

# Awakening The Sensual Woman Immersion Week 1 Transcript

Sat, Jul 22, 2023

## SPEAKERS

Aaron Michael, Dr Saida

**Dr Saida** 00:02

Yay. Oh my goodness, we're doing it. So welcome to the Summer Sizzle. I'm gonna get off this shared screen, but I just wanted you to see that you're in the right event. And then I'm gonna open this up. Welcome everybody! We're gonna record this on the iPhone in case Zoom does something weird because we are in Turkey. And the internet is very odd, acting and behaving in very strange ways. So we have a backup if something happens so that you have a replay. Okay? So give me a thumbs up if you got that. Yeah, awesome.

So we're just going to do very quick housekeeping and jump right in. This is Aaron Michael. I'm Dr. Saida Desilets, if you've not met me before. And we're very excited to be leading you on a six-week journey. It's going to be a deep dive, but we're going to do it nice and slow. The way we're going to do this is just meet every Saturday for a practice. So there's not going to be a lot of talking. This is going to be the most talking you're gonna get, is on this first call, just to give you an orientation. All of the cameras other than ours, I'm going to invite you to switch them all off when we start, as well as making sure you are muted. So you have your privacy. We're going to present your pleasure anatomy in sections. So over the next six weeks, we're gonna go through different sections of the pleasure anatomy, to get familiar with it and to activate it.

**Dr Saida** 01:40

So today's class will be starting with a very important connection. And that is going to be the connection between the throat and the vulva. And I'm going to have just a little screenshare here, so you can see a picture. And I'm actually going to give you all a PDF of this afterwards [<https://bit.ly/sizzle-week1>]. Let's go to that. Can you see the anatomy picture? So I'm just going to have Aaron talk a little bit about throat, voice, vagina, and vulva and this connection. And then we're going to just jump in and start to activate these very important parts of our pleasure anatomy.

**Aaron Michael** 02:29

Let's quickly talk about the connection between the throat and the vulva. So there's a couple of things going on here that we're going to want to know about in terms of the nervous system, and allowing oneself to go into a relaxed state, and then building up arousal from that place – you will have a much more powerful effect inside of your body. The vagus nerve comes right through next to the vocal cords, and then enervates all the major organs, including the pelvic floor, and therefore as well, as it branches out, going into the womb. This nerve here is going to get stimulated when you use your voice.

Also, the voice is going to be really important to develop interceptive awareness. When you want to start to awaken sensations inside, you need to become aware of not just the sensations on the outside of the body, but those inside. So literally, you're going to be feeling for “aaahhh” – that vibration in your voice.

**Aaron Michael** 03:30

And we're going to start off with this little exercise to get your body warmed up in terms of being able to have interceptive awareness, the ability to bring yourself into a relaxed state of arousal. As well as what you'll feel is really begin to have vibration. And at the same time that you stimulate the fascia in the throat, the connective tissues go all the way down, as well, into the vulva and vagina. So this practice here is going to be really essential towards discovering new sensations and actually bringing yourself too into a trance-like state, which is then creating those brainwave shifts. That's also going to facilitate going into different types of pleasure than maybe you're used to. So without further ado, should we jump in?

**Dr Saida** 04:17

Yeah, sounds really good. So if you want to switch off your videos, we're gonna go into practice mode. Aaron will do the voicing, and then we're actually going to lie down, and I'm going to lead a practice to connect the vulva and the throat, through some touch.

**Aaron Michael** 04:33

If you'd like, you can be sitting up as I am. You frankly, can be on all fours. You can be laying on your back, on your side, whatever feels good. But I'm going to be moving my hand and doing some different tones. And I want you to be feeling for resonance, for vibration, in that area of your body as well as you vocalize. Now if you don't start feeling the tones until you get up to the upper parts of your body, don't worry. This is something that over the six weeks, as you start to then incorporate touch with the rest of the body, that sensation will become more powerful. And frankly, you will become more aware of it by just being able to pay attention to it throughout your day and throughout this practice.

