



## **MY VOICE MY BODY MY PLEASURE**

A 6 week journey to awaken your sensuality, connect to your sexuality, discover your voice and love your body so you can feel worthy of pleasure and love.

**By Alexandra Skoeld.**

[www.soulintimacy.com.au](http://www.soulintimacy.com.au)



## WELCOME

I am honoured to share the next 6 weeks together with you on your journey towards female empowerment, sensual liberation, self love and full acceptance of all parts of you. This workbook is for you to fill out in your own time to help you get to know yourself better so you can let go of what is no longer serving you and ask for what you want, need and desire in life.

# CONTENT



## 01

### EMPOWER

The importance of self love, gratitude, pleasure, touch and allowing yourself to feel and embrace who you are. Conversation about body image, shame, desire and getting clear on what you truly want from sex, intimacy, relationships and life.

## 02

### EMBODY

Pleasure, orgasm, female anatomy, foreplay, sex education, body image, getting out of your head and into your body and how to stop performing sex and start experience it.

## 03

### EMOTIONS

Welcoming your emotions, boundaries, feminine and masculine energy, importance of polarity, connecting to your heart, vulnerability, feeling safe and trusting your body, intuition and the importance of sharing your voice.

## 04

### EMBRACE

The importance of embracing who you are and what you know you deserve. Deeper intimacy, conscious relationships, trauma bonding, authentic communication, giving direction in the bedroom, love languages, law of attraction & sex magic.

## 05

### ENERGY

Intensify your pleasure and orgasms. Connecting to your moon cycle. Learning how to trust and let your body and heart lead your life. Activate your sex centre and sexual healing.

## 06

### ENLIGHTEN

Maintaining sexual spark in relationships, sex toys, fantasies, desires and everything taboo. How to spice things up in the bedroom, dirty talk, forplay games and embracing your sexuality like you have never done before.



## HOW TO

I highly recommend that you do some kind of embodiment practice before you answering the journaling questions. That will allow you to drop into your body and let your body speak. Your body holds more potent wisdom than your mind. It can be dancing for three minutes, doing 2 minutes of mindful breathing or just sitting with yourself and touching your heart for a minute. (Yoga, walk, nature, meditation etc is great as well) Bring yourself to this moment and answer the questions without trying to “get it right”. There are no right or wrong answers. Allow your honest self to answer the questions and reflect on the answers with curiosity afterwards. No judgment! Everything is welcome and you don't have to ever tell anyone what you have answered. This practice is for you.

## DAILY PRACTICE



### CONNECT TO YOUR BODY AND YOUR FEELINGS

I invite you to do these two practices daily throughout the course so you can get the most out of this program and connect to yourself and your body daily.

(Your emotional body, mental body, physical body and spiritual body)

1. Start every day with playing one song while you are still in bed and awaken your body and connect to yourself for a minimum 3 minutes. (If you share a bed with someone please use headphones, do it in silence or jump out on the couch if you have to) Touch yourself, stretch your body, stroke yourself and connect to your body. Touch your heart, your breasts, your face and awaken every single body part. How does your body want to be touched today? Squeeze, tickle, be gentle or tap to wake up and connect. Honour yourself and feel into how you want to touch yourself. Place one hand on your heart and cup your pussy/yoni with the other hand if that feels right. Love yourself, love your body, be thankful and think about all the good things your body is going to take you through today. Feel how your heart is beating for you, feel how your lungs are breathing and maybe you can feel pulsing energy coming from your sex centre. Hold yourself with gratitude and say a few beautiful words to yourself that you will remember all day.
2. In the morning or at any time during the day/evening set a timer for 3 minutes, grab a pen and paper and write: I feel.... Allow whatever that is alive in you that day to come out through your fingers. Again, no judgment!

## How you choose to answer the questions is up to you.

You can answer the questions in a notebook or if you prefer to write on your phone or computer that is of course fine as well. I always recommend to write with a pen and paper as it makes you slow down more. It actually increases activity in the brain's motor cortex, an effect that's similar to meditation. This why journaling helps with mindfulness.

Please make sure that you make time every week to answer the questions in this workbook so you can get the most out of this program. I recommend that you answer the questions each week after you have watched the video recording but you can start already now if you want. (You might not know all the answers yet and that's fine)



# Intentions

My intention or intentions for this course is:



A large rectangular area with a light beige background, containing 25 horizontal white lines for writing.

