

PENELOPE BADGER



Woke Pussy™

Feminine Embodiment
for the Modern Woman

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FOR THE MODERN WOMAN

By Penelope Badger

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BY PENELOPE BADGER
WWW.WOKEPUSSY.COM

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Phoenix, AZ United States



Woke Pussy Noun

\ 'wōk \ 'pü-sē \

1: an awakened and activated womb portal

2: the qualities or state of having an activated womb

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READ ME FIRST

Woke Pussy™ is for emotional grownups. This is a feminine, left-hand path, based in truth and personal responsibility. You will sometimes be asked to go places that you may not be comfortable going. You will often be asked to look at places that are tender and/or painful. It isn't to torture you, it is simply the way through it.

There is an amount of trust in the process, and in me as your guide, that you will need to have to make it all the way through. There is no easy or fast fix on this road. It's a life long process. This manual is simply where you will gather your supplies and a map for your journey. The learning curve is steep in the beginning. It will take time to get your footing, especially if you are new to this kind of work. There are quite a few tools to master.

It will be painful sometimes. Gut wrenching even, to witness yourself in some of these places. I cannot do any of it for you, but I promise to give you every single tool that I have used, to make it through my own journey. It is

up to you to put the time and effort in. To climb your mountain, you have to learn the ropes.

I highly recommend joining one of the Woke Pussy™ online spaces so you can receive as much support as you can from me and the community, throughout your time with this work. Private sessions are also available.

*All resources, contacts and current offerings can be found at
www.wokepussy.com.*

THE FINE PRINT

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AUTHOR'S NOTES

What is Woke Pussy™?

Woke Pussy™ is a term used to describe an awakened and activated womb portal, and/or the collective qualities that are present in a woman who possesses one.

The Woke Pussy™ Protocol is a map of ancient temple mysteries made accessible for modern-day women, so that they may awaken and embody their own divine feminine power in this life.

Woke Pussy™ is a way of being, where the divine feminine is restored to Her true power and rightful place in a woman's life, and therefore in the world at large.

Woke Pussy™ is not feminism. It is empowerment of the feminine in all, for all. It is the cultivation of and the surrender to the sacred erotic that powers all of life.

This book is a guide through the steps towards reclaiming the pleasure, peace, and power that is your birthright.

How to Use This Book

This path you are about to embark on is a life long journey. As such, it is slow work. Read through each chapter in the order that they are presented, and implement the tools and techniques for at least one week before moving on to the next. *The Woke Pussy™ Protocol*, located in the Appendix, outlines a suggested program, with corresponding reading and exercises that you can follow.

There may be some topics that you already feel a certain level of mastery with. For those sections, you may spend less time with, if that feels true for you. With that said, this work is an endless spiral, so do not gloss over anything, even if you are familiar with particular concepts. You will find as you revisit them, that you will unlock an even deeper level of understanding. There are many layers to this work.

It is not enough to learn the theories offered here. This is a practical manual. You must practice what you

learn. You must apply these teachings in your daily life, in multiple areas, to truly embody and benefit from their wisdom.

You may come across ideas that your mind disagrees with, or that may be uncomfortable for you. I ask you to remain open and trust the process. Test everything out for yourself, through earnest and dedicated practice. If after sincere effort something still does not work for you, modify as needed, or leave it and come back to it again at a later time.

Everyone is unique. Therefore, no one journey will be exactly the same. If you find something is not landing for you after sincere practice, it could be that you must master something else before you can open fully to it. That's okay. Simply set it aside and revisit it again in a few weeks.

Time to integrate is also equally important on this journey. There will be times when not doing the work is what is needed. This is not the same as feeling resistant to or avoidant of the work. Honest inquiry is required to determine what is true for you in these cases. If what you

need is time to integrate, rest. If it is resistance or avoidance, address that.

For one on one or group sessions to assist you with this work please visit www.wokepussy.com.

PART ONE

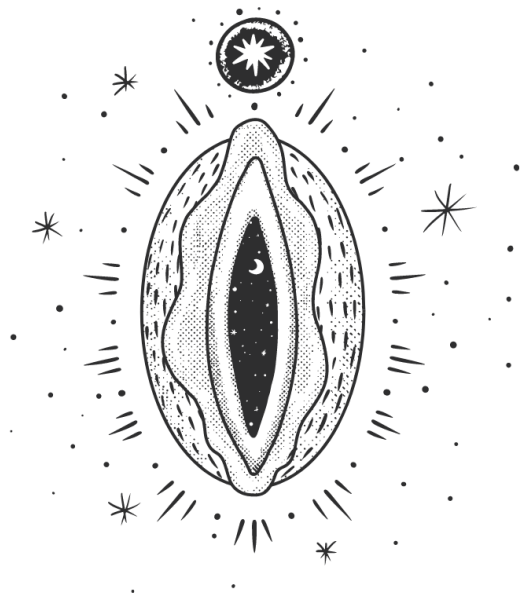
BODY MASTERY

THE HOLY BODY

PLEASURE PRINCIPLES

EROTIC SELF-CARE

PUSSY TALK



CHAPTER 1

THE HOLY BODY

First things first. If you take care of your pussy, your pussy will take care of you. That said, the relationship to your body as a whole is of the utmost importance on this journey. Too many spiritual paths neglect the body. But, having a body is precisely why we came here.

It is absolutely illogical that the purpose of incarnating would be to transcend the physical. In my humble opinion, it is a great misunderstanding of the ancient teachings. Yes, you are a divine being having a human experience. However, your divinity includes your body. It is not separate from it.

The idea of transcending the body is true in that you must awaken to the truth that you are not only your body. This means rising above the animalistic and primal programming of your base human, and its lower mind, to fully integrate the consciousness of your soul into your physical body.

To say that the body doesn't matter, when you cannot be here without one, is absurdity. The body is certainly not unimportant on your spiritual journey, nor is it simply a hinderance to your enlightenment that must be mitigated. On the contrary, spiritual ascension and awakening is actually a descension process. The direction you must travel to master your life, is not away from the body, but further into it.

This may be a challenging idea to accept. Especially for those who have had a religious upbringing. The powers that be who control such institutions, while some are well meaning, ultimately have demonized all things that make us human.

This of course serves those factions in manipulating the population to do as it wishes. If they make everything that is natural about your human body a sin, if they can suppress your God given birthright to pleasure and power, then they can sell you salvation.

To believe your humanity is wrong, chains you to their ideas of what you need to make it to heaven. I assure you that not only is their way not the way to

liberation, but heaven was meant to be experienced right here on earth.

The demonization, particularly of the sexual nature of the body, is the oldest trick in the book. Sexual energy is life force energy. We are conceived through sex, born of sex, fed through sex, and are powered by sexual energy. If sexuality is wrong, then you can never be right.

It's quite the clever ruse actually. I have a lot of respect for the depth of such trickery, but I no longer consent to play by those rules, and neither should you. The body is not unholy, and it is not in the way of your salvation, it is the way to it.

WHY THE BODY FIRST?

You must feel safe and at home in your body in order to cultivate sacred power. There has to be trust in it to hold and utilize this power. If you have been disconnected, or have denied your body what it needs for some time, you will have to get to know each other anew and repair that trust.

Developing a trusting bond takes dedication and patience. This is true for any kind of relationship, but especially one as intimate as the relationship between you and your physical body. It is the longest and closest relationship you will ever have. From first breath to last, no matter what happens in your life, your body will be there for it.

There are many pathways that claim to give you more joy and peace in life, but if they don't include or begin with the body itself, your efforts will be wasted. I spent over two decades searching to heal my life, and find inner peace. It wasn't until I came upon teachings that not only honored the body, but centered around it, that I was able to experience the transformation and mastery I was desperate for.

THINGS THAT PREVENT YOU FROM BEING IN YOUR BODY

All the shadow work and enlightenment teachings in the world, can never replace getting hands-on and physical with your own body. Love is not an idea. It isn't

even an emotion. Love is what you are. It is your very beingness. So to really love your body, you have to be all the way in it.

The trouble is that there are a lot of reasons why it is uncomfortable or even painful to be present with, or to fully inhabit your physical body. The following is a list of things that can prevent you from doing so.

ROOT CAUSES

- ❖ Physical or Sexual Trauma
- ❖ Unwanted Feelings or Sensations
- ❖ Negative Beliefs or Programming

SECONDARY CAUSES

- ❖ Malnutrition
- ❖ Dehydration
- ❖ Sleep Deprivation
- ❖ Drugs and/or Alcohol Abuse
- ❖ Acute or Chronic Illness

The root causes are core underlying issues, while secondary causes are often symptoms of one of the root causes. Secondary causes tend to create a loop of both cause and effect. The more malnourished you are for example, the less you will connect with your body, and the more you may not notice your body's hunger signals.

Secondary causes are the ones that most people eventually become aware are problematic. They decide to focus on one or more symptoms they want to improve, but soon find that they end up right back where they started. Attempting to heal secondary causes is often a hamster wheel of frustration.

The reason is, secondary symptoms are actually protection mechanisms attempting to keep you from the real pain of the root trauma. It's the ego's way of distracting you. It's a kind gesture, but ultimately keeps you in a place where you can never truly heal.

Anything you don't want to feel, will cause you to pull your consciousness away from your physical body. I'm sure you have had the experience of being "in your head", and there have lost touch with physical sensations,

instincts, feelings, and/or creative flow. The more your consciousness pulls away from your body, the less you can feel your life force.

This pulling away of consciousness out of the body, usually accompanies a constriction of the breath, which causes tension or tightness. That tension prevents the flow of life force energy from moving through you. When life force energy, also known as qi or prana, cannot move abundantly and/or freely, the body is starved of the soul's energy it needs to thrive.

Over time, the body begins to malfunction, and manifest more secondary causes that strengthen the destructive loop. Eventually, terminal illness and/or death of the body can occur from lack of connection and flow.

The good news, is this is typically an extremely slow process. Your body is designed to keep you alive. It is incredibly forgiving and highly adaptable. It is only when it is pushed beyond its ability to maintain homeostasis, that it will begin to break down.

The body has its own intelligence, and its language is that of sensation. Your soul came here to experience what

you cannot experience in the spiritual realm. That means that you came here to have a physical body, which means you came here to FEEL.

Of course you came here to create in the material realm as well, but even that is about experiencing the sensation(s) of those physical manifestations through your senses. You can turn it anyway that you like, but being here and having a body is about feeling, period.

GOOD FEELINGS VS. BAD FEELINGS

Some teach that all sensations are neutral. That is not all together accurate. Sensations do fall into categories as they are processed through the nervous system, however they have no value judgements in the same way that the ego classifies them. Sensations are messages from the nervous system that simply direct your actions towards a stimulus, or away from it.

When the nervous system determines something in your environment is life sustaining, the cocktail of hormones and neurotransmitters it activates, floods you

with feelings such as relaxation, pleasure, love, or joy. If the stimulus is registered as life threatening, you will feel sensations like fear, anxiety, or stress.

These sensations are communications from your body, that direct you to continue engaging with something in your immediate environment, because it is safe, or to run from or fight it, because you are in danger. These are your primal, animalistic instincts designed to keep the body alive.

The trouble is, as we evolved, we also developed a higher-level nervous system, that monitors our environment for social threats as well. This modern system utilizes the same sensory communication pathways as the primal nervous system, however it does not scan for actual physical danger, but rather social disapproval.

Humans are a highly socially dependent species. In the wilderness, if someone was separated or outcast from the group, an outcome where they would not survive, was all but assured.

The social nervous system developed, to scan the environment for signs of disapproval from other members of the group. Disapproval could lead to exile and thus, gets registered as a preemptive but literal threat to physical safety.

To streamline the process of communication between the nervous system and your conscious mind, the ego keeps a record of all past experiences, categorizing and storing that information in the “database” of your unconscious. Life sustaining experiences get categorized as “good”, and life threatening experiences are categorized as “bad”.

The primal nervous system is designed to maintain life processes, and communicate potential bodily harm. The indication that bodily harm has already occurred is physical pain. The social nervous system is concerned with maintaining approval, and monitoring connection to the group. The indicator of social disconnection is the feeling of rejection. This is emotionally painful.

The ego mind is a very simple machine. Its only job is to keep you alive. Therefore, it is programmed

specifically to avoid anything that causes pain, or fear of pain.

Until you are conscious enough for your higher mind to take over, your lower mind, aka the ego, is the driver of your physical vehicle. It decides what it will let you do, based on whether the past indicated that it was good for you or not.

This is perfectly designed, so that you can stay alive long enough, for your higher consciousness to come online. The process of spiritual awakening is the waking up of the soul self within the body, to the realization that it can now be the driver of your physical self.

Part of this physical dimension is the concept of duality. Duality meaning two interrelated compliments that are the extremes of one entire spectrum. Examples are yin and yang, inhale and exhale, or two sides of one coin. This has been confused with polarity, meaning separate and opposite extremes that are not interrelated.

The lower mind cannot conceive of oneness, and so has distorted the concept of duality into that of polarity. The ego's disconnection from oneness actually serves a

crucial purpose to life on earth. As long as you have a body, your ego will remain. The goal is to no longer let it drive your life.

What you need to know, is that the mind has been programmed by past experiences, to believe that there are good and bad feelings. What your mind has judged as good you will want, say yes to or allow, and what it has judged as bad, you will not want, say no to or resist.

This becomes important when you are attempting to change the course of your reality. You may consciously know that you want to make a specific change, but for some reason, you just can't make it happen.

Often what is occurring, is that the particular change, is activating something in the ego mind that it has registered as life threatening. To resolve this, you will have to utilize belief clearing or shadow work methods, to root out and reframe the restrictive program. We will discuss clearing and shadow work more in *Part Three*.

APPROVAL AND DISAPPROVAL

Good and bad here, need to be further defined to mean approved of, or disapproved of. Another way to look at it, is included or excluded from the self, or “wanted” or “unwanted”. That way we can speak about the full spectrum of sensations from a more neutral perspective.

For a lot of people, typically positive feelings are sometimes registered as bad, or negative feelings as good. This is because something that feels good to the body, may have caused social disapproval for one reason or another. That was then registered as something “bad” according to the ego’s criteria. Even though it is a good quality in truth.

On the other hand, something that felt bad to your nervous system, may have been socially approved of, or was a requirement for connection to the group. This creates crossed wires in the brain that need to be unraveled.

Our language is severely limited in describing nuances. Not to mention every individual can have different connotations of something, based on their personal knowledge or experiences. If you're confused about this topic, don't worry about it. What I've been attempting to say, is that the full range of bodily sensations is objectively neutral. The interpretation and categorization of sensations by the ego, due to your experiences, is what provides conclusions and value judgments about them.

Situations or emotions that are painful, contract or restrict energy in the body, and make the nervous system feel as though your life force is being threatened. These are feelings like danger, fear, grief, guilt and shame. The sensations created by such feelings, get registered by the ego as "bad". Emotions that open, soften, or create more space in the body, are life affirming to the nervous system. Therefore, these the ego labels as "good".

It's important to mention that your ego is like a giant switchboard. Every topic, situation or circumstance you have ever experienced, gets assigned to a button on the

board. At first, the buttons are inactive. If an experience feels predominately good, the button turns green. If it feels predominately scary or painful, that button turns red.

Anytime in the future that a button gets pushed, those original sensations will arise in response. Furthermore, if it is a red button, your ego has a whole arsenal of helpers to make sure you don't fully go down that pathway, to your ultimate "destruction". These helpers are things like anxiety, distraction, dissociation, rage, denial, addictions...etc. (To learn more about these "protectors", read the book *IFS Self-Therapy by Jay Earley PhD.*)

Anything your ego approves of, gets a green light. Anything it disapproves of, gets a red one. You literally cannot move forward in the direction of a red light, no matter what you do. You have to reprogram your ego to change the content of that particular button, until it turns green. To do that, you have to open it up and take out each component, and find what exactly seems life threatening about that topic and reframe it.

PLEASE DO NOT KILL YOUR EGO

The spiritual community loves to demonize the ego. The ego isn't bad, it's just misunderstood. Your soul is eternal, cannot be harmed, and is unconditional in its oneness. It does not know good and evil. It does not know death.

Even once you fully awaken to your higher consciousness, you want the ego to stick around. Those red buttons it creates, keep your body alive every single day. Your soul on the other hand, has no concept of physical safety. It might choose something outlandish, the body cannot survive, simply to have the experience of it.

Your ego is a dear friend, not an enemy. It just wasn't meant to be in charge of your whole life. It's more like a faithful robotic guard dog. It protects you at all costs. It obeys its programming unconditionally. You want it to. It helps you survive down here.

If you find however, that it's protecting you from things that aren't really a threat to your physical safety, you need to reprogram it, not kill it. That's all. (To learn

more about changing your core programs, read my book *The Human Experience Manual*.)

THE THREAT INSIDE

If something in your environment is potentially dangerous or painful, your body's signals will move you away from that threat. That's exactly what you want. But what if the pain is inside of you? How do you get away from yourself? The answer is, you can't.

You can only get so far out of your body as to live inside of your head. In extreme cases, one can be completely outside of or "besides themselves". This leaves the vessel open to other energies or entities, that are more than happy to take up residence there. If for no other reason, you want to stay in your body, so there is no space for these kinds of possessions to take place.

The main reason you have a hard time staying in your body right now, is because it's painful to be in it. Anytime you may have tried, the discomfort activates your ego protections, to get you the hell out of there by whatever

means necessary. You can't even help it. Up until now, it's all been unconscious.

The ego protects you from pain in your environment. If the pain is inside of you, you can't actually run away from yourself. What happens instead, is you leave yourself. You fight the natural decent into the body. You tense, freeze, shut down, or use any number of coping mechanisms the ego might offer, to get you not to feel the pain that is present there. It's such a loving companion. It only wants to protect you from hurting yourself. But when it's pain inside of you that hurts, it becomes quite the conundrum.

Unfortunately, the ego isn't all that intelligent, and it doesn't know that it is actually hurting you more by keeping you away from yourself. It's just that it has a one track program to avoid pain at all costs. It cannot discern or make exceptions for that pain being inside of your own body, or that there is such a thing as constructive or even necessary pain.

DISARMING THE GUARD DOG {PRACTICE 1}

Thankfully, the ego is an ever faithful robot dog, that can be reprogrammed to operate in a way that serves you. The first step is to become conscious of the pattern of avoiding being in your body. Take several days to observe this.

Notice when you are contracted, when your breath is shallow, where you aren't feeding yourself, or when you ignore that you're tired or turned on.

JOURNAL PROMPTS

- ☞ *What are you doing to distract yourself from turning inward and feeling fully in your body?*
- ☞ *Where are you not allowing yourself to slow down enough to feel?*
- ☞ *What do you notice when all is quiet and you are alone? Do you avoid being alone so you don't have to feel yourself?*

•❧• *What does the idea of being fully present in your body bring up for you?*

This practice may bring up huge waves of emotion. You may suddenly become aware of how much you have been neglecting yourself and your physical body. That might be really painful to face. You may be tempted to get really angry with yourself, don't. You don't have to change anything this week. Just notice and journal what you observe.

Give yourself some grace here. You are not alone. This is part of the human condition, of living in a distorted masculine world. A world that insists that you ignore your deeper needs in the name of productivity. It's okay. You've done nothing wrong. It isn't your fault, but it is now your responsibility to heal it.

Let yourself feel any sadness or grief that may come up. It's okay to feel it. You need to feel it. It's this grief that you have been avoiding. It's the pain of your own neglect and self-betrayal, that will begin to show itself here. Let it come.