**Aaron Michael** 05:13

So let's go ahead and start. First of all, I want to get us breathing correctly. So that way then when you just exhale, without using force, you can bring the vibration into your throat. So let's

start off and just place your hands here, lightly on your chest. I'm going to turn sideways here. And I want you just to breathe in and push out the hands. And voicing, say "ahhhhhhh." Now most of you will probably be able to feel the vibration in your chest when you do that.

**Aaron Michael** 05:44

So let's go ahead and do that one more time breathing into your chest. And out. "Aaahhhh..." Bring your hands to the sides of your ribs. I want you to expand the ribs out, pushing your hands out, breathing in. "Aaahhhh..." And over the belly, breathing in pushing out your belly. Notice how there is a gentle rock that happens as the belly opens up. Then you're going to have a natural rock with your hips. This is going to be natural throughout the practice. "Aaahhhh..."

**Aaron Michael** 06:30

I want you to locate the muscles you'd use to increase your urinary stream. You're gonna be pushing out those PC muscles. Gently push out that pelvic floor and hold. And then relax. I want you now to push it out and hold it, taking that deep breath into the belly, holding that push. The same way it pushes out the belly, push down to the pelvic floor. "Uhhhhh..." We're going to continue with that breath, pushing out the pelvic floor as you inhale, just expanding in every direction. And we're gonna go through several tones now. Okay? So that was a skill learning.

**Aaron Michael** 07:11

Let's go ahead and get into the voice practice. Just close your eyes for a moment. I want you to become aware of the sensation on your skin, the room temperature. Become aware of the sensation inside your fingertips. And feel that sensation start to spread up your fingertips, to your wrists, into your shoulders. Just gently breathing, pushing out that pelvic floor. Become aware of your toes, your ears. Feel your whole body. And now take a deep breath in.

**Aaron Michael** 08:03

The first tone is **uh**. "Uhhhhhhhh..." Just follow along, taking a deep breath in, use all the effort you can to fill up, fill up, fill up... and voicing out long and slow, "uhhhhhhhhh..." Let's go ahead and take that pace up a little bit. "Uhhhh, uhhhh, uhhhh..."

**Aaron Michael** 08:42

Let's move up in the body a little. We're going to change the tone to: **ooh**. "Ooooooh..." Focusing beneath your navel, your belly button. "Ooooooh..." Again, "oooooh..." It's fine if your pitch is higher or lower than mine.

**Aaron Michael** 09:15

Moving up to your solar plexus: **oh**. The letter O. “Ohhhhh...” Pick up the pace. “Ohhhh, ohhhh, ohhhh.”

**Aaron Michael** 09:45

Moving up to the heart space, the sound is: **ah**. “Aaahhhh...” You will feel that vibration in your chest and your hands. “Aaahhhh.” Let’s move a little bit more energy a little bit quicker. “Aaahh, aaahh, aaahh.”

**Aaron Michael** 10:25

And coming to the throat, the sound is: **ih**. Like the beginning of the word *it*. “Ihhhhh...”

**Aaron Michael** 10:40

Move it to the lips with an **mmm**. “Mmmmmm...”

**Aaron Michael** 10:50

Two last ones. Breathing into your forehead, this tone is: **eh**. “Ehhhhh...” It should feel a little nasally. “Ehhhhh...”

**Aaron Michael** 11:09

And then the top: **eee**. “Eeeeeeee...”

**Aaron Michael** 11:18

Let’s move back to the chest and then slide down to the **ah**. Breathing into your chest: “Ahhhhh...” Lower: **oh**. “Ohhhhh...” Moving to **ooh**. “Ooooooh...” And lower still: **uh**. “Uhhhhh...”

