

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

All right, so we are reviewing week four. This is the fifth call in the series, but we're on week four. You would have explored that secrets of deep pelvic activation are going to be super, super yummy. It's also the point in the journey where things can start to wobble a little bit, or people start to feel like, "Ooh, this is a lot." So we're going to use some time today to settle, to get ourselves really relaxed and grounded, and then reorient to the dedication we brought in at the start of the course.

I'll be able to answer a bunch of questions, clarify any practices, and there's an additional part to the pleasure anatomy I'd like to introduce today.

So, in the chat, if you could just let me know with one word what felt state you're feeling right now. Let's get that chat booming with some cool feedback as we get started here.

Participants begin typing their responses in the chat.

Participants respond with words like Alive, Tender, Ready, Receptive, Open, Bubbling, Chill, Warm, Quiet, Buzzing, Anxious, Inspired, Angry, Excited, Tense, Sad, and more.

All right, thank you all for sharing. It's a beautiful mix of feelings that we're bringing into this space. Now, let's just take a moment to be sweet to ourselves. We're going to start with a gentle shake. As you shake, use your voice, releasing the day, the week, the month, and even the year. Shake it all out—shake, shake, shake, shake, shake! Good.

Then shake out one leg, all the way up to your booty. Switch sides, shake, shake, shake, shake, and shake out the booty, shake that spine.

Good, now let's sit down on our sit bones. Feel your sitting bones, side to side. If it feels comfortable, reach down and touch them. Feel where they're at, and ground yourself into those bones. We're going to start with some gentle rocking, forward and back. As you rock, inhale forward, exhale back, and notice what's happening to your spine, your belly, and your chest as you move.

Now, bring your hands to your hips. Keep your hips steady, but start moving your rib cage. Isolate the middle of your spine and gently massage any tension in your back, rib cage, or around your heart. Go in both directions, feeling that spiral. Let's roll the shoulders now, stimulating the lymph nodes around our breasts. Roll the shoulders forward and back, exaggerating the movement.

Now, lift your shoulders, take a deep inhale, hold it, and drop them down. Again, inhale, lift, hold, and release. Great!

Now, gently grab the top of your head, pull your head to one side for a gentle stretch, then switch to the other side. Next, turn your head 45 degrees, gently stretch forward, and notice what happens to your neck and spine. You might feel the pull all the way down your back. Switch sides—turn 45 degrees, and gently stretch while breathing slowly.

Now rub your chest around your heart. Close your eyes, concentrating on the warmth of your hands and the sensation of your touch. Hum gently or make any sound you like to vibrate your chest. You can even make an “ah” sound if that vibration feels good. Bring your fingertips to your sternum, gently wiggle it side to side, and pat down your ribcage, a bit on the back, and then down to your belly.

Good. Now bring your hands to your lower belly. Feel the heat of your hands as you inhale deeply, expanding the belly and stretching the front body open. Lift your chin, exhale, and come back to a neutral spine. Inhale, open, open, open, and release. One more time—inhale, and release, feeling your feet on the earth, connecting to that sense of safety and consistent grounding with Earth.

Take your hands and, as you breathe in, lift them all the way above your head. When you exhale, bring your hands down the front of your body, all the way past your legs, imagining you're pushing out old, stagnant energy from your body with each movement. On the first inhale, imagine a beautiful, bright blue light or the quality of gentleness coming in, and on the exhale, release any old, sick energy.

Excuse me.

Let's do that again, breathing in very slowly, releasing with a “choo” sound, letting go of any excess fear, old energy, out of the body. This time, imagine the color green—emerald green—or feel the energy of kindness, releasing any anger or frustration with the sound.

Breathing in a big breath of life, and letting go.

Now let's try the golden energy—imagine a golden light or just the feeling of being centered in your own power. Take a deep breath in, and on the exhale, release any worry or anxiety with a gentle “cappuccino machine” sound. Breathing in golden light and centeredness, letting go of any anxiety and worry.

Next, breathe in a bright white color, a sense of deep courage, and release any self-criticism or judgment. Breathing in bright white, embodying the courage to be exactly who you are, letting go of all that heavy self-judgment.