Take a couple deep breaths, in through the nose and out through the mouth. Ahhh... You've got this. Sit quiet in that grief. Continue to breathe. Let your body move as it needs to. Yell and scream, and let the tears come if they happen. Being willing to feel whatever arises, is the first step to reconciling any disconnect between you and your body.

Know that it will be uncomfortable and even painful at times. If it weren't, you would have never disconnected in the first place. Take your time, and go slow here. Feel as much as you can at one time, then set it aside. Come back each day this week, and sit inside of yourself until the discomfort subsides, and you start to feel the pleasure of being in your body.

When the ego mind tries to come in, and take you out in the habitual ways, communicate what you are doing. Tell your robot guard dog that you are safe. Let it know that it does not have to save you from the feelings and sensations inside your own body.

You may need to be extra persistent with your guard dog. Especially if you do not have a good relationship

with yourself quite yet. Just keep telling yourself that you are safe, and that everything is okay. Eventually, it will trust you enough to take a step back and let you work.

CHAPTER 2

PLEASURE PRINCIPLES

The journey back to yourself is a dance. It's an intimate, erotic, sensual tango, full of tension and intense drama. The fire burns hot, the passion runs high, and the well of tears is vast and deep and dark. But my god, is the result of it all immensely beautiful. You love a great movie don't you? Your way back home will be the best one you have ever seen.

In this chapter, we will go over what I refer to as "*The Pleasure Principles*". They are the essential foundations that you need to establish, in order to experience more pleasure in your body. The truth is, pleasure is your natural state. Your life was created to experience heaven on earth. Even what you consider negative emotions, at their core, are still erotic, and feel good to your body.

It may seem far off at the moment, but eventually you will learn to allow the entire spectrum of life, to feel deliciously good to you. Yes, even the terrible bits. You will be able to find the ecstasy in anything and

everything, once you cultivate these basic principles. For if you are alive, it is your birthright to feel pleasure at all times, without condition.

FALLING INTO THE VOID: A MESSAGE FROM THE GODDESS BASTET

The dark abyss that is the bottomless pit of hell, so you believe it to be, is nothing more than a drop into the void of your deepest feminine essence, be you male or female. You have been turned against this innate power for many different reasons, of which I will not get into at this time. I believe it is much more beneficial to turn your focus towards the solution, and dwell no longer on the problem.

The problems of guilt, shame, and intense fear are obvious. I strive to show you the way out of this, and to restore your light, your pleasure, and your power once again.

You were each made of light, born of flesh, and bone. You were each purposefully and uniquely crafted by the hand of the divine. You are as much made of the dust of the earth, as you are of starlight and the heavens. This you must believe first and foremost. You are heaven within earth. Therefore, you were made to experience heaven on earth.

There is no separation between body and spirit as it has been so professed. It is all one. It is all sacred. It is all divine. To touch yourself is to feel God. To touch another is to feel God. So why then do you not allow the pleasure that is your birthright, to flow freely through you? Fear is the answer.

Fear of damnation, due to the erroneous conceptions of the nature of the flesh. The flesh is not a cage, nor a prison from which you need to be freed from to know your divinity. Your body, you must come to realize, is part of that which makes you holy.

Breathe deep children of the light! Breathe deeper yet again. Your body is a faithful servant awaiting your commands. But you must honor and acknowledge what it

*requires, to maintain life on this planet. Your body rebels against you when you do not attend to its needs. Its needs are as follows, **respiration, nourishment, hydration, shelter, movement, rest, evacuation, and physical intimacy.***

To deny the body is to deny the spirit. The spirit cannot accomplish what it has come here to do without a well loved vehicle. Ask yourself, how much can you do when you are ill or deceased? Therefore, your first devotion must be to the body that carries your divinity within it. After that, devotion to the home that houses the body, then to the livelihood that provides the home that houses the body, which houses the spirit.

Your world has erroneously reversed this order. Your bodies are suffering from stress and disease from overwork. The spirit is restless, and creates catastrophes to bring your awareness back to the devotion of caring for its beloved vehicle. For contrary to the beliefs that you have been fed, you are nothing without the wellness of your physical body.

A well kept physical vehicle experiences endless and easy pleasures. When you are not allowing yourself the pleasure of the body, you can be certain that you are cutting off the very life force that sustains you.

Pleasure comes in many forms. Each need of the body produces its own unique sensations, and variety of pleasure. Let us speak of each one of them in turn.

-The Goddess Bastet

RESPIRATION

Breath is life. Without breath, there is no life. Breath is the way in which the body accesses the fountain of life force energy, that is always on and flowing. Breath is the interface that connects your body to your soul, and the conscious with the unconscious.

Respiration also acts as a mechanical pump, that moves the life force you breathe in through your system. The deeper and fuller you breathe, the deeper and fuller this cosmic electrical current can penetrate and permeate

your cells. To access the fullness of life in a body, you must learn how to breathe again.

When you resist the sensation of something that arises, positive or negative, your breath becomes shallow. The wave of sensation is not allowed to move through you, and it becomes stagnant or frozen in your body. This creates energetic blockages, that begin to starve your cells of the energy they need to survive.

When you experience something outside of you, the sensations that you feel are actually within you. Allow them to penetrate fully. Do not resist them by holding your breath. You are not letting anything in from the outside, you are only feeling yourself.

The longer your breath is restricted, the less life force energy is available to sustain you. As you lose more and more access to the flow of your divine power source, your physical cells begin to die or mutate to adapt. The longer this goes on, the more dis-ease and illness you will begin to manifest.

Negative emotions such as shame, guilt, anger, and fear, are often blamed for restricting the flow of breath.

However, constriction comes from resistance of the sensation of these negative emotions, not from the emotions themselves.

Emotions are simply “energy in motion”. Breath moves energy. If you do not want to feel something move through you, you will unconsciously constrict your breathing. As you learn to cultivate more approval for uncomfortable sensations, it will become easier to allow these “negative” emotions to run their full course inside your body.

The better you breathe, the more you will feel. That includes the ecstasy of life rushing through you, but it also includes feeling things you’ve been avoiding. To begin to breathe correctly, you must also agree to feel emotions or trauma you have locked away in your tissues. This can be extremely uncomfortable at best, and intensely painful at worst.

That discomfort or pain however, is nothing compared to the discomfort or pain, of a body slowly dying from suffocation. Harsh to say perhaps, but it is absolutely the reality of what happens when we avoid

breathing deeply, simply because we want to avoid feeling.

To have access to your full power, you must do the work to consciously free your breath. To begin the process of repairing your health, and relationship with your body, you must breathe correctly. To allow yourself to breathe correctly, you must agree to feel.

❖ *The pleasure of breath is like the kiss of angels. It gently and surely caresses your entire being with a soft and flowing light.*

BREATH AWARENESS {PRACTICE 02}

For the next week, several times a day, simply stop and notice that you are breathing. Don't attempt to change the breath, just turn inward and watch it. Observe your breathing pattern. *Is it fast or slow? Does it rise in the belly or in the chest? Do you feel any tightness, discomfort or pain as you breathe? What other sensations do you notice?*

The act of bringing your attention to your breath, will naturally shift the quality of it. Do your best not to engage. Allow the automatic process to continue. Just watch and notice. Note your observations in your journal.

It might be helpful to leave a sticky note where you will see it often, set reminders on your phone, or buddy up with a friend to remind you. If you get to the end of the day, and realize you have forgotten to observe your breath, do so for a few minutes right before you go to sleep.

Do this daily for at least one week. Observing the breath, will give you a lot of valuable information about the state of your body, and the truth about how you are feeling in any given moment. Ideally, it is a practice that you will continue to do for the rest of your life. For now, take it one day at a time.

HYDRATION

In addition to the physiological benefits, water inside the body is a conductor for the life force electricity that

powers your cells. Without enough water, you may be breathing enough energy in, but it cannot be transported efficiently.

Excess life force energy can build up, if there is not enough water present to move it through the body properly. Energy that cannot flow as quickly as it needs to, can essentially burn the tissues, due to the heat inherent in this divine light energy.

This is why lack of water creates heat related illnesses, and desert like conditions within the physical body. Not being hydrated, makes the internal system more abrasive, and thus, increases the heating effect of accumulated electrical energy that is not moving efficiently.

Often a remedy to minimize these effects and slow down the current, is to constrict the breath. This then, leads to the issues mentioned in the previous section about constricted respiration.

❖ *The pleasure of hydration is the sweetness of fluidity. It is the smooth, silken and gliding sensation*

of a well lubricated machine. It is the absence of friction. It is the effortless flow of free and open pathways.

HYDRATION {PRACTICE 03}

If you don't already, drink a large glass of water first thing in the morning. That alone has numerous health benefits, and it will get you a head start on your quota for the day. Drink enough water everyday, period. A common recommendation is half of your body weight in ounces.

If remembering to drink enough water is a challenge for you, set reminders or post a note where you will see it often. Ask a friend to text you and remind you. Treat yourself to a special water bottle if that will help.

Aside from breathing, hydrating is the next most crucial thing that the body needs to survive. Whatever you need to do to drink more water, do it.

Remember it's better to sip throughout the day than to chug all at once. You'll just pee it all out if you do that. Also don't forget to add some electrolytes once in a

while. Drinking too much water without replacing these essential minerals, is also not good for the body.

If you are one of those people that despises drinking water, you can infuse it with fruit or berries overnight. If that still doesn't do it for you, then I'm gonna have to get a little stern. Grow the fuck up.

This path is about truth over preference, and the truth is that your body needs water whether you like it or not. You can look at the deeper reasons you're resistant to it in your shadow work later on. For now, just fucking do it. Your body will thank you.

NOURISHMENT

The body is an organic machine. As such, it requires fuel to function at optimal levels. The body is made up of distinct interdependent systems, all of which require fuel to produce various chemical reactions. Fuel is also necessary to move your body through space. It powers the pulley and lever system of the muscles, tendons, and bones.

Muscle and bone are quite heavy. Therefore, the body requires sufficient energy to move efficiently. Calories are essentially the fuel that the body utilizes to create physical energy to complete its processes. The nutrients within the chosen fuel, are also needed in varying combinations to maintain bodily functions.

While there are uniformly common things a physical human needs, most bodies are unique in the particular combination that it will require. Carbohydrates, proteins, fats, and micronutrients, such as vitamins and minerals, are used differently by each human animal. You must develop an intimate relationship with your own physical body, to know what is the right way for you to eat.

Learn to listen to what your body is asking for. It always communicates. The language it speaks can be subtle at times. Most know the feeling of hunger, but less know the feeling of satiation. Many cannot tell the difference between needing nourishment or hydration. Even less are in touch with what particular kinds of nourishment the body is asking for.

More often than not, the closer to the form as it comes from the earth, the better the body can utilize it for its purposes. The closer to life your nourishment is, the more life it can provide your body. That said, only you truly know the combination of what your physical self requires to feel its best.

Don't let the fanatics out there fool you. There is no one right way for everyone to eat. There is certainly not a more spiritual or virtuous way than any other either. It is simply whatever variety or combination of fuel and nutrients your particular body needs to perform optimally. Whatever that is, is the right way for you to eat.

❖ *The pleasure of nourishment is the sensation of strength. It is the pleasure of rootedness and wholeness. It is the pleasure of stability and security. It is warm and sure. It is a pleasure that is literally delicious. It is thick and viscous, providing heat like an inner sun, invigorating the body and giving it life.*

MINDFUL NOURISHMENT {PRACTICE 04}

For the next week, slow all the way down at meal times. Take a few deep breaths and listen to your body, before you choose what to eat. Bless your food. Send blessings and gratitude to any and all hands that have touched every ingredient before it made its way to you. Sing while you cook. Elevate moments of preparing your food to a more ritual like experience as much as possible.

As you eat, notice as much as you can about every bite. Notice the textures, the flavors, the smells. Savor your food. Notice when you are satiated. Notice if you stop eating before you are full. Notice if you have negative beliefs or habits around food or feeding yourself. Notice how you feel immediately after you eat. Notice how you feel a couple of hours later.

JOURNAL PROMPTS

Start becoming more present in the way that you feed yourself. Notice everything that you can, and write it down.

- 🌀 *How often do you eat?*
- 🌀 *Do you restrict yourself or overindulge?*
- 🌀 *How do you feel about food or feeding yourself in general?*
- 🌀 *What were your family's attitudes about eating?*
- 🌀 *What feelings or emotions arise when you think about nourishing yourself with food?*

Go slow and be gentle. There is nothing you need to change right now. Simply observe. As you become more present, you may naturally be called to make changes. Do what feels true for you. If you become overwhelmed by this practice, go even slower, and only do what you can stay open to. There is no rush here.

If you have a difficult relationship with food, you may need to work this spot for several weeks or even

longer. That's okay. Allow yourself the space to do that. Our relationship with food is directly related to our relationship with emotional nourishment. It can be a tender place to open. Be kind with yourself.

This practice can bring up a lot of emotion for some. Record what comes up for you. Reach out to a friend or professional that can help you work through tough spots, if you feel too far out of range or unstable. You are never alone, and you don't have to do any of this work all by yourself. Remember that.

MOVEMENT

Movement is required by the physical vehicle, for the same reason that breath is required. Breath moves life force energy around the body on a more subtle level. Physical movement moves energy around the body on a grosser level. Movement also assists in the detoxification and evacuation processes that all bodies require.

Just as bodies need to take in energy and nourishment, there are wastes and toxins that need to be

released. Physical movement moves the denser energy of the body, just as the breath moves the more subtle energy of the body.

Physical energy can become stagnant if not allowed to move fluidly. Think for a moment about children. They are constantly in motion. They also rarely have the same physical ailments that older humans acquire. It is not until they are taught to sit motionless for long periods of time, that they begin to complain of such maladies.

Bodies not in motion, become sticky and thick in their denser version of energy referred to sometimes as ‘qi or chi’. This energy coagulates and binds together, creating blockages in the channels of the body. If combined with shallow breathing, lack of proper nourishment and/or inadequate hydration, the detrimental effects are exacerbated.

❖ *The pleasure of movement is the deliciousness of divine energy dancing through flesh and bone. It is the sensation of the bliss of heaven made manifest, material and tangible.*

MOVEMENT ROUTINE {PRACTICE 05}

Regular exercise and strengthening will keep the body in its most optimal state. Commit to integrating physical movement into your daily life. It can be a short yoga practice, or stretching in the mornings or evenings. It can be a full on fitness program, walking on the treadmill while you work, or simply adding some free movement or dance to your day.

If you don't already have a movement practice, this week you will experiment to find the one that you like the best. After that, do your chosen movement routine 3-5 times a week for at least 20 min each session. You can choose what form of movement to experiment with everyday, or follow the plan below.

Day 1: Yoga

Day 2: Walking

Day 3: Dancing

Day 4: Free Movement

Day 5: Stretching or Yin Yoga

Day 6: Qi Gong or Tai Chi

Day 7: Any Sport or Movement of Your Choice

JOURNAL PROMPTS

- ✿· *What are your general thoughts and feelings about movement and exercise?*
- ✿· *What resistance do you have to it and why?*
- ✿· *What is your relationship to your body in regards to physical fitness?*
- ✿· *What do you need to help you stick to a constant movement practice, if you don't have one already?*

EVACUATION

The concept of evacuation has been made shameful by many who do not understand the beauty and necessity of letting go. We must release the old, in order to allow new life to come in. Evacuation is required by the body to release all physical waste, lower vibrational energies, and stagnant emotions, so it can function optimally. This is true at all levels from the gross to the subtle.

Anything that no longer serves the body takes up much needed space, as well as vital energy to continue to hold it. If waste is held for too long, toxins begin spilling back into surrounding tissues. Fresh nutrients and clean energy can no longer enter. The body begins to break down quickly, without access to what it needs to function.

Evacuation requires free movement, openness, and the willingness to be uncomfortable at times. Constriction or tension in the body, disallows the proper movement needed to release waste. Disapproval for the process of releasing and letting go, on the emotional or energetic level, is mirrored in the physical body's ability to release during defecation and menstruation especially.

Emotional and energetic effects are most noticeable in the menstrual cycle. If there is stored emotional energy or trauma in the womb, heart or reproductive organs, the monthly process of releasing the menstrual blood can cause a host of uncomfortable symptoms. It can also adversely affect the conception and birthing process, causing complications for mother and baby.

All things mirror in this world. Paying attention to the way your body effortlessly releases or doesn't, can show you the patterns in your psyche related to letting go of, or holding on to what you no longer need.

❖ *The pleasure of evacuation is the pleasure of emptiness. The elation of the rush of new possibilities. The sensation of sweet relief from the compression and pressure of the dark earth, and a return to the bliss of heavenly light.*

RELEASE {PRACTICE 06}

For the next week to a month, begin to notice your relationship to your body's evacuation processes. Notice the pattern of your bowel movements, how often you pee, how you cough/sneeze, how do you cry...etc.

Pay special attention to your menstrual period. If you no longer bleed, take some time to reflect upon the relationship you used to have with it. This is a good time

to free write. These topics can hold a lot of secrecy, or feel taboo or embarrassing to look at.

JOURNAL PROMPTS

To get you started with your free writing, here is an excellent prompt. On the top of your paper write, “*If I were to be honest, how I really feel about (bleeding, pooping, peeing...etc.) is...*”

Do each topic, one at a time. Without any filter, just write whatever comes to mind. Go ahead and leave in all of the judgements and stories of disgust or shame, and allow them to come pouring out onto the page. It’s likely that you have never talked about some of these things with another living soul. (Don’t worry. You can burn this later if you’d like.)

There are probably dark and dirty secrets in this spot, that you may have held in for years. It may be a place that you never thought anyone would ask you to look closer at. It may be a place you thought you could just continue to ignore forever.

Be willing to be curious and open here. I am certain that you will uncover some interesting connections that you never realized were there before.

Here are some additional writing prompts you may want to explore.

- ✂· *What is it I'm afraid to let go of? Why?*
- ✂· *Where in my body do I store my dirty secrets?*
- ✂· *Where can I be more open to letting go?*
- ✂· *What is something I have always wanted to say, but never have?*

You may find this exercise particularly unsavory or difficult. That's okay. Do it anyway. I'm giving you permission to go there. There is fertilizer in that shit I promise. No pun intended. Put some gloves and a mask on if you must, but get on in there and dig into it.

Don't just pick one or two either. Do all of them. The shit, the piss, the blood, mucus, the sweat and the tears. Rant and rave, and insist on your disgust. Be revolted and angry that I'm suggesting such a terrible thing for you to

do. Let the shame and embarrassment of it all come barreling out onto the pages of your journal. When you're done, you can burn it. In fact, it would be a great way to practice releasing and letting go.

If you find that you go out of range and can't stay present with this one, go really slow. Go slow like molasses in January. If you feel like you need it, reach out to a friend or professional, that can help move you through any triggers or trauma responses that come up.

SHELTER & REST

Shelter is crucial due to the importance of rest that the body requires. Shelter is required to feel safe enough to access deep sleep, where the body repairs and heals itself. Resting without feeling safe, will impede this process, as will resting without having sufficient nourishment, hydration, or movement before bedtime.

The processes the body performs during sleep, are crucial to maintaining wellness in the physical body. While it is true that the spirit or consciousness which

resides within the body does not need rest, the physical vehicle must have sufficient time to recuperate each day.

Exactly how much rest is needed and how often, is unique to each physical body. Polyphasic sleep works well for some, while others benefit more from longer stretches of rest. Remember that rest does not always mean sleep.