**Aaron Michael** 12:05

Throughout this practice, we encourage you to be breathing at the pace that’s being led, or sometimes you’ll be told just to breathe on your own. But really use that voice. Use whatever sound is natural. And notice where it is that you’re tending to go. It could be the **ahh**, if you want to start to feel more emotion. If you’re wanting to feel more of your pelvic floor, connecting more to the vulva, try and use that: **uhh**. “Aah” and “uhh” – use those to be the main focus. But you can experiment. Eventually if sound just starts coming natural, just go with it. But if you want to choose one specifically to really begin with, to get into a rhythm, to give yourself permission, then I recommend that “aah” if you’re feeling that you really need to kind of open yourself up emotionally. Or if you really want to bring more sensation down as the intensity picks up to that pelvic floor, to the vulva, then use the “uhh” sound.

**Dr Saida** 13:04

So the encouragement will be, as I lead this, to just play with your voice in different ways and just have some fun. If you're in an environment where you can't be very loud, you can still make humming sounds, because that will vibrate the vagus nerve. And if you're uncomfortable or have any tightness in the throat, this is going to help a lot. I'm going to do a little bit of throat touch. And we're also going to touch the outer part of the vulva today and just start to create some relaxation in the lower belly and the outer part of the vulva. As the weeks progress, we're going to move deeper and deeper into the anatomy. But today we're going to keep it with the throat and the external genitals.

**Aaron Michael** 13:51

It's a good part to breathe into that belly as well, and really get some nice expansions to bring a lot more blood flow down towards the genitals, which delivers the oxygen for sensation and pleasure.

**Dr Saida** 14:03

So the next part of the practice, I want to encourage you to lie down. And please remember that everything that we're doing is an invitation, so you don't *have* to do it. Just invitation. Listen to your body. If your body just wants to stretch out and fall asleep, that's fine. If your body wants to move around a little bit more, that's fine. Just really be listening and attuning yourself. I'm going to tilt the frame down, so you can see me lying down. And we're gonna do a little connection practice while I'm down.

**Dr Saida** 14:46

Alright, so lying down, getting really comfortable, wriggling your body a little bit. Maybe do a little stretch, lengthening your arms and legs. Ahh. And placing your hand on the heart, and one over the belly. We're going to use that beautiful heart sound that we did earlier to just relax and come into contact with our intention. And also not to rush the body. The body likes to move slowly, especially when you start to work with sensuality and sexuality. So we're going to move as fast as the slowest part today. So if the slowest part of you today just wants to be held and not do anything else, then please follow that. And if you feel like a yes to follow the rest of the practice, I'll leave that to you to feel into your body.

**Dr Saida** 15:56

So hand on the heart, hand on the lower belly, breathing in, and just gently sighing out. Just *ahhhh*. Smiling into your body, breathing in. Ahhhhhh... Feel that deep warmth and respect of your heart flowing down as you exhale into the belly and vulva. Ahhhhhh... And stay with a few connected breaths, feeling that warmth, that deep sense of respect. And with every exhale

imagine warmth flowing down into the lower belly, into the vulva, warming up this area, bathing it in the experience of deep respect.

**Dr Saida 17:05**

And very gently heat up the hands. And bring your hands to touch and caress your throat and your neck. Taking some nice full breaths. At first I just want you to give gentle squeezes and just see, is there any tension in the neck? Ahhhh. Breathing out as you squeeze, and be opening your neck on both sides. You may even need and want and desire to release your jaw. Let your jaw relax. Again, front and back of your neck, just gentle squeezes. Ahhhh. Letting out sounds as they feel natural to release.

**Dr Saida 18:05**

And then very gently, I want you to take just your fingertips with very light touch, and lift your chin away, so as you expose your neck – which can feel a little vulnerable. Just exposing it and just very gently, lovingly stroking your throat. And allow as you breathe and you're touching your neck and your throat, allow the feelings of gentleness, of care, consideration, sensuality, and maybe even pleasure, as you explore light touch over the throat. If you touch very very lightly, sometimes I call this area the second clitoris. It can be very stimulating. And to wake up that level of awareness, and speaking about interceptive awareness. Just using breath and changing up your touch and how you get the type of touch that feels really good to this part of your body.

