

Awakening The Sensual Woman Immersion

Week 6

Saturday, August 26, 2023

SPEAKERS

Aaron Michael, Dr Saida

Dr Saida 00:10

Yay. Hi everyone. I'm gonna tilt this down a little. We are in a different space today. But this is the space we have. We're going to be playing here with you for the final week, the sixth class of the Summer Sizzle – the journey of self-loving. It's been extraordinary, at least for us, to witness your blooming and your deepening of your loving of yourself, of your beautiful body, especially your pleasure system.

Aaron 00:43

It's gone by fast! Six weeks already.

Dr Saida 00:45

Too fast, too fast. It's been amazing. So in the chat, if you can just let us know if you're excited to do this class. Yeah, just let us know that you're here, if you can hear us, you can see us. And then we're going to jump right in. So if you could just let us know that. I think everything is recording. So let me just have a look here. I'm going to do a screen share in a moment. Hey, Haley.

Aaron 01:14

And have everyone muted.

Dr Saida 01:16

I think everyone is muted. Yes. All right. So, [reading comment thread] "it's been an amazing experience, much gratitude, great to be here. Yay. It's gone too fast, only caught up as far as session four. I hope I won't be out of my depth today. Very excited to be LIVEwith you." So today is essentially just to prepare you. We will be reviewing. So I will be taking all of us through the practice, from kind of what we started with, into where we ended up last week. There won't be a

lot of new things today, because what I want to do is create a beautiful deepening and a flow. And there are some refinements. So we'll be going over those refinements in a moment here. So any more comments?

Aaron 02:04

There is a question about being able – “will we be able to keep in touch and be sure to keep self-pleasuring?”

Dr Saida 02:09

We need another six weeks, I know! Well, here's what Aaron I were just talking. This is an experience that can't be rushed. It really can't. So we are talking to offer kind of an advanced version of this for all of you who've come, because you've already done, you know, by the end of today, it will be six weeks. We don't know when we'll offer that, but probably soonish, because we really love doing this with you. And there's just SO much more to give you. So I don't know what the format will be, if it'll be another six weeks of self-loving or a slightly shorter format. But we'll inform you on that. So

Aaron 02:40

Will they be able to also stay in touch via the Facebook?

Dr Saida 02:47

Well, the Daring Project is going to be ongoing. So if you're in there, that's just an excellent way to keep us motivated together, keep sharing. So absolutely, you can stay in touch through the Daring Project. That is the most kind of private, secure space to be sharing in. So lots of fun comments. We're going to jump into some content.

Dr Saida 03:11

I want to review just a tiny bit of anatomy. I'm still letting people in. A tiny bit of anatomy for today. And then we're going to do a refinement on something that we offered last week. Just a refinement, because a lot of emotions came up for some of the ladies, and we just want to demonstrate a few ways to possibly move differently when those things come up for you. Okay? So let's do a screen share.

Dr Saida 03:42

Okay, so the first one I want to share is just this one, Aaron. It's simply a side view. It's kind of small, looks like. Can everyone see that? I don't know if you can see this one. Yeah, I think you can see it. So I just wanted to do a side view. Because here we have the uterus [showing anatomy picture]. And a lot of women don't realize that the uterus is not straight up and down. It's actually kind of sitting over the bladder. And sometimes it's retroactive. It's like going the other – it's reverted the other way, going towards.

Aaron 04:15

And by straight up and down, meaning that if this were to be the vaginal canal here, that it's not just coming straight in at this angle, but actually it comes down at an angle towards the vagina.

Dr Saida 04:28

So you can see that. So if you straighten this out, this was your vagina. You can see that it comes in at an angle. And then I have another image. I'll stop that one. And I want to share a second one, because yes. So this one, you can see it [new diagram picture]. I want to show this one because of the length of the cervix, and there's two actual openings, and I want Aaron to talk us through that.

Aaron 04:56

Normally there's some fear around stimulating the cervix, especially when the cervix gets aroused, you will actually start to dilate, meaning that it opens. So if you are looking then in through the vaginal canal, this would be the cervix here at the base [showing with hands]. Can you all see that? Perfect. So as it starts to get excited, it will open and dilate.

Dr Saida 05:22

I think we should show that after the imagery here.

Aaron 05:25

Okay. Well, what's going to happen though is that you have first one sphincter here at the entrance of it can

Dr Saida 05:32

Let's do it so they can see. We'll come back to this image, because I want you to see what he's showing [removes anatomy slide].

