so aside from all the shaking and all that, that's your self-regulation practices. That's super important. If you do nothing else from this course, please keep experimenting with that. The woman-wolf pack, yes, exactly.

The subtle sensation meditation—you don't need to do that that often, but the point of following and seeing if you can sense into your own body is to train your mind and your awareness to be able to start mapping areas in your inner space, the body space, and eventually also sensation. That's where interoception—that interoceptive awareness—is going to start really blooming, okay?

So, the more you can do that, then what's going to be really cool—and I want you to try it now—start just paying attention to how you're breathing right now. Just the pace of it. Don't change it, just notice. And then, as you're breathing, I want you to start noticing the quality of the breath going in and out of your body. If you're just using your nose to breathe, is it warm air coming in? Is it warm air going out? Is it cool air coming in? Is it cool air going out? What is the texture?

And then, start to go a little deeper. Notice when you breathe, it slightly changes your heart rate. The in-breath and the out-breath affect your heart rate. And then start to notice even more inwardly, how your belly is responding to the breath. Maybe you're listening to the breath moving in and out. Maybe you're even tasting the breath, like when you smell yummy fresh-baked bread or coffee or flowers.



And then, bring all your awareness—and smile—all the way down into the base of your spine. And you can even bring your hands and touch the base of your spine and feel the warmth of your own hands pouring into your body and starting to penetrate into this area, warming it up. Feel the heat of your hands traveling into your body, and then imagine having the awareness of your sacral bone drinking in that warmth like sunlight. Become aware of your body joyfully and delightfully absorbing that warmth, like radiant sunlight pouring into this area of your body.

And notice if there's any extra saliva forming in your mouth and swallow that down. Then just release your hands and gently open your eyes if they were closed, and see for a moment with eyes open if you can still sense the warmth in that area of your body and the breath in the lower part of your back. And if you don't feel anything, don't worry. But over time, you'll be able to train your own mind, your awareness, and your sensitivity to travel literally anywhere in your body.

And when you start to be able to do that more, then you're going to be a *pleasure hunter*. You'll be like, "Ooh, where's the yummy sensation?" And then you'll bring all your attention right to that spot that feels really delicious. And like, *oh, that feels...* Do you ever see when you rub a cat and it's like, "Oh yeah, yeah, you're right there," and it's like leaning into that one pleasure spot? Right? It's like, "Yeah," and they're really shameless about it. So you can study cats—they're great teachers about pleasure.

So the subtle sensation meditation—it's just a tool to help you train that awareness to track more subtle things happening in your body, okay?

The awakening the erotic field—this is really important because if you want to start having less localized orgasms, like it's nice to have them in the genitals and the pelvis, but there's also a feeling sometimes of pleasure just moving through the body. And if a lot of energy and heat and pleasure is moving through the body, sometimes it's like, "Oh, that's a lot," right? You have the erotic field meditation. You don't need to be afraid of that much pleasure. You can take a big breath in, squeeze all your muscles for a second (which helps ground you), and then relax. So, it's just a really delicious way of allowing the body to digest sensation, okay?

It's also a wonderful practice to train your brain to experience your totality without fragmenting into parts, because we fragment everything into parts in order to understand things. Does that make sense? Yeah.

And then, the body love meditation. I want to check—how many of you—just wave at me if you got to do the body love meditation? Alright, so **Nicoletta**, would you like to tell us what you liked about that one?

**Nicoletta:** *Yeah, hello. I can share a little bit about my experience. I did this meditation the most out of the guided practices, and it helped me connect with parts of my body that I usually ignore, that I usually put down, that I don't like. And I think this is a practice I'm going to use for a long, long time. Sometimes it didn't bring maybe necessarily good*

*feelings, but still, to be able to hold in my heart what that part is bringing—it's like next quality, next level for me.*

Yes, so you're saying like when you touch a part that you've ignored or a part that you're critical of, sometimes the information that would come wasn't always pleasant or sexy?