**Dr Saida 19:18**

Just play around, touching your jaw. Release the throat and starting to brush down. Ahhhh. And very slowly, as you're sensing into your own body and bringing that touch down to the heart area. Relaxing the chest a little bit. You may want to just acknowledge your breasts, just saying hello for a moment. Down, touching the whole of your belly. Saying hello to the softness of your belly. And letting your belly really breathe. You saw how Aaron was poofing out as he inhaled. And then “aaahh...” Just try that a few times. Just opening the belly as you breathe in. Sticking it out, really as far as you can, and then ahhhhh, relaxing. Meanwhile the whole front body opening and expanding, all the way down into the pelvic floor. And release.

**Dr Saida 20:50**

You can stroke up and down that frontline, as you're breathing in more and more and more breath. And release. Let's do that a little quicker. Ahhhh. Ahhhh. Ahhhh... And pause. Just notice how that feels. Then we're going to add a little bit more hips, so you're going to bend your knees, so that the hips can get a little bit more involved. We get to see my thighs a bit. And we're going to do the same breath, but just let the rocking go all the way down the breath, all the way down into the vulva. So we're going to bring the hands over the vulva just for a moment. Take a deep breath in and see if it can feel the vulva expand all the way down into that hand. Opening front body. And then relaxing. Ahhhh. Inhale, relaxing the whole front body, the neck

pressing down. With the pelvic floor opening and relaxing. Again, inhale. Try that a few times. And see if you can try it at a different pace and a little quicker.

**Dr Saida** 22:39

I'm touching my throat. I'm holding the vulva. Ahhh, ahhh, ahhh. Really breathing all the way down on that inhale, full front body opening, throat opening. You can even open your mouth. Ahhh. Like letting the whole breath, the whole body, just release. Ahh, ahh, ahh. Taking a big breath in now. Hold the breath for a moment. Poof that belly out. Press down into your hand, feel the heat of your hand. On your throat, the heat of your hand on the vulva. Hold the breath. And then release your legs, release the breath. Ahhh. Resting and sensing into the vulva. And I want you to use your hand that's just resting on the vulva to caress the lower belly gently, in circles. Saying hello to the womb or the womb space even if your womb was removed. You still have womb space. Hello to the ovaries. And then start to include the vulva. So brushing lightly over the vulva and just continuing the circles. Breathing nice full breaths. Ahhhh.

**Dr Saida** 24:33

And then see what it feels like if you're stroking from vulva to throat very gently, as you breathe. Ahhh. Be playful. Just feel, there's no right way to do this. touching, creating a very soft opening in the whole front body. Ahhh. And again, just gently brushing over the ovaries, warming them up, brushing over the vulva lightly. And then if you can, if it's comfortable, just holding in a pause. Taking normal breaths, smiling into your body, thanking your body. Just for a moment, imagine warmth spreading from your throat, through your heart, through your belly, all the way down into the vulva, as you breathe normally. Become aware of the connection with every sound you make. Mmmm. Oooh. Or ahhh.

**Dr Saida** 26:20

And for this next week, being aware when you speak, the vibration of your words, opening your throat. The vibration opening your heart and chest, the vibration opening your belly. And the vibration reaching all the way down and connecting and opening the vulva, as you make words and sounds throughout this week. Ahhh.

**Dr Saida** 26:55

Just a few more breaths now. Releasing your hands, resting them on the floor. Just notice how you're feeling in your body. Becoming aware, that every sound vibrates. Open your vagina. Speaking your truth opens the vagina. Making sounds of pleasure enhances sensation in the vagina. Taking a moment to thank your beautiful body. Rubbing your hands. Gently brushing over your face and down the front of your body.