Aaron 05:37

So the cervix here [showing with hands], with the breath you have been using, has the ability to both lower and come towards the entrance. And also if you squeeze your pelvic floor muscles to pull away. This is something which is hardly ever mentioned in any anatomy book. In fact, one of the best books that you'll find on anatomy, I think it's called a Sexual Anatomy, it describes that the cervix, the vagina elongates and the cervix pulls away when a woman gets aroused, so that way it can protect itself and create a sperm receptacle. Now, this is just one way that it happens if you're taking for instance, a vibrator and buzzing on the clitoris. But with the breathing that you all have been doing, you're actually learning how to lower that cervix, get it to engorge, as well as then to start to dilate and open. And if there's any fear that if you stimulate towards the opening, some of you who have maybe especially after childbirth, the cervix is going to be able to open even more, it could literally grab your finger, a dildo, a penis, and start to suck. But don't be afraid that it's going to then go into the womb because there is a second sphincter on the backside, which is what accesses the womb. And that one only opens if there were to be a baby coming out creating pressure from the inside. So there is an exterior sphincter and an interior sphincter. It's called the IOS and the EOS.

Dr Saida 07:09

So the first one is down here [anatomy slide back on screen], that everyone would if you have seen a cervix before you see that little hole, it's almost looks like the head of a penis.

Aaron 07:18

It looks almost exactly! Like go ahead and Google "speculum cervix," and you'll see that the cervix looks exactly like the head of a penis.

Dr Saida 07:26

Then you have this whole internal area that is still considered the cervix. And then the second opening here into the uterus.

Aaron 07:34

I actually like, in Spanish, they call it the *cuello del útero*, which means it is the neck of the uterus. So the cervix technically is an internal organ that is basically just the neck of the womb, and like a penis, it can get erect, or as well, be in an un-erect state. Now for most people, touching the cervix is either no sensation at all, or it's going to be painful. Now, like anything else though, when you start to do the practices that we've been doing, and especially just that

breathing, this is what's going to create the ability for it to start to move. When it has that freedom to move, all of a sudden it's going to start to get better blood flow, which means it's going to start to desensitize. And another nice little thing that will happen is that you even can have your period pain start to disappear and even have a pleasurable period.

Dr Saida 08:31

Yes. And we're just, there's just so much to share on the cervix, which is why I think we need to do the other class. Yes exactly. Because I want to really focus on what we've been learning and deepening that, instead of giving like too much new information and getting off track. Because I don't know how many of you here have done all the classes yet. Some of you have not caught up with all of them. But it's a lot of information. It's a new way to be with our bodies. And so I want to kind of get a little out of our head today and get more into feeling today. So that's why we're doing it this way. I'd love you to do the refinement [looking at Aaron] – because last week, some of you got a bit confused. When do I push and when do I move? And what position do I get it? And so I wanted Aaron to show a refinement, especially if emotions are coming up with the part that we did with the urethral sponge and the perineal sponge.

Aaron 09:17

So I'll start off with one level of stimulation. And this is something that you can just stay with the entire time. Or when you feel comfortable, you can experiment going up and then returning, or moving up through the different levels of it. Okay?

Dr Saida 09:43

You also wanted to talk about bladder or urethral.

Aaron 09:50

Exactly. So the first thing: this is really to go ahead and help to bring engorgement further and more blood flow into the vagina. And I would recommend even if you were to have, for instance, like a cushion or something that you can sort of lean back on where you're able to easily access, with your fingers inside the vagina. And you'd be kind of like this [showing body position]. Now, some of you might prefer to actually come up on one knee and use the hand this way, as it might help you have more easy access. Alright?

Aaron 10:29

So the first thing that I want you to do is notice that when you simply take your fingers and press backwards like this [finger demo], into that back wall. And then just start to do the breath that you've always been doing throughout the course, which is inhale, push. And just hold light

pressure. Exhale, relax. Inhale, push. And exhale, relax. So the fingers here are just creating a light pressure right here, and you're holding that pressure. So the fingers aren't even moving. They just go, hold back, and then relax – ahh. Again, ahh. And you'll keep that pressure on the back wall into that perineal sponge. This is going to create a lot of blood flow to start to rush down towards into the vagina and bring more fluid flow into the urethral sponge, the perineal sponge, the entire CUV complex,. This is also going to help that cervix to start to lower as well. Often we think of these things as separate. But the cervix is definitely part of the pleasure system. So that's the first thing.

Aaron 11:43

The next thing is, is just getting yourself used to moving with that finger. So let's see, it will be here [pointing to body area]. So as you first have now kept pressure back, you've been breathing. Just give yourself a little bit more freedom to start to move on your finger. Okay? And from here, you might notice that there's a quickening in your body, that desire to continue to move even more and to create more stimulation. And you're not going to be changing that breath at all. Inhale, push. Exhale, relax. So first phase, holding back, and breathing. If you feel that you want to accelerate a little bit or create more sensation, start to free your hips to rock on the finger, That's level two. And then, if you feel that you want even more sensation, just simply start to rock your fingers, either with your body at first or the opposite motion of the body. But don't change your breath. So this is kind of how it would look. First phase and pushing back. You feel some arousal, now you start to move. You feel that you're getting more excited, you want to have more stimulation, you literally just start to move the finger.

