

JEMLIVE2024 - Call 3 Outline

In this session, I dive deeper into your journey with Jade Egg Mastery, focusing on self-care, pleasure, and consistency. I encourage you to take a compassionate approach to your practice, reminding you that your path isn't linear and every small step is a win. Through the Jade Egg practice, you'll awaken your body and embrace a pleasure mindset that enhances all areas of your life. I also talk about the importance of breath, community, and celebrating your progress. Plus, you'll learn new insights to deepen your connection to pleasure, both in solo and partnered practices.

Introduction & Overview

- Focus on integrating psychosexual selves and lifelong libido.
- Discussion of societal views on menopause and women's health.

Checking In with Participants

- Encouraging participants to share how they're feeling with the content and in their bodies.
- Emphasis on pacing oneself in the program.

Lifelong Libido Discussion

- How women can reconnect with their libido, no matter their age.
- Impact of stress and societal conditioning on libido.

Group Sharing & Insights

- Participants share personal wins, challenges, and experiences.
- Importance of unlearning societal narratives around women's bodies and pleasure.

The Concept of Erotic Innocence

- Reclaiming curiosity and connection to the body.
- Returning to a state of childlike exploration and removing the shame around pleasure.

Psychosexual Map Overview

- Explanation of the map, zones in the body, and associated emotions.
- Practical applications and integration into your pleasure practice.

Breathwork & Body Connection

- Using breath to connect with and soothe the body.
- Importance of honoring your body's pace and needs.

Addressing Challenges in Practice

- Insight into how challenges in practice mirror personal growth opportunities.
- Embracing discomfort as part of transformation.

Vibrators & Pleasure Tools Discussion

- Exploring the impact of vibrators on the nervous system.
- Encouraging variety in pleasure practices for deeper connection.

Closing Thoughts

- Reminder to embrace and celebrate small victories.
- Encouraging continued self-care, awareness, and growth throughout the course.

