

WEEK 1:
ACTIVITY OVERVIEW

This week's activities are as follows:

1. Definitions = Reality PDF:

If you haven't downloaded your PDFs for this week, you may want to do so now. In this PDF, we will explore more thoroughly our definitions, especially when it comes to orgasm. We will update & redefine orgasm in our own words.

2. Opening our body for pleasure:

This is a video taking you through gentle, physical warm-ups to prepare you for the rest of the practices.

3. Awakening our Subtle Sensations Meditation (aka Micro-Cosmic Orbit):

This video leads you through the practice of learning to come back into yourself and learning to *feel* or *sense* what is going on.

We will follow an imaginary pathway, to entrain our consciousness to be more internally aware and internally referenced.

This practice helps you sense more and more subtle sensations in within your own body.

For some of us, it feels natural to be expressed and orgasmic in the whole of our bodies. Yet for many of us, our sexuality is locked into genital sensation. This practice assists us in expanding our pleasure into our whole body.

3. Awakening our Subtle Sensations Meditation (aka M-C Orbit) cont'd:

As you follow along with the meditation, know that you can stop the video and do it much more slowly if you would like.

Enjoy letting go of everything that is currently distracting you and capturing your attention, and indulge in spending deep, quality time with your own body. You may do this seated or lying down.

4. Awakening our Erotic Field Meditation:

We began to awaken our EROTIC FIELD with the last meditation and now we will deepen this experience.

4. Awakening our Erotic Field Meditation cont'd:

But first, I invite you to imagine that you are not compartmentalized or fragmented into chakras, meridians or even a bunch of different body parts, but you are indeed a *field of energy*.

Imagine that this field of energy, which is you in your totality, is very much alive (which you are).

In Science they refer to it as our *bioelectric field* and in more Esoteric traditions they sometimes refer to it as the *aura*.

Therefore, let's call this field of energy your **EROTIC FIELD**. We will wake this up with this meditation. This is normally done lying down.

5. Body Love BONUS Meditation:

This is a BONUS AUDIO guided meditation to explore your body and start to wake up your love, appreciation, and delight in having a Feminine body.

If you have any inhibitions about enjoying your body or do not feel very loving or connected to your body, this meditation will invite you to reconnect with yourself in a gentle and beautiful way.

GREAT! Let's jump into this week's activities.