

Awakening The Sensual Woman Immersion Week 2 Transcript

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feel, clitoris, body, practice, breath, arousal, shaft, sensation, fingers, pubic bone, breathe, tension, place, legs, rocking, nice deep breath, relaxation, awareness, stimulation, voice

SPEAKERS

Dr Saida, Aaron Michael

Dr Saida 00:02

Awesome. Oh my gosh, it is week two of our Summer Sizzle, the pleasurable self-loving immersion. I'm really excited to find out how the week went for some of you. If you've practiced, maybe just see in the chat like a little thumbs-up if you got some practice in. We will do the Q&A at the end. We're going to jump right in right now to content. You practiced. Yay! So the way we're going to keep doing this... Yes, yes, yes – okay, people are practicing; that's perfect! The way we're going to do this as we move forward is definitely I'm going to open the room 10 minutes before. I want you to just to get into your bodies, your voice. We'll have a brief review of that before we will do the practice.

Dr Saida 01:05

But just to quickly review last week, we did throat and vulva connection with the voice, and just kind of opening up that whole front body and breathing with the pelvic floor. This week, we're going to add to that. We're going to start actually going more specific into the pelvis. I'm going to be putting up some anatomy pictures here on the screen in a second. And then Aaron has a pelvis here that he will be doing some modeling with, just to kind of show us what's going on with the body and where we want you to focus your touch today. So should we jump in? Anything you wanna add?

Aaron 01:33

Yeah, we can just start off by doing a couple of those breaths. Okay, I'm gonna guide them. This is going to be a great warm-up. Next week, especially when we get into the next practices, we'll actually open the room up a little bit earlier so that we then you all can start to do your own

preparatory practice. So that way, then we can all dive in from a relatively same place from the nervous system. And we spoke about relaxed arousal.

Aaron 02:09

And so, quick review of that breath, because this is what you're going to be using. So that way, then you're going to be able to sense into a natural way of engorging certain anatomical structures that become more prevalent, more easy to identify when you're in that engorged state. And doing this breath is going to help you with that.

Aaron 02:28

So just go ahead and close your eyes, if you like. Place a hand on your heart. Place a hand over your lower belly, over your vulva, and cup. And just take a nice deep breath into your belly. And sigh out. Uhhhhh. This time really use as much resonance in your voice as possible. So take a nice deep breath. Uhhhhh. Part of that is to feel the sensation, but also to give yourself the permission to use your voice. Now, some people mentioned they might have some breathing problems. Breathe with what feels natural, but know the area where you can start to kind of push yourself just a little bit. So breathing in, and out — ahhh. Let's incorporate that pelvic floor. Push out the muscles used to increase urinary stream, and relax. And one more time, give another push, and take a breath into the belly while holding that push. Ahhhh. And sigh out. Ahhhh. Now this is going to help you start from the very natural way, begin to build up your arousal system from a position of relaxation, which means that you're going to be able to go deeper for longer and ultimately allow your body to transition into a state. And this is really important, especially when it comes to today's anatomy lesson, which has to do with the clitoris.

Dr Saida 03:59

Yes. And there's a secret we're going to reveal about the clitoris that I'm excited about. Okay, so let me pull up that picture. And then just do a quick share of that, just so we're clear on a couple of things that we want you to focus on. So let's see. Oops, one second. Let me get the right picture up. Okay, it should be this one. Okay, so screenshare. Can everyone see that anatomy picture? Yeah. Okay, so this is your pudendal nerve. It's a really important nerve. It's a superhighway to pleasure. And you can see that it's not just going and bringing energy and sensation to your clitoris. Let's look at how much it innervates the whole pelvic area, the whole vulva. So it's super important when we're touching ourselves that we don't just focus purely on the glands of the clitoris or even the shaft. We're going to start by the practice today by just touching gently all around the vulva and taking some of that pelvic floor breath that we just did. It's going to really engage this entire branch of the pudendal nerve. So that's going to be really important. Anything want to add on that?