**Nicoletta:** *Exactly, like sometimes just a traumatic mark, but because I gave attention there, that came up like for healing. Like, "Hey, I'm here to be integrated. Work with me, because someday I will feel pleasure and be integrated in your body." Something like this.*

Yes. So imagine that part of the body is like a little child that was kind of abandoned, and then whenever you see the child in the corner, you're like, "You're gross, you're ugly, you're annoying me." So the child keeps contracting and feeling lost. And suddenly, you give it attention. It's like, "Why? Why are you giving me love now?" Like, there can be some resistance in the beginning.

So what we want to do is say—if that were my shoulder, for example, on a daily basis—I just say, "You don't need to change. I'm just going to put love here. I'm going to be with you just as you are, and that's it." It's just like being there with you. "I'm sorry I've ignored you." Letting that part in, that's where, like if you had a wounded animal or a little child, slowly, everyone wants to be open. All body parts want to be included. So over time, slowly, slowly, there is a melting, there is a reintegration.

And what I love about this practice is, you're not doing psychotherapy. You're just being with yourself. We don't always have to know all the stories, we don't always have to—but to feel in your heart the desire to love and appreciate a part of yourself that maybe you haven't is already a massive decision, right?

So ladies, this practice of the body love—I don't know how else to open the landscape to people if they don't have at least that foundation of the capacity to be with themselves. Yep. So thank you, Nicoletta. That's awesome. Thank you for your share.

**Nicoletta:** *Yes, yeah.*

Anyone else want to share their experience of the body love practice—someone we haven't heard from yet? No? Okay, you don't have to.

Alright, well I would like to open the next 20 minutes for questions, and I have one from the course that I'll address, but I'd like to prioritize questions from people who are live here. So do you have any questions, comments, or clarifications based on the first week that I could help support you with?

Alright, so if you have a question, just please, kind of, go "Hey!" Say it, or unmute yourself, and then I can answer.

*Reading from chat:* Vibration creates alertness. Body says, "What's happening?" Right? How does shaking relate to the somatic response?

Great question. Have you ever seen— you know those National Geographic scenes where there's a lion chasing an antelope or something? Have you seen that? The lion's hunting, and then he misses the antelope. And then, you watch the antelope—it's just run for its life, about to become food, and it survives. What happens? Anybody remember what the antelope does?

It shakes like crazy, and it won't stop shaking until all the adrenaline is cleared out of its system. So, this is why we shake. Shaking—here's what happens: when you get afraid or you get angry, you squish your body into a pattern, you hold yourself in a particular way, and that's what creates, quote-unquote, a trauma pattern in the body if that gets repeated too often, okay?

So, what we need to do is we need to learn to shake and imagine, like, if your body was a bio-computer, you're pressing the reset button when you shake, right? Because now you can't hold that pattern because you're shaking all weird. That's why sometimes I do a silly shake like a kid, and I'm just all over the place. There's no sequence—I'm just doing a really silly shake because I don't want to hold onto that thing that's, like, trying to embed itself in me. Does that make sense, ladies?

So that's why we shake for that. We're not taking a machine and vibrating the body. We're literally letting the body do it itself. So that's why we do that.

Now, we're not always shaking, but sometimes you could have a really intense pleasure, and your body can go into some kind of shaking or little spasms. Have you ever had that? If you haven't, it's okay, but that's natural too because what's happening is, maybe the nervous system is like needing to learn how to be more smooth with orgasmic energy. It's like, "Ooh, that's a lot. I don't quite know how to handle that because I'm more used to feeling stressed." Right? But over time, you can actually control that kind of shaky feeling purely by breath or opening the body, and then everything settles. So you don't need to be afraid of that.

*Participant:* My body always shook when I was giving birth.

That's good. You're just letting the body move the way it needed to move. It's super important.

So, any other questions? Curiosities? Use me! I'm here right in front of you, it's live—I'm live!

**Hannah:** *Hi, I was wondering in the microcosmic orbit meditation, you were kind of talking about spine movement and the breath. Is this, like, with the in-breath sort of lengthening the spine, and then with the out-breath opening, yes?*

Yes, let's do it together. That's a great question. So stick with me, and then the group can join if they want. So what I want you to do is sit on the edge of your chair so that you have a lot of spine movement flexibility, okay? So, you're sitting on the edge of the chair. Go side to side first, just to get those sitting bones feeling relaxed, and then rock forward and back and notice what happens to the spine. Very good.