If at any time the physical body asks for rest, one can achieve this by simply laying the body down and breathing deeply. Pushing the body beyond its cries for rest can have detrimental effects.

Rest and movement must be in balance. Too much rest and not enough movement creates stagnation. Too much movement and not enough rest, creates burnout and irreparable fatigue. The organs, tissues, and other cells require times of inactivity, in order to revitalize themselves, absorb vital nutrients and heal. Not allowing this time can have debilitating effects on your physical vehicle.

MINDFUL REST {PRACTICE 07}

This week, become super attentive to your body's signals that it needs rest. Make a commitment to honor these calls without question. Don't push yourself past when you know it's time to go to bed, to stop working, or to leave the party.

Building a trusting relationship requires that your body knows you will listen to it, and give it what it needs when it needs it. This is your first exercise in healing self-betrayal. You know exactly when you are tired, and if you are not listening to your body's signals. Start making amends, by tuning in and honoring what you need at all times.

Pay attention to your sleep/wake cycles. Do you need some down time in the middle of the day? Do you need to take 5-10 minutes every hour, and sit quietly and have a break? Notice as much as you can about yourself and your relationship to resting. Journal any thoughts, beliefs or patterns that you become aware of.

For the second part of this practice, take a look around your home and specifically your bedroom. Is it conducive to proper rest? Is your bed comfortable, and your room calming and inviting? Is it clean or is it a terrible mess?

Examine your sleeping environment and make the necessary changes to support deeper rest.

PHYSICAL INTIMACY & SEXUAL RELEASE

Physical intimacy is a requirement for the proper functioning of the body. The individuation program, essential to being human, is actually quite fragile. Without the anchor of physical touch, it is easy for the spirit to forget why it came here. Physical touch, affection and closeness to the bodies of others, reminds the soul that it is an incarnate physical being.

Physical connection, reminds your ethereal self, to attend to your body's needs. To keep it healthy, clean and feeling good. Physical closeness also releases important chemicals and neurotransmitters, that push humans to

desire more connection, and therefore assist in the evolution of the soul towards reunion with God.

Sexual release, in the form of orgasm, is an intensified reminder of the desire for union with Source. The intense pleasurable sensations of sexual release, are to remind the consciousness in the body, that there is existence beyond separation. This is important, for sometimes the spirit can get lost or fall asleep in the physical world.

Orgasm and the ecstasy it provides, is an otherworldly reminder, that there is a force that is greater than ourselves. It is shocking and awakening. Sexual attraction is nothing more than a deep remembering of the oneness from which we all came, and the desire to feel that oneness once again through another.

PHYSICAL INTIMACY {PRACTICE 08}

This week, observe yourself and your relationship to physical closeness with others.

JOURNAL PROMPTS

- ☞ *How often do you allow yourself physical closeness with other bodies?*
- ☞ *What does physical intimacy bring up for you with romantic partners? Friends? Family?*
- ☞ *How often do you allow yourself sexual expression and release? What stops you from doing so?*
- ☞ *What fears or negative beliefs do you have regarding physical intimacy, affection, and orgasms?*
- ☞ *How does it feel when you want affection but cannot have it?*
- ☞ *How does it feel when you are deprived of sexual expression? What thoughts or events lead up to being deprived in the first place?*

Examine any patterns or ideas that you have about physical closeness. Write each day in your journal about how it feels to be close to other people. Use these

prompts provided or anything else that comes to mind about this topic.

CHAPTER 3

EROTIC SELF-CARE

To be great at anything, you must master the tools of the trade. More than that, you must take proper and good care of them. To master being a powerful and awakened woman, you must first learn to take care of the most important tool you have, your pussy.

Erotic self-care is unfortunately, not something that most women grow up knowing much about. Even though 50% of the world's population has female sex organs, very few people are willing to speak openly and honestly about them.

In this section I will walk you through the essentials of having a vajayjay, and how to love and care for the most precious and magical part of your whole physical body.

THE LAY OF THE LAND

When we speak of your lady bits in reference to having a “woke” pussy, we aren’t just referring to the vulva and vagina, but the entirety of all the female reproductive organs and structures. In Sanskrit, the word *yoni* more accurately describes this mystical and magical system as a whole. The following list includes all of the physical structures of the *yoni*.

THE VULVA (THE OUTER BITS)

Mons Pubis	Labia Majora
Labia Minora	Hood of the Clitoris
Clitoris	Urethra
Introitus (vaginal opening)	

THE VAGINA

Vaginal Canal	Urethral Sponge aka G-Spot
Cervix	

THE WOMB

Cervix	Uterus
Fallopian tubes	Ovaries
Womb Portal	

You may notice that the cervix is on both the vagina and the womb list. That is because the cervix is the part of the uterus that opens into the vaginal canal. However, it is not a separate structure. It is like the entrance hall or bottle opening, of the upside-down, pear shaped uterus.

Aside from the cervix, you cannot touch the uterus. Access to the womb space is done so energetically through breath and/or visualization. You can however touch it indirectly, by gently palpating or massaging your lower abdomen. This is also the only way to physically “touch” the ovaries.

It is important to be aware of what and where each of these structures are. The ability to visualize and/or locate them, is crucial to doing the exercises provided here, and for many other sacred sexuality practices.

Like I said in the beginning of this book, this is a grown-up program. I'm not going to hold your hand through learning about all of these structures. I'm not going to explain this in more depth for you.

If you do not know what each one of these structures are on the list, or how to find them, please pause here and get thee to a google search engine. Enter the term "*female reproductive anatomy*". Peruse through the photos and study them. Then grab a mirror and see if you can find and/or feel each one for yourself.

CLEANLINESS IS GODLINESS

This should go without saying, but PLEASE wash your hands before you touch any part of your pussy. The vagina has a delicate balance of flora and fauna, and because of its dark and moist environment, it can be prone to infection if introduced to outside pathogens.

This goes for any wands, yoni eggs or other accoutrement, you may be introducing to your pussy for self-care or sexual play. Same goes for any and all

menstrual products you use. Read the care instructions for each personal product that you have, to make sure you are cleansing it correctly.

It is important to follow the instructions provided, because using other methods or cleansers, other than what is recommended, can damage them. Micro-tears or other deterioration, can harbor unwanted germs that could contribute to potential infections.

That being said, do not wash your vagina. That means the inside canal, not the vulva. The vagina is self-cleaning. The vulva however, you can wash. The fact that so many people call the vulva the vagina, and don't make the distinction between the two, can and has lead to confusion about what exactly we can wash down there.

What I recommend is using a mild, ph balanced cleanser with your outer pussy lips closed. Essentially give your pubic hair a nice shampoo. If you don't have any pubic hair, imagine where it's supposed to be. Give it a good rinse off. Then, gently part your labia majora, and wash the skin folds on either side of the clitoris, from the

mons pubis to just above the vaginal opening, with warm water only.

I don't recommend using any kind of soaps on the inner folds. This skin has a completely different consistency and is prone to drying out. A quick rub up and down with your index and middle fingers in the shape of a V, and some warm water, is all you need to stay fresh and clean.

If you struggle keeping your vaginal ph in check, I would forgo the soap altogether. Daily chlorophyll, a splash of apple cider vinegar, and a probiotic, all taken orally, can go a long way to help keep your "situation" in check as well. I should say that I am not a physician and this should not be construed as medical advice. It's just what works for me.

ENERGETIC CLEANLINESS

Most women understand the benefit and necessity of keeping a clean pussy. Fewer understand that keeping your pussy energetically clean, is just as important.

Energy, vibes, and frequencies matter more than you might realize. Especially when it comes to your pussy.

Keeping things energetically clean takes practice, but it's an incredibly worthwhile pursuit. We will go into more specifics about energetic cleanliness in the section about energetic responsibility, but for now, let's talk about the main way bad vibes get into your pussy; sex partners.

CONSCIOUS SEX PARTNERS

Becoming conscious of subtle energy and being willing to honestly assess a potential partner's energy is key. You may think that this is a hard thing to do, but it isn't. Even if you are brand new to spirituality, you know if someone has weird or bad vibes. Trust that.

Don't let anyone into your pussy that you wouldn't let into your house. I'm serious. Think about the most precious things you have in life. Would you let this person borrow them? Touch them? Take 'em out for a joy ride? If the answer is no, don't fuck them either.

Your pussy is the most valuable possession that you own. If you wouldn't invite someone into your bedroom, let them take care of your pets, let them borrow your car...etcetera; then you absolutely should not allow them into your pussy.

Everyone carries energetic patterns, trauma, and sometimes entities with them. When you allow someone to connect with you sexually, you are inviting all that they are to come inside of you as well. That invitation is also allowing all of their lower vibrational energy and attachments to play in your precious secret garden with them. Yuck.

There may be something that you really like about this person or situation, but if it doesn't FEEL right as a whole, then it ain't right. Don't let them inside your body, until you can get a better idea of why it doesn't feel good to you.

Sometimes it's your own resistance to a transformative experience, that your ego is afraid of. In that case, you have to do the work to unravel and open up to the transformation.

Sometimes it's because your heart, your pussy, or both, are saying no. If you go ahead in this case, you are causing damage to not only your body, but your soul as well.

Doing something your pussy, or your heart is a no to, is self-betrayal. Self-betrayal has been the main cause of a hell-of-a-lot of strife in your life up until now.

Don't worry though, we will talk later about how to tell the difference between a yes or a no from your pussy. For now, if you feel like someone's vibe is off, or you don't feel good about the situation, or their aura is dusty af, just don't do it.

EVERYDAY ROMANCE

Feeling the bliss of life isn't about peak experiences. Those are too few and far between. The bliss of life is found in everyday romance. It's in the touch of the wind against your skin. It's in the smell of freshly baked cookies. It's in a beautiful sunset, or watching the bubbles rise inside a glass of champagne.

The erotic isn't something that you can cultivate. It's something that you already are. It's all around you. It's what life is made out of. It is God/Goddess/Source in all things. You don't have to learn how to be erotic. This path is a path of forgetting. It is one of letting go.

In this case, you have to let go of everything in the way of you feeling the eros that is already right in front of you. It is everywhere. It is inside every cell just waiting to be felt.

The way back to your senses is through the Pleasure Principles we've already talked about. The way home to the erotic is through your senses. Sensuality is the gateway to bliss. Opening to your senses is a practice.

You have to make a commitment to allow yourself to savor and revel in the mundane. You have to decide that you want to feel everything. There's a lot of trauma and bullshit in the way of giving in to our senses. That's why it seems so challenging. We will go into how to clear that junk out later.

For now let's talk about some of the ways that you can introduce more romance into your everyday life. So

you can open up more and more to the natural, erotic pleasure of your senses.

BATHING RITUALS {PRACTICE 09}

One of the easiest ways to incorporate more erotic self-care is through bathing rituals. You have to shower or bathe everyday anyway. Just a few teaks and additions to your routine, will transform it into a sensuous daily ritual.

Your skin is the largest organ of the body, and it really appreciates it when you treat it with attention and care. Dry brushing, special oils, gua sha, and self massage are easily added into your daily grooming routine.

Just the intention to bathe mindfully, is all it takes for your body to feel seen and loved. Remember your body is your most loyal companion. It puts up with all of your shit, and gets you through it all alive. The least you can do is love on it a little bit everyday.

Light a candle in the bathroom. Put on some sexy music and sway your hips. Slow down and savor yourself. Take long deeps breaths. Let yourself get turned

on while you soap up that beautiful body of yours. Tell yourself how sexy you are. Say thank you to each body part, while you massage lotion or oils into your skin after bathing. Really touch and feel yourself. Stop and look at your body. Realize what a magnificent miracle it is that it exists.

Do this for three days in a row. Then take a day off. Then do it for three more days in a row. Then take a day off. Repeat this pattern until you don't want to take that day off anymore. Too many people save this kind of ritual for special occasions. Your life is a special occasion honey. Celebrate your body every damn day.

BREAST MASSAGE {PRACTICE 10}

A great addition to any bathing ritual is a daily breast massage. Not only does it help the appearance and health of the breast tissue, it is a deeply embodying experience.

Massaging the breasts regularly assists with lymphatic drainage which has numerous benefits. It also releases oxytocin, that makes you feel more connected to

the source of the stimulation. In this case, it's you. Breast massage therefore is an excellent way to deepen the sensual connection between you and your body.

To begin your massage, have an oil or lotion of your choice nearby. Place one hand on each breast and close your eyes. Breathe into the palms of your hands, and feel the connection to your breasts.

Place some oil or lotion in each hand, and gently spread it all over your breasts, as well as under your armpits. Start by gently moving the heel of your hand from the center of your chest, just below your collar bone, towards your armpits.

Now massage around each breast in a clockwise motion, one hand at a time. Take both hands simultaneously now, and lift and circle around your breasts. Use the heels of your hands to pull the tissue from underneath your armpits as you do this. Remember to take long deep breaths as you work.

Next, reverse the direction of the massage. Press down onto the breast tissue first, then circle up and

around in a counter clockwise motion. From here, massage in any intuitive way that feels good to you.

When you feel complete with your intuitive play, cup one breast in one hand, and use a finger of the other to gently circle around the areola. Repeat on the other side. Now take both open palms, and place the center of each one lightly against the tip of each nipple. Gently massage the nipples clockwise, and then repeat counter clockwise. Finish the way you began, by closing your eyes, breathing deeply, and holding your breasts.

If you'd like, take some time to journal about your experience. *What did you notice? How did it feel? What were your thoughts while performing the massage?*

You don't have to do a full session after every shower, but you can always take a few minutes as you moisturize to give your breasts a little extra attention.

Do this practice for at least a week, and notice what changes in your energy. Massaging the breasts is a direct link to the heart. It can assist in clearing and opening the heart chakra, so it may also uncover hidden emotions that

are present there. Go slow, and stay present with yourself as you get acclimated to the process.

**If you are breastfeeding or currently have a medical condition such as cancer or lymph disorders, please consult a physician before beginning a breast massage practice.*

THE SCENT OF A ROSE

There is a reason that the famous saying talks about stopping to smell the flowers. Have you smelled any flowers lately? Have you stopped to smell the world? I think often we don't take in the smells around us, because there are so many not-so-great smells in this modern city life most of us live in.

Adding sweet smelling oils or perfumes to your bathing ritual, is an easy and excellent way to revel in your sense of smell. Scented candles and incense, the non-toxic kinds of course, are also great. How about baked goods, or taking the time to find a really delicious perfume or essential oil to use everyday?

Nature is a cure-all, and definitely a good way to go in this regard too. There are so many amazing smells out in nature. The smell of pine trees, or fresh rain on dirt are delicious. The smell of campfire in the air, is also a crowd favorite. Whatever smells you like, go find some and take a big whiff.

Take one or two days this week, and become truly present with the smells around you. Let the scent come all the way into you. Breathe it in deeply. Take some time to engage with the scent of your own pussy as well.

Being aware of how your pussy smells can tell you a lot about where you are in your menstrual cycle, whether you are aroused or not, and if there are any issues you need to get checked out.

Don't be squeamish. It's your own body, and learning the subtle changes in your vaginal scent is an excellent way to have an even more intimate relationship with your pussy.

MEALTIME BLISS

Mealtime is another time that we take for granted and rush through the present moment. By the way, bliss and the erotic can only be felt in the present moment. So slow the fuck down while you're eating. Take a brief moment to look at your food. Notice the colors, the shapes, and the textures. Close your eyes and breathe in the aromas. Slowly take a bite, and taste the flavors on your tongue. Notice how it feels to swallow. Notice the sensation on your lips.

In becoming more mindful, you may find that you don't actually like what you've been eating. If that's the case, make some changes. When you slow down and become more present with your meals, you recognize where you have been eating in unconscious and disembodied ways.

Food is a highly charged subject for many. Take baby steps, and be really gentle with yourself if you need to. Your job here is just to notice what you see, smell, taste, and feel while you're eating.

Write down your experiences in your journal, and explore any negative feelings that come up. You can use that information for your shadow work exercises later on, if you need to go deeper.

SIGHTS & SOUNDS

Have you ever noticed the shadows that play in the leaves of a tree? How about the silhouette of a bird's wings against the sky? What about the way the light dances on a wall, as cars pass by a window at night? Stop for a moment. Take a deep breath. What do you hear? What do you see?

Set a reminder on your phone several times a day for this practice. Stop drop and listen. Stop drop and see. Hearing is not listening by the way. You can't help but hear, because you can't close your ears. Listening is the act of allowing a sound to come into you fully, not just absently noticing that it exists.

The same thing goes for seeing. Looking and seeing are not the same. You can look at something and never

really see it. The next time you stop and look at something, notice if you can allow the sight of it to penetrate you completely. Allow what you are looking at to be fully seen. Allow for it to reveal itself to you for its true nature and being. See the true isness of it, and not what your mind remembers it to be.

REVELING IN YOUR SENSES {PRACTICE 11}

This week, you will pay more attention to your senses. Cycle through each one throughout the week, and notice how you feel when you take the time to be present with it.

Don't forget to include the sense of touch. I didn't mention it specifically, but you can experiment with your own touch, a partner's touch, or different fabric and materials. You can also stop and feel the air moving around you. Touch also includes feeling the energetic sensations that flow from people, objects, and pets. Experiment with this as well.

Set a timer on your phone if you need the reminder to stop, drop, and feel. Stop for at least two minutes and tune in to the sense organ of the day. Open and receive the sensory information that it is offering you. Take long deep breaths, and let the information from your senses fully penetrate your being.

At the end of each day, make a few notes in your journal about what you noticed or experienced during this exercise.

HONORING YOUR PUSSY

Part of erotic self care is opening up to the natural flow of your sexual desire. It means waking up your pussy, and really being present with a full range of sensations. An excellent way to get in touch with and honor your pussy, is to incorporate a yoni egg practice and/or a steaming routine.

YONI EGGS

Yoni eggs come in a variety of sizes and materials. They can be made from gem stones like rose quartz, amethyst and jade, or glass. You can get yoni eggs that are drilled with string for easier removal, or non-drilled, for those not at all squeamish about getting it out with their fingers.

A yoni egg practice helps to bring blood and nutrients to the vaginal tissues, as well as improve tone, awareness and sensitivity. They can simply be worn for an amount of time, or you can incorporate Kegel exercises, yoga or even masturbate with the egg inside.

It is important to purchase your yoni eggs from a reputable source. I highly recommend *chakrubs.com* or *yonipleasurepalace.com* for all your yoni egg needs. Rosie Reese, the founder of *Yoni Pleasure Palace*, also offers an amazing course on what you need to know to begin your yoni egg practice.

Rosie's yoni egg class is also available through *Beducated.com*. *Beducated* offers several other sex

education classes that may interest you as well. Taking sex-ed classes are also a great way to explore more ways to honor your pussy and your sexual health.

VAGINAL STEAMING

Vaginal steaming has become somewhat trendy in recent years, but it is not at all a new practice. Regular vaginal steaming has numerous benefits, including regulating the menstrual cycle, cleansing stuck energies, and balancing vaginal ph. It also offers an amazing way to become more present with and honor your pussy.

As with yoni eggs, you want to get your supplies from a reputable source. You want to make sure that you are using organic herbs only, and try to avoid steaming seats that are made out of plastic. Ideally, you would use a wooden seat that is untreated, or coated with a non-toxic finish.

It is also important to research and understand the proper herb combinations for your particular needs. Some herbs may lengthen a cycle for example, while others can

shorten your bleed. Some sources say you can add essential oils to your steam, but I personally don't recommend that. The oils can get too hot, and their concentrated nature can be too much for your sensitive vaginal tissues.