Aaron 13:30

Don't worry, if you're moving your body with the finger or against it. Just go from a place of feeling what's creating that more sensation. And you're going to try to get into a rhythm [rocking body] between your body and your hand and following the pleasure. If you can simply do that, you're going to notice that you might even start to feel like you have to go pee. This is often where you might even release, and really start to focus again on using more of your breath to push out and the movement of your hips. And when you do that push, if you have kind of like your bed protected, you very might well notice that you're going to go into ejaculation and have this releasing fluid. That is actually going to be quite important, not from a performative act. But if any of you have had tension along your urethra, which is the pee tube, or if you've had a history of UTIs and you always feel that there's a little bit of irritation there. Or if you have as well, the emotional buildup of like maybe some fear or anxiety, as well as like maybe anger or sadness. That releasing creates a psychosomatic effect, which is that as your body releases, the emotion releases. And the biggest key here is when you're increasing your breath, increasing your movement, that you have the ability to use your voice. Uhhh, uhhh, uhhh. And really own what you're feeling, because with that, allowing yourself to vocalize, that's where I've noticed with most clients that everything starts to open up, then the liquid starts to release. And that emotion or that feeling of being stuck or frustrated, or any of the irritation that's there, will also release with it.

Aaron 15:30

Have some water next to you. You're going to want to be well-hydrated when you do this. But you can be quite surprised how much fluids start to release, as you simply begin to move. And again, if you feel that, "oh my goodness, I'm using too much, I'm releasing so much fluids." And you know, you're, you've put towels down, or you have an absorbent cloth of some sort, then what you can do is practice this, like for instance, on the edge of the bathtub, or in the shower. So that way then, you can just freely release as much as you want for as long as you like.

Dr Saida 16:07

So the important thing and something I noticed last week is we're sharing so many techniques, and we can get lost and in our heads. So today, as I'm leading you through, I want us really to – you can even ignore me. I really want you to listen more to *your* body today. And I will lead things, and you can sometimes join and go "oh yeah, I forgot about that part." And then forget about me again, and just kind of play and be with yourself. Get let your body go into a flow. Now if you have not prepped, I don't recommend doing the internal work. Because I always find that a bit aggressive to like, suddenly go from nothing into internal. But if you feel prepped or you just want to go in and just hold and not do all the movement, that's also welcome. So please just navigate what your body needs and how you want to be with yourself today, because that's really, really important to both of us.

Aaron 17:03

If there's anything that I could recommend is really allow yourself to get lost into that trance-like effect that happens when you really focus on just the rise and fall of your breath, the natural rocking of the body. And if you don't have any lung problems, the huhhhh, the vibration of your own voice. That will always help you get out of your head and then just be able to follow your pleasure.

Dr Saida 17:30

So I think we should start? I will see you in a little bit [to Aaron]. Okay, so I'm gonna tilt this down. If you can turn your cameras off, so you have your own privacy. And if you have your lube or your aloe or your whatever you might need. I'm just gonna use a little sheet [moves body to lie down]. And we're just gonna start first by getting really comfortable. So stretching out, ahhh. Give me a big stretch. Ahhh, feeling your own body. Allowing your breath and attention to settle in this space. With some nice sighing breath. Ahhh. Let's connect one hand on the lower belly, one hand on the heart. Taking a deep breath in. Ahhh. Imagine surrounding your whole body with a beautiful cocoon of white light. Start to feel your heart. Warm, soft. And as you're doing that heart-yoni breath, just really bringing that warmth and softness down into your belly and genitals. Breathing in. Ahhh. Just do a few on your own. Relaxing your chest, relaxing the belly.

Dr Saida 19:44

And just rest for a moment. Allow your body to understand that we're going to put some love, loving touch, loving connection into ourselves, giving ourselves that attention that we crave. That love that we yearn for, that pleasure we enjoy. And check in with your body. Maybe she's not open today. So just check in. And if you're not feeling very open right now, just hold yourself like this, hand on heart, hand on belly. And you can follow along like a deep meditation without having to do anything. And if you get a really big yes, "I really want some touch, I really want some pleasure" – then just allow yourself to acknowledge that YES. And if you do have a MAYBE, you can just keep holding yourself until you get a clear yes or a clear no.

[START HERE]

Dr Saida 20:58

Let's do one more big breath to the heart. We're going to warm up a little bit, belly area, so you can bend your knees and start to really move the hips with the breath. As you inhale, let your belly poof out, arching back, pushing down the pelvic floor gently, and then relax. We're going to do that with sound. Inhale, push. Release. Uhhh. Inhale, push. Uhhh. Again. Uhhh. If you remember the very first class, we just cupped the vulva and let our body move into the vulva. So that's what we're going to do now. Bringing that hand down, cupping the vulva. Continuing with that same movement. Inhale, push. Feel the vulva expanding into your hand, and relax. Uhhh. Pressing down, ahhh. Take a moment, you can keep that breath going but more gentle now. And just take a moment to squeeze a little bit the fatty tissue on the pubic bone. Squeeze a little bit the outer lips, saying hello. Just gently exploring your body, remembering that V-shaped bone where the clitoral legs anchor themselves. Just kind of saying hello to the outer structures of the genitals. Again, you're still breathing, pushing gently, and release as you're exploring. Ahhh.

