

# Awakening The Sensual Woman Immersion Week 4

## SPEAKERS

Dr Saida, Aaron Michael

**Dr Saida 00:10**

So I want to first welcome everyone to the Summer Sizzle. Please make sure you're muted. Linda, hi, you're not muted. So everyone, please mute yourself. And this is session already Week Four. Can you believe it? Four weeks! Oh my gosh, it's so amazing. So I want to apologize, my computer decided to do so weird. So we can't do anatomy pictures. But we still have the model. And we'll use the model and its simple anatomy anyways for today. So that's what's happening there. So you are on Zoom on my phone. Can everyone see me okay? Little thumbs up? Awesome.

**Aaron 00:52**

So they can hear you too.

**Dr Saida 00:53**

I guess they can hear me too, which is even better. So week four, wow. The last three weeks, we have gone on a very deep journey of the external anatomy. Some of it was internal in terms of the clitoral legs.

**Aaron 01:11**

But still stimulating from the outside.

**Dr Saida 01:12**

Stimulating from the outside. Today is going to be the first day that we address starting to have a little bit of penetration and coming into the opening and then understanding making contact with the structures from the inside. So should we jump in? Yeah.

**Aaron 01:36**

So the last week we actually were in not even the outside. It was a sort of no-person zone. It's called the fossa, which is in between the vagina and the vulva. And the week prior to that we were speaking about the clitoral legs which are being stimulated via the outer labia. So today, we'll be going into the entrance of the vagina. And that is then just past where we have located the fossa. So just to give a quick, brief example, a little bit closer here [moves up to camera with anatomy model]. So it started off here on the outer labia, thank you. It's a very small screen on the phone. On the outer labia here. We then talked about how the clitoral legs come right down along here. So more or less like this [showing with fingers]. And wrapped a little bit down around the entrance depending on the size of each person's individual clitoral legs. Then we went into the fossa, which is just here in the entrance, and down towards the bartholin glands. And so today, we'll actually be speaking, as I mentioned, at the entrance of the vagina, which is if you were to part the lips, the hole that you see right here, which is much more than a hole. It's actually much like a mouth.

**Aaron 02:56**

And we're going to be talking about the different breathing mechanisms that can be used to get this mouth to begin to work and create suction, to be able to open up as well as pull in. And this is essential, because this is one of the most important body mechanics to help eliminate any types of pain at entrance, any kind of penetration anxiety. If you want to talk about sovereignty from a body perspective, this is where it's at, because you then have the power to bring something into your body. Because the word penetration really is a one directional word, a concept. But what we're speaking about here is how does any kind of sexual activity become bi-directional.

**Aaron 03:43**

And it's not just because another person is pushing into our body. Frankly, it is what we do to ourselves. So this is a very important mechanism that is going to help to awaken this entire area. Right around the entrance there's some things called girth cells. And these are extremely receptive to pleasure. It's also why we have this myth about needing a very long phallus, when in reality, the body responds to girth in a lot of ways that it doesn't just respond to length. So, and the interesting part now about it – and we're kind of combining the different pieces that we've had before – is that once you have created engorgement on the outside, by stimulating even the clitoral legs from the outside, once you have relaxed then the fossa to remove tension. Now you've had the entire CUV complex – the Clitoral Urethral Vaginal complex – fills up with blood. And as opposed to constantly having blood pumped in, valves will close off, and blood will stay in.

**Aaron 04:45**

Once that happens, then you can start doing some different breathing techniques, which we'll talk about, that are going to help create stimulation which is slightly different than just pushing out. So we'll be going into how to open but then how to also then, like a mouth, begin to play with whatever is inside. And this is also going to then lastly, if you're looking at the clitoral legs, when penetration happens or when you start to enter, the clitoral legs actually as well with the girth cells get moved.

**Aaron 05:19**

So if you were to have, these being the clitoral legs [showing with fingers], here's the gland of the clitoris here. When something enters, you will see how the legs will actually move in this direction because they're getting stimulated. This is going to create stimulation. It's also going to cause those the vestibular bulbs, which look like little lungs, to swell, as they're also getting moved. And then any kind of pressure that is placed on the outside is also then going to stimulate those outer labia, like you learned in the previous weeks. So everything I hope you can see is starting to come together. And the main key here is that as we use the breath, you're going to be able to work that mouth, which is going to open. But also then with that push that you've learned, it brings more blood flow, but it brings all of the internal structures forward, which means that the legs as well as the bulbs are getting compressed, which is meaning they're going to get a lot more sensation when you're using that push. And then when everything engorges with blood. And then you start to use the muscles to actually squeeze, you then are taking sort of like if you were to have a balloon that is filled up with air from the push, then when you squeeze at the balloon, the balloon starts to pulse and slow. And this is the reason why that squeeze is also important. But it's also the reason why using that push to help engorge is the first step to then bring in that squeeze.