Yoni steaming cannot be done during menstruation, but is excellent to do the week before and the week after. Those who are pregnant should not steam, and anyone with an IUD should not steam for more than 10 minutes. Despite some controversy over this practice in the medical community, it is a relatively safe and incredibly healing practice when used correctly.

Many home birth midwives are advocates of vaginal steaming. If you have one in your area, they may be a great resource for you to get started. You can also do some quick research on the internet, and find a plethora of courses and tutorials for you to begin your practice.

Again, I am not a physician. Consult with your healthcare provider before beginning a steaming routine. If you get the go-ahead, add a steam once or twice a month to your erotic self-care routine.

CHAPTER 4

PUSSY TALK

Like I mentioned earlier, doing anything when your pussy says no, is damaging to your body mind and soul. Your pussy is your seat of power. It is the source of your intuition. Along with your gut instincts, it is the greatest intelligence you have in your body. It is vitally important that you begin to open up the lines of communication between you and your pussy.

Learning her language is a process. There are essentially two ways that you can begin to hear and understand her. The first is through breath and awareness alone. The second is to add in a physical stroking practice.

PUSSY BREATHING

Pussy breathing allows you to open up the channel of communication between your conscious mind, and your body's intelligence. To pussy breathe, simply come to a

space that is quiet where you will not be disturbed. You may be seated or lying down.

Begin by taking deep cleansing breaths. Once you begin to feel more relaxed, bring your conscious awareness to your pussy. Imagine that each breath enters your lungs, and travels all the way down into your pelvic bowl. Breathe into your clitoris. Notice any sensations that arise. You may also notice emotions bubbling up to the surface. Do not engage in them or look for the story behind them, simply observe what arises.

Continue to take long deep breaths into your pussy. Allow her to soften and open. Relax your hips, and your buttocks. Relax your asshole. Relax your neck and shoulders. You may micro rock your pelvis back and forth with each inhale and exhale, but try to avoid bigger movements.

Once you feel fully present with your pussy, ask her to reveal to you any messages she would like you to know at this time. Whatever pops in your mind first is the right answer. Don't question or analyze it, simply listen and receive her wisdom.

You can ask her yes or no questions about whether or not she would like to do certain things, or if something is right for you or not. A yes answer typically feels open and soft, while a no may illicit tension or contraction.

Practice this with things you know are an absolutely yes for you. Then repeat with things that are an absolute no. Once you understand how she speaks to you, you can try this exercise with things you are unsure about.

PUSSY ORACLE {PRACTICE 12}

Come to a quiet and calm place, where you won't be disturbed for about 20-30 min. Disrobe completely, or at least from the waist down. Breathe deeply, and land in your body. Butterfly your legs and bring your attention to your pussy. Send your breath down into your pelvis and deep into your vagina, and womb. Feel the breath swirl, and on the exhale, release any energies that no longer serve you.

Once you feel a deep connection with your pussy, choose a list of statements or questions that you know to

be absolutely true. Ask for example, “Is my name, (state your name)?” Notice how your pussy responds to that question. Ask her another absolute yes question. Notice again her response. You should begin to see how it is that she responds, when the answer to a question is a definite yes.

Now switch to asking her questions that are absolute no’s. Ask if you are a man. Ask if your name is Bob, unless of course it is. Notice how your pussy responds when the answer is an absolute no. Ask several definite no questions, until you feel like you understand her responses clearly.

Next, alternate between asking a definite yes question, and a definite no question. See if you can notice the shift in your pussy from yes to no, and back again in real time. Once you feel like you have a good handle on that, ask her questions that you aren’t so sure about, and see if you can accurately read her responses.

Test this out for a while with more trivial questions, before you move on to bigger life decisions. Ask your pussy what you should have for lunch. Ask her what

movie you'd like better. Ask her if you should go to the party or not. Ask her which dress you should wear to work that day.

Including your pussy in mundane or daily decisions, will build a strong bond of trust and communication, that will prove invaluable down the line. No matter what, from now on, make a commitment to connect to your pussy and allow her to put her two cents in about whatever it is you're doing. You may still choose to disregard her, but at least you will have allowed her to speak.

PUSSY STROKING

Pussy stroking serves three vital functions. One is to increase communication between you and your pussy. The second is to expand your capacity to be with what is, and the third is to cultivate sacred fire and expand your nervous system. We will discuss the first two here and go deeper into the third in the next section.

The fundamental requirements of a pussy stroking practice is that it is slow, goal-less and unconditional. Slow means that it is not rushed or hurried. Goal-less means, that the purpose of the practice isn't to arrive at any one particular sensation, climax, or goal. Instead, pussy stroking is a practice of listening, feeling, and receiving. Its purpose is understanding more about oneself, identifying patterns, and becoming more present in the moment.

Unconditional means that the intention is to be open to a full range of sensations, not just what feels good. It is about developing the ability to be with what is presently happening, no matter how it feels. Yes this can include pleasure and even climax, but other times the sensations experienced can be numbness, aversion, discomfort, or even pain.

Through the slow, unconditional and goal-less practice of pussy stroking, you learn how to be present with what is, without striving to change it. Since suffering is really caused by the resistance of what's happening in the present moment, you can see how

learning this skill can greatly benefit you in all areas of life.

Expanding your capacity to be with what is, through this practice, trains your nervous system to be able to process a greater range of sensory information. This is important because in order to access your full power, you must be able to hold the intensity of it. Power has a tremendous amount of sensation. So does grief, rage, and other activating life experiences.

When you do not know how to hold unwanted or intense sensations in your body, you will reach for coping mechanisms, or ways to off-gas that energy. This often takes the form of destructive behaviors, in order to suppress or avoid what you are feeling. As mentioned before, not allowing yourself to feel certain waves of emotion and/or sensation is the root cause of trauma.

The ability to hold intensity in your body, allows you to consciously direct your power, rather than unconsciously wasting or spending it in unproductive or problematic ways. There may be other methods to increase the capacity of holding sensation, but pussy

stroking is by far the fastest, and the most potent way to go about it.

PUSSY STROKING METHODS

In a moment I will walk you through my own pussy stroking practice, but there are already well-established practices that are worth mentioning. The first is Orgasmic Meditation® created by Nicole Daedone, and the second is SXBMB™ by Perri Chase.

Orgasmic Meditation® aka OM, is a partnered practice. It consists of 15 minutes of stroking the 1 o'clock position of the clitoris by a partner. SXBMB™ is a solo practice consisting of a guided meditation, along the same philosophical lines of OM.

My personal practice, also follows the underlying philosophy of each of these methods, though my practice is a bit more loose in its application. While it is still pussy focused, I find that being confined to only working with the clitoris feels too restrictive.

There are too often times where the energy moves beyond the clit, and wishes to be explored and connected with in other ways. Therefore, I practice a more free-for-all stroking method. The goal-lessness and unconditional allowance of sensation remains.

There are good reasons that the other methods only allow for stroking of the clitoris, and therefore, those practices are different in the medicine they can offer you. The *Pussy Talk* method that I will describe shortly, is less structured, so that you may explore and learn to speak and listen to your pussy, in as organic a way as possible.

At times more structure is what is necessary. While other times, a wilder approach is needed. This is where you will have to honestly assess what it is you are drawn to at this particular time, in order to decide which path to begin with.

Ultimately, the best practice is always the one that you will do consistently. Therefore whichever style calls to you the strongest is the way to go.

PUSSY STROKING {PRACTICE 13}

Begin by setting the intention to spend quality time with yourself. Make a date, just like you would with a romantic partner. Your pussy after all, is the most intimate partner you will ever have.

Intention and presence is the most important part of this. The setting and preparations you choose after that, can be as elaborate or as simple as you'd like.

Choose a time where you can have privacy and zero interruptions. The times that work the best for me are immediately upon waking, after bathing, or right before I go to sleep. Be loose and experimental at first. Find the time(s) in your routine that flow the best with your day.

In order for this practice to become integrated into your daily life, consistency is key. So if you find discipline or structure disruptive, don't do it that way. Just make a commitment of doing this practice for at least 20 minutes a day, at some point in your day for the next week.

After you've chosen a time and place, lay down and relax. Begin with the *Pussy Breathing* Exercise from earlier. Once you feel connected and present, begin stroking your pussy.

With each stroke, simply notice the sensation that you are feeling. Change stroke direction or pressure. Speed up or slow down. Notice how the sensation changes when the stroke changes.

Again, there is no goal here. If you climax, that's fine. If you don't, that's also fine. Orgasm is not the point. Listening and feeling is. This is a time to just explore how different strokes affect your pussy. Notice any patterns that are revealed. *Can you make any connections in your life that mirror those same patterns?*

As your pussy opens up, so will everything else. That means old emotions and trauma may begin to surface. If you have any emotional releases, let them come. This is an incredibly intimate practice, and it may unlock places that you have resistance to being more intimate with.

It is advisable when you are beginning, to record your experiences in your journal. Writing down what

comes up, can help you to understand and work through anything that arises during your practice.

Above all else, remember that this is an exploratory exercise. It is meant to be organic, and without boundaries or rules. If you find that you are getting caught up on whether or not you are doing it right, you've missed the mark. There is no getting it wrong. It's okay to fumble through as you find your way.

EROTIC SELF-CARE RITUAL {PRACTICE 14}

Now that you have an idea of all the ways you can connect with and honor your pussy, design an erotic self-care ritual for yourself. Ritual is the practice of taking a routine, and adding presence and attention to it. This elevates a mundane set of tasks, and turns them into a vehicle of transformation and magic.

Add any or all of the practices mentioned previously. Keep it as short and simple, or as elaborate as you would like. If you feel you need more guidance with this, you can schedule an *Erotic Self-Care Ritual* at

wokepussy.com. We will work together to clarify your current goals and challenges. Then we will intuitively design a ritual for you, to address your current needs. Follow-up coaching is also available, and can assist you with anything that may arise in your erotic care practice.

PART TWO

ACTIVATION

SENSUALITY VS. SEXUALITY

SACRED FIRE

THE WOMB PORTAL

SACRED SEX



CHAPTER 5

SENSUALITY VS. SEXUALITY

The difference between what is sensual or sexual, can be confusing for many. The truth is that each is interrelated. However, they are both distinctly unique in flavor and purpose.

The sensual pertains to the sensations of the body. Anything that comes through the physical senses falls into the category of sensual, or sensuous.

Sensuality is a feminine form of energy, meaning it is all about reception. You receive information from the world around you through your senses. Those sensations allow you to interface with, and experience your environment.

Sensuality is the act of receiving and perceiving sensations. Nothing more than that. Sensuality is not inherently sexual. Sexuality often requires sensuality to be enjoyable, but sensuality stands alone.

Sensuality is simply the act of feeling. Feeling, feels good. Even what you now label as negative sensations,

still have the quality of pleasure hidden inside of them. What you feel can of course sometimes be sexual. Most of the time, if you look closer, isn't.

Sexual energy happens when life force energy is concentrated in the root chakra, sacral chakra, and/or the genitals. This arouses the primal urge to copulate for pleasure, to release tension, procreate, or otherwise. Sexuality is the masculine face of sensual energy. It is about acting or “doing” something with the senses.

When something is considered sexual, its intention is to arouse the active side of sensuality, which is sexual desire, or sensations commonly associated with sex. Put another way, anything considered sexual, is directly related to the sex act. This means either engaging in, or the intention to arouse the desire for engaging in sexual activity.

Sensuality is often mistaken for sexuality. A woman engaging in her own sensual self for example, is often thought to be an invitation for sex by uninitiated eyes. That's because the amount of pleasure and sensation that comes with sensuality, is too often reserved for sexual

activity. This unfortunate reality is especially true for men.

The truth is that our natural state is arousal and pleasure. Being human feels fucking good. Everything about our physical bodies and human experience, is designed to give us pleasure. Life was meant to feel good, even the “bad” parts. Every experience you have, is only a reminder that you are alive. Being alive was designed to feel amazing, even when it sucks.

Somewhere along the line, the experience of pleasure was demonized. It became preferred to live a life of denial, suppression, and suffering. It was believed that anything that felt good must certainly be sinful. Therefore, many learned to avoid real pleasure at all costs.

This is quite a difficult task. For our bodies were designed to feel pleasure from even the simplest of activities. The act of breathing for example, is itself incredibly pleasurable if you’re paying enough attention.

The fear of damnation made us delegate our experiences of pleasure and sensuality to the private

recesses of the bedroom only. We eventually forgot that pleasure is indeed our birthright, and it is literally everywhere.

When you liberate the idea of pleasure from it only being allowed during sex, you can begin to experience the delicious nuances, that sensuality has to offer you all the time. We discussed how to allow more sensual pleasure in your everyday life in previous chapters, now we will discuss taking it to the next level. Feeling the erotic.

THE SACRED EROTIC

The erotic is intense. It's powerful. It is activating and terrifying for many. The erotic is the feminine face of life force energy. It is the energy of the underworld, and of the void. It feels dark and dangerous, because it is.

It makes perfect sense, that the powers that be, would have wanted to block humans from accessing their erotic energy. It is pure, unadulterated creative power. In the

wrong hands, like those without personal responsibility, it is the most destructive energy on the planet.

Think of the Goddesses Kali and Sekhmet. They both went on uncontrollable rampages fueled by bloodlust. This is the erotic feminine's destructive nature, left unchecked and untempered. This is why when you may have encountered it inadvertently in the past, you probably cowered, and shut it down immediately.

Playing in the realm of the erotic is a high level game. It requires a shit ton of personal responsibility, and the willingness to accept whatever consequences come from utilizing its power. The good news is that the energy itself holds you accountable. The bad news is the same.

Karma as you know is a bitch. You cannot misuse erotic power, and it not boomerang back to you eventually. The more power you cultivate, the faster the return.

The erotic is neutral in and of itself. It is like the electricity in the wall. It is up to you what you want to plug into it. It can be used for good or ill. There is

nothing regulating the use of this power except your own beliefs, boundaries and programming.

The erotic is inherent in all of life. It is raw, primal, chaos. It is the divine feminine. It is not something one can create, for it exists eternally, but you can create the conditions for it to arise. The most potent way to access the erotic is through silence, breath, and focused attention.

If you have ever locked eyes with someone and have found yourself speechless, aroused and breathless, that is the erotic. The erotic is marked by energetic tension. Sexuality on the other hand is the release of that tension. The goal ultimately, is to learn to hold this power in your body, and to direct it deliberately.

FEELING THE EROTIC {PRACTICE 15}

The erotic is like yoga. You do not make yoga happen, you create the conditions for yoga to arise. It's the same with the erotic. You cannot do the erotic, but you can do things that will allow it to reveal itself to you.

Sensuality is the gateway to the erotic. Begin by tuning in to your senses. Cycle through each one, one at a time. Go slow. Breathe and focus your attention and presence more and more into your body. Go even slower still. Breathe and wait. Hold still. Follow your breath as it travels down, down, down, deeper into yourself.

Let all sensory information flood in and penetrate you. Slow down even more. Wait. Watch. Feel. Touch yourself slowly. Follow with your eyes as your hands caress your skin. Continue to breathe. Keep your eyes open. Breathe. Close your eyes. Breathe. Open your eyes again. Breathe deeper.

Play with yourself and the energy around you, until you feel the erotic begin to show itself. Feeling the erotic is not something that you can try to do. It is something you must allow. If you feel that you are efforting too much, let go.

If you'd like to be guided through this process, visit wokepussy.com, and schedule a *Woke Pussy™ 1:1 session*. Once you are guided to the erotic within, you

cannot mistake it, and will be able to return there yourself more easily and naturally on your own.

CHAPTER 6

SACRED FIRE

Sacred fire is the energy that heats up the magical cauldron in your pelvic bowl. Sacred fire is the erotic force energy that powers all of life. Sacred fire is the unadulterated field of electricity, that flows from the earth into your loins. Sacred fire is your birthright as a pussy owner, to cultivate and wield in the world.

Sacred fire will also burn the fuck out of you, if you don't know how to use it. If you misuse it, that shit will come back and burn the fuck out of you too. It isn't recommended that you cultivate this power simply to fuck with other people. There will be people who do that, but it isn't recommended. The consequences for misappropriating power once you have it, are swift and fierce.

You may be wondering why those “in power”, don't seem to meet the dire consequences spoken about here. That is because those “in power”, do not have true power. True power has no need to coerce, manipulate, or control.

Only those who feel powerless, resort to abusive methods to get what they want.

You also have no idea what their soul paths are, what they have experienced in this or past lives, and what they will experience as a consequence of their actions in the next one. It is best not to compare. Instead focus on your own path to power, and learning to use it as responsibly as you can.

AROUSAL

Even within the context of sexual play, arousal can be extremely uncomfortable for many people. There aren't a lot of good teachings out there about what arousal actually is. There are even fewer about what to do when it happens outside of the bedroom. Most will resort to denial, or suppression as a way to manage their discomfort about spontaneous turn on.

Arousal is simply an activation of the life force energy within you. It means that something in your thoughts or environment has brought you into a greater

state of alignment. This alignment allows your life force to awaken, and begin rising into the central energy channel of the body. When this happens, you will feel the sensation of being powered up or “turned on”.

If you do not know how to regulate or hold your turn on, a spontaneous state of heightened arousal will feel unwelcome. Most people have a lot of judgment and rules about when and how it is okay to feel aroused. The minute they feel turned on outside of the “appropriate” situation, they immediately shut it down.

It is true that it is not necessarily appropriate to engage in sex acts anytime or anywhere, but being aroused doesn't have to be sexual. The reason it feels sexual initially, is because the energy always starts at the root chakra, then passes through your genitals, as it tries to make its way up the spine.

The sex organs are normally as far as the turn on is allowed to go. When most people feel aroused, outside of an obvious sexual situation, they typically panic and abort the energetic wave. This is usually done

unconsciously, activated by one of those little red buttons we talked about earlier.

The ego sounds the alarm. The pelvic muscles tense. The breath is held or becomes shallow. In some cases, especially with a history of sexual trauma, the person may have a full on panic attack, or dissociate and check out of the body altogether.

Sometimes people get emotionally triggered by their arousal. They may get hostile, aggressive, or even critical or judgmental. Any number of negative projections can happen, if a person cannot take responsibility for their own arousal.

Such reactions typically occur, because said individual does not have approval for their sexual desire. They also lack a proper understanding of what turn on actually is. In some cases, frozen trauma gets activated by the intense physical sensations that often accompany arousal. This also causes people to re-act in unconscious ways.

If you find yourself in this kind of situation, remain steadfast in your knowing that everyone's arousal is their

own to deal with. They have a right to experience it, but it is no one else's responsibility but theirs to manage.

Working on cultivating approval for your own arousal and sexual desires, will also limit these sorts of projections from others.

Arousal is not however, inherently sexual. Arousal is a rush of life energy that happens, when alignment happens. Coming into alignment is like a crooked pipe being straightened out. Suddenly, whatever was restricted from flowing, can flow freely again. The initial burst as it breaks free, is much faster and more intense than the usual flow.

The same thing happens with your own energy when you suddenly come into better alignment. The initial burst is intense. This new rush of energy can be overwhelming at first. If allowed to continue without plugging it up again, it will eventually even out.

To truly live an awakened life, and have the power to create whatever you wish, you must learn to hold a higher intensity of arousal. It takes practice, and isn't super comfortable at first, but it is worth the inconvenience.