Dr Saida 23:23

And then start to find the shaft of the clitoris. You can choose to put your fingers on either side and either roll the fingers side to side or just press straight down. Doing a little tip tappy taps. Whatever you like just to start to activate the clitoris, the clitoral shaft. Again just breathing. If that rocking motion feels nice, you can continue it. You just let your body move more freely as you start to activate the clitoris. Ahhh. Ahhh. If you feel arousal and pleasure start to happen, give yourself permission to feel that aliveness starting to flood your body, flood the brain with good hormones, allowing whole body to benefit from pleasure starting to activate in your body. Then gently start to feel into right below where the clitoris is but before the vaginal opening, where the pee hole is, that area. Just very gently finding that area, placing a little fingertip there, and you want again, instead of moving the finger, moving your body into the touch.

Dr Saida 25:00

So just finding that little pee hole area and then pressing down with your breath, rocking your pelvis into the touch, and release. And again, remember we kind of moved around and released any tension. So feel free to adjust your touch if you're noticing any tension or even lack of sensation. Ahhh. Really pushing down into that fingertip. Ahhh. Letting that breath fall out of your body. Ahhh. Ahhh. If any area has any sensation of discomfort, that's going to be a sign, that's where you spend your attention today, melting that open with your breath. Any areas that have a lot of pleasure, you can sound or move into. Feel free to have even some circles with your hips, being a little more playful. Then bringing the fingers into the area of the opening of the vagina. Just gently placing the finger there, and see if you can actually, instead of moving your finger, rock your hips around the fingertip. Just gonna let someone else in here.

Dr Saida 26:44

So rocking your finger around the fingertip and then using that pelvic breath, so that you're really feeling the vaginal opening like a yawn. You may want to yawn your own mouth. You remember the throat and the vagina connected. Ahhh. Circling your hips as well if you want. And just sensing that whole area. We're not going to do the fossa unless you really want to right now, just because I want to move internal. But the fossa is also part. So if you're feeling any tension there or you want to go there, then that's a piece can do today. Instead of going internal, you can revisit the fossa. If you remember, it's the fold of skin not in the vagina and not outside of the vagina, but between them, that skin. And gently pressing and breathing into there. Sometimes there's tension, and you'll want to spend more breath. So you can choose now whether you're playing a little more with the vaginal opening or visiting a bit the fossa, all the different areas of that fossa. Rocking the hips, breathing.

Dr Saida 28:19

Keeping the finger right at that opening, you want to ask permission. I like to go still when I ask for permission. Just taking a moment to really feel into myself. Is my body open to being penetrated, to swallowing my finger, drawing it in or not? Just sensing into there, asking permission, and listening. And if I get a yes, again, I'm going to be opening my mouth, opening the vagina, yawning, pushing down. And this time on the exhale, I might just have a gentle little pulse around my finger just to start activating those girth cells.

Dr Saida 29:21

At this point, you also can choose to get into the squatting position that Aaron showed. You can stay on your back. You can move into that squatting position where you're leaning up against something and then moving. Or the squatting position where you have one leg up or two legs down. Whatever is most comfortable for you. I also last week, got on all fours and was reaching back. So that's a possibility. Or you can lie down onto your belly for the exploration of the perineal sponge and the urethral sponge. Whatever position you choose, just taking your time

now to connect with that back wall. And you'll just do a few breaths, pushing down with the pelvic floor and using your finger to press. Ahhh. Ahhh.

Dr Saida 30:43

Really allowing your vulva to start engorge. You can use your hips or just the pelvic floor to create stimulation. If I'm using my hips, I'm going to be rocking them into my hand more than moving my finger. You can also, if you're starting to want to stimulate the front wall, then you can also rock your hips into your hand. Ahhh. Pressing into that front wall. I want you now to play with rhythm. I'm moving at a fairly slow pace. You can increase the pace a little if you like, remembering the breath. If you're in the squat position – I'm going to review the hip movement in the squat position. I like to lean forward and then really give my hips some freedom of movement, just like that. And remember, if you start to feel like you need to release fluids, and you don't want to do that, you can just relax. And if you want to do that and you've protected your bed, just let that happen. Or if you're watching this and you're in the bathtub, great.

Dr Saida 32:20

So just coming back, focusing again, I want you to focus alternating between creating more engorgement by pressing that back wall and then creating more arousal, pressing the front wall. And then as you're pushing down with the pelvic floor, every once in a while imagine feeling like your uterus and cervix are also participating in all of this. So let's try three different focal points. One will just be the back wall. Try the front wall. Okay, hold your hips still just for a moment to feel what it feels like just to push down with the pelvic floor. You may feel everything expanding – back wall, front wall, pelvic floor – everything pushing. So not even moving my hips, just moving the pelvic floor. Ahhh. You can use that “ahhh” sound that Aaron was saying helps open the heart, helps move the energy. Ahhh. I really like to leave my finger in one place and then start to move around the finger, so I'll be doing that now. But if you also just want to move your hand, you can try that as well.