## How do you feel about yourself before you start the program?

Answering how you are feeling about the following areas below before you start the program. Write a number on the scale between 1-10 where 10 being the highest and 1 the lowest. (10 - Agree, love it, happiness, fuck yes, always. 1- Disagree, hate it, pain/sadness, NO, never)

I can feel my feelings

I understand of my own body

My relationship to my body

I understand my sexual desire

My relationship to my sexuality

My ability to receive pleasure

My sex life

My self pleasure practice

I speak up for myself

I love myself

I know my boundaries

I love being a woman

My pussy/yoni/vulva

My relationship to my moon/period

I feel shame around sex

I honour my sexual desires

I am present in the bedroom

I am kind and gentle to myself

I feel worthy of pleasure

I know what turns me on and off

I feel that my orgasms matters

I honour my boundaries

I can ask for what I want in life

I can be open and vulnerable

I feel comfortable naked

I don't beat myself up when I fuck up

I feel confident during sex

My heart is open

I prioritise my own pleasure

I know what I need to feel safe



## WEEK 1

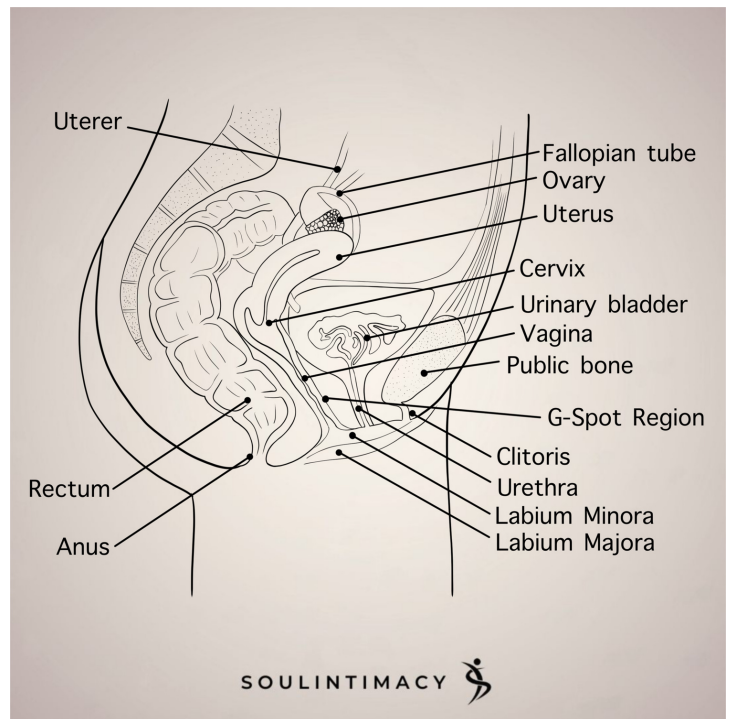
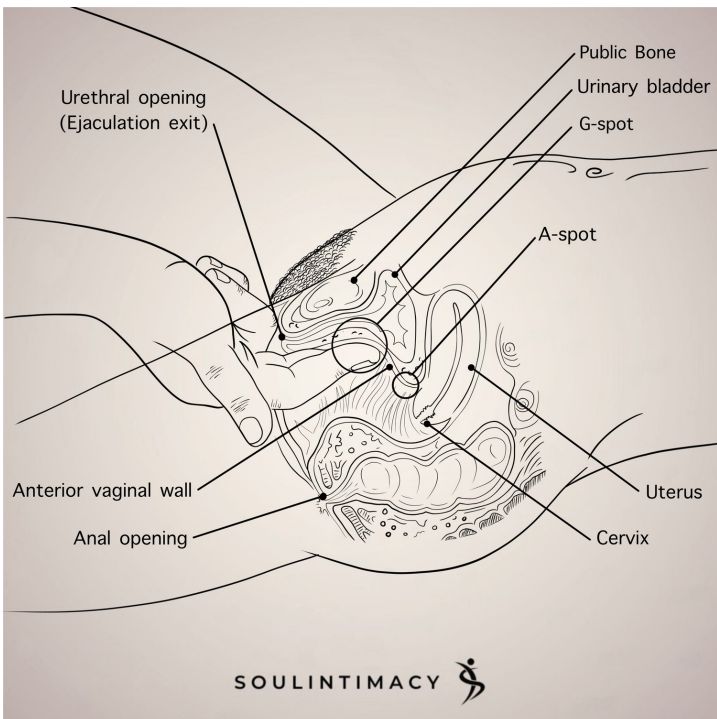
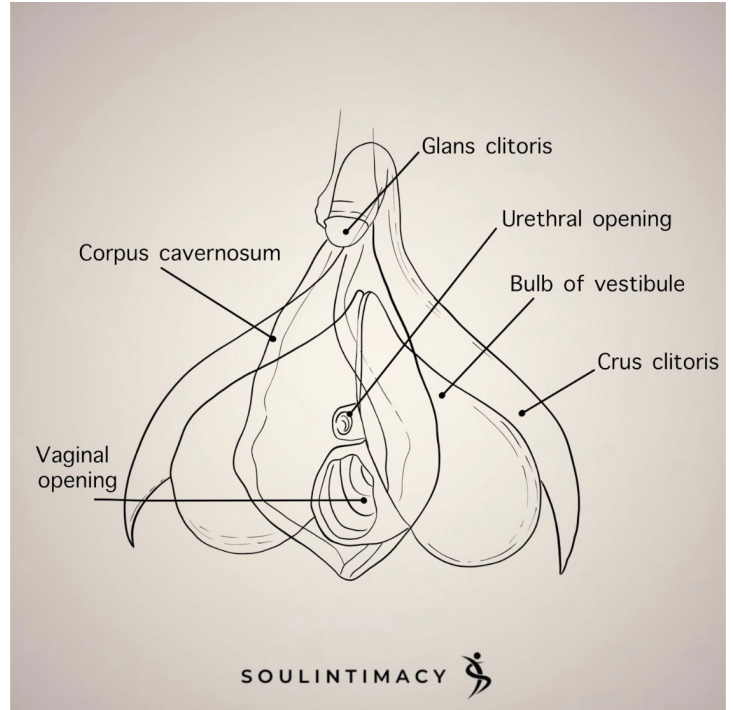
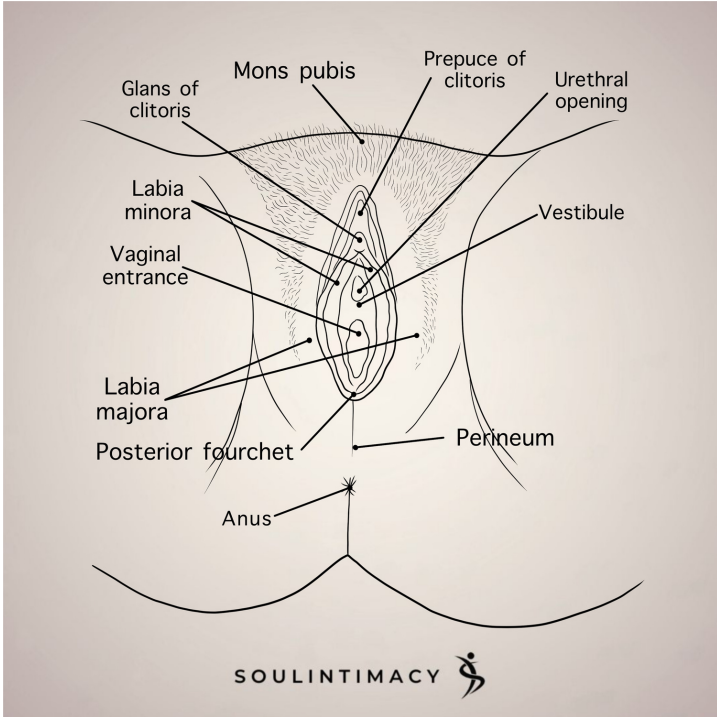
1. What would you do if you loved yourself a bit more? How would you show up, what would you talk about, what would you wear, where would you go? Who would you ask out? Who would you cut out?
2. What childhood messages about sex/sexuality did you receive? How might they affect your sexuality today?
3. What do you want to feel during sex?
4. What does amazing sex mean to you? What do you want when it comes to sex and intimacy? If you would allow your desire to flow freely what would that look like/feel like?
5. Share about a time when you couldn't express your feelings? When you wanted to cry, scream, say something or do something but needed to behave? How did that make you feel when you couldn't express yourself?
6. Where in life are you not speaking up and honouring yourself and your voice? Can you give a few examples? What is stopping you from speaking up in those moments?
7. When do you feel safe? With who do you feel safe? Why?
8. What areas in your life are you struggling to receive? Help, pleasure, time, gifts, compliments? What can you do to practice to receive more in life?
9. What gives you pleasure in life? What can you do to experience more pleasure in your everyday life throughout the whole day?
10. Which of the senses are primary for you to be aroused/receive pleasure? Share something from each of them that turns you on? (Seeing someone naked, whisperings in my ear be specific, nice candles, kissing/chocolate, touch on my neck etc.)