Arousal will always feel sexual in the beginning. That's because of the programming you have received about pleasure, and the fact that more energy is suddenly flowing through your genitals. The truth is that arousal is sexual, only if you choose to use it for sexual purposes. Eros is not sex. Erotic energy however, is only used for sex by the uninitiated. Hence the confusion.

Erotic energy itself, is just raw feminine electricity flowing through your body. It is neutral. How you choose to use that energy, or what chakra it is currently concentrated in, gives the energy more specific qualities.

Each chakra gives a different flavor to life force energy when it becomes "turned on" by it. The root chakra feels primal and animalistic. The sacral chakra feels deeply erotic, sensual, and creative. The solar plexus chakra feels like a desire to take charge or be intensely physical. The heart when aroused, opens and melts. It receives and radiates love, tenderness, and compassion.

The throat aroused, is the desire to speak, express, or vocalize. The third eye aroused produces the feeling of

clarity, and can activate spiritual visions. Lastly, an aroused or “turned on” crown, connects one to the source of all things. The feeling when the energy reaches the crown chakra, is that of merging into the Oneness of The All.

Turn on feels fucking good. It was designed to. But because feeling pleasure has been made so taboo, arousal has been relegated to the sex act only. When we feel intense pleasure, we then assume it must be sexual. It doesn't have to be.

Arousal and turn on is just the abundance and pleasure of life moving through you. It is in learning to allow and direct the flow of your arousal, that you will have endless supplies of energy at your disposal. If you are not plugged in and turned on, you are running on limited resources.

Your body is the most sophisticated machine in all of existence. It is the interface that you use to interact with the world, and move your soul around in this dimension. If your life isn't working the way you want it to, the first

two questions to ask yourself are: *Are you plugged in and are you turned on?*

Plugging in means dropping your consciousness all the way into your body. It means occupying all of the spaces inside of your meat suit, instead of only holding your energy inside of your head. Plugging in requires you to feel the soles of your feet, your pussy, your full breath, your skin, your bones, and the whole spectrum of sensations available to you. Plugging in means allowing the visceral feeling of life to penetrate your entire being.

Turning on means that once you are fully in your body, you allow yourself to fully feel it. It also means that you allow the flow of life force energy to move unhindered inside of you.

You can be turned on and not plugged in. This is when your body is awake and responding to erotic flow, but you are unaware, because you are too far in your head to feel it.

You can also be plugged in but not turned on. If you can feel your body, but all you feel is numbness, tension

or pain, this is an indication that you are plugged in but the erotic flow is turned off.

AROUSAL FLOW {PRACTICE 16}

The next time you feel turned on in a non-sexual situation, stay open. Resist the habitual pattern of clenching, or tightening your pelvic muscles. Instead of holding your breath, breathe deeper and soften your belly. Then progressively soften your whole body.

On the inhale, pull the energy up through your pussy. Feel it rise and spill into your sacral chakra, activating your womb portal. It's your divine right to enjoy this life force energy pulsing inside of you. Let it feel good.

Exhale and let the energy swirl and play with the energy of your womb. Savor the sensation of it. Rock your hips. Roll your neck and shoulders around. Inhale deeply through your nose, and exhale out of your mouth. Let any sounds that want to express themselves escape your lips.

On the next inhale, continue to pull the energy up through the central channel of your body. Bring the energy into the solar plexus. Let it swirl there for a couple of breaths. Finally, move the energy into your heart.

If you would like to experience an energetic orgasm, continue letting the energy rise into the throat and then third eye, until it reaches the crown chakra. From there, imagine the energy shooting out of the top of your head, cascading around your body, and re-entering through the perineum. Breathe the energy up through all of the chakras again as many times as you like.

If you simply want to return to whatever you were doing before, breathe the energy from your heart into your arms and shake it out of your hands. Take cleansing breaths in from the nose and out of the mouth. Allow the energy to slowly subside back down the central channel on its own. Wiggle or shake your hips and thighs, to assist the settling down of the energy.

Arousal is a wave, just like any other sensation or emotion. It won't last forever. Your breath rate may increase as the arousal wave peaks. Slowing down the

breath, and taking longer exhales than inhales, will help down regulate your nervous system. Breathe in this manner until you feel calm, centered, and grounded once again.

INCREASING CAPACITY

Getting used to being turned on is a process. Too many people only know how to spend or spill turn-on in a sexual way. One of the biggest reasons women are not grounded in their bodies, is because of disapproval of their arousal.

The minute you begin to feel your body again through these practices, you will start to feel the flow of your erotic life force energy. You will also feel the pain of energy blocks or stuck emotions, that have not been felt and released. To get past these blocks, and to feel the full potential of your erotic power, you will have to agree to feel unconditionally.

It may be uncomfortable at first. Take it slowly, and allow yourself time to acclimate to more sensation, little

by little. The more you activate your turn on deliberately, the easier it will be to manage it when it happens spontaneously. The more you practice this next exercise, the more power you will be able to hold in your pussy, and in your life.

DELIBERATE TURN ON {PRACTICE 17}

Start by setting the intention to feel your turn on. Bring your focus to your pelvic floor. Notice the warmth and energy that begins to grow with the simple act of placing your attention there. Allow your body to make any spontaneous or organic movements as needed.

Breathe and stay open to any and all sensations. You do not need to purposefully move the energy, or try to change it. Just allow it to move however it wants to. Continue to breathe and release any gripping in your pelvic muscles. Soften. Open. Melt deeper into your pussy.

You may begin to salivate or breathe heavier. You may feel your skin flush and your breasts swell. You may

feel your pussy start to tingle or get wet. Any impulse to block your arousal, is the old programming surfacing. This is what you are training your body to disregard.

The minute you feel the urge to hold your breath, or tense against the energy, breathe deeper instead. Soften into the sensation. It may help to wiggle or shake your hips a little bit. Perhaps you need to let out a big exhale or make some sounds. Whatever you need to do to get over that first hump, do it.

After you make it past the point you would normally close off, continue to breathe deeply. Allow your body to undulate, and move organically with the pulse of the erotic waves. The waves often rise and peak, then plateau, then rise again. Use the lull between peaks to catch your breath.

You can stay with the first waves, and allow your system to get used to this level of sensation, or you can move on to the next. To increase the intensity level, breathe into your pussy and intend to double the sensation. Double it with each breath, until you reach the

next place where you get the urge to close off. Melt and move deeper into the sensation.

Only increase as much as you can stay fully present with yourself and the energy. If at any point you go numb or “check-out”, it means you went too far. Step back in intensity until you are present again with the sensations in your body. Repeat the process, increasing in intensity until you feel it’s enough or you go out of range.

If you go out of range, step it back. Come back to your edge and hold it. Breathe. Keep breathing and staying present with any discomfort or tension, until you feel that you can soften and relax fully into all sensation. If you never find that you can fully let go into it, take another step back until you can.

Play with this for several minutes everyday for at least one week. Anytime you notice that you are overly tense, numb, or stagnant in your body, you can use this exercise to get your energy moving again.

CHAPTER 7

THE WOMB PORTAL

The central concept of having a ‘Woke Pussy’, is the ability to awaken, and keep open, the womb portal in your body. This is the sacred conception vessel, that is a direct portal and bridge between heaven and earth. We conceive and birth our babies through this womb portal, but we conceive and birth all physical manifestations through it as well. It is where the power of creation is held in the human experience. All manifestations are birthed into the physical, through the power of the feminine.

Awakening the womb portal is an activation that happens through temple initiations, sexual union with an awakened man or initiated priestess, or by conscious choice. Some awakenings can and do happen spontaneously, at a time the soul decides before birth.

Women who identify as sexual priestesses, are often born with the template for womb awakening, from previous lifetimes of initiation in the mysteries. In those

cases, the womb portal often opens at an early age. Some are also born with it open at birth.

Women with an open womb portal exhibit a natural erotic and sensual power, that feels nourishing and grounded. They are often extremely creative, and able to manifest their desires more easily than others. An open womb portal is extremely magnetic. Magnetism is the creative power of the divine feminine. Feminine energy pulls towards it what it wants, then opens and receives it. It does not need to use force.

An awakened womb is of great service to humanity, particularly for those who have sex with men. Men require union with an awakened womb to be fully connected to source. Meaning, for men to activate their highest potential spiritually, and transcend basic mammalian programs, they need to experience “plugging in” to a woke pussy.

Woke pussy infuses the entire world around it with primal feminine power, and its numerous benefits. Woke pussy is willing to surrender, and be fully penetrated by

life, so she can be a cosmic womb and divine channel, for all to be nourished from.

To be utilized properly, the womb portal must be tempered and partnered with an open heart portal as well. Without the balance of an open heart, the magnetic quality of the womb can conceive, attract and pull in distortions of power including, promiscuity, sexual abuse, greed, and other negative manifestations.

All the chakras in fact are portals of one kind or another. This is why it is important to cleanse and heal each one. Imbalances in any energy center can distort what is conceived and “birthed” through the womb portal.

As you begin to awaken the erotic flow of your life force, and activate the power of your womb, everything you are is magnified and given more power. This includes the shadow self too. It is thus vitally important to do clearing work, as everything that is not in alignment with truth will begin to rise to the surface. We will discuss shadow work and clearing in *Part Three*.

WOMB CROSS ACTIVATION

It has been said that the symbols of the cross as well as the Ankh, are actually reference to the power of the womb portal. It is believed that the symbol of the cross is the key to creation in this human experience. We have both a womb cross, and a mirror of that above, which includes the heart.

It is highly recommended that you receive proper introduction and initiation into the sacred erotic mysteries. This book is not intended to replace such valuable in-person instruction and ceremony. That said, you can begin to become aware of and awaken these portals on your own, through conscious awareness and attention.

The first step is to bring awareness to each structure in the lower and upper womb crosses one at a time. The following exercise, will guide you through this process. In the book *Magick Pussy*, I discuss further how to fire up and use the womb cross to manifest and create.

WOMB CROSS AWARENESS {PRACTICE 18}

Begin by creating a sacred space where you will not be disturbed. Settle in and begin to drop into your body and breathe deeply. After you feel relaxed and connected, you will begin bringing your awareness into your pelvic bowl.

The lower cross begins with the clitoris. Bring your awareness, breath and attention to your clit. Breathe and connect with it for several minutes. Next, move your attention to the introitus, the vaginal opening. Rest your awareness and breath there for a few minutes. Now move your attention into the vaginal canal itself. Rest your awareness and breath here for several minutes. Next, bring attention to the cervix, the opening of the womb. Rest breath and awareness there.

Now move your attention to the left ovary, feminine water. Notice and feel as you breathe into your left ovary. Move onto the right ovary, masculine fire. Breathe and feel the difference in the quality of these two energies.

Now bring your awareness onto the floor of the womb. Breathe and feel the cavernous space above. Next, move your awareness to the ceiling of the womb. Breathe and feel the full expanse of the womb space. Lastly, bring your awareness into the space in the center of the womb. This is where the portal lies. Breathe into this space and see if you can feel the portal begin to activate and spin, opening the bridge between heaven and earth.

Remain here as long as you like, noticing any sensations, and allowing any communication to come through. When you feel complete, you can leave the portal open, or reverse the order of your attention to deactivate it.

To deactivate the womb portal, move back to the ceiling of the womb, then down to the floor. Next the right ovary, then the left. Moving back down to the cervix, down the vaginal canal to the introitus, and finally coming to rest your attention and awareness back onto your clitoris. Place one palm on your pelvis and the other on your heart. When you are ready, open your eyes.

HEART WOMB CROSS [PRACTICE 18.1]

As mentioned earlier, there is a mirror of the womb cross in the upper body. The first point is the tip of the nose. Focusing your attention here activates and stimulates the third eye. The next place is the lips. Bring your breath and awareness there and hold your attention. Then in your mind's eye, travel into the tube from the mouth, down the esophagus.

The cervix mirror is inside the throat, level with the notch in the clavicle. Next move to the left breast, then the right. Now the top of the heart, then the bottom, and finally the space in the middle.

This mirror is why it is so important to be mindful of what you speak, and also what you “swallow” or ingest. The seeds you take in, end up in your womb portal, where they can eventually become manifest in your physical reality. This is also why it is so important to do shadow work alongside cultivating this new power.

The more power you have, the faster manifestations will show up in your life. This is not to scare you, but for

you to simply be mindful of that which you speak and ingest, because what you take in will eventually manifest into your experience through the power of your womb.

The exercises in this chapter are simply to introduce you to the fact that these crosses and portals exist inside of you. It is not intended for you to do more than this simple awareness exercise, due to the cautions mentioned above.

After you learn the shadow work methods suggested, and feel well versed in all that is discussed in this guide, you can move on to *Magick Pussy*. There you will learn to utilize the energy of the crosses for deliberate manifestation and creation.

CHAPTER 8

SACRED SEX

Woke Pussy™ is in essence, a sacred sexuality teaching. Sacred sexuality practices utilize the erotic nature of our life force energy to create with and heal. This does not need to include sex acts, but it can. Breath and awareness are all that is needed to harness and use this energy. That said, including sexual activity is a way to stoke the fire even hotter, giving more power to whatever you'd like to use the energy for.

Sacred sexuality most simply, is the union of masculine and feminine energy. The magnetic quality of the feminine, is combined with the electric polarity of the masculine, either within the self, or between bodies. This union is the foundation of all conception into matter. This can be matter in the form of children, or anything else someone wants to conceive of.

Everyone has masculine and feminine energy within them. Therefore, sacred sexuality can be done alone, or with a partner. Practicing with others however, can and

does greatly enhance the amount of energy available to create with. More energy generators equals more power, plain and simple.

Not everyone makes the distinction between sacred sex and sacred sexuality. I feel it makes it easier to know exactly what kind of practice one is discussing. Nearly all of the practices in this book can be considered sacred sexuality. What makes something sacred sex, is that sex acts are performed while using a sacred sexuality technique.

Orgasm intensifies the energy available for any intended work. They are especially important during sex magick rituals. Again, sex acts and orgasms are not require to practice sacred sexuality but it is something you may want to explore.

In solo sacred sex, one stimulates themselves, combined with breath, and a strong focus on what they want to apply their orgasmic energy to. This can be something specific and physical, or as nebulous and intangible as more clarity, or a deeper connection with source. Literally anything you desire can be given power

to manifest, by directing sexual energy to it through sacred sex practices.

In solo sacred sexuality, the masculine and feminine within are brought into union to achieve conception. This can be thought of as the active mind or will, uniting with the divine feminine magnetic portal in the womb. One must allow the seed of intention created by the conscious mind, to penetrate the “egg”, that can then nourish and gestate the seed. An open womb portal, infuses the now united seed and egg with cosmic power, the third element needed for creation.

I worked in infertility for a brief spell. One thing I found most interesting, was that a doctor could place several sperm and eggs into a petri dish, but only some of them would fertilize. It made me realize that there was something more than just the masculine and feminine forces at play. That third component is the God essence. The breath of life. The animating force of all.

Sacred sexuality combines the masculine and feminine principles of the body, and unites them with the cosmic energy of the divine. Sacred sexuality practices

are about mastering this Holy Trinity of Creation. To create anything here on this plane of existence, you need all three components.

If the masculine energy does not penetrate, and the feminine does not fully open to it, or if there is no cosmic energy infused, conception can not occur. Therefore, all of life is a practice in this triune union.

First, there must be a union of the masculine and feminine energies within. A proper balance and right relationship must be established between the two. The masculine being the active principle of the mind, and the feminine, the creative and receptive part of the self.

As a whole, matter and the physical body are considered feminine. The body must allow the penetration of consciousness to come inside of it, and it must fully receive the mind's seeds of intention, in order to gestate and birth them into the physical.

This can be done alone or with a partner. The mechanism works the same. It is just exponentiated as you add more bodies to the system. Yes, sacred sex can be had with even more than two bodies. In fact there are

tales of sacred orgies performed in ancient temple rites. The combination of more energy fields was used to cultivate the higher power levels needed for larger scale works.

By no means do you need more than yourself to access and utilize this immense creative power. It is just even more potent with more generators in the system. In fact, it is good practice to learn sacred sexuality techniques alone, before practicing with a partner or partners.

SACRED SEXUALITY PRACTICES

Anything that consciously moves breath and life force through the body, is a sacred sexuality practice. Any practice that seeks to unify the feminine and masculine principles, is also sacred sexuality. Anything that increases the capacity to hold arousal, expand the orgasm, or use sexual energy to manifest, is sacred sexuality.

The next few exercises are breath and visualization techniques, that you will want to learn and eventually master. Not only will they help you utilize your sexual energy to power and energize your physical body, but they are the same techniques that can be used during sex for sex magick rituals. Sex magick is simply utilizing erotic life force energy to deliberately create with.

There can be a lot going on during a sex magick ritual. It is strongly advised that you feel well versed in the following techniques, before attempting to use them for sacred sex with yourself or others.

Practice *Raising the Fire I & II*, and the *Microcosmic Orbit* first. Perform all three daily, until they become easy and natural for you. When you feel ready, move on to the *Dancing Serpents* exercise.

All of these practices can be done alone, or with a partner. To practice with a partner, sit in ‘yab-yum’ position. Partners will sit facing each other, the feminine partner on the lap of the other, with legs wrapped around behind her partner’s back. (If you aren’t familiar with this position, do a quick online search for a visual example.)

RAISING THE FIRE I {PRACTICE 19}

Sit with your spine erect. You may sit on a chair with feet flat on the floor, in an easy seated pose, or in yab-yum with a partner. The most important thing is that your back is straight, with the chin slightly tucked, to elongate the back of the neck.

Breathe deeply into your pelvic floor and bring your awareness and attention to your perineum. Rock your hips gently back and forth and/or squeeze your PC muscle to begin activating the energy.

Once you feel a rise in sensation in your pelvic bowl, begin to take long deep breaths. As you inhale, imagine your breath travels all the way up your spine, to the top of your head. Hold for a couple of seconds. On the exhale, release the breath back down the spine.

The time held at the top of the head is the same count as the inhale. The exhale is double the count of the inhale. For example, if you inhale for 4, hold for 4, then exhale for 8.

Continue with the next round. Inhale, let the breath travel up the spine. Hold at the top of the head. Exhale, release. Repeat this breath pattern for several more minutes.

When you feel complete, return to normal breathing. Bring your awareness back into the room, and open your eyes.

RAISING THE FIRE II {PRACTICE 20}

Breathe deeply into your pelvic floor, and bring your awareness and attention to your perineum. Rock your hips gently back and forth, and/or squeeze your PC muscle to activate the energy.

Once you feel a rise in sensation in your pelvic bowl, begin to take long deep breaths. Imagine a ball of fire appears just above your pelvic floor. Breathe into this ball for a few breaths, to fill it with even more energy.

Now as you inhale, imagine this ball traveling all the way up your spine to the top of your head. Hold for a couple of seconds as the ball expands. On the exhale,

release the ball back down the spine. (The hold is the same count as the inhale, the release is double the count of the inhale.)

Inhale for 4, let the ball of fire travel up the spine. Hold for 4. Expand the ball of fire. Exhale for 4, moving the ball back down the spine. Release the breath. Repeat this for several minutes.

If you feel lightheaded or dizzy, slow down your pace. If you still feel out of sorts, stop for now and try again at a later time.

When you feel complete, return to normal breathing. Bring your awareness back into the room, and open your eyes.

MICROCOSMIC ORBIT {PRACTICE 21}

Sit with your spine erect. You can sit on a chair with feet flat on the floor, in an easy seated pose, or in yab-yum position with a partner. The most important thing is that your back is straight, with the chin slightly tucked, to elongate the back of the neck.