Dr Saida 34:39

Allowing, giving permission for pleasure, sensation. Ahhh. Sometimes if you need, you can pause. Hold the breath if you want. Nahhh. Feel the heat spreading in your body. Moving your hips. Ahhh. And then as you're moving your body, you can also move your hand. You can move your hand with the body. Or in opposition, which creates a lot of stimulation. Ahhh. Big breath in. Big sound out. Ahhh. Let's do another one of those. Ahhh. Big sound out. Now you can choose if you want to continue moving, continuing with the practice. I'm going to wind down and start to relax my body into completion for our short 20-minute practice. Whatever you choose, that's up to you. If you are kneeling and you want to wind down. I'm going to lay back down. If you're continuing, you can move in any way you like. I just like to cup the vulva after as a way of aftercare, reassurance, connection. And doing another series of heart-genital breaths. Ahhh.

Dr Saida 37:15

Extending the legs, if they were bent. Resting your hands wherever it's comfortable, and just take a few moments to settle. Allowing all that pleasure or that sensation. Or maybe there was no sensation. Whatever the experience, allowing it to settle. Feeling all your bones, getting anchored and grounded into your bones. And giving thanks to your beautiful body. Thanks to your heart. Thanks to your vulva and womb. Thanks for being alive. And allowing whatever the experience was, just being grateful for having moments with yourself. When you feel ready, giving yourself a little stretch. Or you can stay all cozied up with yourself as I ask Aaron to come back into the space. And we will wind down this call with any feedback or Q&A [now sitting up].

Dr Saida 38:45

So how I'm feeling right now – I wasn't feeling very well before the call. I'm not sure why. But I am feeling a little bit more sparkly and alive. [Aaron enters the space.] And in my experience, I actually had some release of fluid, but I'm aware that an Airbnb, and I don't want to do that all over the floor. So I took some breaths to stop that from happening. But I think if I'd been off camera and on my own and had protection, I would have definitely released a lot more fluid. So all right, so anyone who wishes to pop on and share how they're feeling in this moment or have any questions, this is the last time we'll be live in this particular setting. And we'd really love to support you with any questions.

Aaron 39:40

It could be that they're still in their own flow.

Dr Saida 39:43

Yeah. And I'm perfectly happy if they're still in their own flow. One of the things that had come up last week was for some people a lot of frustration because they feel like their body isn't doing the thing that they're supposed to be doing. Would you be willing to speak to when you deal with clients who, like, "I never have pleasure and it never happens. I don't feel anything."

Aaron 40:09

Well, staying in that flow, following that rhythm of the breath, and really connecting to yourself. More than any kind of technique, all of what we're really bringing to you is a deeper way to get out of your head and really get into a flow and stay in connection with your body. And that, again, is done by finding a good rhythm between your breath, your voice, and your movement. And then using your hand to supplement what you're doing with your body and complement it as well. As opposed to then stimulating yourself from outside, you're using your body to explore your finger and really find a rhythm where you can get the whole body moving. And this is going

to be one of the quickest ways to be able to move through whatever emotions are coming up. And when you do feel an emotion, connect it to a voice, connect it to a certain sound. So that way it releases with the voice, with the sounding, with those vibrations. And if you need to have a space where you can move freely, kick the legs, or just even yell out, this is one of the ways that we can start to reclaim that voice. Because often the reason why we have frustration or anxiety is that we thought we had to be frozen, or maybe in the situation, we did need to be quiet and couldn't express the pain that came out. And so by giving the body the permission to do that, you can release the tension that has been stored there, as well as then whatever you might even be finding in the present. But that ability to go into that flow and release one's voice is going to be one of the greatest ways to be able to do that. Having good hydration is going to help with the physical relaxation, as well. If you are just dealing with a lot of tension, you can be doing this practice literally inside a warm bathtub, which is then of course also going to help with that movement there.

Dr Saida 42:13

I think we should look at some comments here. Okay, so, "I got distracted by the fact that when I press down with my vagina floor, I'm peeing a lot. I kept going to the toilet and peeing, but it's still getting fluid when I pressed out and down with the pelvic floor. So I only caught up with the back wall stuff quite late. I was just beginning to get into it by the end of the call" [read comment]. That's totally fine, because your body has its own rhythm. Honestly, like 20 minutes, when I tell people I self-pleasure for you know, an hour or whatever, they're like, "you're crazy." But 20 minutes, if you feel like how fast it goes, and how much our body needs time, time to go pee, time to hydrate, time to stretch, time to cry, and to laugh. And this is when we're having sex. Hopefully, it's not just a five minute thing all the time. Sometimes we have extended lovemaking. And this is really helping the body sort that out. Like, I'm gonna give my body all the time she needs to feel all the sensations. So I think it's wonderful that you took your time and really listened to yourself.