**Aaron 06:51**

I think the last thing I would mention is with the legs, you can, as you reach just at the entrance, actually begin to stimulate them from the inside [showing on demo]. As you follow the same way you did on the outside, now you'll be able to have one finger on the inside. And maybe your thumb could be a middle finger in, and your thumb and be able to literally kind of do this pilling motion, or a rolling motion, and follow those legs all the way down.

**Aaron 07:23**

And what you'll kind of be looking for is if you have veins that you can locate on your arm, that feeling there of what the vein is like, is kind of how you're going to feel the clitoral leg. And when it becomes engorged, if you were to squeeze your arm, then notice that the vein gets a little bit harder. That's going to be as it's getting aroused, because those legs will swell. Another thing if you don't have any veins to touch, then you can feel sort of what this tendon is like on your hand. Now that's going to be a little bit harder than what the vein will feel like. But I mentioned this just so you can start to develop that sensitivity in your fingers to feel through the flesh. You could also try

some of the different structures here along the neck [pointing to his neck], and just feeling what's underneath the skin. Because you're going to use those same skills to then locate where those clitoral legs are. And again, they come the shaft comes here [showing on demo model], and then those legs will come down and then around. Some people's legs are going to be a little bit more in front of the bone structures and then wrap around. And others are going to go more behind that bone structure at a sooner time. So it's just gonna have to require a little bit of exploration. But that's the fun is that each person is different, though, as an overall structure, we are much more similar than we have differences.

**Dr Saida 08:51**

That's awesome. So those girth cells are really important. And so what we're going to be doing today with the breath – hopefully you've warmed up a little bit because we have such a short window to practice. If you haven't warmed up your body and she's not juicy and ready, then you may want to just listen to this rather than jump into it, because we're almost like skipping the warm-up part. And we're going to use a lot of the time for the entrance. But typically you would be doing all the practices we did in the last three weeks and then moving into this one. Okay?

**Aaron 09:28**

I guess they could warm themselves up as you do this, and then after then, practice.

**Dr Saida 09:34**

Exactly, exactly. But you will have this. So the one thing with the girth cells though, to understand, is if you're not engorged, you haven't done the pelvic floor breath, they're not going to be as activated. Because they activate with the surge of blood flow, and blood flow brings oxygen, which brings – as Aaron likes to describe – a lot of heightened sensation in the nerves. So what we want to be doing, we'll be doing a lot of the breath. The thing is there's also going to be a connection from the entrance of your vagina and also your throat,

**Aaron 10:10**

Fascia lines that connect all the way down to pelvic floor.

**Dr Saida 10:13**

When you were a little embryo, these structures were being formed. So the lining in your throat is very similar to the tissue in the vagina. It's very intriguing. And there's a lot of similarities to that. So all the sounds you've been playing with the last few weeks, it's going to be applicable here. But

we're also going to intentionally yawn open. Some of you will be familiar with this practice. Some of you are not. But right now we're just sitting here, see if you can imagine opening your jaw. Might want to massage, a little bit, the jaw. And then really like soften your neck. Maybe just kind of give it a little squeeze, because any tension in the neck can really affect also the pelvis.

**Dr Saida 11:11**

Imagine that your throat is like the vaginal canal of your cranium. So all your creations are birthed through your sounds and words. Okay, now just relax for a moment. Keep your jaw relaxed. And then we're going to yawn a mouth open very intentionally [showing mouth open]. Just as we inhale and relax.

**Dr Saida 11:41**

Now when you do that, I want you to imagine that your belly also poofs out with that yawn. So have your hands down on the belly. And then yawn open, poofing out your belly – and relax. Now let's do that with a nice front body stretch. So as you yawn, you're going to open up your chest a little bit [showing chin up]. Open the belly and relax. This movement is like say a deep YES to life. And then relax. And a lot of us are going to be often more in a NO posture, with typing, on the phone, driving [showing body folded forward]. This is kind of like a collapsed habit. So we really want to stretch [showing body open, arms up].