Breathe deeply into your pelvic floor, and bring your awareness and attention to your perineum. Rock your hips gently back and forth, and/or squeeze your PC muscle to get the energy pumping.

Once you feel a rise in sensation in your pelvic bowl, imagine a small ball of light sitting on your pelvic floor.

As you inhale, imagine that ball of light travels all the way up your spine to the top of your head. On the exhale, imagine the ball moving down the front of your body, and re-entering your pelvic bowl through the perineum.

Inhale, move the ball of light up the spine. Exhale, move it back down the front of the body. Inhale, the ball enters the pelvic floor, and rises up the spine to the top of the head. Exhale, the ball of light travels down the front of the body yet again. Repeat this movement of the energy ball and the breath for several minutes.

DANCING SERPENTS {PRACTICE 22}

Once you feel the previous exercises are easy and natural for you, move on to this one. The serpents are a

bit more challenging. You will want to spend even more time practicing this technique, before using it during sex.

Sit with your spine straight. You can sit on a chair with feet flat, in an easy seated pose, or yab-yum with a partner. The most important thing is that your back is erect, with the chin slightly tucked to elongate the back of the neck.

Begin with *Raising the Fire I or II*. Once you feel your energy moving, imagine two serpent heads appear at the base of your tailbone. On the right, a golden serpent. On the left, a black one.

On the inhale, imagine that they move upward and away from one another, towards opposite sides of your body. On the exhale, watch them come towards each other, and cross in the root chakra. Inhale. Again allow them to move up and away towards the sides of your body. Exhale, watch them cross in the sacral chakra. Inhale, they move up and out again.

Exhale, cross them through the heart chakra. Inhale. They move up and out. Exhale as they cross through the throat chakra. Inhale. They move up and out. Exhale.

Visualize them crossing at the third eye. Inhale. They move up and out.

On the next exhale, the two serpents merge into one beam of white light, just above the head. From there, it spirals down into the crown chakra. Deep inhale. Exhale, and watch the light travel down the central energy channel, and exit the body through the perineum. On the next inhale, sweep the energy around the outside of the back body, and let it enter into the crown chakra on the next exhale.

Circulate the energy from the crown, down the central channel, and out the perineum. Bring the energy up the front of the body and see it spiral back into the crown. Circulate the energy beam in this manner several more times. Alternate between it coming out and up the back, and out and up the front the next time.

If it isn't too challenging, imagine that each time the energy comes out of the perineum, it rotates a few degrees clockwise. This will create a spherical grid of energy around you. Circulate the energy in this manner,

until you have completed a 360 degree circle. If that's too confusing don't worry about it.

When you feel complete, allow the energy to pause at the root in the pelvic bowl. Reverse the flow. Allow the light to travel back up the central channel. Once it reaches the crown, the unified beam of light, separates back into one gold and one black serpent.

Continue to take deep breaths, as the serpents come out of the crown, and retreat back down the way they came. Allow them to unwind and cross, back through each chakra.

No need to push them or direct them, simply breathe and allow this process to happen naturally. Once they return to the base of the tailbone, this exercise is complete.

PUTTING IT ALL TOGETHER

Once you get a good handle on these four exercises, start adding them into your self pleasure practices. Choose one of the techniques. Continue to do the breath

and visualization, all the way up to orgasm. Take some time after you climax to come down and integrate. A 10 min savanna, salt bath, and/or a free write in your journal, are all excellent options.

After you feel confident in utilizing the breath and visualization techniques in your solo play, grab an adventurous partner and practice during partnered sex. No, your partner doesn't need to know that you're practicing, that is up to your discretion if you want to make them aware of it or not.

You may find that if you can't be honest about your spiritual practices with your partner, then maybe they shouldn't be your sexual partner at all. Maybe they just aren't the right partner for you to practice sacred sex with. Ultimately, it is a personal choice as to how you want to go about it.

Doing sacred sexuality breath work and imagery during sex, is sort of like patting your head and rubbing your belly at the same time. It takes focus, coordination, and a good amount of letting go into the flow of it. Don't be discouraged if you can't maintain the sacred sexuality

practices the first few times you combine them with sexual stimulation.

It may just be that you need some more practice with the techniques, before adding the sex in. Practice them on their own a while longer, until you feel like they are truly second nature. Eventually you will get the hang of it.

If you'd like more guidance on this, schedule a *Woke Pussy™ 1:1* session at wokepussy.com. We will discuss where you are getting stuck, and move you through it.

PART THREE

CLEARING

SHADOW WORK

SOMATIC ALCHEMY

DE-ARMORING

NERVOUS SYSTEM WORK



CHAPTER 9

SHADOW WORK

Too many people want to leave behind their darkness. They embark on a spiritual journey thinking that they will eventually not have to experience the dark side of life. If that's your goal, you will never reach it.

There is absolutely no way that you can move forward without your shadow. It is the source of some of your greatest power. However, until you learn to integrate your shadow self, it will rule you instead.

The dark side of power is pain. To embody the totality of who you are, you must agree to feel everything, including that pain. Trauma gets stored in the body simply because we are unable to, or choose not to feel. Not only do we have old stuff to process, as long as we refuse to face our darkness and the pain it causes, we will continue to re-traumatize ourselves over and over again.

Shadow work is a double edged sword. On the one hand it is an essential part of the spiritual journey. One cannot be whole without it. The danger is that too much

focus on shadow work, perpetuates the need for it. It would be like standing at the kitchen sink all day long, to wash any dirty dish that gets placed there. Yes, the dishes need to get washed, but it certainly should not be the entire focus of your life.

It's okay to let things pile up sometimes, and spend a good amount of time cleaning it up later. It's also pretty cool to have a regular cleaning routine, so that the mess doesn't get too out of hand. Shadow work methods are techniques that one must learn and practice, just like how you have learned skills and methods to clean your home. Shadow work, as necessary as it is, by no means needs to dominate your entire existence.

There are two ways to go about keeping a tidy house. There are those who like to wait until there is a big mess before they clean, and others who have a regular routine so that it never gets really dirty in the first place. Shadow work should be a good balance of both of these methods.

Even in the most spotless of homes, if you go looking for dirt, you're going to find it. Then you will spend all of

your time and energy obsessively cleaning, and will never get to enjoy your beautiful abode.

The point of life is to enjoy it. My suggestion with shadow work, is to learn the skills, have an easy regular routine, then go about living your fucking life with the rest of your time here. Once every few months or so, you can do a deep cleaning if you need it.

Shadow work is intended for troubleshooting. It's for when you are cruising along, living your life, and suddenly hit a wall. If no matter what you try, you can't get around that dang wall, that is when you pull out your shadow work tricks. Once you get past that obstacle, let the shadow work simmer on the back burner for later.

Enlightenment teachings and light work are the same in my opinion. They are tools to enhance your human experience. None of them are to be used to bypass living your life. Spiritual teachings are intended to make your earthly experience more pleasurable. They are not meant to monopolize or eat away your time here.

THE SHADOW

The “shadow” as many call it, is all of the things within your body, mind, and soul that you are not conscious of. Yes, many times these are unwanted or painful parts of the spectrum of you. But really anything that you are unaware of is part of your “shadow”. We each have one, and the collective as a whole has a shadow as well.

The whole point of life is integration of polarity. The problem with polarity, is that it has been misinterpreted. Dark became synonymous with “bad” and light with “good”. Conscious with “good”, and unconscious with “bad”. The truth is that all is God and therefore all is good. Evil as you think of it simply doesn’t exist. (For more on this topic read my book *Morningstar: Channeling Archangel Lucifer.*)

Good and bad are relative to each individual, and what is in the most alignment for them. For example, wings are absolutely necessary for a creature that flies. For one that crawls inside of the earth, wings wouldn’t be

of any benefit. In fact it would hinder their ability to move, and therefore be considered “bad” for them.

Everything is neutral. Whether it serves or impedes the movement and expansion of your soul towards the truth of who you are, that’s what makes something good or bad for you.

The trouble is that society, religion, your parents and so forth, all had ideas about what was good and bad, and forced those ideas on you. They programmed you with their beliefs, whether or not they were in alignment with the truth of you.

Growing up, we had to remain in connection with the “tribe” to ensure our survival. Anything that was not true for us, required that we created a persona so that we could conform. The trouble is that we learn to play these parts so well, we don’t remember which parts of us are performing, and which parts are the real us. In order to conform to things that were not actually true, we had to push our real selves into the shadows.

The further away those personas are from the truth of you, the worse off you will be when it comes to shadow

work. You will have more garbage to clear out of your house. You will have more cleaning and remodeling to do. The task can be overwhelming, heartbreaking, and incredibly confronting at times.

There's nothing wrong with you, if that's the case. It is simply the nature of the shadow world. It is the realm of the dark goddess. She is the blood, guts and chaos of life. She is the mess, shit, and violence of birth and death. She is also the power of resurrection.

There is a part of you that not only embraces these dark facets, but that revels in and adores them. Of course you have been programmed out of that reverence for the "darker" truths of your being. What kind of person would you be if you admitted that you love blood and gore? What kind of person would you be if you admitted that you loved to be messy and dirty and not at all perfectly composed?

Life is messy as fuck. You were born in blood, and tears, and shit. You were born wet and cold and screaming bloody murder. You were thrust from the

safety and warmth of your mother's womb, into the blinding light of separation.

You can be victimized by it for the rest of your life, or you can accept that it is part of the beauty of why the fuck we all came here. You can willingly take the journey down into the underworld, and learn to love your demons.

We came here for the tension. We came here for the mess. We came here for the pain and suffering. We came here for the bliss and beauty too, but we didn't have to leave the spirit realm for that. We really came here for the darker side of it all. All of those love and light gurus who want to bypass the "bad vibes" part of the human experience, are missing the whole fucking point.

You can skip a lot of the hardships of shadow work, by simply admitting that you came here for the bullshit. You came here to be limited. You came here to know suffering and separation from God. You came here for the cosmic hide and seek game of returning to divine truth.

You are an omnipotent, all powerful, all knowing, all loving, eternal being made of light. What else could you

possibly do to get your kicks with infinite time and power on your hands? Pretend to be small of course. Pretend to be a victim. Pretend that you could be acted upon and taken from. Pretend that you are powerless.

Not all of you will be ready to hear this. If you find yourself resistant to the last few statements, just let it roll off of you. Come back to it later. If you're ready to go deeper, I highly suggest reading the book *Existential Kink* by Carolyn Elliot PhD. She goes into depth about this deliciously wild and kinky game we are down here playing with the universe.

Once you realize that this is all a hilarious game that God plays with itself through you, you won't be so attached to the less savory or more difficult parts of life. You will know that the dark side is precisely what makes this human experience interesting and worth living.

WHAT IS SHADOW WORK?

There are many shadow work methods and techniques out there. I am not going to go into them

specifically here. If you would like to learn more about them, I have an online course on my website called *Shadow Work Essentials*. There are also shadow work techniques outlined in *Goddess School*, in the module on Inner Child Healing. *Goddess School* is also available on the site.

What I want to impart here is the philosophy behind why we need it. Shadow work is essentially uncovering, and finding radical approval for all parts of yourself. The truth of you is a combination of many things. On the light side, it is your gifts and talents. It is your compassion and love and beauty. On the dark side, it is the messy, “sinful” and unsavory parts of who you are.

Finding approval and acceptance for the unwanted parts and pieces of you, is the goal of shadow work. Any method that allows you to have compassion, and include previously exiled parts of you back into the whole, is a method that will work. You cannot heal anything that you deny or hide from yourself. Shadow work is the process of acknowledging and being present with any and all parts that you wish didn't exist.

Until you can approve of and embrace all of what you are, your power will be incomplete. The fear of those exiled parts taking control, will only hold you back. You will spend most of your time and energy keeping them down in the dungeon, so they don't surface and wreck your life.

Embracing your darkness doesn't mean condoning bad behavior, or not improving truly terrible parts of yourself. It simply means acknowledging that those parts exist, and are therefore valid and integral pieces of who you are as a whole complete being. All parts of you are good parts. It's just that sometimes, they get distorted by trauma and other negative experiences.

Once you can accept that these parts exist, you can explore where the distortions have come from. A wild animal can be a great asset once tamed, but not if it has been abused and starved. Your "demons" are simply like wild animals that have been severely neglected, and therefore act out in negative ways because of their suffering. Nothing inside of you is against you, no matter how it may seem like it at first.

Shadow work is the process of accessing these hurt and exiled parts of you, and understanding and nurturing them, so that they can return to their original forms.

There is no such thing as “self-sabotage”. Any parts of you that oppose anything that you want, are only parts attempting to keep you safe. Once you choose to become present with those parts, you will receive the vital information that they are trying to communicate to you.

Shadow work is the process of knowing thyself. If you fear your hidden aspects, you can never step fully into your power. If you ignore them, they will take over. They will cause havoc in your life, until you pay attention to them. Your loving presence and attention, is all any part of you wants.

Nothing but your own self hatred of these parts is keeping you from the life that you want. Nothing anyone does to you, and nothing that happens, can affect you, unless you decide that some part of you is unworthy because of it.

Shadow work is about integration. It is about letting go of this idea that only what is “appropriate” according

to others, is worthy of your own self love. It doesn't mean don't learn to be a better person, or to acquiesce to bad behavior because it's "just who I am."

It means allowing yourself to be a work in progress. It means allowing yourself to be exactly where you are, and who you are right in this moment. It means never again shutting yourself out, or pushing yourself away because you don't fit into someone else's model of "perfection".

Your perfection is in embracing the imperfect state of being a human being. Shadow work isn't about fixing yourself, it is about fixing your perception of yourself. It is about learning to love the "bad" parts of you, and bringing them back into your loving care.

You don't have to be better than you are right now to be worthy of love. If what you are right now you don't like, then you can make the necessary changes to improve. But it doesn't mean that you are any less worthy of a beautiful and abundant life.

Shadow work is ultimately about radical self acceptance. It is about learning that you no longer have to cut any part of yourself off from the whole, to be worthy

of love or connection. It is about finding the parts that you have unknowingly exiled, and bringing them back home.

HOW TO GET STARTED

The absolute best technique I have found to accomplish integration, is the *IFS Method*, created by Richard Swartz. To get started doing shadow work right away, grab a copy of the book, *IFS Self Therapy* by Jay Earley PhD, and work through the techniques religiously.

Nearly every other shadow work method that you will come across, has its roots in IFS. Once you master the theory and practice of working with your parts in this way, you will see exponential progress on your journey.

CHAPTER 10

SOMATIC ALCHEMY

Sensations and emotions need to be fully felt, experienced, and moved through. They are precisely why you came into a physical body in the first place. To deny them, is to deny the truth of this existence. Trauma is what happens when physiological or emotional energy, is not allowed to run its full course when it arises.

This can happen because of disapproval of the feeling, or the inability of the nervous system to process the intensity of it. No matter the reason, stopping a sensation or emotion from completing its full cycle, causes its energy to become stuck in the body.

By that definition, trauma does not only include catastrophic or disastrous events. Trauma can happen anytime physiological or emotional waves are not allowed their full expression.

You may have never had anything truly terrible happen to you, but if you have ever blocked the wave of an intense emotion or sensation, you have trauma

somewhere in your body. It may be minor in comparison to someone else's experiences, but it's still trauma all the same.

The buildup of trauma, is responsible for a myriad of symptoms including tension, chronic pain, anxiety, PTSD, and more. In fact, many conditions that the medical community finds a mystery, have their roots in unresolved trauma. The physical repercussions are not the only adverse effect caused by stuck energy.

All energy carries with it a specific frequency. As you may know, the Law of Attraction rules our universe. That means that like energy always attracts like energy. Until you release the stuck energy from your body, you will unconsciously attract situations that mirror the original event. Each time you experience another version of it and don't find resolution, the trauma deepens.

HEALING TRAUMA

Clearing trauma is essential for your physical well being, as well as for improving your ability to manifest

the life that you want. The effects of trauma show up in the psyche and in the body. As such, both levels must be addressed.

Most therapies that attempt to heal trauma, address the psycho-emotional level only. Even the more spiritual shadow work methods take this approach. Working with the psychological and emotional aspects, can be incredibly helpful, but it often isn't enough to resolve the trauma completely.

Often the therapy is simply continued, and the old stories analyzed over and over again, without any more improvement. It's not that the original therapy didn't work, it's that the physical body was never addressed. The good news is that somatic practices offer release of stored trauma without years of re-traumatizing talk therapy.

All energy wants, is to move and complete its natural wave from beginning to end. It's that simple. You don't have to talk about it. It just needs to be felt and expressed all the way through, for it to be resolved.

Somatic alchemy is technically considered a shadow work practice, because it takes unconsciously stored patterns and releases them. Unlike other shadow work methods or more traditional therapy, it isn't necessary to relive the memories or analyze anything. You just have to feel. That's it.

Sometimes memories do resurface during these practices, but it's important to let them flow through without attachment. You do not need to analyze or understand them. You don't need to do anything mental with them at all. Just let them show you what information they want you to know, and then let them go.

Sometimes the well of stuck energy is incredibly deep. The mind might get involved and try to protect you from feeling discomfort or pain during the process of release. Remind it that you are safe, and that everything is okay. Revisit *Disarming the Guard Dog* from p. 32, if you need to remember how to speak to your ego mind, so it will allow you to proceed.

Somatic alchemy often opens up hidden stores of grief, or other intense emotions. They may take days or

even weeks to fully empty out. It is important to trust the natural progression of it. That said, the feelings should come in waves. They will rise, peak, and fall. Somatic release has no story attached to it. It is pure sensation.

If the feeling is continuous without cease, your mind may have gotten a hold of it. All that means is that you are processing the feelings in your head, instead of feeling them in your body. Look down towards your heart and breathe your energy down into your pussy, until you can feel the sensation of the emotion in your body again.

Of course, if at any time you feel truly overwhelmed, or feel you are in danger of harming yourself or others, it is vital that you get professional help. There is absolutely zero shame in asking for assistance. This process can be super intense.

My recommendation is to start slowly, and hire a somatic release practitioner, shaman or other embodiment healer who can assist you. (To learn more about somatic release work read the book *Healing Trauma* by Peter A Levine PhD)

SOMATIC PRACTICES

Stores of past trauma aside, we accumulate stuck emotional energy every day as well. Anytime you want to tell off your boss but don't. Anytime your kids piss you off and you hold it together. Anytime you feel sexual desire and can't express it in the moment. Anytime you don't fully express, that energy freezes inside of you.

I recommend having a regular somatic release practice, at minimum once a week. If you can do a little bit everyday that would be ideal. The following exercises will help you open up pockets of sensations or emotions, that have been frozen for a very long time. They will also help you clear out any new energy that you have accumulated throughout your day.

Know that you always have free will, and you can always choose how much you are willing to feel at any given moment. The ability to stop feeling, is actually a gift. It helps us survive. We do have to go back and allow the waves to complete themselves however, or we will run into trouble down the line.

SHAKE IT OFF {PRACTICE 23}

Begin standing with your legs about hip distance apart, knees soft. Start with your right hand and shake it, as if you are trying to shake water off of your fingers. Shake up to your elbow. Now shake your entire arm. Repeat on the left side.

Shake your right foot. Shake up to your knee. Shake up to your thigh. Repeat on the left side. Remember to breathe. It may be helpful to inhale through the nose, and make a “ha” sound out your mouth.