Aaron 05:19

Well notice where those clitoral leg endings are. Because this is going to be areas that you're going to in terms of understanding your body is a system of pleasure as opposed to just

isolating attention, like a lot of people do with let's say, just starting off by bringing the vibrator and going right to the tip of the clitoris. It almost would be like the top of the volcano. The route really is going to follow those lines of those ending legs of the pudendal nerves.

Dr Saida 05:50

So let's go quickly to – and also ladies, just so you know, I'm providing you with this anatomy in a PDF after the class. So you will all have this. So what Aaron's talking about is here [showing picture on the screen]. These are the clitoral legs. We're going to take a moment with the pelvis to show that more clearly, and I'm going to be modeling it on my body. I'm going to invite you to do this part with me so you can feel into your own bony structure. So we're going to be working with the shaft here of the clitoris. We'll say hello to the glands. But we're really also going to focus down into the clitoral legs. Anything you want to add there?

Aaron 06:30

Yes. Now a lot of times, anatomical drawings will show – and you've probably have seen before – the clitoral legs out to the side with then the head of the clitoris like this [hand display] coming out the front. Now something that's very important to understand. [Aaron moves closer to camera.] Something very important to understand is that these legs here don't just lie on the surface. And they also don't just V out in the same way for everybody. Just like all bodies, all anatomical structures can have slight variations. That variation can be on the length of the shaft, as well as the length of the legs and frankly, where and how they start to go under the pubic bone. So actually as the bone structure, your pubic bone is going to be over it like this [display on anatomical prop] where then the clitoral shaft comes out. If you can put your finger right over the top there. Yeah, let's put it straight across like that [hand demo on prop]. There we go. So that bone structure is going to continue down there.

Aaron 07:38

So some legs are going to be more forward around the front of the legs, and some are going to be more back. And then also, as opposed to just going out straight to the side, they also have a tendency to actually wrap around the entrance. So a big part of being able to stimulate the clitoris in its entirety and awaken it from a place of arousal. So you get maximal engorgement, as opposed to just starting here [point on prop] is again – remember I said pay attention where all of those nerve endings were lying. That literally means being able to start to massage and feel into this area. And we're going to do a little identification practice before we start the self-pleasuring exercise, so that you can start to feel. You can feel the shaft of your own clitoris. And if you don't have the ability to feel the shaft of your own clitoris, to kind of get an idea of what texture you're going to be feeling for on the inside. Then maybe if you have a vein, and you can kind of feel what that vein would feel like, it's going to be slightly more solid than that, but you're going for some kind of structure. So this can give you an idea to feel into your arm [pointing on body], this is what you're going to be looking for in terms of going along the bone. Now if you can't feel it at first, you don't have that sensitivity either interceptively from your body without or from the fingers, then just trace along that bone structure that we're going to be

identifying. So that way, then you can start to actually understand how the map of the anatomy pleasure system translates into your own body.

Dr Saida 09:10

Okay, so I just want to do a very quick, fun one to identify. So if you can sit with your legs open [repositions body] and make the V [showing fingers]. V for victory? Vagina, vulva? Okay, and then you're going to bring that V to where your vulva is, and you feel the pubic bone. Feel where the clit, the clitoral glands is, and that V is just like that. And along the bones, this V is actually the bone structure. So from your pubic bone, I want you to go down and feel that whole structure and how it Vs out [showing on body]. This is really important because that's going to help you find those clitoral legs. So just find the bones for now. Okay, and identify like where those are.

Aaron 10:00

Maybe even start from underneath here [pointing on demo], at the sit bone. And follow that bone structure all the way up until you actually get underneath that pubic bone, just underneath the pubis mons here.

Dr Saida 10:16

So what's important about what Aaron said earlier is, some of us think that the legs just sit on the outside. And if we touch along the bones, we're going to touch the legs. But for a lot of women, the legs actually scoop in like this [hand motion] and back into the body. And you can touch them more through the inside of the vagina. So in the next week's session, when we start to go more inward, we might start talking to you about those structures from an inner perspective. But today, we're going to stay on the outside in our exploration.

Aaron 10:48

Should we go over anatomically, and how they can start to stimulate from outside?

Dr Saida 10:50

Yes, so there's a couple different touch ways to touch your body that we are going to be doing in the practice. We're just going to review that [moving closer to camera]. So you can see on the Little Miss Vulva here.