**Aaron 12:39**

It's that body YES we spoke about, all coming together.

**Dr Saida 12:42**

Okay, now we need a sense down. Remember, we've been doing that pelvic floor push. So we're going to include that with the yawn, with the stretching of the front body, the belly coming out, and then pushing down into the vagina. Inhale and relax.

**Aaron 13:08**

It can help if you sit at the edge of a chair, for instance, in order so that we can get some more hip motion. If you feel that you can't really rock and bring your belly forwards. Later, when you're laying down, you may wish to position your feet flat on the floor to use them to help you pull and do any of that rocking motion as well [showing movement]. As well as putting even a pillow underneath the tailbone. Not your lower back, so that it doesn't occur this way [showing with hands and then demo]. So you don't want the pillow here, which would then cause your butt to be

down like this. You place it more underneath the tailbone, so that way it's then aimed up and then you can rock more easily is one way of doing it.

**Dr Saida 13:50**

Awesome. So let's jump into the practice. Aaron will be leaving the space for a little bit. And make yourselves comfortable. You want to be lying down. Turn your video cameras off. And we're gonna enter a nice practice with ourselves. [Moves body to lying down.]

**Dr Saida 14:08**

As Aaron said, you might want to have a pillow to put under your hips. Or not, whatever is most comfortable. If you do put it under the hips, remember not to put it under the back where you're arched like this [shows position], but further down so that your body can rock really freely.

**Dr Saida 14:39**

Okay, so first let's begin just stretching out and getting really comfortable in our body. Ahhh. Hopefully you've warmed up a little bit prior to this. But if you haven't, just allowing now a nice deep breath. Sounding out, uhhhh. Warming your hands, saying hello to your heart. Connecting with that heat of your heart. And release that heat down towards your belly and genitals. Ahhh. Taking a few moments to connect your heart and the genitals. Smile to your heart, smile to your genitals, and release any excess tension. Ahhhh.

**Dr Saida 16:08**

And we're gonna bend our legs. Or if you have a cushion, you can bring your legs in a position where you can easily rock your hips. In this position, we're going to repeat what we did seating up. So you're going to just for a moment touch again your jaw. Touching in your neck and throat. Ahhh. And also just give your belly a little touch, relaxing that lower belly especially. And also squeezing the inner legs just a few times. Create that connection body. Ahhh. Starting to squeeze a little bit the fat on your pubic bone, the mound of Venus. And squeezing just a little bit the outer lips before you cup your vulva. And rest one hand over your heart.

**Dr Saida 17:32**

And now let's repeat that exercise of the yawning open the mouth, the throat, opening the front body, pushing down with the pelvic floor on that in breath. Exhale, relax. Ahhh. Inhale nice and slow, yawning open. Open the chest, open the belly, pushing down the vulva. And release. Now opening, yawning. And release. And let's do one more. Ahhh.

**Dr Saida 18:30**

Just take a moment now to honor the clitoral structure from the outside. So I'm just gently pressing along the shaft, and I'm also going to start pressing down that v-shaped bone. Sensing into the outer touch of the clitoral legs, getting some engorgement. And again on your own pace, continue to breathe, inhaling, yawning. Ahhh. I just can't do both as I'm speaking.

**Dr Saida 19:12**

Just keep your breath. Then just come down and start to acknowledge that urethral meatus that little area we touched last week. The space between the vaginal opening and clitoris on the outside, either gently pressing and pulsing or just holding a finger and breathing into your finger. Ahhh. Saying hello. Ahhh. And although we're not going to do the fossa massage right now, it's definitely something you can bring into the practice to prepare the body. But I'm just very lightly pressing into the whole external fossa area, from the clitoris area all the way down, toward the perineum and around.

**Dr Saida 20:27**

And then very gently, just cupping again the yoni. And hand on the heart, I'd like you to ask permission to see if your yoni, especially the vaginal opening, is open to receiving conscious touch. Please really listen to your body YES or body NO. And also listen if there's a MAYBE. With maybe and no, you're just gonna rest and be at ease. Until maybe a yes arises. And then with the yes, very gently if you have some lube nearby, you might want to put some on your fingertip or apply some to the area of the opening.