Now, envision brilliant red light, feeling the enthusiasm and natural joy, and letting go of any impatience or need to hurry. Brilliant red joy—deep respect and letting go of all that impatience.

Let's finish with one last cleanse. Imagine crystal-clear light, like standing under a beautiful waterfall, and let that waterfall pour over you, washing away whatever else is ready to be released. With a big smile, make a “heeee” sound, as you let the crystal-clear light pour over you, cleansing and releasing.

Shake it out.

Take a moment to feel into your body. Notice if there has been a shift, giving thanks to yourself, and reconnecting to that dedication you set at the start. Can you remember it? See if you can bring that dedication into this space right now.

This fourth week can bring up a lot. So, soon I'll open the conversation to the group, allowing us to feel what's arising and how we're handling it. One beautiful thing I've noticed is that, for those of you commenting in the Facebook group or the data mastery membership, there's this sense of new trust in your own body, in your own journey, and in the process itself. When challenges arise, you're noticing, “Hey, I'm actually moving through this more smoothly and quickly than before.” This feedback has been wonderful because it shows that the foundation you've built in these first few weeks is stabilizing.

Being human is a weird and messy experience, isn't it? It's wacky and unpredictable. The most consistent things are change and gravity, right? And for as long as we exist, our

heartbeat. That heartbeat is one of the most important constants. As a baby, the sound of your mother's heartbeat was soothing. Even as an adult, being close to someone and hearing their heartbeat can be comforting. Feeling your own heartbeat, that steady, beautiful part of you that never stops day or night, can be incredibly calming when you're experiencing transformation or even confronting challenges.

I've found that this fourth week can rekindle a surge of self-sabotage. So I want to check in with the group. Let's switch to gallery view here. Who here has had some patterns or self-sabotage come up this week? Anyone noticing those old patterns resurfacing? Okay? Yeah, I see a few of you. That's totally normal and natural.

Let me frame this in an interesting way for you. Sexual energy is unique in that it amplifies itself. Most things tend to dissipate or disintegrate over time, but sexual energy builds. Think about it—when you bring a sperm and an egg together, life begins. This creative force amplifies itself, which is why I emphasize doing emotional stabilizing and maturity work. As you grow in your power, eroticism, and potency, everything is amplified—good and bad. If you're having a rough day, it can feel even rougher; if it's a great day, it can be extraordinary. Staying grounded and using self-soothing exercises—hugging, humming, massaging down the neck to calm the vagus nerve—is super important.

The exciting part about deep pelvic activation is that science has barely touched on how extraordinary this area of the body is. We know that stimulating the pelvic nerve through relaxed arousal (the nerve around the cervix and deeper vagina) can activate incredible changes. For example, using consistent pressure (like wearing an egg) in a relaxed aroused state activates areas in the brain associated with courage, creativity, and even transcendent states. There's an area of your brain specifically devoted to transcendent experiences, and this area lights up when you stimulate the pelvic nerve through relaxed arousal. Isn't that amazing?

So why am I sharing this? Because as you learn to inhale and push, as you breathe, sit, move, and sound while connecting with your anatomy, you're working with more than just your pelvis—you're engaging your whole being. This is where spirit meets matter, mind meets soma, and psyche meets the sexual.

It's curious, isn't it, that women have been persecuted and restricted from knowing their own bodies for so long? Fear and shame have been used to prevent us from exploring and

understanding ourselves. But today, I want to address a hidden culprit that prevents us from engaging deeply with our own bodies: busyness.

Being busy.

In modern times, busyness keeps us from communing with ourselves in powerful ways. Why does life even exist if we're not meant to infuse it with deeper meaning? Why were we designed with such an extraordinary pleasure system if we weren't meant to harness it? Every part of our being functions better when we are joyful and experience pleasure. Stress, on the other hand, is the opposite—our systems simply aren't designed to thrive in stress.

Think about our ancestors. They may not have had easy lives, but they had something we don't: time. No one worked 8, 10, 12, or 14-hour days back then. They had the spaciousness to just be. And from my experience in the wilderness, when I've had time in silence, that's when the magic happens. I'm not doing anything, and yet I'm in touch with so much information and intuition.