**Dr Saida** 27:55

And slowly I'm gonna come up. You don't have to come up. You can stay resting or you can come up. I'm gonna invite Aaron to come back. And for those of you who *are* sitting up and want to share how you're feeling, please in the chat, just maybe a word. What's happening in your body? I'm feeling really a lot of vibration. A lot of tenderness and a bit of vulnerability around my heart. So I'm going to ground us in a moment.

We're feeling really open and relaxed. Sweet sensations. Very alive. Super yummy. Yay! Soft, open, tingly, tender. Yes, very nice. Very good, ladies! Ooh, it's all coming in now. [Reading chat messages out loud]

**Aaron Michael** 29:09

Lovely and relaxed. Like myself, feeling softness. Softening, melting, dissolving. Deep holding tender. Tingling, alive. Loving leanness. [Reading chat messages out loud]

**Dr Saida** 29:20

So let's ground. So how we're going to do that is going to scoop your hands all the way up over your head. And then imagine pushing all the extra juicy energy back down deep into your body as you exhale, just nice sighing breath. Just ahhhh. Let's do two more. Big breath in. And imagine just settling deeply into yourself. Ahhhh. Settling in. And one more. Settling all the way in. Ahhhh. And then I want you to grab your feet. And there's a nice little point here called the kidney one. And I want you to give that a little rub on both sides. Yeah, just get that grounding happening.

**Dr Saida** 30:26

So this week, your home play – because it's not *homework* – your home play is to watch this replay, do the sounds that Aaron took us through. They're going to really start to open things. Practice in the shower, practice when you can have a moment of privacy. If you have kids, you could also sound with them. They think it's kind of fun, so you could be including your kids with that. If you have a playful partner, they might want to join a little of the vocalizing.

**Aaron Michael** 30:55

Also, you can do moans to yourself throughout the day. In the car is a great place as well, potentially.

**Dr Saida** 31:04

Yes. Or you're eating something delicious or smelling something beautiful. Ahhhh. Just really allow more sound. And be very aware that the more you relax here [throat], the more sounds you make, you down-regulate the nervous system, which means you have more access to pleasure and relaxation. As the weeks progress, we're going to develop more and more skills

around creating relaxed arousal. And getting ourselves into a very deep state of relaxed arousal, especially when we start working more specifically with the pleasure anatomy in the genitals. So that will be very exciting.

**Aaron Michael** 31:45

Does relaxed arousal always mean that it's going to be very slow? No.

**Dr Saida** 31:52

Relaxed arousal is a felt state, but then you can move in different ways within that felt state. So if there's any questions, we can answer a few questions right now, and then we will let you go for your week. We are SO excited to be doing this for the next six weeks with you. Absolutely amazing to bring pleasure back all over the world. Destigmatize self-loving self-pleasure, and to expand actually, our abilities and our understanding of self-pleasure.

**Aaron Michael** 32:24

"I woke up this morning wanting to sing. I'm no singer, though. But would this help?" [Reading chat messages out loud]

**Dr Saida** 32:30

Absolutely! I sing off-key all the time. It's just it's the amount of joy that you put in and just the freeing up your voice as much as you can. Singing, speaking, laughing.

**Aaron Michael** 32:40

Especially when speaking, notice where your voice is resonating. Are you speaking from your chest? Are you feeling more speaking further down towards the genitals? When you talk to yourself, are you speaking up in your head? If you feel that you've been going through the day and your voice is having that *ehh* sound to it, take the note. Just lower your voice into that chest space. *Ahh*, bring the resonance here. When you talk to your partner, if you want to help bring them into their chest, also speak from your chest, maybe you want to kind of bring them into something a bit more seductive. Or even if you want to start to kind of seduce yourself, allow your voice to go towards those lower tones.

**Dr Saida** 33:18

Let's see. "Can you reiterate when we breathe out and when we breathe in in the past exercise? Breathe in and press down with the pelvic floor?" [Reading chat message out loud] Yes. So as Aaron showed in the beginning, there's a rocking motion when you're sitting up. When you do that it stretches, and you can feel the breath, the diaphragmatic breath will press all the way

down into the pelvic floor. So this week, maybe one exercise you can do is cupping the vulva when you're seated. And then expand and rock forward as you inhale, pushing down the pelvic floor and then just relax. And that's something you can do just a few moments here and there.