**Dr Saida 21:22**

And then very gently, you're going to bring your fingertip right to the opening of the vagina. And just rest it there. And you're not doing anything else, just resting. In that place of resting we're going to reconnect again with the yawning breath and the gentle push of the pelvic floor. So inhale, yawning open your mouth or throat. gently pushing out your belly, gently pushing down the pelvic floor. Yawn, open your vagina. And then exhale, release the sound, and relax.

**Dr Saida 22:14**

Yawn your mouth open. As you inhale, yawn in your vagina open. And relax. Again, allowing your body to meet the touch. You're not pushing in. You're allowing your body to come toward the touch and yawning. Awww. Just pause and feel what's happening in the vulva, to the tissue underneath your touch. Just relax for a moment, taking normal breaths. Assuring your body you're not in a rush. Then very gently, we're going to just lightly start to massage the opening of the

vagina. So you're not going in yet. You're just massaging. Just taking time to bring conscious touch. Again, just very lovingly, as you're touching. Feel from your heart pouring down that arm into the hand that's touching. Bring more and more respect and connection to your touch, to the opening. And if you sense an area of the opening that feels a little sore or stinging or tense or even numb – just pause in that one spot. Hold, and then bring that pelvic floor breath, breathing into the touch. Sounding out ahhhhh. Just keep repeating that until that area starts to melt open.

**Dr Saida 24:55**

Again, we're not in a rush. Just being with the body. Taking our time. This area requires a lot of gentleness and calmness to open. And then become aware not only of the yawning and pushing out as you inhale. But imagine also a gentle pulsing, like you're trying to sit on that finger. Just very lightly sipping, grabbing the finger very gently on that exhale. Inhale, opening, yawning. Really pushing out the belly. And then exhale, relaxing and very gently, pulsing. Very lightly squeezing, pulsing the opening. Find your own rhythm with the yawn as you inhale. And relaxing and pulsing, exhale. And become aware of any sensations. There's any arousal or any pleasure for sensations. Just breathing into those spaces smiling from your heart down into your touch into the vaginal opening.

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**Dr Saida 26:40**

And notice now as you gently start to curl your finger and allow it to be drawn in, that you can continue doing very light touch. Either you can press into different directions of the opening, pressing up, pressing down, on any of the sides or angles. Continue to breathe. Or you can just do, again as the finger slightly curled in, just some gentle circles and feeling into the girth cells that are responding to this touch. As you pulse, feel that nice little gentle, soft squeeze of your fingertip. And as you yawn open, feel the vaginal opening, stretching, and opening more, inviting more. Exhale, softening, pulsing. You don't need to go very deep – going deeper next week. We're just staying in that opening area. But you may wish to become aware. And as I'm on one side of the opening, I'm tilting my finger towards that bony structure, that v-shaped bone, and I'm getting curious about my clitoral legs. And so I'm just lightly pressing, touching, circling, breathing and just sensing. Can you feel any structures underneath your touch? Explore like you're mapping this area through your fingertip. Again continuing to breathe, continuing to sound. Ahhh.

**Dr Saida 29:10**

As you feel for that bony structure, you can also roll your finger, gently pulling it slightly out, and gently rolling it in, and just playing and seeing if you can massage and sense into that bony structure. And if you can make contact with clitoral legs or any other structure that you might be sensing into, as you work your way around the opening.

**Dr Saida 29:46**

I'm gonna give you a few moments to just do this on your own timing, continuing to yawn open when you can. And pulsing and relaxing. Also feel free to move your body – arching, pressing, move into the touch, and relaxing. Let your hips rock forward and back. Supporting your exploration of this part of your anatomy. Feeling any sensations, pleasure. And again, if there's areas that feel there's no sensation, you can pause there and take deep breaths, gently pushing your pelvic floor into your touch. And again, nice sound out, ahhh. Starting to bring more attention and sensation into this area. Ahhh.

**Dr Saida 31:17**

Every once in a while you want to pause, and you might feel this amazing sensation as you pause. Not only the respect flowing down your arm, through your hand and fingertips into your vaginal opening. But you may also start to feel that your vagina is sending warmth and tingling and sensation up into your arm back up towards your heart. So as you pause, just sensing, breathing, noticing the textures, both from the perspective of your vagina and your finger.

**Dr Saida 32:12**

Then to finish the practice, just a little extra few breaths of love and appreciation and all this amazing tissue opening. Might want to do a few more circles. You might want to gently vibrate your finger or pulse your finger. A nice one I like to do sometimes is as I hold I just tap the outside with the other hand, sending a little vibration into the body. And let's start to come to a close. On your next inhale, as you yawn open and press down, gently let your finger get pushed out very slowly. Again, relaxing on the out breath. Ahhh. Taking a few breaths to bring your finger out.