Aaron 11:05

So the first one is literally just learning how you can take under your sit bones, which are right about here, that bony part of your butt if you were to sit on the edge of whatever you're sitting

on. And then from there, locate those bones. Allow yourself to lay back, maybe even put a pillow under your butt so that you don't have to use effort to keep your legs up and over your head. Or if you also want, then you can be sitting on the edge of the chair, so that you have the ability to make contact.

Aaron 11:34

And the first motion is literally just use little massage fingers, making nice circles. Find where there's some tension there. Again, use that breath to be breathing in and sighing out, relieving that tension. There'll be circles. They'll be going backwards and forwards, or side to side. Exactly. And allow for the body to relax. You can do it where we breathe in and out, in and out, bringing that voice. And again, follow up that bone structure coming again underneath it. And there'll be actually more up here [demo point], where the clitoris disappears into the body at the root of that shaft. And then from that area working up and allowing those fingers really to kind of get behind and in, behind that bone structure. And then following it up, and then going down the shaft. And again, it's not starting off by trying to flick or do anything fast. But just again, holding some pressure, breathing in. This is going to cause a lot of areas such as the cervix to dilate. The second you start to use a vibration or stimulator allowed to slide however, that's going to cause a pulling up and a contraction. So instead, hold the pressure, breathe in, relax into it. And allow your breath to be what regulates the arousal level as it slowly starts to climb up – as opposed to trying to jumpstart it just with fast motion from the outside with your finger.

Dr Saida 13:18

Yeah, so I'll be talking us through that. I think we should jump in, just for a matter of time. But hopefully that's clear. We'll be starting to get the whole pudendal nerve from the anal area, sit bone area, and just kind of wake up with the breath, all the way up. Then finding that shaft, applying pressure, we're going to do a lot of that breath with sound at this point, which will help, as Aaron said. Help dilate the cervix. So there'll be a direct connection, which is the little secret we wanted to share. We learned that from some osteopaths, and thought that was very cool. And then I will take you through some different ways of touching. So we are going to roll side to side along the shaft. We're also going to be tapping. Yeah, so we'll be tapping, we'll be rolling side to side, maybe stroking on either side.

Aaron 14:13

So you'll also be able to even just massage [showing finger movement].

Dr Saida 14:17

If there's any tension here, then the invitation is, if you feel any tension, any pain or any numbness and any lack of sensation, you want to keep your finger wherever that place is. And then do the breath that Aaron's been teaching where you're going to inhale and gently push into your finger, into that touch. And then ohhhh, out. That nice deep sound.

Aaron 14:39

So that's two main things. If you feel it could be like ants running – a little bit of sharpness, maybe some tightness as well. These are sensations that you breathe through, and the equivalent of releasing pain. However, if you find areas of like, “I just don't have much sensation there at all; I can't tell what's happening if I didn't look with the mirror,” then these are areas that could awaken some numbness. In which case you do the exact same thing. Hold the contact, really inhale and push. Breathe into it. What you're doing is you're starting to flood that area with blood flow, which means more oxygenation to those nerve endings. Which means more sensation to travel throughout your whole body.

Dr Saida 15:16

So be yummy. And again, this is invitation only. So if you don't, your body's not a yes today, you can just lay and hold yourself and breathe and relax and know that we're recording this. And then you can practice on your own at another time. And if there's any part of the practice that isn't working for your body, then definitely adjust, adjust the practice is a yes for you.

Dr Saida 15:49

Okay, so what I'm going to do here is tilt this down, because I'm gonna be lying down. And get all of you to turn your cameras off. Make sure your audio is up. And we'll start a little practice with our bodies. A little self-love practice. Ahhh.

Dr Saida 16:14

Just start first with a big stretch. Release any tension you're holding in the body and mind. Ahhh. And then bring your hands to your heart, and just saying a little hello. Generating a sense of warmth, the quality of respect for yourself, for your body. Taking some nice deep breaths into your heart. And sighing out, just uhhhhh. Smiling into the heart. Uhhhh. Remember that throat and vulva connection. So the more you can vibrate that throat, the more energy and activation that can happen in the vulva.