Now, when you inhale, you can breathe in any way—that's the cool part about breath—you can direct it in any way, you can begin it anywhere. With this particular practice, we imagine the breath actually starting at the base of the spine, which is kind of weird, because, you know, if you think about breathing, it's in the lungs. But we imagine the base of the spine. So, put your hands on the base of the spine and take a little in-breath and bring the tailbone so it tucks under, and you flatten out the lower spine as you breathe in. And then just relax when you breathe out and find the nice curve of your lower back again. Can you feel that?

Okay, so now, we're going to take a slower breath, and we're going to do the same. We're going to inhale at the bottom and go to the middle of the spine, everything getting longer, and then just relax everything, let your spine find its natural curve.

Inhale now, go all the way up to between your shoulder blades as you breathe in, everything's lengthening in the spine, like you're pressing against a wall. And then just find your natural curve on the exhale.

Now, inhale—you're going to actually lengthen the cervical spine and straighten it out. So you're going to tuck your chin in slightly, and the whole spine is as if you're pressing against a wall on the in-breath. And then relax completely.

Very good. The last bit you're going to do is think about the top of your head here. So you're going to breathe in from the bottom, nice slow breath, like an undulation going up the spine. Inhale all the way up to the top of your head, and then just relax. And when you relax, the throat softens, the chest softens, the belly softens.

Can you feel that? Does that clarify your question, or do you need a little bit more?

**Hannah:** *My question was actually, like, this... Because this topic comes up in different contexts, and I've done also the sort of, with an opposite sort of spine movement, kind of opening up when you breathe in and then relaxing the other direction. Was just curious about this duality.*

Yes, so I do that too. I'll take a lot of in-breath this way, and now exhale. With the orbit, though, because we're attempting to follow the flow up the spine and down the front, that's the only reason. But literally, you could do anything—you could inhale and into your hand, straighten out your arm, and then everything relaxes as you exhale. Oh! So, right? Inhale, and the arm gets full, and then exhale, the arm softens down.

So, someone else... Thank you so much, Hannah. Let's give her lots of love. That's awesome.

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Someone else asked a breath question, so I might as well answer that one right now. It was, "When you exhale, do you contract or when you exhale do you expand?" Because there are different teachers saying different things, right? All of it is correct. It just depends on what you want to achieve.

So, let's try—if you're comfortable—bring awareness down into the pelvic floor. You can even hold your vulva if you like, in your hand, the Yoni in the hand. And we're going to take a deep breath in and really push our bellies all the way out, and then when you exhale, pull your belly in just slightly, like as if you're trying to draw your belly button towards the spine. So it's not a hard contraction, you're just pulling the belly in.

Inhale—really expand the belly and... exhale, drawing in.

So, that's the exhale with a slight contraction in a baby's body. It's how a baby breathes. A baby's belly will poof out when it inhales because all the diaphragms—this is diaphragmatic breathing—all the diaphragms are expanding. So everything's expanding. And when you exhale, there's a natural kind of lifting or squeezing or pulling in, very soft.

But you can also do the opposite. So now, when you inhale, I want you to squeeze and pull your belly in, which is going to create heat in the body. Squeeze. And when you exhale, almost like you're yawning, you arch the body and exhale and open the bowl.

Let's do that with our mouths. Inhale, make like you're sucking a straw... Exhale, yawn. Very good. Inhale... Exhale.

So, ladies, you get to choose what's important with breath practices. When you learn them, do them the way they're instructed. But then your own body might want to do the opposite, so you've got to kind of feel what's true.

With a healthy pelvis, I would say you can do both. With a pelvis that has a lot of pain and tension, you really just want to do the expanding-open with the in-breath where everything's poofing out and no contraction on the out-breath—just relaxation. Does that make sense?

When we start using the egg, you're going to learn how to "yawn open" the vagina intentionally. Like, as you breathe in, you're going to yawn and spread everything open. And as you exhale, just relax, okay? That's what we're heading into with that practice.