**Dr Saida 33:32**

If you can, lengthen your legs away, resting your hand on the outside of the vulva, while bringing your other one back to your heart if it's not already there. Now just rest for a few breaths and just notice how you're feeling in your body. What sensations you're sensing in your vulva and vagina. Notice any thoughts or feelings. Take a moment now to thank your body. Thank your heart and thank your vulva and vagina. Just appreciating yourself, receiving safe sacred healing touch. Very gently rubbing your lower belly. Opening your eyes, doing a nice big stretch. And coming back into the space. You can continue with this practice for as long as you wish. Or come back to it at later time. For those of you who would like to share how you're feeling, we can use the chat. I'm going to invite Aaron back to the room. Welcome everyone back.

**Dr Saida 36:03**

[Aaron comes back into the room.] So this area, the opening for a lot of women, can hold a lot of emotion, a lot of different sensations. And I just want to assure you that it's all welcome, it's all going to wash through. Sometimes we're in a healing phase where it can feel very intense and overwhelming. And in those phases, we want to move even more gently, more calmly, with a lot more conscious touch. And then there's going to be times when you feel your vagina is really hungry, and it feels good. And she's kind of like latching on, and, and then you can follow also her enthusiasm. So, as we flowed through these last four weeks, it's pretty amazing to take that long, even just to get to this point of bringing touch to the entrance. Is there anything you'd like to add [to Aaron]? Because you work a lot with women, and this area tends to hold a lot.

**Aaron 37:04**

Well, I think that if we kind of look at this four-week span, as you mentioned, taking the time to even go to towards the entrance, if we then were to adopt that same type of behavior, even on a microcosm in one pleasure session with our own self, then we would be with along that philosophy. Allowing the body really to wake up. And what eventually will happen is that sometimes, you know, this process might be a 20-minute process. And other times it might literally be a 30 second to one minute process. And it really depends on the different things that happened throughout your day that are rather unpredictable. Sometimes you're crossing the street, and the car honks its horn at you, and it tenses you up. And then this tension will literally be stored in your pelvic floor, which means then that the next time you self-pleasure, you might need to take some more time. And other days, you know, maybe you're just having a fantastic day. And just by your natural breathing, this is going to be released. But the important part is, whether it takes longer or shorter, that you 1) are in tune with your body. 2) you understand this process, which means that the release of tension becomes that much more easy. And 3) as you're going throughout the day and using this type of breath more naturally, you are going to be doing a lot of this re-sensitization, a lot of this stimulation, because the breath in and of itself is one of the greatest tools to be able to do this. And then you simply can complement it with these very practices that you're learning here.

**Dr Saida 38:47**

Yes. And if you are going to be sexually active with a partner, coming to that experience already, having touched yourself, warmed yourself up, having these solo practices is essential. Because sometimes the partner they're not always in rhythm with us, maybe they don't know all the things that we know. And so it's sometimes could feel rushed. So now you're in a place where you can slow things down, but your body will also be better primed for contact.

**Aaron 39:14**

In terms of the psyche, this brings up another point, which is that this practice as you get more familiar with your body, you're literally doing your own self-pleasuring education. And education

allows one to become more confident. So in this case, this practice is actually helping to boost one's sexual confidence, because the more that you understand your body, the more confident you're going to be when then explaining your needs to a partner. And it's also going to help them be able to relax, because as opposed to just telling them what it is that you don't want, what it is that you don't like, you can actually tell them what it is that you do want, what it is that you like and enjoy. And that is very very powerful tool towards bringing and inviting a partner into the things that you want, as opposed to simply saying stop, which is a very important thing to be able to do. But the next step then is to actually inform what it is that one wants.

**Dr Saida 40:21**

So if you were to invite a partner into this experience, I would start first with their finger. And I would literally take them through like, "Hey, this is my clitoral shaft, these these are the clitoral legs, this is something called the fossa, this area here is the urethral meatus." Actually take them through your anatomy and through how you want to be touched. You may need to model it first, or you literally take their hand and you bring it along with the quality of touch that you like. And then this part, like actually have them feel your vagina opening, and yawning open and then drawing them in. This is a really amazing educational experience for a lover. And if they don't want to learn that they're probably not a great lover. But most lovers want to bring you pleasure and want to learn.

