

JEM LIVE WEEK 5 MODULE 4 OUTLINE 11-02-24

Call Outline

1. **Review of Week Four:**

- Introduction to the journey of deep pelvic activation, noting challenges and growth points.

2. **Emotional Check-In:**

- Participants share one-word feelings in the chat to start the session.

3. **Guided Body Awareness Exercises:**

- Gentle shaking, rocking, and stretching exercises to release tension and ground into the body.

4. **Energy Clearing Visualization:**

- Visualization using colors (blue, green, gold, white, red, crystal clear) to release old energy.

5. **Discussion of Key Themes:**

- Sexual energy as an amplifier, grounding practices, and embracing softness.

6. **CUV Complex and Pelvic Activation:**

- Introduction to clitoris, urethral sponge, and vagina as a connected unit and using gentle pressure for sensitivity.

7. **Breakout Rooms and Q&A:**

- Participants share their progress and ask questions about the egg practice and lubrication.

8. **Closing Reflections:**

- Sharing takeaways and final thoughts.

Homework / Invitations

1. **Daily Pauses:** Practice pausing throughout the day, using breath to center and ground.
2. **CUV Complex Exploration:** Use gentle touch on the clitoral area or inside the vaginal canal to notice connections and sensations.
3. **Heart-Yoni Connection:** Place a hand on your heart and lower belly, breathing deeply to build inner awareness and softness.
4. **Embrace Softness:** Reflect on and explore areas of tension in the body, allowing them to soften gradually.
5. **Gentle Egg Practice:** If using the egg, avoid forcing it; instead, allow it to naturally engage with your body's rhythms.
6. **Anti-Busyness:** Set aside time to simply "be," without productivity goals, to counteract constant busyness.
7. **Weekly Reflection:** Reflect on your progress and any moments of softness, relaxation, or tension release.

These steps encourage gentle exploration, softness, and grounding, helping integrate the week's teachings.