But if, especially if you're having discomfort—and tomorrow, we will... If you're coming to the bonus class, and everyone who's here, you're clearly welcome. If you have problems, let me know. But in that class tomorrow, we're going to be very specifically working with that. And sometimes I have tension too. You know, during the launch for this class, I was so busy I started to build tension in my body, and I had to really release it. Not because I was upset about doing it, it's just I was holding a lot of different details, right? And that happens when our mind gets super active—the body gets really tense.

Can you give us a precursor to tomorrow's bonus class?

I will at the end, okay? I will definitely do that.

I have one lady with her hand up—Regina!

**Regina:** *Yes, hello. One second, I'm just going to put my hand down. Okay, yes, I have a challenge, I would say. I took the course, I'm taking the course, even though I have like feminine issues—challenge with fibroids and a possible intervention. And for me, I'm like... And I read in the comments, a lady that had an issue with her ankle, and maybe other ladies may have other issues. You know, how to surrender when you have those little reminders in your body? I find it really difficult, like just in the introduction, for example, I love shaking. But today my uterus was like, "I'm here, sista!"*

Can you shake lying down where you're just shaking like this, but you're not shaking through the uterus?

**Regina:** *Okay, yes, thank you. I didn't think about that.*

When we have an imbalance, the body wants to be in balance. But when we have an imbalance, I always say, you might hear me say it sometimes, "Incurable"—when the doctor says that, or the world says that—it means "in-curable" from within. I've had this so many times in my life where something's not right. I've had to have surgeries as well, and I've had all kinds of different near-death things and physical problems. But slowly over time, by having that respect, that connection, that listening, and that willingness to meet my body where she's at—and also reminding her of what's possible, like "we can feel healthy, we can get better"—I want that. So, talk to me.

That relationship of really talking and listening is really, really important when we have an imbalance. So, with fibroids, often it's a sign, not only on the physical side (like with estrogen), but on the emotional level, like there's something that you are aching to birth. Like, there is something that you're not birthing that wants to be birthed so deeply, and the willingness to start looking at that and talking to your uterus, going, "Okay, what is it that you really want, you really need?" and listening.

And sometimes, women have cleared fibroids very naturally, and other times, you need intervention. And then you get the intervention, and then you help your body heal post-that experience. So, whatever direction you go, just making sure that you're really aligned with the choice you make, so that you're not fighting yourself. Does that make sense?

**Regina:** *It does, yes. Thank you.*

So, please, please adapt the course. And look, you have lifetime access, so you can always keep coming back later. But for now, wherever you're at, make your uterus queen. Like, she chooses—like, is this exercise working? No? We don't like it? Okay. Can I adapt it? No? Don't do it at all. Okay. I'm not doing that at all. Oh, I can adapt it, and I like it? Okay. I'll adapt it, and I'll do that.

This is more important—that listening—than any practice you're going to learn here. You've put yourself in a position, a devoted position, to listen to your uterus deeply. That's your mission right now. And as you move through this, there will be elements that are not relevant right now, but take the ones that are and really let them nurture you, let them support you, let them allow you to rebuild that trust with your body. And be prepared for if



you are going to have surgery—then at least your body knows that you're friends. Does that make sense?

**Regina:** Yes, yes. A lot of sense.

Okay, yay, merci! I have a lovely evening for you... or morning, for all of us too. It's such a lovely time for us to just be more gentle. Can you feel in yourself already, after just a week, that *I want this now*, and there's like a level of impatience, or hastiness, a little bit? And if that is arising for you, it's just like medicine for relaxing the heart a little bit. It's like, "It's okay. We're not in a rush. We're going to get there, wherever 'there' is, because we're already here."

Make sense, ladies?

**Lauren, you have your hand up.**

**Lauren:** Yeah, thanks. So, for me, like, one of the more difficult things that I'm realizing as we've been going through this live call was that, like, the definitions and writing down the exercises in the activity workbook felt pretty good to me. But what I'm realizing as we've been going through this call is that, like, the way that I define pleasure, which for me is joy, I'm like able to connect with it sexually and with my partner. But where I'm experiencing a lot of, like, difficulty and resistance, oh... I'm gonna cry, like it's actually connecting and occupying every corner of my life and feeling safe out in the world. That's where I'm having, like, a lot of these issues.