**Aaron 41:17**

And in terms of sensation as well, to actually be pulled in, is quite a unique sensation for a partner to feel. It's also something that takes a lot of guesswork out of, well how to go into entry, because this is probably one of the number one questions that people will ask us – how to navigate this area. And a lot of it has to do with angling and timing, and the more that the receiver actually can take ownership of that. I think one thing I would also add, as you had mentioned, this is a technique I really love of yours, which is the cupping technique. Because this is again, going back to that first day where literally just holding the hand on the outside, maybe you're cuddling, maybe it's before or even after sex. But having a person's hand cupping over, and then having them feel when you breathe, the motion under the hand without having to go in is going to create a lot of arousal, but it's just going to start to get the person to understand, oh, there's a certain body mechanic here that I can start to work with. And not from a conceptual understanding, but from a felt state. And the more that the both of you can start to breathe together and start to feel that that – that sounds crude, that a vagina is not just a hole – but is actually an acting living organism that is part of the greater whole, which is you. Then there is a new kind of awe and respect and curiosity that comes, which then insights the desire and the ability to have the sensitivity necessary to interact.

**Dr Saida 42:57**

Exactly. There is a question: “can an episiotomy affect this area?” Absolutely. Any kind of surgery in this area, no matter what it is, scar tissue can definitely affect this area. So the practices you're learning here will really assist with softening scar tissue, and in re-entraining nerves that perhaps have been cut in a way that makes them fire in an uncomfortable way. It'll help retrain them into first dealing with the pain and eventually moving to training them into pleasure, receptivity. So if you have any scars, doing this regular really conscious touch practice is probably the best medicine that you can do at this time. There's really nothing else that I know that works as efficiently. Let me check if there's any other questions.

**Aaron 43:52**

If you have scar tissues as well, using some castor oil or even better, St. John's Wort. These are oils that have been used for a very long time that can help the dissolving of scar tissue as well.

**Dr Saida 44:02**

Fantastic. So if there's any, let us know if there's any other questions. Otherwise, we'll end the session. And in the Facebook group, we will definitely be checking there. I think there was a question. I can't remember it now because we're on my phone. I can't check, because it was on the computer.

**Aaron 44:25**

It was on UTIs.

**Dr Saida 44:27**

Yes. Okay.

**Aaron 44:30**

The question was, is that I had mentioned that UTIs can come up. And the ask was, “Well, is it natural that this happens?” And what to do. And I think there may have been some other small questions in that, but from what I remember though, that was the gist of the question. And the the answer in terms of what one can do about this, is that really taking the time which you mentioned before to hydrate. And I would even do, if you've noticed that that this is a place that you're getting a lot of irritation with the fossa or the urethral meatus, is that you have that you actually begin your practice being able to pee clearly. But make yourself a nice pot of warm – it's not tea, but herbal infusion. And I would do anything – that could be red raspberry leaf is one thing, you could use chamomile, which is calming. I personally have used as well, ginger, or mint teas. These ones

I've noticed have been really great for just when even you urinate or pee, it's going to help clean this area out. So when you go into stimulation, make sure that you're peeing clearly, as you then get up, go to the bathroom, drink some more tea, return to the practice, drink some more tea. So you just want to be super hydrated and continue to be flushing out this area, because that's going to help a lot.

**Dr Saida 45:55**

Yes, and I used to have chronic UTIs – like chronic all the time. So one of the ways I managed, I learned to understand, that there is a psychosexual piece. Like what am I pissed off at. It's really important to look at the emotions that come up with that. Simultaneously you treat the physical. So I had tried so many things, and the thing that seemed to work the best, which is drinking liters and liters and liters of water and peeing like a lot, taking vitamin high levels of vitamin C, and then also treating even externally, a little bit of oil with some tea tree was very, very helpful for clearing UTIs very quickly. So let me go to the –

**Aaron 46:38**

Let me add to the psychosexual part. When emotions are coming up, the voice does not always need to be “ahhh.” It literally, if you feel that an emotion comes up, allow your voice to emote, when you're feeling that means if you start to yell, allow that yell to come out. Sometimes that is what's going to help move anger that can be there. The other part of relieving anger isn't just the voice. But you might feel that an arm is going to want to swing, or a leg is going to want to stop. It's quite incredible when I've worked with sessions that these types of movements start to happen. And it's important that you allow the body to express what often in the past was repressed. And then it goes through a cycle of having released it. And that can be just as much important as the drinking. Again, you're a whole body, meaning that your mind and your body are not separated. So the more that you can allow yourself to express while working with the body mechanics, you'll have this.

