



Pleasuring Life

Pleasure is such a delicious topic! In June, we explored prioritizing pleasure. This month, we're exploring Pleasuring Life – making it an integral part of your life.

In Costa Rica at the VITA retreat, we prioritized pleasure in ways I never had before. A definite case of walking the talk.

Every day began with a Jade Egg (also called a Yoni Egg) practice, followed by deep breathwork practices.

If you aren't familiar with it, this is an ancient Taoist practice using an egg-shaped stone (glass is now recommended) inserted into the vagina. Common results include toning of the pelvic muscles, more sensitivity in the vagina (leading to vaginal and cervical orgasms with and without a partner), being more grounded, a more loving connection with your body, and spiritual connection with your body and the portal of manifestation, among others. [If you want instruction and practices to do with the Egg – and info on ordering one – let me know.]

What I discovered was that regular, physical pleasure grounded me in my body, relaxed my nervous system, and allowed me to go more deeply and powerfully into the breathwork and healing processes. It allowed me to bring pleasure actually *into* the healing processes. This means that while the processes were very intense at times, I still felt grounded in my body and never felt overwhelmed.

Doing these practices in a room of almost 100 women gave me the *experiential knowing that pleasure is a source of our magic and power.* Done with ritual, intention, and in groups, pleasure is an especially potent form of manifestation. While I've believed this for a long time, I now know it in my blood and bones. How can I not love my body that allows me to experience this? How can I feel shame about something so mystical? Some old programming fell away for sure.

When I say pleasure, it can be orgasmic pleasure for sure. It can also be sensual/ sensorial pleasure, mental pleasure, energetic pleasure, etc. All of these bring vibrancy and connection.

One thing about pleasure in any form – *you have to be present to win.* As many a rom-com has shown, the quickest way to get out of a pleasurable state (read: inconvenient erection) is to distract yourself. Worry, stop paying attention, think of something unpleasant. How many times a day do we do this to ourselves?

This month, we're playing with bringing still more pleasure into our daily lives, including finding pleasure even in the ick. If you haven't watched my Live video in the FB group, I recommend you do that. This is exactly what I did last night, and it was amazing. I'm going to describe it for you here, and the video has even more of the energetic transmission.

See if you relate.

I felt tired and heavy all day after not having slept well, and I made some choices that didn't support my energy and productivity. For instance, I spent time scrolling through social media, which led to waves of comparison followed by bigger waves of self-judgment. Thoughts like, "Why does *she* always have such great posts? Why is *she* getting so many comments and clients? Why is *she* so much more organized?" were tumbling through my mind.

Instead of trying to "fix" it (or rather, me), I decided to go deeper in.

A friend and I share brags most days, so **I decided to brag about the heaviness and self-judgment.** I literally wrote, "I brag that I'm experiencing contraction today...I brag that I saw a post from ____ and spun out."

As I wrote about it, I noticed this dark, slutty* energy of being the bad girl. The more I sat with it, the more pleasurable and delicious it began to feel. The thought of bathing in it came to mind, so I decided to really get into it. I got a tasty snack, some yummy stones, and my oracle decks. I even turned down the air conditioning so I could make the water really steamy, which delighted this slut.

The cards I drew talked about bringing in all of myself from all lifetimes, re-memorizing myself, and about how this is a time of new beginnings for me and being adaptable is key. They felt so aligned with what I was doing.

I lay back in the bath just feeling the pleasure of the experience. My body and mind relaxed. My breathing and heartbeat slowed. I felt so much love for the slut in me who was comparing myself to others. Asking her what she desires, I heard attention, freedom of expression, and the freedom *to desire*. Bathing in that energy felt so nourishing and, well, pleasurable.

Even with the coming full supermoon, I slept better last night. More importantly, I woke up feeling energized. I felt a strong desire to do the writing and movement practices that occurred to me last night that I "should" do. Instead of coming to them with a pushing,

* If you find the word "slut" triggering, please substitute something else. I use it because it's what kept coming to mind for me at the time. Plus, I want to reclaim words like slut that have been used to shame and control women. It's part of my practicing non-resistance. If it deeply bothers you, that might be something for us to look at together.

fixing energy, I was pulled toward them and they felt so pleasurable to do. And now I'm writing this with great ease and joy.

What if it's possible that when we move toward *what is* with full presence and welcome, we discover pleasure and desire.

What if it's possible that pleasure and desire are the foundation of women's magic.

What if it's possible for us to reclaim this power in our everyday lives.

What if it's possible that this is the path to true abundance and manifestation.

In a continuation from June, I invite you to continue asking yourself:

How can I make this more pleasurable?

"This" is whatever you're doing in the moment. It could be cooking supper, working on your business, sending emails, paying bills. Anything at all. Simply asking the question can be powerful and bring you into more awareness, which is pleasurable.

To add or increase your pleasure, consider things like:

- Adding movement, anything from slow sensual to quick celebratory.
- Slowing waaaaay down, like in the example above of savoring each bite of a meal.
- Turning on some music, whatever fits your mood or the mood you want to have.
- Taking a few deep breaths and sinking deeper into your body.
- Taking a moment to touch your face, your skin, or a soft blanket, or fuzzy plant.
- Smelling something you love, like an essential oil or a flower.
- Taking care of your physical needs. Does your body need water, to pee, or something else?

Are there specific pleasure practices that you want to weave through your week?

They don't have to be every day. Even once a week will make a difference (though more often will have more impact).

If you'd like suggestions, here are a few:

- Jade egg practice
- Breast massage
- Eating a food you love with your full attention (no TV, reading, scrolling)
- Dancing with excellent music
- Taking a bath
- Luxuriating in the comfort of your bed
- Having sex (with or without a partner)

I invite you to do the following practice again this month and just see what happens.

Identifying Your Desires

This is a simple 3-step practice, and you may not find it easy. I've had a hard time prioritizing it myself. And when I do it, I feel more expansive and grounded. It feels very pleasurable.

Set a timer for 1-5 minutes. You'll do each step for that amount of time.

Step 1: Get present.

That's it. Just sit and breathe, and let yourself settle in.

Step 2: Say aloud, "I want" or "I desire" followed by whatever comes to mind. Talk for the entire time.

Try not to judge or censor yourself. No one else is listening. No one is going to make you do anything you say. This is a time to be playful and to say *whatever*.

You might say things like:

- I want more clients.
- I want more time to myself.
- I desire to be outside more.
- I desire to be outside with no clothes on.
- I desire a piece of chocolate.
- I desire to feel my body is strong and healthy.
- I want clothes that bring out my playfulness.

See if you notice any difference when using the two phrases.

Step 3: Journal

Just write.

Please feel free to share in the Facebook group whatever you'd like about this practice.

Are you ready to explore your relationship with pleasure a bit more deeply?

I'm going to keep this section short this time. It's important, and I'd like you to focus on simply adding more pleasure into your life. The questions are the same as June's. Please answer them from *now* and see what has and hasn't changed.

What do you feel in your body when you put your attention on prioritizing pleasure?

What thoughts do you have about prioritizing pleasure?

How does your family view pleasure and prioritizing it?

What's most exciting to you when you think about including more pleasure in your life?