**Aaron Michael** 34:01

Good question here. "Noticed that I become very tired as soon as I begin to practice, to the point that my hands want to be still rather than moving. Would you encourage me to move my hands anyways? Or just be still and feel?" [Reading chat message out loud] Yes, I think this is a really good question as well, because you'll likely notice that as this practice progresses, your hand very well might become more and more still, as you begin to move into your own hands. Now most people are used to moving their hands, but if you feel that it's natural that the hands become still and you start to move into your body, go with it.

**Dr Saida** 34:36

Exactly. And if you are really really tired, these practices will make that known. So maybe some of your practice time this week will be a little nap, really rejuvenating the body. And then when you wake from that, practicing a little bit of breath and touch. And starting to nourish your body. We want sexuality, sensuality, pleasure to be nourishing. We want you to be invigorated through that nourishment. Any other questions?

**Aaron Michael** 35:09

We have: "I feel super heavy before a session. Lots of fear around pleasure." [Reading chat message out loud]

**Dr Saida** 35:22

Okay, so fear – the way that we are going to work with fear in the next six weeks – fear is just simply a contracted form of gentleness. So as you're feeling any fear, what you want to do is see if you can soften, open your body, like extend your fingertips, extend your spine, wriggle into the floor, and then just practice gentleness. And that may mean that you don't actually participate live. It may mean you just hold yourself. There is no rush. We have six weeks. You can go through this material at your own pace. So what we want to do is practice more gentleness. This is going to transform fear into even more aliveness before you, but pushing something when you're afraid doesn't work. It makes the contraction stronger. So what we're wanting to do is just practice gentle, calm relaxation, and just allow and welcome that fear. And just saying "nothing's gonna happen here" that you don't want to have happen. Everything's permission-based. Everything is invitation. And sometimes – you want to speak to what we're most afraid of in these things [to Aaron]? It's usually our pleasure, right?

**Aaron Michael** 36:25

Yeah. Well, a lot of times we think that our biggest fears are from the traumas of the past. But we've both encountered in our work that people – what they fear the most – is actually really, truly embracing their pleasure, because it brings up questions of self-deservedness. It brings up questions of potential shame, or even just the fear of “where does this stop”? It could feel so good. And if I start to follow my pleasure, will it sabotage me, and where can it potentially take me? And the main key here, again, is not to be forced into the body, and just being able to kind of sit with what it is that you're feeling, and find a rhythm that's comfortable with you. If you need to be silent, be silent. And then when that feels correct, and your body feels open to it, then go ahead and start to breathe. But I would encourage you, though, at least to kind of move and not just become frozen where you're at. But if you feel stuck, that you actually begin to move. And using the breath is really important with that.

Something along a similar vein is there's a question here about if someone has asthma, or any kind of breathing problems, if it's okay, not to do it as forceful.

**Dr Saida** 37:31

Absolutely. That was just an example, but you can make those sounds like a sigh. It doesn't have to be loud sounds. So play with what works for your body. Honestly, the most important thing for me, with us as a group moving through this together, will be for you to honor your own pace and what your body needs.

We'll finish the call, I think, just with a light touch on “body yes” and “body no.” And then we'll hang up. And I'll answer the other questions through emails and things.