**Dr Saida 47:36**

Okay, we have a lot of questions, and we need to go soon. So one is “I usually feel a tightening in my throat when I start touching the entrance of my vagina. Do I need to sound more?”

**Aaron 47:51**

That is one of the ways definitely to deal with it.

**Dr Saida 47:54**

And the yawning. So sounding is good, but also very intentionally, like just hold still at the entrance. And then like let your throat teach your vagina, and let your vagina teach your throat. They're friends, and they speak.

**Aaron 48:12**

Also, if you have a song that kind of brings up the emotion that you're feeling – if it's sadness, for instance – sing a sad song, put your favorite song on that's sad, and sing with the lyrics. Because that will help move the emotion and to open up the throat. And that might sound a little bit out there. But trust me on that one.

**Dr Saida 48:31**

And then we have “the tapping at the end was lovely.” Yay. That's nice.

“My question was around the issue of having trouble relaxing to be able to pee. Even when I do have to go to the bathroom, it takes a while to relax” [reading question]. I'm wondering if that's all the time or when there's engorgement. Because if it's after, like during a practice or during like right after sex or there's encouragement, that engorged tissue is squeezing on the urethra. So it makes it like almost impossible at times to pee. So you then you would just have to practice.

**Aaron 48:58**

That happens for both sexes, by the way.

**Dr Saida 49:01**

Yes. So you just have to sit there for a while and just be playful and like –

**Haley [participant] 49:10**

Yeah, I'll jump in, I'll jump in, because it's all the time. It's all the time.

**Dr Saida 49:11**

Oh, it's ALL the time.

**Aaron 49:15**

One of the things that you can do is if you have a warm showerhead, like a showerhead that has warm water, then running warm water over this part of your body is also going to help you be able to release more easily. When you pee, is it a painful process? Or does it just take a lot of pushing and force to be able to release it?

**Haley [participant] 49:41**

Um, it really depends. Sometimes I do have burning or stinging, and then other times it just takes a long time to relax the muscles. So yeah, it just it depends.

**Dr Saida 49:54**

And Haley, are you practicing with the push? Like, have you been doing a lot of that practice where you're, you're intentionally like spreading the pelvic floor and then releasing? Did you hang up? I think so.

**Aaron 50:10**

Well, we have another practice that is going to be coming up. I don't know if it's week six, potentially? But when one goes into ejaculation, this isn't a party trick. This is actually literally cleaning out the urethral tubes. And this type of way of stimulation can then help bring everything to start to release. But we'll be getting into that later in the later weeks.

**Dr Saida 50:38**

So hopefully, we can continue this kind of dialogue, I think, in the Facebook group as well, because we're going to jump in on there at some point. "I have a hard time yawning, pushing the belly out, as my vagina contracts rather than opens" [reading comment]. So let's answer that one. And that will be our last one for the live call. So when there's problems...

**Aaron 51:02**

We have either consciously or unconsciously conditioned ourselves to have contraction when there is either penetration or touching of the clitoris. So this is basically kind of like riding a bicycle; it takes practice. But once you start to do it, it actually will become the natural way for you. But at the beginning, it will seem backwards. Because most of the times we are squeezing for a myriad of reasons.

**Dr Saida 51:30**

Yeah. So what I would say, ladies, is be gentle with yourselves. You have a lot of information now, because we're in week four. If this is the place that has a little bit of challenge, spend some time this week, like every once in a while when you're sitting or lying down when you wake up or going to bed or stretching out, every once awhile, just yawn. And see if you can sense first like the heart opening, and then relax. And then see if you can sense the belly here, the top belly solar plexus, and then relax. Then the lower – because we have so much tension in this front line. And then all the way down, lower belly, open. And there might be a place where you it's hard, you're like “I can't relax here.” So that's going to be your place to focus and practice. And then eventually try with the vagina. And again, just it just takes time. Yawning took me, like I think at least half a year to really learn it properly in my body. Not everyone's like that. But that was my body.