Dr Saida 43:27

"I got to know so I had the honor that even though I'd warmed up, because I still, I was still full from lunch" [read comment]. Yeah, exactly. But the fact that you said no, like you honored your no, is the most healing thing. No is really sexy. So now your body's going to trust you even more. So that the next time when you actually say yes, the yes will be very strong. Yes! So that's awesome.

Dr Saida 43:52

"Thank you both for the deep, deep respect for our bodies, allowing so much time to allow my body's timing, pace, and flow to be discovered. Profound to be invited versus pushed ahead of where I am" [read comment]. Yes, this is very, very important. I find a lot of things in the world are creating a lot of hastiness. This is a symptom of a closed heart, like to be rushed, to be

hasty, to be impatient. It means the heart isn't actually open. If we want to have ecstatic self-loving, our heart needs to soften, it needs to open. And so taking time, I mean if all we did is cupped the vulva for 20 minutes, because that's what she wants, that's the practice, right? And sometimes she's like, I want it internal and I want it now, and she's really hungry. So really being able to listen, because some days you might find just you're on a different kind of vibe and your yoni wants something inside immediately. So there's really different rhythms, and there's no right or wrong other than just really listening to the body.

Dr Saida 45:04

"I've been enjoying feeling my body from the inside" [read comment]. That's beautiful. "Yummy, delicious, thank you so much. It would be amazing to learn this in high school. It's so natural. Deeper pulsing my yoni is a delight, such a gift" [read comment]. Yeah, beautiful. Beautiful. "Aaron so resonant resonate with all your sharing, sound, and release" [read comment]. "I had an old unpleasant image release. So I sang and in a way feel happy. Thanks for the tips" [read comment]. That's how we do it, ladies. Like you're so intelligent! The psychosexual part, like how the psyche and Eros are married, and they're dancing. So as things arise in the psyche that you become aware of, if you can just free that up, let it go. Trust, if it's arising, now is the time to liberate it. And that liberation comes from opening the throat, from vocalizing, from moving the body.

Aaron 46:03

And the more that you're able to move through a negative emotion and bring it into that positive emotion, the more that you're going to notice that your overall resistance to going into a sexual space and going into self-pleasuring will go down. A lot of time that resistance is there, because the negative emotion. The body knows already this emotion has been buried, it's going to come up, I don't know what to do with it. So I need to just shut down. But then when you start to get in good communication with the body, and it gets just even 1, 2, 3 times of transmuting what might be fear and anxiety, what might be anger or pain, what might be shame or guilt, as well as any kind of boredom or numbness – all of a sudden you welcome these things, because you'll realize I'm bringing myself into deeper levels of intimacy. And whole new portals of pleasure will then start to open up for you. But again, it's a process. It's a cycle. It's not a linear journey.

Dr Saida 47:01

Yes. There's a comment here: "I'm a little inhibited in making sound, as the walls of my apartment are very thin, but I do feel that sound does help me feel sexier" [read comment]. So one of the ways I do that is I literally stuff my [face in blanket]. And I just like moan and scream into my pillow, if that's the case. I don't know if you're around a family member visiting or something like that.

Aaron 47:24

And put on some hip-hop with a good base. Boom boom boom.

Dr Saida 47:30

Something fun. Okay. "That was amazing. This is the first live practice I've had a yes to participate in because of strong emotions that kept coming up. And I had fluid release, which makes me feel relieved that it works. I have a question around Session Two, I tend to orgasm much easier vaginally than clitorally. Would you say that repeating the practice in Session Two could help?" [read comment]. Yes. In terms of de-armouring and resensitizing the clitoris, absolutely.

Aaron 48:00

One of the things that is kind of a refinement, is that a lot of times if this were to be the clitoral shaft here [showing fingers], is that there can be tension, especially right at the base of the clitoris where it meets the pubic bone and into here. So taking your finger and actually coming onto that underside right here. And using almost the side of the finger. You might even want to use your pinky so that you can slide in as far as possible. And getting underneath the base here. And doing that breathing, doing the voicing, is going to release a lot of the tension where the clitoris starts to go underneath the pubic bone. And you can do that on both sides. You can even grab a little and wiggle it, depending on if you're able to grab actually the shaft of the clitoris. Everyone has a slightly different length. But getting yourself to go down and underneath as much as possible, onto the sides, is one hint that you can really release a lot of tension where there can kind of be hesitancy to store, I've noticed.

Dr Saida 49:06

When I first met Aaron, and we were doing like erotic mapping for clients and doing like erotic meditation for clients, one of the things I discovered by taking the time to map out my own body – and I had done, I was quite advanced already, and done many many years of this. But I had not had the refinement that occurred when I was gently mapping out every area the way we've been doing. And one of the things I discovered is if I put a finger inside and press into that urethral sponge, I can actually feel energy, like little tingling electricity, going up the clitoral legs into the clitoral shaft, into the glands, purely from touching the urethral sponge, because they're connected. And from the outside if I press down on that shaft or touch the glands, and I'm just breathing, I've developed the somatic awareness and also the interceptive awareness of the electricity or the sensation traveling up the shaft, down the legs, into the urethral sponge, and could feel the urethral sponge starting to swell and pulse. So this ability to know ourselves is a lifelong deep love affair. And just keep discovering. It's really amazing when you stay curious

and you discover things. Because your body will teach you about pleasure, maybe that you never heard anyone else have before. But it's your own unique way of expressing pleasure.