So, busyness erodes our capacity for being. Reclaiming time is an act of rebellion in a world where pleasure is often dismissed as frivolous or a side activity. Often, sexuality is presented in a performative way, but what about tuning into our erotic energy for ourselves? This energy is enlivening, like rebirthing yourself with every breath. If you want to, you can even tune into the trillions of cells within you. Every time a cell replicates its DNA, it experiences a kind of "orgasm." Life itself is a continuous, blissful current within us that we're not attuned to.

This week's focus on deep pelvic activation is about much more than the egg or pleasure anatomy. Just connecting your heart and genitals, letting go of judgments, and softening into yourself is profoundly healing. The body craves "beingness" to rejuvenate, creating bliss cell by cell. Modern bodies are taxed and tired. So when you take time—even if it's just to be with yourself—it's a significant step toward reclaiming unprecedented pleasure for yourself.

We have so much tension and numbness from our modern lives and our pelvis, which is highly attuned to its environment, holds a lot of that tension. So, we must intentionally release and soften.

Switching to gallery view, I'd like to hear from a few of you. When I say "softening" and "allowing ourselves to be soft," what comes up for you?

Beth: For me, softening brings up an awareness of where I'm still holding tension. I get curious about what might create that softness, and I sometimes think, "Let's just give it a go and see what happens with my intention."

Yes, thank you, Beth. It's beautiful to let that curiosity guide you.

Tracy: For me, I know I need to surrender, but I feel a fear of not being safe. When I do the practices, even something simple like heart breathing, I often have to look around the room and remind myself, "I'm safe, I'm safe," just to stay present with myself. It's like I need to comfort myself through it.

Thank you, Tracy. That's incredibly important. When we talk about softness, it's easy to see how much our society celebrates hardness, right? We're told to have hard abs, to push harder, to work harder. When we think of "soft," it's often used as a derogatory term. Yet, female bodies have a natural softness—our breasts are soft, our bellies are soft, and inner thighs are often soft. There's a conflict in embracing that softness, especially if we're in a hyper-vigilant state.

This practice is about retraining your body. It's about choosing a new story. Practice isn't something to "do," but rather an invitation to write a new story. Each time you remember the connection between your heart and your Yoni, it's an invitation to keep writing that story—to live with pleasure, ease, and vitality as your felt state. It's incredibly rebellious to live fully in this way.

As we're now halfway through the live portion of this course, I want to remind you that these are just baby steps. Even when the course ends, you'll still be writing this new story of pleasure, respect, curiosity, and living vibrantly.

Let's make "practice time" the story-writing time. Practice can be as simple as doing the dishes. Instead of rushing, soften your belly, move your shoulders, and enjoy the warm, soapy water. Make each mundane activity an invitation to feel fully alive.

Does this make sense? So rather than giving yourself just five minutes to "practice" and then disconnecting the rest of the day, recognize that every moment, every small choice, is an opportunity to reinforce these new pathways. When added up, these micro-moments lead to profound reclamation.

I want to cover a few technical details from this past week, and then I'll open up the conversation. We'll also do a little breakout room so you can meet each other and share experiences. But first, let's review the three secrets from this week. Can anyone unmute and tell me what they were?

Trinity: Tone, suppleness, and dexterity.

Yes, beautiful! Think of your pelvic floor like a trampoline. You want it to have tone—it should be strong but also able to move up and down with resilience. That's tone. But it also needs suppleness; rigidity in the pelvic floor leads to problems. Suppleness allows for flexibility and softness. Dexterity, the third element, is the ability to choose which layers of your pelvic floor to activate or relax. These three qualities—tone, suppleness, and dexterity—give you greater access to sensation and pleasure, allowing you to lead and respond to your body's rhythms.

Suppleness is tied to softness and letting go, which can be challenging. Constipation, for instance, is a common issue among women because the bowels hold on just as we do. They reflect our difficulty in fully releasing. This tension around letting go shows up in many ways, such as the need to control.