When you said that thing about, like, "It's safe to fully, deeply occupy every corner of myself and my body," I realized that I'm having trouble feeling safe, occupying pleasure in my body and my emotions and my desires and my history when I'm out in the world. Like, that's where a lot of this, like, big resistance is coming up. I'm like snot-coming-down crying and tears are coming down. So I'm like wondering how to use these practices to gain the kind of, like, to access pleasure outside in my life.

Beautiful. So, a few things—there's definitely somewhere in there a definition about the outer world that's no longer suitable. It's like "The world is scary" or "The world is mean" or "The world is whatever." So that definitely needs to be looked at so that you can start defining it differently—like "The world is my playground. The world is my joy. The world is my home. I belong to life," is a big one that I often invite women to consider—that you belong to life. So wherever you are, you belong, okay?

That's on the mental definition framework level. On a physical level, in your own home, where you're really safe, as you start to do more of these practices and really get somatically grounded and you start having that 360-degree, full, like occupying—you're sensing everything. Imagine, like, a turtle. Like, you go out in the world, you carry your home. You carry your safety bubble. You carry this magnificent queendom called your sovereign space. And no one—that's your space. It's your space.

So, over time, as you express more in this group and really exercise the feeling of being seen, you're going to have to titrate it, because clearly, it's something that we can't force—you don't want to do that—but you want to titrate it. And the way you want to do that is, maybe when you step out into your yard, feel like you occupy the space. Because what makes it unsafe is when we dissociate. Now you've abandoned your space. So of course, it's scary for your body. You want to re-associate—deeply associate with your body, with yourself—and notice when you have a tendency to depart. Does that make sense?

And that's why we have these little weird things that we do, where we squeeze or we touch, or we have this symbol—like hand on belly or something to remind us like, "No, I want to be fully here. I'm fully occupying this space." And just do it in really small increments. Like when you go outside to get your mail, or do something with your kids, or even when you're grocery shopping, which sounds really mundane. But make the choice to be fully present in your full body. And could it be a pleasurable, sensual experience walking down the grocery aisle? And it actually can be! Because when you're going and looking at all the fruit and the colors and the vegetables, you're like, "Oh my God, this is very sensual."

Maybe, if it helps, you know, have one earphone in with something pleasant—like music that makes you feel here and pleasant—and you're not necessarily blocking both ears, so you can hear what's going on also in the environment. But that kind of way of saying "I'm claiming this space." Some people might think you're a bit weird. I really love being weird because I'm just like, "I need to claim my life. I'm not living for anyone else—I really am not. I can't." And nine times out of ten, it brings people joy to see my weirdness. So, you know, that's that.

So that's what I would do—look at the definitions of the outer world, start to change those so they actually match the direction you'd love to move into, and then start playing with really noticing, "Do I dissociate the moment I step out my door?" Okay, then my exercise is I'm going to step out the door and go back into the house. I've got to do that enough times until I can step out the door and stay in my body. Makes sense?

And maybe, if it's comfortable, let your partner know that this is an exercise that you're doing. And if he's with you, you're like, "Look, if I reach over and grab your pinky finger, I just need a little support." So if we could both take a breath together and help me remember that I'm allowed to actually take some space in the world. I'm meant to take space. So, how does that land with you?

**Lauren:** *Yeah, I've got a lot of work to do, but...*

And this will take time.

**Lauren:** *... And it will be fun work, and it will likely just take time.*

But like I said, you remember in the first call I said this took five years. Isn't that worth it? To feel yummy for the rest of your life, that it would take five years? Why not?

So, yes, it's incremental, but every kind of therapy out there that helps people get comfortable with whatever they're scared of—the fastest way to get comfortable is to turn toward it and then titrate that very slowly. That's it. And make sure that when you're titrating, you're doing a lot of self-soothing and yummy things, so that the predominant experience is like, "Well, that was exciting, a little uncomfortable, but hey, we did it. We expanded the arena where I feel good."