## WEEK 2

1. What negative stories have you said about your pussy/yoni/vulva that isn't true?
2. What do you love about your yoni/pussy/sex centre?
3. What expectations have you had on yourself to orgasm in the past? How did that make you feel? How will you act differently moving forward?
4. Is your sexual desire spontaneous or responsive? What are your accelerators and what turns you on? When are you most likely to feel for sex?
5. What are your breaks and what turns you off? When do you never/rarely feel for sex?
6. What are you feeling thinking during self pleasure/sex?
7. In what way have you tried to perform in the bedroom before? What have you done?
8. What do you need to feel safe during sex and intimate moments. Safe in your body, safe with your partner/lover and safe in the environment? (Trust, connection, love, feeling desired, lights off, doors locked, home alone, after a meal, you might not know)
9. In what areas/situations in your life can you relax more, surrender and let go of control?

# ANATOMY





## WEEK 3

1. What are your boundaries around sex/intimacy?
2. Where are you going to express your boundaries more clearly?
3. Do you mostly live in your masculine or feminine energy?
4. How would you like your partner to treat you?
5. What can you do to soften more and be more in your feminine energy?
6. Where in your life can you see that there has been a lack of polarity in a relationship (romantic, friend, family or colleague) and due to both being in the same energy it didn't quite work out? Share your thoughts.
7. When was a time you didn't trust your intuition and you wished afterwards that you would have trusted your intuition/gut instinct? What happened?
8. What can you do to open your heart more and be more vulnerable even in challenging situations?
9. Where are you going to speak up more and share unapologetically from your inner authentic voice?
10. What's something you haven't told anyone?



## WEEK 4

1. What would you do if you loved yourself more today?
2. Where have you been tolerating things in the past? What are you not going to tolerate any longer/in next relationship/work/friends?
3. Where in your life and your relationships are you not communicating your needs? How will you start do so now?
4. What's the worst thing that could happen if you gave your partner/lover direction in the bedroom? What's the best thing that could happen?
5. What's your two primary love languages? (Google have many free tests) Can you feel how a mismatch of love languages might have impacted the love you tried to give or felt that you didn't receive in your previous relationships or current one? (Romantic partners, parents, kids) Share your thoughts.
6. What childhood needs didn't get met?
7. How can you mother yourself?
8. How can you father yourself?



## WEEK 5

1. If you bleed, do you feel differently depending on where you are in your moon cycle? When do you feel your best/worst?
2. What was your experience with your first bleed? Did you know what was happening and how did it make you feel?
3. If you bleed, what is your relationship to your period today? What do you think/feel about it?
4. What commitment to yourself can you make now to make sure that you never get penetrated or penetrate yourself before you are ready and open?
5. What are your feelings around allowing more sound, breathe and movement during sex and self pleasure?
6. Take a life decision/question that you have been thinking about and ask your four centres one by one the question. Write down the answers and let them speak freely. Reflect afterwards and see if you can come up with a solution that would make all four centres happy.



## WEEK 6

1. What can you start do in your relationship or do differently in your next one to keep the sexual spark alive?
2. What's something you are fantasizing about that you feel shame around? Do you need to feel shame around it or can you release that?
3. What sex toys would you like to try?
4. What messages around everything non vanilla have you picked up that is not true? What is your truth?
5. What can you change in your life to remind yourself of the journey you have been to and keep amplify and integrate all the teachings and wisdom daily?



## CELEBRATE YOURSELF

1. What has been your biggest take away from this journey?
2. What has been the biggest change in you?
3. What has been the biggest change in your life?
4. How are you feeling differently about yourself today from where you started?
5. What's one thing that you did let go of during the journey?
6. What's something you will continue to work on?
7. Continue the sentence: I am really proud of myself because.....





## THANK YOU

I am so proud of you for doing the work so you can become sensually liberated, empowered and start embrace all parts of you and what it means to be a woman in her full expression. You are worthy of pleasure, your voice matters and your body is perfect.

You will receive an updated workbook by the end of the program including all the practices.