Dr Saida 17:10

Bringing one hand down to either your belly, or you can cup the vulva. The other hand on the heart. And let's take a deep breath into the heart. And then exhale gently down into the vulva. Uhhhh. Smiling, deep respect in your heart. And sending that all the way down. Ahhhh. One last one. Uhhhh.

Dr Saida 17:54

Let's practice just opening once the front body like we did last week. So you're going to inhale and slightly bend the knees and tilt just a little bit, you're arching off the ground. And you're opening that frontline with the breath. So we're going to inhale and arch, pressing down with the pelvic floor. And then release. Ahhhh. That felt good. And let's do one more. Inhale. Ahhhh.

Dr Saida 18:30

And then bring a hand to rest again over the vulva, and just for a moment, relaxing and feeling and sensing into your body. Bring all your awareness now into the vulva. And ask your body, ask your vulva if she's open to receiving conscious touch. And just notice how that feels. If it's kind of like a yes feeling. If it's a no feeling. Or I don't yet know. If it's a no, you can just relax in this position for the rest of the practice. If it's a maybe, just relax like this until you get a clear yes or no. And if it's yes, we're going to heat up our hands like this. And if you do have a little coconut oil or some lube, and you want to put that on the outside just to help with the touch, feel free to do that. Now, if you remember, Aaron said you can put a pillow under the hips. To raise up, a little bit, the pelvis, you can bring the knees back, which will allow you to reach and access those sitting bones.

Dr Saida 19:43

And if you remember, the side to side – would you show that here on the pelvis and do it with me? So side to side, just rocking and finding those V-shaped bones to connect it to the breath and the heart. When you breathe in, gently expanding down and just rocking side to side, slowly working your way up the bony structure. And just see how that feels where you're unrushed. There's no goal, you're not trying to make anything happen. Just bringing touch and breath and love into this part of your body.

Dr Saida 20:36

So you can see I'm actually rocking my body. And that feels really good. Where I'm moving my hands less and rocking the body. But if you watch Aaron [his hands visible on a demo, on the side of the screen], he's also doing something where he's moving the hands, and that moves the body. So either way, just explore, see what works. Again, nice deep breaths. Ahhhh. Coming up toward the pubic bone. And just feeling around, sensing the pubic bone. And in that place, I'm gonna rest and pause, because that's what feels true in my body. Just with my fingertips resting on the pubic bone, taking a deep breath. Ahhhh.

Dr Saida 21:33

And then see if you can travel down the pubic bone toward the glands of your clitoris. And see if it can sense that little structure that as you move your hand side to side, you can feel like a little tendon, or the little shaft of the clitoris. It's almost like a rock tight rubber band in some bodies. So just sensing that. And then you can apply straight, direct pressure down onto that shaft. And we're going to do the full belly rock with that pressure there. Inhaling, opening, pressing down.

Then release the sound ahhhh. Inhale. Imagine the cervix opening gently as you breathe, as you press down. Ahhhh. One more. Ahhhh.

Dr Saida 22:46

So now what we're going to do is gently start to move your finger. I'm just going to mute everyone here. I'm going to mute – mute you all [tech adjustment]. Okay, so we're going to move the finger now, side to side. And again, keeping that same breath, just nice full breath. And see if it can move and feel the shaft rolling underneath the finger. And there might be on one side of the shaft more tension than the other. That's where you would pause and take a breath. Ahhhh.

Dr Saida 23:30

And so feel around and sense where in your body needs an extra breath. Just sensing, relaxing. We're not in a rush. Ahhhh. Ahhhh. You may want to take the shaft between two fingers. And you can slide these fingers on either side. Or just gently squeezed the shaft between two fingers. So just play and feel what might feel really nice. Again, continuing with that deep breath. Ahhhh. If any feelings or sensations come up that feel like a lot, just pause. Come back to feeling your heart. There's no rush. There's nothing to achieve. We're just allowing a deep state of relaxed arousal to start to emerge. Continue to explore. Just very gently. You know, if it feels right, try little tippy tappy just to create a little more arousal, just using your fingertips to tap along the shaft, all the way to the glands. And even onto the pubic bone, because that whole area is quite responsive to stimulation.