Notice your breath and lungs, too. Let's do a little test. Take the biggest breath you can, and hold it. Now, take another breath in, and another. Keep breathing in more until you can't anymore. At some point, you have to let go. You must release to create space for new energy and sensations. This is a metaphor for life itself: we need to release to make room for something new.

In summary, the secret to deep pelvic activation isn't just about pleasure or the egg. It's about reclaiming intimacy with yourself, creating space for relaxation, awareness, and new experiences. We're connecting to our anatomy on a deeper level, beyond just physical pleasure.

The CUV complex—clitoris, urethral sponge, and vagina—works as a single unit. With consistent, gentle touch, you can feel how these parts interconnect. When you're doing self-pleasure activities, slow down and treat it as a meditation. Close your eyes, apply light pressure, and notice how your anatomy responds. We've been taught to see pleasure as something isolated, but these parts of our anatomy work together, and building awareness through self-massage, the sipping exercise, and these pauses creates a fuller experience.

Practicing attentiveness like this transforms your connection with your own body and, eventually, in partnered experiences as well.

Now, let's do a quick breakout room exercise. Share one thing you're proud of from this course so far and one thing you're still curious about. I'll set up the rooms, and you'll have about 45 seconds each to share.

After breakout session

Welcome back! How was that little share? Did you enjoy connecting with each other?

Before we close, let's address egg care. Rinse your egg in hot water, let it dry, and if you're sensitive, add a few drops of tea tree oil to the rinse water. This isn't necessary for everyone, but it can provide extra peace of mind.

About lubrication: it's okay to support your body's comfort! Use something natural, edible, and safe for your vulva. It's not "cheating"—it's honoring your body's needs. You're helping your body feel more comfortable.

For example, I love using Love Luscious Butter. It's a natural, chocolate-scented body butter that's safe and wonderful. If you're struggling to relax naturally, know it's completely normal, especially when learning a new practice. Self-care, warmth, and comfort make all the difference.

Let's do another quick exercise. Sit back and bring your hands to your lower belly. Find your pubic bone and gently press on each side. Feel your uterus or womb space and gently rock it from side to side. Take a few breaths and just observe. Notice sensations, saliva, or subtle movements. Feel into your vulva and pause, breathing into this moment of connection with yourself.

When you're ready, rub your face, and return to the present moment.

Participant: It felt incredibly soothing, like time slowed down entirely.

Yes, these pauses give us access to timelessness. When we're in a sympathetic state, time can feel rushed or dragging. But in the parasympathetic state, time feels calm and expansive. Pausing regularly integrates these moments, smoothing out our experience.

One last thing about the egg: gentle, consistent pressure is key. Unlike vibration, which signals alertness, steady pressure allows your body to relax and stay present. Using the egg inside you provides consistent vaginal pressure, signaling to your pelvic nerves that you're safe. Over time, this builds sensitivity and enhances pleasure.

When practicing CUV complex mapping, try gently touching the clitoral shaft or placing a finger in the vaginal canal towards the urethral sponge. Notice how all parts work as one unit. These gentle meditative exercises build awareness and sensitivity, creating a profound relationship with your own anatomy.

Now, let's open the floor for questions.

Deanna: I have a question about using the egg without a string. Is that okay?

Yes, it's fine to use it without a string if you're comfortable. If it feels stuck, just relax—it will come out on its own. Practicing gently pressing it out, as if birthing it, builds dexterity and control.

Participant: What about lubrication? Should we use it, or is that "cheating"?

There's no "cheating" when it comes to supporting your body's comfort. Use an edible, natural oil or body butter you enjoy. This helps ensure it's safe for your vulva. If you're using the egg regularly, keep it in a safe, dry place.

Let's take a moment to share one takeaway from today's session. Type it in the chat, something that resonated with you.

Participants type responses: patience, pausing, deep listening, softness, taking time to tune into the body, and more.

Thank you all for sharing. These reflections show your growth and dedication. Each of you has shown such courage and beauty in this journey.

Let's end with a big group hug! Feel the love and appreciation for yourself and for this community. Thank you all so much, and I look forward to seeing you in week five. Make sure to post any questions in the membership, and I'll be here to support you every step of the way. Have a wonderful rest of your day or evening!