Aaron 50:34

If you think of this whole CUV complex, almost like a balloon that has, as opposed to air, it has blood. By pressing on one side, it's going to cause the other area to expand. And by pressing deeper on the inside, it's going to cause the front side to expand. So having that visualization can help you understand that maybe if you want to bring the clitoris forward a bit more by pressing with one hand inside, everything is going to come forward, which is going to help you maybe find new angles from the outside, as well as when you then hold pressure on the clitoris like we were talking earlier, it's actually can even help to make that cervix dilate, help everything start to engorge. Because everything is connected. Your whole body has a pleasure system. This isn't a reproductive system. This is a system of pleasure. And the more you can include the entire body in it, you will start to journey and go on all kinds of adventures inside as well as outside of yourself.

Dr Saida 51:33

"I've identified a slope from the clitoris, urethra, that leads into the vagina. It's got little bumps like on a landing strip in the airport. I find that really arousing to massage" [read comment]. Yes, I think she means internally that's got the ridges.

Aaron 51:50

Yes. So that ridge, the urethral sponge itself is just as unique as any penis. Where a penis might have girth in the middle, it might have girth at the base, might have more girth at the front. The urethral sponge isn't just a perfectly cylindrical tube. A lot of times for some people, there will be more blood, more engorgement, and more um, uh, tissue, erectile tissue. Thank you, that's what I was looking for. So it will literally go like this [hand demo], and then towards the entrance have more of a bump, which is typically called the g-spot, where you're pressing into the back of it. But for some it's going to be in the middle. And then some will have more tissue, more erectile tissue at the front. It'll get thin in the middle and then engorge again towards the back, which would be typically the a-spot and towards the cervix. But that can be in any kind of combination. So again, be mapping out where you have pleasure. And you might even start to notice, as you do this practice, you will start to develop even more erectile tissue, which means you're going to get more blood flow. And you might be surprised how your internal internal universe, this temple that you have where you can bring so much pleasure and celebration, starts to add new wings and begin to renovate itself. So one thing when you're mapping, you may even wish to just have a journal and note where you're feeling pleasure, where you're feeling pain, where you have numbness. And notice how over time this can start to change, as there's this entire erotic landscape, which is literally – we're not talking figuratively – literally starting to unfurl and develop as you continue this deep in love practice of falling in love with yourself.

Dr Saida 53:33

Some more comments, and then we need to end the call already. It's late. I didn't realize that. Okay, "my intention was playfulness for this sex six weeks. I was no today and enjoyed dropping into my imagination. Excited for how playfulness can transform" [read comment]. I love that, because the more we can just love the NO, then again, the body just starts to trust, right? So it's so amazing.

Dr Saida 54:00

"I noticed we didn't spend really spend much time on the head glands of the clitoris. Is there a reason for that? Wondering if it's because the other areas are more beneficial or just because the area is typically what gets attention" [read comment]. A little bit of both, Ivy. I'm wanting to, like, really change, like, how we go about self-pleasuring. But definitely, if you enjoy the head of your the glands of the clitoris, include it. I just typically, when I self-pleasure, I don't focus there too much. I like to spread the arousal. So I'll go there to start kind of kindling things, like a spark, and then I spread the arousal and work with the whole body. You'll find your own way as you keep exploring. But typically if I stay there too long, I personally experience agitation.

Aaron 54:47

And also that ability to dance back and forth between the two is again going to help to start to expand the way that you, that you have pleasure. Now if you've habituated yourself that you only get pleasure or sensation – by for instance, using a vibrator on the tip of the head of the clitoris – this is something that can kind of cause everything else to numb out a little bit. So this is the reason why we focus, because that is the typical way that most people will do that. But again, if all you're used to is feeling internal pleasure, then charge yourself up internally and then explore the clitoris as much as you like.

Dr Saida 55:24

Exactly. There's no right way to do this. "Thank you so much for sharing that. Saida is truly inspiring. And love the suggestion for de-armouring the clitoris, Aaron. Yes, a love affair. Yum. So inspiring and uplifting, nourishing" [read comments]. Yay. "Can ask a question about the male anatomy. Do you think it's as capable of exploration and mystery as women?" [read comment].

Aaron 55:46

The answer is yes.

Dr Saida 55:51

Aaron will be actually hosting a 21-day challenge for men. So it'll be a self-pleasuring challenge for men. Basically, how to last longer through feeling more. So he'll be answering a lot of those questions. And I think some of the ladies are actually going to join your challenge, just because I think they're curious about what the guys are doing. But we'll let you know when that happens. And it's just a great way to also learn about the male body. So let's bring this to conclusion. We are going to be still available to you on Facebook for the next week, because there's the aftercare. And so you want to stay as you explore. Some of you are watching this as a replay, not even on the Saturday that this call happened. And so we want to give you some time to be able to give us some feedback and answer any further questions. "Loved developing deeper understanding of my yoni. My pleasure keeps increasing. Thank you so much" [read comment]. Yay, I love that so much. Woo woo.