**Aaron Michael** 38:07

So one thing to be noticing on your body, when it comes to permission, is that a lot of times we will go into our head and start to think about “okay, do I want to do this? Do I not want to do that?” And we become very still. And we can get kind of caught into a loop of “oh, do I want to? I don't know, is it a maybe?” Well, a very good way is to actually check in with your body. In the same way that you don't know what the temperature of the water is until you actually put your finger or toe in it. The same way I'm going to have you when you're feeling a bit stuck, is open up your body. Start to do the movement. And feel – “okay, does this feel good to me?” And if the answer is no, then try doing it closed. And then again, close yourself and just sit there and feel “okay, does this feel better to me?” And realize that you can change at any moment. And go into “okay, I have now curled into myself, I feel safe, I feel good. I think I'm going to explore a little bit.” [Opens and quickly closes arms.] “Ooh no. Okay, I need to take a little more time.” And then you start to feel what is most true. And you might also have a place where you're kind of hovering between the two. And that's simply a maybe. And just stay with that, and allow for your body to begin to guide you and show you what your *yes* and your *no* is, as opposed to simply having to think about it.

**Dr Saida** 39:26

Yeah. Fantastic. So thank you, everybody. We're going to end the call here in a moment. I want to keep these sessions short and sweet, so that we all can do this in our busy schedules. And in the Facebook group, the Daring Project – you're all part of it now – we're going to continue the conversation. So definitely come on there. What was your takeaway from today's practice? If there are more questions you can ask them there. It's going to be more interactive within the Facebook group all week. So, very excited to continue the conversation, to encourage you to keep just exploring this delicious area of your throat, or as I call it, the second clitoris. And then also explore the outer belly and vulva with your breath, with the light touch.

So okay, I'm going to make sure I keep all these amazing words, because I want to be able to answer your questions. Thank you everybody. Much love. And we will see you next week, same time and also in the Daring Project. So see you there. Bye everyone! If you want, we'll do one little gallery view here, if you want to just say a little goodbye.

**Aaron Michael** 40:41

And anyone also that catches the replay, just go ahead and put your questions in the Daring Project.

**Dr Saida** 40:47

Bye everybody! Yay. Thank you, thank you. So amazing.

**Aaron Michael** 40:52

Excited about next week!

**Dr Saida** 40:54

Yeah, see you soon.

## Summary of Main Topics Covered:

- The session is a part of a six-week journey focused on pleasure anatomy and sensuality.
- The participants explore the connection between the throat and the vulva, aiming to activate pleasure anatomy through vocalizations and touch practices.
- The facilitators emphasize relaxation and gentle exploration of sensuality, allowing participants to move at their own pace.
- Participants are encouraged to use vocal sounds and touch to stimulate the vagus nerve, enhancing arousal and pleasure.
- Feelings of vulnerability and fear are addressed with the recommendation to practice gentleness and self-awareness.

## Actionable Insights and Recommendations:

1. Embrace Self-Exploration: Participants are encouraged to explore their pleasure anatomy through vocalizations and touch. They should take their time, be gentle with themselves, and move at a pace that feels comfortable.
2. Stimulate Pleasure Anatomy: Engaging in vocal exercises and touch practices can activate pleasure sensations. Participants can experiment with different sounds and gentle touches to enhance their experience.
3. Relaxation and Relaxed Arousal: Relaxation is a key aspect of accessing deeper pleasure. Breathing exercises and gentle touch can help in achieving a state of relaxed arousal, leading to more profound sensations.
4. Mind-Body Connection: Recognize the mind-body connection, and allow emotions and sensations to flow naturally. Fear or vulnerability may arise, but practicing gentleness and self-awareness can help in overcoming them.
5. Create a Supportive Environment: Participants are encouraged to join the Facebook group dedicated to the journey. Sharing experiences, questions, and insights with others can create a supportive and safe space for exploration.
6. Practice Daily: Incorporate vocalizations and touch practices into daily life to increase awareness of pleasure anatomy. This can be done in private moments, like during a shower or in the car.
7. Permission-Based Exploration: Remember that the journey is permission-based. Participants should listen to their bodies and give themselves the freedom to choose what feels right for them at any given moment.

Overall, these practices embrace pleasure exploration – using sound, breathing, touch, relaxation, and gentle self-awareness to enhance sensuality and pleasure. It's the first class of a 6-week series in the Awakening The Sensual Woman program.