Dr Saida 25:25

And then resting the hand, taking a deep breath. And notice what happened after the tapping. Ahhh. Let's do that again. Tippy tapping, breathing normally, noticing arousal or sensation. Smiling into this part of your body. Enjoying any sensations that arise. And then again, pausing and just noticing. Ahhhh. What we're doing here is we're bringing energy up, arousing, and then relaxing and grounding. Let's do one more time. Tippy tapping. Smiling into your body, moving your hand any way that feels nice. Create a little arousal sensation. And then again, pausing. Nice deep breath, all the way down with the pelvic floor, pushing. And the sound – ahhhh. And I'm gonna let Aaron just guide a little bit to see if we can locate the clitoral legs. So we'll just follow his voice, and then I'll come back in a few moments.

Aaron 26:46

Just allow your hand now to go into that nice cupped state, and just hold yourself. And take a nice deep breath in. Just checking quickly with your body. If you wanted to stay exactly like this, it's perfectly fine. And if you feel your body would like a little bit more stimulation, just bring your second hand. And again, start from the base. Feel the bones. But this time allow yourself, almost where your anus is, to dig and go deeper into the inside of where the bone structure is. You might want some nice oil. Go ahead and just allow those hands to start to massage. And

keep breathing in. Pause. Ahhhh. And as you exhale, allow the fingers to sink in deeper. Hold where you're at, and then inhale – push. Pushing the body, reaching out, searching with the body into the contact of the fingers. Sighing out, allowing those fingers to go in deeper.

Aaron 28:00

And when you've felt that you've reached a depth that feels good to you, then from there, start to massage up around in that area, feeling for any tension, just exploring. And then inhale – push. And exhale – sigh out. Massaging, come up higher to that bone structure. And again, pause. Inhale – push. And exhale. Allow for those fingers to sink in deeper, going deep into that bone structure. Holding contact. Really feel everything come forward. The power of your breath as you inhale – push. And exhale, relax.

Aaron 28:48

Feel any kind of stuckness. It might be emotional as well. Allow again, like Saida showed, the body to rock and the knees to move, and really explore. And then again, inhale – push. And exhale – relax. Bringing all the way up to where the bone structure starts to become parallel or perpendicular to the clitoral shaft. And again inhaling – push. Exhaling – relax. Allowing those fingers to sink in deeper. For some of you, you'll actually be in the middle of the outer labia, and some will be a little bit further in and some a little further out. Just follow the edge of that bone structure, and allow for the fingers just gently hook in. Inhaling – push. And try and rub under the bone structure. Ahhhh. And feel you have any stimulation going into the shaft of the clitoris, and just start to play there. Inhaling – push. And exhaling – voice.

Aaron 30:00

If you feel it's natural, start to come into a nice rhythm, allowing your body to move. Keeping the fingers relatively still, allow the body to explore – the body to search out that touch. Until you get this kind of nice inertial effect where the body just starts to rock and breathe and voice on its own, exploring the fingertips. Feel with your body, what your fingertips feel like, as opposed to using your fingertips to feel your body.

Aaron 30:43

And then, finally, as you feel that there's any tension or maybe pleasure starts to increase. You might even notice some engorgement along the shaft. The whole pubis mons, as well as the outer labia, might start to inflate. Then from there, start to come in and begin to work more around the shaft of the clitoris, allowing again, that pressure to be held, warming it up. And allow that body then to create the stimulation as you simply maintain that pressure. And then as that sensation begins to build with the breath and the timing with your hips, then allow the finger and the body to begin to dance. Stroking down and out, down and out. Rolling in circles. Whatever feels natural. Allow your body to explore the stimulation and sensation of your fingers. Allowing your breath to bring vibration to your whole body. As you start to become aware of your inner

legs, start to become aware of your feet, the heat in your chest, the space in your throat, and finding your own rhythm. Continue as you wish. [Aaron leaves from view.]