Aaron 56:50

Well, this has really been an amazing journey and quite an honor to be able to see how this developmental process has been happening. And, frankly, this is something that I really hope could start to spread for women across the planet to be able to start to do this more. So all of your sharings really mean so much. And these type of sharings are the ones that then can be then almost encouragement to others. Because I think until you really experience it, it sounds so foreign to what the kind of everyday experience is. So I'm sure at some point, Saida will probably be reaching out to ask if some of your comments can be even used as testimonials, so that people then can really start to see – well, what are other people's experiences? Because the truth is, all of you are the ambassadors for this. Because you have the most kind of relationship to other people that, you know, maybe haven't gone and been teaching for over 25 years. And so to hear it in your own voice, as well as to even just the fact that you're changing this in your own bodies, it has ripple effects inside of your communities, even if you don't speak. So just know that by doing this practice, not only are you evolving your own sexual confidence, your own sexual intelligence, but you literally are uplifting the rest of the planet through that resonance that other people feel when you go about your day. And they just feel that there's some kind of buzz in your body.

Dr Saida 58:27

Absolutely. That's how we started this class, really, is let's change the world. But let's change it like the silent revolution from our own bodies. And this is this is an ongoing thing. And life isn't that easy. We're incredibly challenged, there's a lot of things going on. And so the more we can choose every day, to just set aside a little bit of time to give love to the body, to settle the body, to check in, to just be here. And sometimes we'll get a yes, and sometimes we'll get a no, no, no, I just need to rest. All of that is changing the world. It's a deep, deep, loving, respectful relationship that starts here. And as Aaron says, emanates out. So I'm just going to read a few more.

Aaron 59:15

I'll just add while you look. When you can start as well to sense from the entirety of your body, you're literally waking up all of your body from the heart down, which means that not only are you sending out more of a message, but you're able to receive more. This is what it is to centralize, to be in more touch with your senses. And you're going to notice that when your yoni or pussy or whatever word you use, when your vulva, your vagina, is alive and engorged and has blood flow, it's going to become a thinking mechanism that's going to get so much more information from outside of the world, which is going to help you inform, inform you on all kinds of different decisions. From either choosing a partner, from being in touch with what it is that you really want, the ability to help down-regulate, as well as connect out to others. So as you go throughout your day, and you're in this engorged place, start to think with your entire body, and feel into an environment. The more that you can stay in touch with that feeling and receive information, you'll be tuned into this deep inner wisdom that is so much more capable than when we just go into the logical brain. And ultimately, there will not be dissonance between the two. But it all starts to work as one entire system. That's what it means to have your mind embodied and your body being able to speak to you and help you with your decision-making, help you with the way that you move through the world.

Dr Saida 1:00:43

Yeah, so if you remember the very first week, we did a front body opening. So definitely continue to do that practice, even outside of the bedroom. "Thank you both. This has been amazing. I have such a deep appreciation of you both for providing this process. Thank you. Thank you. Yes, thank you both. This is so good. Thank you both. I'm in the silent revolution. Love the aliveness relation restored. Yay. I wonder if it will change what we emanate?" [read comments]. Absolutely.

Aaron 1:01:13

It's like a tuning fork. When one tuning fork starts to ring, it awakens other tuning forks around.

Dr Saida 1:01:19

Exactly. So we are going to briefly jump onto the Facebook group, just to kind of summarize this and leave a space where you can leave comments and feedback and questions on this particular session, or actually any of the sessions prior, because this is the completion week. So we'll be doing that now, jumping in on there. Looking forward to being in touch. And yes, I'm sure my team will reach out and go "who wants to let people know how you enjoyed this or didn't enjoy this?" Whatever other feedback you want to give us. So thank you again, let's just do a few breaths to close the Summer Sizzle. So hand on heart, hand on genitals. First of all, just connecting deeply with yourself and that wonderful place of admiration and respect,

breathing in. Ahhh. And then sense it to all the women. There's about 140 of you who joined live this time around. So sensing into all of the amazing women from all over the world, resonating in connection. Breath in. Ahhh. And then give a deep thanks to life itself. That deep aliveness that's thrumming inside of you. Big breath in. Ahhhh. Thank you, everyone. It has been an incredible privilege to be here, to move through this. It's a vulnerable thing to be touching my body on camera, and at the same time, it felt like a very sacred experience. So I'm really honored and touched. And I want to thank Aaron for being impeccable and also bringing your amazing wisdom to the community.

Aaron 1:03:18

Thank you for having me. Thank you all for joining us on this journey. And again, thank you so much for having the courage to do this and allowing your body to guide. That's such a beautiful, beautiful gift.

Dr Saida 1:03:35

Thank you. All right, everyone. Much love. See you soon. Bye!