Shrug your shoulders up and down quickly. Bounce and shake your hips. Lift and drop your heels firmly into the ground. Continue to bounce and shake your whole body. Don't forget your head. Move in whatever way feels intuitive to you. Continue for 3-5 minutes.

When the time is up, close your eyes and place one palm on your heart and one on your belly. Notice how you feel. When you are ready open your eyes.

LET IT RIP {PRACTICE 24}

This exercise will help you move stored anger out of your body. You will want to have a pillow or a bolster. You can also use a bed, or other soft surface. It's extra helpful if you play some aggressive music as well.

Get situated on your knees with your butt on your heels. Place the pillow or soft surface in front of you. Take a deep inhale through your nose, and lift your body up. Ball your hands into fists, and lift your arms up overhead. On the exhale make the sound "ha", and slam your fists down onto the pillow or soft surface.

Repeat this for a couple minutes, then roll over onto your back, and smash your fists down by your sides with every breath. Make the "ha" sound on the exhale, or yell or roar if you'd prefer. You can also kick your feet, like a toddler throwing a tantrum.

Continue with whatever movements feels the best for you. Keep going for as long as you'd like. 3-5 minutes per session is usually sufficient. You may feel like crying afterwards. That's perfectly normal. Anger often guards

the caves of grief. Once you move the anger and let it express itself, it often reveals the more tender parts underneath it.

Stay present with yourself, and allow your softness to emerge. When you feel complete, lay on your back with your eyes closed. Place one palm on your heart and the other on your belly. Remain here until you feel centered and grounded.

TREMOR RELEASE {PRACTICE 25}

After an animal in the wild escapes a life threatening situation, they take a pause and let their whole body tremble. They then continue on with their lives, with no evidence of lingering trauma from the event. They have allowed the fright and terror to burn away.

As humans, we don't usually do this. We hold everything in. The intense burst of sensation and emotions that arise during danger, are kept frozen inside of us. This keeps us in a perpetual state of "fight or

flight”, because we don’t allow the activation of it to run its full course.

This exercise is an excellent one to do for a few minutes everyday if possible. It will allow the body to release tension and stress, from whatever you have encountered in your day, or are still holding onto from the past.

The tremor effect is much easier to activate if your muscles are already fatigued. It’s an excellent time to implement this at the end of a workout or yoga session. You can also wall sit or chair pose for 1-2 minutes to create fatigue in the large muscles of the legs.

To begin, lay down on your back with your feet flat on the floor, and your inner thighs, knees, and calves touching. I find it helpful to also lift the heels off of the ground.

Very slowly, move your knees apart in .5-1 inch increments. Stop when your legs begin to shake. Hold that position for about minute, or until your legs stop shaking. This is not something you are doing on purpose. It will happen involuntarily.

Open your knees a little wider again, and stop when your legs begin to shake once more. Hold there, and allow the tremors to continue for about another minute.

Repeat this process until your knees are open all the way to the floor. If you feel you would like to continue, begin again by bringing your knees up slowly, one inch at a time. Stop at each position, and allow the tremors to run their course. Continue until your knees return to touch.

Once you feel complete, stretch your legs out long. Place one hand on your heart and one hand on your belly. Breathe deeply for a few minutes. At anytime you want to stop the tremoring process, return to this position and breathe.

CHAPTER 11

YONI DE-ARMORING

Our nervous system keeps a record of everything that happens to us. Our tissues store emotional energy that has not been expressed. The yoni, aka “the pussy”, is naturally a place that can accumulate a lot of tension, memories, and trauma. Your pussy is like a secret treasure box. It can hold both amazing, deliciously pleasurable memories, but also terrifying and terrible ones as well.

I mentioned in a precious section, that the energy of your sexual partners is incredibly important. Before you learn to become more discerning of your sexual practices, there have likely been situations that left negative imprints on the energy in your body. De-armorings is an excellent way to clear out unwanted or stagnant energy from past sexual encounters.

Yoni de-armorings is also a crucial step in allowing the fullness of your erotic power to flow. There are sexological bodyworkers, and other practitioners that offer yoni mapping and de-armorings, but they are hard to

come by. The good news is that you can do it yourself in the comfort of your own home. I will walk you through the basics.

TOOLS YOU WILL NEED:

You may use your fingers, but it is highly recommended that you purchase a yoni wand for ease of reach and comfort. Any high quality glass or stone wand will work for this purpose.

Make sure that you purchase your wand from a reputable dealer or sex toy shop. My personal favorites have come from *yonipleasurepalace.com* and *chakrubs.com*. Both sites offer more in-depth training manuals for the de-armorng process as well.

You will want to have some lube handy should you need it. Also, you may want to have gloves available if you will be working with a partner, or want to use them for yourself. It may be a good idea if you have long nails, and don't have a wand for this practice.

PUSSY MAPPING {PRACTICE 26}

Before you begin the de-arming process, you will want to first understand the map of your pussy. Imagine that there is a clock situated around your vaginal opening. The 12 o'clock spot is the top-most point closest to the pubic bone. 6 o'clock is the bottom point, directly opposite, near the perineum.

You will want to lay back with your legs in a butterfly position. Take a few deep breaths, until you feel calm and relaxed. Begin at the 12 o'clock spot just inside the vaginal canal. Gently press and hold. Breathe deeply into the spot, and notice if there is any tension, discomfort, or pain. Continue to hold and breathe for about a min, noticing any sensations that arise.

Move to the 1 o'clock spot, just to the left. Hold, breathe, and notice for 1 min. Make your way all the way around each "hour" in the same manner, until you arrive back at 12 o'clock.

Place your finger or wand about another inch deeper, and press and hold around each hour of the clock once

again. For the third round, you will place your finger or wand yet another inch deeper and repeat.

You can map the cervix in the same way, doing one round around “the clock”. The cervix is often rather difficult to reach manually. In order to do cervical work, it is highly recommended that you purchase a wand specifically for this purpose. The *Cervix Serpent* from yonipleasurepalace.com, is an excellent option. Though any wand with a slimmer end will suffice.

Once you have finished your mapping process, you may want to record your findings in your journal. It isn't necessary to map your pussy every time you do a de-arming session, as you can often map as you go. It is however, recommended to map your pussy periodically, just to have a better understanding of where you are at, and to record the progress you are making with your practice.

DE-ARMORING {PRACTICE 27}

The de-armorining process is much like the mapping process. Only instead of simply observing and recording sensations, you will actively massage and release any spots that are holding tension or discomfort.

Again, make sure that you are feeling calm and relaxed. Get your lube ready. Make sure that you ask permission from your pussy to do this process. You never want to force her to do it if she protests.

Once you get the all clear, insert the wand at the shallowest level of the vaginal canal. Hold and breathe, until your pussy softens and opens against the hard material of the wand. Take a moment to notice how she is feeling overall.

You can follow the same steps as the mapping process by going around the clock, or you can intuitively press into areas of your pussy, that you feel guided to. Each spot that you feel tension, discomfort, or pain, press, hold and breathe for about a minute. You can then follow with

gentle massaging circles, or by pressing slowly in and out until you feel the spot release.

This practice can also be done with a loving and attentive partner. Verbally direct them to place the wand, or one to two fingers on each spot. When you feel them reach a place that needs release, have them hold and press, with a firm but gentle pressure.

Breathe deeply into the spot. Have them breathe deeply, and hold loving attention on the spot as well. If you feel like you need some gentle massage or more or less pressure, communicate that to your partner.

You don't have to clear each and every single area in one go. It's actually much better if you incorporate de-armoring into your regular erotic self-care practice. I recommend at least 20 min and up to an hour for each session.

Make sure you stay connected to your pussy, and what she is communicating to you throughout the entire process. If at anytime you check out, or feel like you're in your head, pause and come back to your pussy.

Certain sensations or emotions can take you out of range. If you feel like you can't stay present, always slow down or pause until you feel connected again. If you can't seem to be able to bring your focus back, stop the session and try again later.

If all is well, continue the practice until you feel complete. Though it can be an arousing experience, I don't recommend moving into intercourse or other orgasmic play right away. It's important to keep the container of this healing practice separate from your pleasure practices.

Stay with yourself for 5-10 min, to allow for integration. After you've come back to the present moment, get up slowly, and have a glass of water. Make sure you drink plenty of fluids after a de-armoring session, to assist the body with flushing out old energy and toxins. This is also a great time to journal, especially if you had intense emotions come up during your session.

If you decide to incorporate de-armoring into your regular erotic self-care routine, I would say begin with

once a month, and then work your way up to once a week if you'd like.

You may also combine de-armorng with yoni steaming. I would de-armor first, and steam after. This will prevent any potential issues with bacteria getting pressed into the womb space, as steaming can dilate the tissues.

I would not recommend de-armorng immediately before or during your moon cycle. You may be extra sensitive and will not get an accurate reading about what's going on in your vaginal tissues during those times.

As always, follow your gut and listen to your body. You may want to de-armor more or less often. It may be a practice that just doesn't work well for you at all. Experiment and go slow. Notice how you feel before, during, and after. Overdoing it, is counterproductive. Listen to your body, and make adjustments to your practice as needed.

ENERGETIC CLEARING

De-armoring is the most potent way to clear your pussy of residual junk from the past. But, it is still good practice to do energetic clearings as well. The simplest method is to incorporate energy cleansing into your daily bathing routine.

Simply visualize the water coming from the shower head, turning into a waterfall of divine light. Cleanse your energetic body as you are cleansing your physical body. Imagine any dark energy washing down the drain and being sent to mother earth for purification.

You can also imagine a waterfall, or river of light at any time, anywhere. See, feel or sense the waters of life rushing over and inside of you. Pay special attention to your heart and pussy. Imagine this divine light swirling and washing clean any energy no longer needed.

You can do this energetic clearing as often, and as many times as you like. It is especially good after casual sexual encounters, or when you have been around a lot of people for an extended period of time.

CHAPTER 12

NERVOUS SYSTEM RE-PROGRAMMING

Our nervous systems records everything that we experience. It locks in patterns so it can anticipate how you need to behave, in similar situations in the future. The trouble happens when the recorded patterns come from dysfunctional or harmful experiences.

Even if a new situation is nothing like an original event, your nervous system will respond exactly the same, if it looks or feels similar to you.

For example, let's say that as a child, your mother was cold and disliked affection. Anytime that you reached out for physical comfort or attention, she rejected you. Your nervous system was programmed to expect rejection to your bids for physical affection.

Now as an adult, even though your partner is tender and loving, anytime you want to reach out for affection, your body tenses and does not allow you to do so. You may have remembered the original event from childhood, and may have done shadow work on it, but the physical

response still remains. This is when you may want to consider doing some nervous system re-programming work.

In order to reprogram the nervous system, you will have to experience the opposite of what happened during the original trauma. Again, there are experts in this field that can assist you, if this modality calls to you. However, you can do some of it on your own or with a partner.

In the example above, you will want to illicit a trusted friend or lover. Explain to them that you are working on reprogramming your nervous system, to know that reaching out for affection is safe. Arrange a time frame for your practice. Instruct them to warmly and opening accept your bids for affection. Reach out to them and let your nervous system experience the new response. Do this multiple times during the session.

It does take time to reorient to the new pattern. You have to experience the preferred reaction enough times, that it registers as the new normal, rather than simply an exception to the rule.

If the response is something that is internalized, like beating yourself up when you make a mistake, you will have to do this process alone. Choose a new response to replace the old one. Set a time frame and container for you to consciously work.

Be vigilant and notice anytime that you make a mistake and are about to punish yourself for it. You can do something deliberate to activate the pattern if you wish. Get a coloring book and color outside of the lines. Knock a glass of milk off the table. Do something that isn't life altering, that might bring up the old pattern.

Instead of your habitual reactions, make the effort to respond the way that you would with a small child. Soften, and have grace. Love yourself in that moment instead of berating yourself. Slow down your breathing and relax your body. Deliberately change the usual response to one that is more loving and kind.

Again, this can take some time and several rounds to shift to the new response pattern. Stay persistent and have patience with yourself. This is slow work. Celebrate your wins however small and stay the course.

PART FOUR

OWNING YOUR SH*T

ETHICS & INTEGRITY

BOUNDARIES

(S)ELFISH SELFISHNESS

RELATIONSHIPS



CHAPTER 13

ETHICS & INTEGRITY

This work would not be complete, unless we discussed the value and necessity of energetic responsibility. If you want true power, you have to be willing to accept radical responsibility for yourself and what happens in your life. The bratty damsel in you that wants everything to be everyone else's fault, has to grow the fuck up.

We all have a version of her inside of us. The one that is willing to take more than she deserves. The one that uses her sexuality to get what she wants, but doesn't want to be responsible for the impact of it. The one that wants to get everything for nothing, and not give anything in return. These patterns all have to go. The fragile little girl that needs to be saved, can't be allowed to run your life anymore.

Being energetically responsible means understanding and using your energy consciously. Knowing that what you put out is what you will get back, and not being

victimized when that happens. It also means treating others as you want to be treated, and taking only what you are willing to energetically pay for.

For example, the woman who uses the promise of sex to get what she wants out of men, then demonizes them for their desire, is not being energetically responsible. You can use your sexuality to get what you want from others, but don't act like a helpless victim if they then respond to your promises with expectations of fulfillment.

This 100% is not to say it's okay for any person with expectations of you to violate your sovereignty or free will. It simply means, that you have to be a grown-up about the truth of the way energy plays out. You can't be victimized if people get mad at you, after you've lied or misled them to get your way. It's immature, and rude as hell. Only grown ass woman shit is allowed from here on out.

A woman with a woke pussy, owns the fuck out of her actions and their natural consequences. It doesn't make the consequences right or wrong, it simply means that

you are ultimately a participant, and therefore equally responsible for anything and everything that happens as a result of your actions.

Women are the more energetically powerful sex. We do not have the physical strength of men, but we hold the secret ingredient to all of life between our thighs. The masculine energy has cracked down and become violent and oppressive, simply because they need what we possess, to survive. It's quite unconscious, but the desire to control women, is really about the fear of this vital connection being taken away from them.

Women have historically been the worst culprits of misuse of power. Though to say so is uncouth. Patriarchal ideologies are only a symptom of the exile and misuse of the feminine. Women are the greatest offenders, and the only ones that can heal it. Feminine desire leads, and the masculine follows.

Men are nothing without Woke Pussy. The world is nothing without Woke Pussy. To truly earn the power of having a woke pussy, you must take complete

responsibility for your energy and the way you use that power in the world.

MORALS VS ETHICS

Your morals can be flexible, but a Woke Pussy's ethics must be impeccable. Knowing the difference between ethics and morals is the first step. I see morals as a set of external standards that dictate whether or not someone is "good" or "bad". Morals tend to be quite subjective, and highly dependent upon the current values of the culture that create them.

Morals dictate things like, not having sex before marriage, not swearing, and going to church every Sunday. Morals are what decides if someone or something is acceptable and appropriate by the ruling standard of the day.

Morals have nothing to do with whether or not you are actually a good person. Morals in my opinion, are just external ideals whose purpose is to assert control over a particular population. Fuck morality.

What you want to shift your loyalty to instead, are ethics. Ethics are the set of principles that allows for the sovereignty and free-will of all. To be ethical means that your thoughts, words, and deeds do not infringe upon the sovereignty of another. That others are always free to choose and act for themselves, regardless of your feelings and opinions about it.

To be ethical, you must be willing to never trample upon someone else's free-will or right to sovereignty. This isn't to exclude or prevent you from your natural human tendencies. You will always be human, no matter how far you ascend up the ladder of evolution. There will absolutely be times that you really want to behave unethically. It's just that you must remain conscious enough not to act on it. If you do, you must take full responsibility for the consequences.

There are acts that most people understand are obvious ethical violations. Taking someone's life, is one example. Forcing or coercing someone to do your bidding against their will, is another. Stealing and lying are a couple more.

Lesser known ethical violations often fly under the radar. Withholding information is a big one. If you do not tell the whole truth, and therefore do not allow another person to make their own decisions, based upon the whole truth, you have infringed upon their free will.

People who do this, believe that it's okay because they don't outright lie. However, withholding known information does not allow the other person to make an informed choice. That is a manipulation of their free will. It's not okay, no matter how you slice it.

It's easy to understand this in a medical sense. Informed consent is one of the ethics the medical community is supposed to adhere to. You as a patient, have the right to be told all the known pros, cons, and dangers of a proposed medical procedure, before being asked to consent to it. If they withhold any known information from you, they are violating your bodily sovereignty, and are in violation of their own ethical code.

You must have all of the information that is presently known, in order to be able to make an informed choice

for yourself about a matter. When information is withheld purposefully, it is often an attempt to control the choices of another. This is always wrong.

It's wrong, not in the sense that it is morally wrong necessarily. A lot of people's morals, actually allow for this kind of behavior. It's wrong in that it violates the one thing even The Almighty doesn't fuck with, free will.

Even God with all its power, will not violate your free will. So for a human to exert this kind of control over another, is the greatest sin that there is. You are not free if you do not have the autonomy to make choices for yourself. Therefore, anything that tramples on another's free-will is the worst crime that there is.

THE VICTIM TRIANGLE

To be energetically responsible, means you have to get off the victim triangle. On the triangle live the victim, the villain and the rescuer. None of which take responsibility for themselves or their actions.

Most people are aware that in order to access power, they can no longer identify as a victim. “Good People”, also know that moving to the villain position isn’t the way to go either. Instead of getting off of the victim triangle all together, they simply shift to the rescuer position.

Rescuers know that if they act as the villain, they are infringing upon the sovereignty of others. Few realize that being a rescuer makes them just as guilty. A rescuer does not allow people their full power any more than a villain does. They are simply more clandestine about it.

Rescuers feed off of feeling superior to others. They arrogantly believe that they know better what others need. This leads them to act in controlling ways, under the guise of “helping.” When actually, they end up keeping victims in a disempowered place, so that they can continue being a rescuer.

Rescuers strongly believe that they are righteous because they are “saving” people from themselves. When they actually do a lot of back handed and manipulative shit to “fix” the poor helpless people they see as victims.

It's important that you examine any patterns of rescuing that you may have. A lot of spiritual seekers and healers, fall into this category. It is not energetically clean. It is often not ethically clean either. (To learn more about the victim triangle read *The Three Faces of Victim* by Lynne Forrest)

INTEGRITY

Integrity is when your thoughts, words, and actions are all in alignment. It also means that you honor your boundaries, and stick to an ethical code. Artists who claim other's work as their own, for example, are referred to as not having artistic integrity. People who lie do not have integrity. People who say one thing and do another, do not have integrity.

Integrity is a must if you wish to activate your full power. For those who do not live in integrity, do not live in trust of their own magnificence, nor trust the sovereignty of others. If you do not live from trust or do

not give trust, then you are not trustworthy. You are a danger and a menace to society.

Those without integrity misuse power. Misuse of power has dire consequences either in this life or the next. The universe is a closed system, and the books will get balanced one way or another. Karma is a whole entire bitch, and she always gets her way. Remember that.

To be out of integrity is to be out of alignment. To be out of alignment means you cannot receive the full extent of your blessings or your power. Being out of alignment, is the main cause of not being able to manifest the things you are desperately wanting.

Alignment is everything when it comes to mastering this universal game. Without integrity, you have no alignment. Without alignment, you do not have the power of the universe behind you. Sure, you can still get things done, but you will be using your own life force to do it. You cannot sustain living that way. The well will eventually run dry.

To make the impact that you want to make in the world, to make the money you want to make, to have the

life that you want, you must have the universe's power behind you. To have that kind of power, you must be in alignment. You have to have integrity.