Dr Saida 32:13

Take a few moments to just explore on your own time. Again inviting you to move your body. So instead of holding still and getting all the movement coming from the arms and the hands, holding the hands in a position – fingertip somewhere that feels really nice. And then see if you can move your own hips around that touch. Again using breath and sound. And noticing how that feels. Every once in awhile if the energy gets a little intense, you can pause and melt open. Aaron showed us a nice little rhythmic breath. So if it starts to feel arousing, you can breathe. Uhhhh. Uhhhh.

Dr Saida 33:17

Finding that rhythm, I'm going to go quiet just for a minute, giving you the space to explore what feels good to your own body. And notice again when you pause and have that pressure directly on the shaft, it's grounding. But it also activates the cervix and connects you more deeply inside the body.

Dr Saida 34:05

Releasing the front body and your throat, your jaw. You're used to tightening and having tension. I want you to soften and expand into pleasure. Uhhhh. And then taking a few breaths to cup the vulva, either with both hands or just with one hand, and one hand comes back to the heart. And just notice now any sensations. We're no longer moving. But just notice what's going on in the body. Any kind of feelings or thoughts that are obvious. Just notice, being with whatever has shown up. Giving thanks to your body now. Thank you so much, beautiful body. Thank you to my clitoris, my vulva, my heart. All parts of me. Giving thanks. Relax your legs. If they're bent, stretching them out. Relax your arms for a moment. Gently wiping your face. Brush down.

Dr Saida 35:52

Just resting for a moment. I'm gonna sit up. If you don't feel like sitting up, that's fine, you can stretch and relax. I'm gonna invite Aaron to come back. [Dr. Saida sits back up.] Noticing how you're feeling in your body. That practice was 20 minutes of just putting love and conscious breath and touch into the clitoral system. What's a really interesting belief that the Taoists have is when you touch the clitoris, you activate the pineal gland, which I find really intriguing. So the whole body wants this kind of relaxed arousal. And so your home play this week is to continue with voice and vulva. Continue opening the front body. Continue with that, pushing the pelvic floor down, and uhhhh breath. And then I really – we're encouraging you to explore the totality of that clitoral structure in different ways. But especially, I really love the idea of the hands being still and moving your body into that touch. Anything else you'd love to add?

Aaron 37:24

Yes, the ability really to have that body moving. And then from there, finding the internal acceleration or the natural rhythm that happens, experiment with what happens when I start to increase the depth of my breath, the amount of volume of air I allow in, the amount of volume of voice and vibration that I allow myself to express out. And then the pace, the rhythm, the cadence that you have with it. Play some music. Play a song that really allows you to feel soft and sensual, versus maybe spicy and sexy. And then play with those beats to set the rhythm of your rocking. So that way you can naturally get into a flow and just experiment with – “okay, well what happens then, when I allow myself to reach into a quicker pace with more volume and more breath than I might think?” Or even more subtlety to really feel all the little micro movements. And again, doing that from the place of the body inside. First with just the breath, layering on the movement, bringing in the touch. And then finally allowing both the finger and the body to dance in stimulation, as opposed to just playing with the finger.

Dr Saida 38:52

So if anyone would love to give a little feedback how you're feeling? Or ask a question. We'll be on for a few more minutes. And then we'll let you go and continue your practice or go on with your day or your evening.

Aaron 39:07

And likely, different emotions, or stories or flashbacks to memories may come up and in your community group. Start to share speak about these because these are the very places that as that starts to unfold, you will find true erotic potential to be able to unleash and allow yourself that permission to go deeper into the things that you want, which don't just translate into only pleasure in the bedroom, but also translates into permission giving and the ability to really claim the things you want as that motivational drive in your life as opposed to only trying to avoid the things that you don't want. This is a very important psychological shift in terms of how we condition ourselves to go about where we find our happiness. Is it exploration and adventure or is it trying to avoid?

Dr Saida 40:05

And the last thing I wanted to say. As a practice, you can try the same practice but lying down on top of your hand and grinding your pubic bone and your clitoris into the hand and kind of moving around. That's one of my favorites. Really important. So we'll be adding in. And I'll be demoing that in the next classes. And definitely, that's the very thing we can do here. Alright, this is amazing. Packing a lot of punch in 30 minutes.