Thank you so much. That was very vulnerable. Let's do a little gallery view and give you some love from the group. Thank you, everybody.

So, this is true for all of us. In the coming week, pay attention. How much are you occupying your space? Can you do it in ways that are delightful? And can you care for yourself? Because that's what we're learning here. The path to pleasure means we're willing to feel, and sometimes those feelings are uncomfortable. Does that make sense, everybody? Yeah.

Okay, so what's our takeaway from the call, and then we'll go. I might call on a few people I haven't heard from.

**Linda**, do you want to speak? What's your takeaway?

**Linda:** *Takeaway I got is it's safe to be seen. And that means a lot as far as safety and going out in the world. Thank you.*

Thank you.

**Beth**, I'm curious, what are you taking away from today?

**Beth:** *Well, it's funny. I had this moment when we were talking about connecting into the earth, when you were having that meditation, and I just had this feeling about how much gravity and the earth really can hold us. It just felt so good to be remembering that there's a big force out there that's always holding me. It felt really nice.*

Beautiful. Thank you so much, Beth. It's really nice to hear from you.

How about **Meg**? We haven't heard from Meg today.

**Meg:** *Okay, I knew you were going to call on me! laughs One of my takeaways was what you said about the erotic field meditation—that, I mean, essentially we are already whole. And I got that. I didn't even read anything about it. I just did it, and immediately had this sense of, "Wait, I'm not fragmented into parts at all, I'm completely whole." And to experience my body from a place of wholeness meant experiencing much more. And I mean, that was incredible, that plus the idea of being held— the experience of being held. You know, gravity, obviously being held by the earth. So I am already held. I am already whole. And that was just, that was a revelation for me.*

It's a holy revelation, right? *laughs* It's so sweet. And guess what? Every step you take—that's there. It has to be there because gravity is working the whole time. Every step

you take, and you consecrate the ground you walk on when you're aware of that. You claim your space. You walk in that space. You walk in connection. It's very powerful.

I wish all women could understand that because so many of us are afraid. And to change this world, to get clear in this world, to create that space that is joyous for us, requires that we also occupy it and use our voice and do the things that we need to do to create that space for ourselves. So, thank you so much for that share. Thank you.

Alright, one more—**Kali**. We haven't heard from Kali. You've got a little Q hat on there. What are you taking away from today?

**Kali:** *I'm really tired today, and processing a lot. And I'm taking the practice you said of breathing in, and then squeezing, and coming back, just to kind of process this. So, thank you for that.*

Thank you for joining us in your tiredness. This is amazing. Ladies, you can come and even join us lying down and let the group's energy feed you and connect with you. Thank you so much for coming today, Kali.

Alright, so if you have any other questions that come up—any question at all—in the membership, where you have comments, you can definitely leave me questions. I look at that every single day, a few times a day. And I think if you've noticed, if you've written there, I do write you back. I really love that part, so don't feel there are any bad questions or silly questions. Everything is welcome, even if you think it's absolutely silly or it's been asked 20,000 times—ask it again, because that's how we learn and grow.

So, let me tell you a little bit about tomorrow's bonus class—because I know a few of you asked about it—and then we'll wrap up for today. Tomorrow, we're going to focus a lot on how to work with tension in the pelvic floor and the uterus, and how to start creating more softness and ease in those areas. So for anyone dealing with pain, fibroids, or tension during sex, we'll go deep into specific practices to help you reconnect with those areas. We'll also explore the concept of “yawning” open the pelvic bowl with breath—because that's such a crucial part of inviting relaxation and pleasure into the body. So, if that resonates with you, make sure to come to that session. And of course, it will be recorded if you can't make it live.

I'm really excited for tomorrow. I think it's going to be powerful.

Alright, everyone, thank you so much for showing up fully, for being vulnerable, for being open to the practice, and for sharing your energy with this group. You're doing amazing, and I can't wait to see how this unfolds for each of you as we move forward.

Until next time, take care of yourselves, and don't forget to play with those micro-moments of pleasure. See you soon!