Ethics and integrity, are also about doing what's true and right, no matter what your feelings or preferences are about it. It doesn't matter how mad you get at someone for example, it's never energetically clean to manipulate, control, or purposefully harm them.

To have integrity, you must be willing to accept 100% personal responsibility for your own deeds and actions. You cannot off-load the responsibility of your choices onto another when it suits you.

Own the shit out of yourself. Hold yourself accountable for your life. The more power you are given, the more the energy will also hold you accountable. At the beginning though, it's up to you. You have to prove yourself worthy of the responsibility of having the power in the first place.

MASCULINE VS. FEMININE INTEGRITY

The masculine is the computer-like mind in the system. It works in absolutes. The decisions it makes are final and static in nature. When in masculine integrity, you do what you agreed to do in the past, regardless if it feels true to do so now or not.

The feminine is organic and alive. It follows where divine energy flows without question. Being in feminine integrity, means that the commitment is to the higher truth at all time. That means that what was true for you before, may not remain relevant in the future. If a previous agreement no longer aligns with higher truth, masculine integrity cares not. You are still bound to your word. Feminine integrity says “change the agreement”.

Your needs are allowed to evolve. You are allowed to grow. You are allowed to want new and different things. You are allowed to change your mind. On this path, your devotion is to the truth, not to anything or anyone else.

This doesn't mean that you don't have to take responsibility for the impact or consequences, of acting

on the new thing. You absolutely do. That isn't always fun. Following the truth, is rarely the most convenient, or most comfortable choice to make. It can sometimes take a lot of work to clean up after dismantling old agreements. But, clean it up you must.

Feminine integrity may not be the easier way to live, but masculine integrity does a great disservice to all. If the truth changes, not changing with it, forces you and everyone around you, out of alignment with the bigger thing.

You have been taught that rigidly honoring your commitments, is always the right thing to do. You probably believe that doing so makes you a good person. But if something isn't true for you anymore, I guarantee that it isn't the truest thing for anyone else either. Leading people away from their truth, doesn't sound like something a good person would do, does it?

If the truth does change, the question to ask is how can you stay ethical in managing the new thing? Absolutely no ghosting or withholding information is allowed. Put your big girl panties on. Communicate with

whoever needs to know the new thing, no matter how uncomfortable the conversation may be. Be willing to face the consequences or potential negative reactions. Clean up any mess that it makes. Then, continue following the truth.

If you're not following your truth, who's truth are you following? If you are adhering to masculine integrity to avoid hurting other people, that's admirable. You may feel like you are doing the right thing by not speaking up. That's actually just a rescuer pattern. You need to be willing to trust other people to make their own decisions, about anything you bring to the table. The truth can hurt, but no one needs you to save them from it.

Not being willing to communicate, because you don't want to face discomfort, is not the mature thing to do. It leads to manipulating and controlling the situation, instead of allowing others to choose for themselves what is best for them. It is energetically unclean. It's not sexy either, just to throw that in there.

Yes, it can be wildly uncomfortable to be honest with yourself and others, when the truth of something changes.

It can be challenging to work through and negotiate new terms. The other person may get angry during the process, or opt out of connection with you all together. Something might fall apart that you spent a lot of time or energy building. It can suck pretty hard.

I'm here to tell you, no potential consequence is worse than the self-betrayal and misalignment you will experience from not following the deeper thing. Masculine integrity may feel good to the ego, and it may look prettier on the outside, but feminine integrity feels good and is good for the soul.

CHAPTER 14

BOUNDARIES

As you begin to step fully into your power, you will have to establish new boundaries with yourself and others. You will also need to set boundaries with any higher energies that want to flow through you.

Boundaries are not what most people think they are. Many think that boundaries are rules that you give others to follow, so you can be okay in relationship with them. Those aren't actually boundaries. That is an immature feminine pattern of making other people responsible for how you feel. Real boundaries have another flavor and purpose.

Boundaries are masculine in nature. They provide structure and a container for your feminine life force. These edges are what differentiate you as an individual, and are ultimately what make you, you. Without these boundaries, your energy would spill back into the sea of oneness, and recombine with The All. To define who you are, you have to know where your boundaries are.

Boundaries are non-negotiable. They are hard lines and hard no's. They are things that you cannot compromise on without betraying yourself. Self-betrayal means that you have stepped outside of the boundaries of who you are. You have locked yourself out of your own house, so to speak.

Boundaries are also what we call the set of rules we have for ourselves, about what we will and will not participate in. This is how you will most often use boundaries. Part of loving and honoring yourself, is getting know yourself and your boundaries intimately.

Once you know what they are, you need to communicate your boundaries clearly to others. Again, this isn't to place controls on their behavior. It's to allow them to choose for themselves if their boundaries are a match to yours or not. It is an agreement of what you both are available for within the relationship.

As far as energies and higher beings go, just treat them as you would any other person in your life, when setting your boundaries. You always have free will, even with divine energy. Remember that.

WHEN BOUNDARIES ARE CROSSED

If someone crosses a boundary you didn't know you had, or one you haven't told them about, have some grace. Have a conversation about what you learned, and establish the boundary moving forward.

If someone crosses your boundaries, after they have been clearly communicated, you have some decisions to make. You cannot require or wait for them to change, so you can feel better. You have to take responsibility for your well being yourself. It is up to you to change the level of access you allow them to have in your life. You might also have to completely remove yourself from the situation, if it becomes necessary to do so.

Again, boundaries are not control over another person. Boundaries are the edges of what you are willing to participate in. It is up to you to honor your own boundaries. It isn't actually anyone else's responsibility to do that for you.

You can have agreements that you make with others about how you will and will not treat each other.

Ultimately, you have to hold your ground about what you will or will not do, if they do not adhere to those agreements.

Boundaries must operate within the framework of ethics and integrity. If you say that you will not put up with someone cheating on you, then you don't put up with someone cheating on you. You can't force them to stop. You can however stay in your integrity and choose to leave.

Again, refer to masculine vs. feminine integrity. Sometimes the boundaries and agreements you set have to change. Sometimes they become untrue, and you have to find where the new edges are for you. Always follow the higher truth. The higher truth will always keep to your soul's boundaries. That may not always be the same as the boundaries you made from your ego self. Be mindful of that difference.

Keeping boundaries with yourself is super important. Self-betrayal is typically why any situation actually harms you. It isn't what they did, so much as it's what you didn't do for yourself once they crossed the line. The

real harm comes when you abandon your integrity to stay in connection with another person.

Be careful that you are not holding yourself responsible for other people's boundaries either. Believing that other's are not capable of choosing for themselves, is what leads to this. It's part of the rescuer pattern that many "awakened" women fall prey to.

It's actually quite arrogant to believe that you have to keep someone else's boundaries for them. It leads to making choices for another person, instead of giving them all the information they need to choose for themselves.

Let's say that your spouse tends towards over giving. Instead of making your needs clear, you hold back asking, because you're afraid that they will overextend themselves in giving you what you want.

Some time down the line, you blow up at them out of resentment for not getting your needs met in the relationship. You blame them for being an over-giver, and for feeling like you have to protect them from

themselves. In this case, you actually move to the villain location on the victim triangle. See how messy that is?

It would be much cleaner to own your needs, ask for them, and let your spouse take responsibility for themselves if it overextends them. Perhaps that is a lesson they need to learn. You protecting them from that lesson is actually doing a disservice to them and their soul's growth.

Let other people worry about their own boundaries. Do not try to protect them from betraying themselves. Do not protect them from learning the way that they need to learn. You do not know better than anyone else what they need for their particular soul's journey.

Stay in integrity with yourself, by sticking to your own boundaries. Let other's tend to their own shit. Do what you say you are going to do for yourself. Do what you say you will do for others. If you change your mind, communicate.

Stand your ground about what's true. Hold your own energy, and don't spill it all over anyone else. Especially not without their permission.

Take responsibility for your life. Live fully, and let others live in whatever way they see fit for themselves. If that doesn't align with you or your ideals, leave them alone.

If someone isn't for you, that means that you aren't for them either. It's okay to move on. You don't have to stay to save them. Don't be a shitty rescuer. Let them make their own choices. If that lead to their ultimate destruction, so be it.

Worry about yourself.

CHAPTER 15

(S)ELFISH SELFISHNESS

(S)elfish Selfishness is a concept I first discussed in *Goddess School*. It essentially is a way to get what you want, while respecting other people's sovereignty at the same time.

The concept is based on the fact that being your Self, with a Capital "S", is a kind of selfishness that includes the wellbeing of the whole naturally. Therefore, you don't actually have to worry about whether or not you are being righteous, when following your own bliss.

When you are in touch with your highest self, your desires always benefit everyone around you. It's when you are in the small self, or the ego self, that you are acting in ways that do not include the whole.

The ego self is only interested in self-preservation. Therefore, ego-based desires, don't take into consideration the larger ecosystem of all involved. The ego doesn't even know that there are any others at all. It believes that you are an island unto yourself.

The goal in (S)elfish Selfishness, is to first come to the truth of your soul. From there, you are connected to The All. Your desires become purified, and you need not worry about whether or not you are righteous for what you want. What's good for your soul, is good for all souls

Here is an excerpt from Chapter 3 of *Goddess School*, “The Art of (S)elfish Selfishness”:

“Everyone is selfish. Everyone. We are all different and unique individual expressions of the One Infinite All. As such, there is only One Self. There is no other in the grand scheme of things. Therefore it is impossible to be anything other than selfish.

Within us however, we have two masters that we can serve. The ego self has no knowledge that we are one. Its only job is to maintain our individuality and our separate identities in tact.

Its job is to keep your body alive and keep you logged in to this 3D game of life. Keeping you safe and differentiated from the whole, is required so you can accomplish your personal life's mission. Because the ego has no awareness that you are part of a whole,

selfishness in service to this master is where the typical (negative) connotation of selfishness comes from. This is not the capital (S) form of selfishness we want to aspire to.

Ego based selfishness is detrimental, competitive, and believes in limited resources. Therefore, acting from this form of self, creates a sort of desperation, born from the belief in lack. Any action from this standpoint takes no consideration for the wellbeing of the whole. This can manifest in behaviors such as hoarding, lies, deceit, manipulation, theft...etc.”

The easiest way to tell if you are living from the small self or the higher self, is to examine your desires. If you are following compensatory desires, it is most likely that you are living from the small self. If you feel like you need to control others, or manipulate situations to get your needs met, you are living from the small self.

Compensatory desires are always manipulative in nature. They are things you want *so that* you can get something else. They are often desires to avoid

something unwanted, rather than moving you towards something that is wanted.

Compensatory desires always come from a place of ego, because they are fear based. Wanting to avoid something unwanted stems from the fear of experiencing the consequences of that thing. When in a state of fear or lack, you cannot act from any other perspective other than self-preservation.

Self-preservation is the root of all negative selfish behaviors. When in this mode, there is no trust or faith in the abundance of the universe. There is a deeply held belief that resources are limited. That what is not for you, must be destroyed. This leads to nefarious and manipulative means to getting what one wants.

Instead, shift into the higher perspective, where not only is there enough of everything for everyone, but what is yours is already written for you. No one can take it, and nothing can prevent you from having it except yourself.

From this place of trust, you can allow others to make their own choices. You know that if they do not choose what you want them to choose, it simply means that they

are not for you. You believe that what is yours is out there in exactly the way that you want it. Therefore, there is no reason at all to attempt to control or manipulate anyone, for you to get what you want.

From the big Self, you are able to remain in your integrity, and respect other's sovereignty, knowing that you can get what you need no matter what. If someone doesn't want to be with you, you just let them go. If a situation doesn't work out, you just keep it moving. From the big Self, you know without a doubt, that the abundance of the universe will provide everything you need, and everything that happens is leading you right to it.

CHAPTER 16

RELATIONSHIPS

Though this is a subject worthy of a book all its own, I do think it's worth mentioning how this all works in relationship with others. As you open up to more and more of your power, your relationships can and will change.

The first thing you will notice is that some of your relationships were not built on mutual respect nor sovereignty. You will realize that those particular relationships are actually trauma bonds, based in control and not love.

Those relationships will be ones that have operated without proper negotiation or communication of your needs and boundaries. You will find a harrowing lack of integrity, and a disturbing amount of self-betrayal on both sides. Each of these relationships will have to face the fires of transformation. Some will survive. Many will not.

You will have to surrender to the truth that the most important relationships you have now, are with yourself

and the power that moves through you. You will have to be loyal to those things first and foremost. It will not always be easy. Nor will it always feel good.

As you clean up your energetic act, and cultivate more and more power, you will come across those who fear or do not understand the change in you. You will have to remain steadfast in holding yourself and your boundaries. You will have to be in full commitment to your soul, and this journey no matter what.

The good news is that whatever is true, will always remain intact. The only people and things that will not stick around, are the ones that weren't true in the first place. Some may still have to make an exit for a time, so that the old relationship can die. However, anything that is meant to be in your life, will always come back in a new or more aligned way.

Knowing this, won't make it any easier to let go when you need to. It can be hard to watch lifelong relationships and friendships fall by the wayside. But I assure you, any relationship whose foundation is truly built on truth, will

survive the fire, or come back to you once your transformation is complete.

It may take some time. It may take some hard conversations. It may take you honoring other people's free will to not be in relationship with you, if they so choose. This is something that you will have to risk in order to serve the energy.

You will no longer be able to hold back the truth of who you are. You will no longer be able to betray yourself, to remain in connection with others. It can be incredibly lonely during this transition.

You will eventually, clear out the pipes so to speak. You will eventually ascend to clearer skies, where honoring your true self, will bring to you those that are also in alignment with who you really are.

So many of your relationships up until now, have been built upon false versions of you. You will have to be willing to let go of what is no longer true about yourself, and let anything that came along with those false identities, fall away.

You may lose friends. You may lose lovers. You may lose teachers and colleagues, and even family members. This is completely normal. As you acclimate to the new and truer version of yourself, you will be able to reclaim some of those relationships if you wish. You will more likely find that they no longer serve you, and you can leave them be.

You will be stripped down to the very bones of who you are on this path. But just like a caterpillar that turns to goo before is reemerges as the butterfly, so too will you rise again, completely transformed.

When you re-emerge, your relationships will also be upgraded and more mature. You will be willing to have the hard conversations, in which you negotiate your wants, needs, and boundaries with others. You will be willing to walk away if you cannot find alignment with them, or they cannot respect you in this new place.

You will learn that self-betrayal is never, ever worth it. You will learn that your preferences can suck it, because what you wish was true, will never matter more than the actual truth.

The relationship that you are cultivating now, is with yourself and the deeper thing inside of you. Nothing matters more than this. Nothing will bring you more peace or more fulfillment than this. Your greatest bliss and your truest purpose, all come from this intimate relationship with yourself and the energy within you.

APPENDIX

THE WOKE PUSSY™ PROTOCOL

CLOSING STATEMENTS

FURTHER READING

ABOUT THE AUTHOR

THE WOKE PUSSY™ PROTOCOL

The main components of the Woke Pussy™ Protocol are as follows:

- 1. Re-establish connection with your body, through foundational physical care.*
- 2. Heighten and expand your senses.*
- 3. Establish an intimate relationship with your pussy, through erotic-self care practices.*
- 4. Explore the erotic, and expand your nervous system to hold more arousal.*
- 5. Activate your womb portal.*
- 6. Gain competency in sacred sexuality techniques.*
- 7. Establish a shadow work and somatic clearing routine.*
- 8. Master energetic cleanliness through practicing ethics, boundaries, and (S)elfish selfishness.*
- 9. Read Magick Pussy.*

You may work through each component at your own pace, or follow along with the guide on the next page.

{MONTH ONE}

Week 1: Read Chapter 1 p. 14-35

Practice 1: Disarming the Guard Dog p. 32

Week 2: Read Chapter 2 p. 36-66

Practice 2: Breath Awareness p. 43

Practice 3: Hydration p. 46

Week 3: Practice 4: Mindful Nourishment p. 50

Practice 5: Movement Routine p. 54

Week 4: Practice 6: Release p. 57

Practice 7: Mindful Rest p. 62

{MONTH TWO}

Week 1: Practice 8: Physical Intimacy p. 64

Week 2: Read Chapter 3 p. 67-89

Practice 9: Bathing Ritual p. 77

Practice 10: Breast Massage p. 78

Week 3: Practice 11: Reveling in the Senses p. 85

Week 4: Read Chapter 4 p. 90-102

Practice 12: Pussy Oracle p. 92

{MONTH THREE}

Week 1: Practice 13: Pussy Stroking p. 99

Practice 14: Erotic Self-Care Ritual p. 101

Week 2: Read Chapter 5 p. 105-112

Practice 15: Feeling the Erotic p. 110

Week 3: Read Chapter 6 p. 113-126

Practice 16: Arousal Flow p. 121

Week 4: Practice 17: Deliberate Turn On p. 124

{MONTH FOUR}

Week 1: Read Chapter 7 p. 127-134

Practice 18: Womb Cross Awareness p. 131

Practice 18.1: Heart Womb Cross p. 133

Week 2: Read Chapter 8 p. 135-149

Practice 19: Raising the Fire I p. 141

Practice 20: Raising the Fire II p. 142

Week 3: Practice 21: Microcosmic Orbit p. 143

Week 4: Practice 22: Dancing Serpents p. 144

{MONTH FIVE}

Week 1: Read Chapter 9 p. 153-165

Purchase and Begin IFS Self Therapy

Week 2: Read Chapter 10 p. 166-176

Practice 23: Shake it Off p. 172

Practice 24: Let it Rip p. 173

Practice 25: Tremor Release p. 174

Week 3: Read Chapter 11 p. 177-185

Practice 26: Pussy Mapping p. 179

Week 4: Practice 27: De-Armoring p. 181

{MONTH SIX}

Week 1: Read Chapter 12 p. 186-188

Self-Guided Practice: Nervous System Reprograming

Week 2: Read Part Four p. 191-222

Week 3: Review

Week 4: Journal Reflection

Purchase and Begin Magick Pussy

{CLOSING STATEMENTS}

You cannot really get off the path. There is only one direction to go. The life that you're living, no matter how you're living it, is the perfect path for you right now.

But, if for some reason you feel you've gone astray, brush yourself off and just get back to the work. Pick up where you left off. There's no need to punish yourself, or let shame take over. That will only keep you from your transformation all the longer.

If you would like additional assistance with The Woke Pussy™ Protocol, visit *wokepussy.com* to see current offerings.

It has been an honor to be your guide throughout this journey. As always, be gentle and kind with yourself as you continue on down the road.

Thank you so much for being here.

Xoxo Penelope

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{FURTHER READING}

OTHER BOOKS BY THIS AUTHOR:

Goddess School

The Human Experience Manual

Morning Star: Channeling Archangel Lucifer

REQUIRED READING:

IFS Self-Therapy by Jay Earley PhD

The Three Faces of Victim by Lynne Forrest

RECOMMENDED READING:

Existential Kink by Carolyn Elliot PhD

Healing Trauma by Peter A Levine PhD

A Return to Eros by Marc Gafni

Journey to the Dark Goddess by Jane Meredith

The Life-Changing Magic of Tidying Up

by Marie Kondo

{ABOUT THE AUTHOR}



Penelope Badger is a spiritual channel, somatic embodiment coach, writer, and musician. Her mission is to utilize her many gifts, to help restore the Sacred Erotic and the Divine Feminine on the planet.

To learn more about Penelope, and current in-person or online offerings, visit penelopebadger.com