Dr Saida 40:37

[Reading question:] How long will the recordings be available?

[Response:] They'll be continuously available. If you've opted in, they're yours forever.

[Reading comment:] I'm feeling both relaxed and sensuous at the same time. Want to just stay here for a while.

[Response:] It's beautiful. I think we have a question from Tanja, Tanja, you can either type it or unmute yourself and we'll answer that question. If you have your hands up, when I'm seeing one ask it. Otherwise, there's no questions.

[Reading question:] Where are the recordings?

[Response:] Well, that's a good question. Sony is sending you. There should be a link to a Vimeo account. And there are going to be – you have a password for that. And all the recordings will be there. And everybody's getting that in the email. So please check your email, because you will have access to those recordings.

Aaron 41:32

Let me just read this one again, very quickly. Very impressed. Someone wrote in that they were very impressed with the sensation of pressing into the shaft and feeling relaxation.

Dr Saida 41:45

Yay. Awesome. I love that. Okay, Tanja, I hear you're unmuted.

Tanja [participant] 41:37

Yeah, it was. I was driving. So I should just find the button. I have a question from last week. Because when I was doing the sounds, and when I got to the solar plexus, almost the whole vibration stopped. I could the warmth continued a bit further down. But the vibrations just stopped. And I actually have a feeling that there's something stuck from my womb and down. So I was just curious if it's just a matter of time continuous doing these sounds and the breath. Or do you have any specific today?

Dr Saida 42:25

Well, vibration and sound will always start to like, move things. And so what's really important is yes, to continue with that, especially if there is a blocked area, you want to keep breathing, sounding until it starts to soften open. And then if emotions come up or thoughts come up, see if you can soften and relax and just let those move through. And you may want to journal a little bit because it could be some amazing insights. Anything else there?

Aaron 43:09

Yeah, in terms of a body practice, this is something that you can do. And I'm actually reading the next comment, because it also ties into this. [Reading comment:] "Okay, tears came up. And even though these feelings aren't easy to be around, I also feel so thankful to my body, and to myself to be willing with it." Yeah, so it's very important that you allow yourself to feel that sensation. And it's not a matter of trying to push it away or get it to go away. And a very simple practice that you can do is if you were, for instance, to be at home laying down, you could place a tennis ball. And this whole area from the solar plexus, which you mentioned, following then down and around underneath these lower rib cages. Or you could also lay and use your fingers as you breathe and push out with the stomach and then relax is going to start to loosen up, doing motions like this to start to scoop down this line of the dissembled generis, there's a lot of fascia there. And just creating more space is going to allow for that heat to start to transfer. But it's very natural, though, that right about here [showing on body] into this area, it's a place that we have a tendency to hold our stomach up. If we're sitting everything has it tends to be pulled in and kind of rounded and collapsed. So the ability when you breathe into that tennis ball, or one of those ones you used to roll your feet, or maybe your fingers is to inhale and do that rocking motion, really breathe into the pressure. So you're pushing it with your body as opposed to just trying to force it in. And then exhale, relax. Allow for the pressure of the tennis ball the same again. And then holding that same amount of pressure. Inhale, push again, pushing out with those abdominal walls and then exhaling, allowing it to sink in deeper and just take time lying there. So you don't have to use as much force maybe with your arms and take five minutes 10 minutes and just have that be part of that practice to release that area.

Dr Saida 45:07

And for everyone, this is really important. The bottoms of your feet, any tension there will be reflected in the pelvis. So you do want to if you're feeling that there might be some tension in that, in your pelvic area, do a foot massage. Or if you have a little hard ball that you can roll out your feet regularly, this is going to be super helpful.

Aaron 45:31

And take note of what emotions might come up. Because in this area here, a lot of times, that can be some anxiety, some fear. You did mention your womb, so wherever that might have a relation to the womb space, particularly allow for images might come up, a story might come up, but sometimes it's just a sensation. So the other place could be as well to be massaging in that womb area. And work with the connection between those two spots, the emotion as well as the physical part of the body.