**Aaron 52:41**

When I want to learn a body mechanics that's new, I have a tendency to do it before I go to bed – like right before I go to bed. And right when I wake up. Because if I do it right before I go to bed, it has a tendency to kind of replay itself through my sleep. Not everyone's the same on that. But also, if you do it right in the morning, then it has a tendency to also continue throughout the day. And then if you want to be kind of like get an extra gold star, find different times of the day that you know you're going to be sitting in other ways it may be leaving at us a little bit bored. Could be if you're driving to work, it could be when you're sitting at the computer, or you're cooking in the kitchen or whatever it might be that you're doing. Little sticky notes can help on that. But if you can sort of reinforce those in between times, it'll really then help complement. But as a minimum, I would try to do this right before going to bed. And then right before when you're waking up. And it literally could just be three little repetitions. This doesn't have to be a long drawn out process.

**Dr Saida 53:43**

And again, holding sensitivity and love for yourself. Your vulva is deeply connected to your heart, to your beliefs, to everything in you. So as we're encouraging her to relax and open, understand that if your mind is agitated, or you've been really busy and stressed out, this has an impact. So set a container for like, okay, I'm going to take 10 minutes just to put love in my body. This is only about me, I'm going to be super selfish. This is for me, I don't have any goal there's going to be with myself. And any part of what we've learned in the last four weeks, we can bring that up in that little session. And the more that you do that, the more your vulva will understand that, oh, we're actually taking intentional time to be with ourselves. This is not something that's typical in our culture. Self pleasuring, even though it's promoted for women's empowerment is usually quick. Get your vibrator out, have a few orgasms and then go on with your day. But to slow down, to feel, to honor, to respect, to sense – you're becoming a more masterful lover with yourself. And that's really important. And that just takes a little time.

**Dr Saida 55:08**

And the last thing I want to say, which is something we read in a science paper recently: is to learn something new and really get it ingrained in your body, it can take about 400 repetitions.

**Aaron 55:15**

However –

**Dr Saida 55:15**

[Laughs] BUT, if you do it with joy and playfulness, it only takes 10 to 20 repetitions. So make sure that when you enter a practice time, you're not like trying to practice and you're like, beating yourself up and being super serious. It's like, ooh I get to be with myself. This is my play time. And having that joy, having that lightheartedness. And even if nothing happens in your practice, you just get to be with yourself, and you're like, oh, my body is a no, but I'm just gonna be here. Having that joy, having that sense of lightheartedness is going to progress you much, much faster than taking this whole thing, like seriously, in a sense.

**Aaron 55:58**

The vestibule, like we spoke about before, is the entrance before you come into the sanctuary of the church. Yeah, so today's practice, you are actually entering the sanctuary. And I love this metaphor, because when you start to understand that this part is your temple – well temples are made for singing praise. And that's what it is to bring love to this area. So allow this to be a practice of praise, a practice of honoring this part of your body, and enter into a state of praise. Bring music, your voice, your singing. Allow this to be more of the spirit by which you approach this with playfulness and praise, much more like a kid than when we try and be serious adults.

**Dr Saida 56:49**

Yes, so bringing in that erotic innocence. So we're going to complete today. It's been amazing to be here with you. One last thing is in preparation for next week, we're going to work a lot more deeply intravaginally. So you don't have to do that. But I'm going to share some tools. And then you'll have them. These replays are going to be available to you forever. So you don't have to feel pressured to do it in the class next week. But if you want to participate along with me, then make sure you do, you know, warm yourself up and do like a 20 minute thing before you get on the call, just so that your body's not in shock, because it is a fast session here live.

**Aaron 57:32**

And also please don't drink caffeine or high sugar beverages, because that does make it much more burning. So as well, Haley to answer your question again, eliminating some of these things. I don't know what your diet would be like. But that's definitely going to help when doing these practices, and come well-hydrated. Meaning that you should be already going to the bathroom beforehand, because you have a decent filled bladder that you should be emptying before the practice, and make sure that you're peeing clearly. Not a yellow but clear.

**Dr Saida 58:07**

Yep. So thank you, everyone. It's been amazing. I see there's lots of fun, gratitude, comments, lots of love. Really, honestly, we are changing the world. We really, really are. Like by women taking this time. It's quite extraordinary. So the privilege is really ours to be holding this sacred space with all of you. And again, thank you for your trust. And thank you for your dedication to yourself, because it is making a huge difference, not only in your own life, but for the lives of the people around you.

**Aaron 58:29**

So thank you so much for coming. Bye everyone.

