

# JEMLIVE2024 - Call 2 Outline

---

## Key Focus:

- Turning knowledge into embodied practice
  - Releasing tension to invite more pleasure
  - Redefining orgasm and pleasure in your own terms
  - Learning to claim space for joy, both in the body and in life
- 

## Highlights & Invitations:

### 1. Movement & Embodiment:

- **Practice: Shaking** – Release stored tension and "reset" your body. Let go of sticky emotions and frustrations.
- **Invitation:** Notice how your body feels before and after shaking. Use shaking daily to clear energy and release stress.

### 2. Breathwork & Awareness:

- **Practice: Subtle Sensation Meditation** – Pay attention to how your breath feels in different parts of your body, and start tuning in to subtle sensations.
- **Invitation:** Throughout the week, try to bring more awareness to your breath, particularly how it moves through your belly, spine, and lower back.

### 3. Pleasure Redefined:

- **Exercise: Redefining Orgasm** – Write your own definition of orgasm, pleasure, and joy based on how your body naturally experiences them.
- **Invitation:** Speak your definition out loud. Let your subconscious mind claim it as yours, building new pathways for pleasure.

### 4. Body Love Practice:

- **Practice: Touch and Attention** – Practice touching different parts of your body with love and attention, especially areas you might usually ignore or criticize.
- **Invitation:** Notice how your body responds to loving attention. Choose one part of your body each day this week to connect with and offer it gratitude.

### 5. Occupying Your Space:

- **Invitation:** Practice feeling safe, seen, and fully present in your body wherever you are—whether you're stepping outside, going to the grocery store, or in your home. Titrate this experience slowly, choosing moments to fully occupy your space.

## Invitations:

1. **Daily Shaking Practice:** Spend a few minutes each day shaking off tension, especially after stressful situations. Focus on releasing from your hands, arms, legs, and hips.
  2. **Subtle Sensation Meditation:** At least once this week, sit in a quiet space and follow your breath through your body, noticing the subtleties of sensation. Practice directing your awareness to the base of your spine and allowing warmth to spread.
  3. **Redefine Orgasm:** Reflect on how you want to experience pleasure and orgasm. Write down your own definition and say it aloud.
  4. **Body Love Meditation:** Choose one part of your body to connect with each day this week. Touch it gently, thank it, and be with whatever sensations arise without judgment.
  5. **Occupy Your Space Exercise:** Choose a small moment each day to be fully present in your body—whether walking outside, running an errand, or simply sitting at home. Notice how it feels to occupy your space fully and practice staying present.
- 

## Next Steps:

- Join the bonus class for deeper work on pelvic floor relaxation and creating softness in the body.
- Reflect on any resistance that arises around these practices and approach them with compassion.