Dr Saida 45:57

And you remember, last week, we did do this little bit of side to side with the rol like this. So that's another really great way to harmonize and support that part of the body. [Reading comment:] "Amazing feeling of relaxed arousal, I realized I had sadness unexpected in my plexus. Thanks for the tips." Awesome.

Aaron 46:19

So this would be another emotion that's very common for this area, as well.

Dr Saida 46:24

So we want to invite because we're destigmatizing self-pleasure, we want to normalize it, we want it to be more part of our everyday life, we want it to be a way in which we can feel deeply at home in ourselves. And we can use it for healing, literally opening the body, healing our body through pleasure through connection through intimacy. And then sometimes we're like, there's nothing really to heal today, like I feel good, then we're going to charge up the things that we're dreaming into, that we're wanting to create in our lives. So solo self-loving like this is a in my life, a mandatory practice, to just really get to know myself to enrich my relationship with myself. And then that can bring an abundance of gifts to either a partner, or my family or my community or even the world at large. So I'm just really honored and grateful that all of you are dedicated to generating more pleasure and expanding how we do this, right? Because already this lesson on the clitoris, for the most part, what we are encouraged to do is just to vibrate it so intensely, that it actually starts to shut down. So today's practice is a little bit the opposite of that. It's how do we really start feeling that. And the last piece I want to say is be aware this week, as you walk, I call it the "clit walk" As you walk, be aware of your body like side to side movement of your hips kind of rolling that clitoral shaft. It's going to take a little self awareness, you may want to touch sometimes while you're walking, touch your your clitoral shaft and notice. But once you create that somatic connection, it's quite lovely. And then you're kind of practicing pleasure everywhere.

Aaron 48:15

You can even do it in a seated position. I guess the last thing that I would add is that just to remember coming into touch with any of these sort of so called negative emotions, or any of the physical tension, because again, the mind and the body are one, that is half the journey. The other part then is allowing oneself when you go into the pleasure to start to dream into the things that you want, allow this to become this creative area for you to become go into meditation and a manifestation to really dream into what it is that you want. And it's important to do it in that place. Because you're doing it from a place of adventure, a place of creativity, a place where you now feel free, as opposed to then having necessarily fears around that. Now you might encounter that then again, new sensations, new anxieties might come up. But again, it's a cyclical process. And either you're cycling up, or you're cycling down. But that's what you do. And you release that tension, you start to cycle up, and then you start to go into places of permission. And then ultimately just dreaming. And your pleasure practice will also become your permission practice, which will become your manifestation practice.

Dr Saida 49:34

Awesome. There's one more comment and then we'll end the class for today. And then the discussion will continue in the Daring Project, everyone. So if you have more questions, those watching this as a replay, you have more comments. Let's do lots of brags and celebrations this week. And if you have a challenge, definitely bring it, and Aaron and I will be addressing that in the Daring Project. And again, really practice this week so that next week we are going to start doing some internal work but from a very special anatomical structure that we're going to awaken and open. So just to prepare ourselves to start softening open the vulva in a really beautiful way, please make sure you practice this week. So the last question: "Do you recommend that the breath usually include the push like urinating? I'm noticing a deeper connection on the exhale when I include that."

Aaron 50:27

So what's going to happen is that, again, when you go into squeezing, or even external stimulation, this is perfectly fine. This isn't anything that you want to avoid. But when you're squeezing, you are creating more tension. So it's very important. Again, that push is what you're going to use to help release tension. So that way, then the blood can naturally flow in, you're literally pushing blood into the area. But then once you've reached engorgement, have fun, explore with the squeeze. And especially when you start to build that arousal. Experiment with the push, though for quite some time, because this is an area where most people are doing the opposite, and then pulling up that cervix and using tension. So really see where you can go with that push, really explore how much engorgement you can bring there, how much actual buzz in your body, and then when you feel that crescendo, bringing the squeeze, play with that, as that will be similar to then when you're starting to dance between the body and the finger, and play then, experiment. Again, this is about really finding out how your body works in places that you wouldn't do. And sometimes what you need to do is to do the opposite of what you've always done, to then find new opportunity and exploration so that way, then, you can truly begin to dance with your body as opposed to becoming mechanical with it.