



Video Transcript

Meditation To Embrace Sensuality Throughout Your Cycle

Welcome to today's meditation. My name is Amy and I'm here with the wonderful Gaia Goddess.

So today we're going to connect into our cycle, offering the opportunity to connect to your sensuality and sexuality, allowing you to feel and honour your body in a way that feels right for you. So before we go in, let's just clear up the difference.

What is sexuality?

Sexuality is about desire, intimacy and arousal. How you relate to sex as a part of your identity.

What is sensuality? Sensuality is about presence, feelings, pleasure through sensations.

What does my body crave, essentially?

So as we go in today, I encourage you to let go of any expectations, any

guidelines of how you should be in each phase and just begin to trust your natural rhythm.

You

can begin to close your eyes, either seated or laying down.

Begin to bring your awareness to your breath and to your womb.

If you choose, you can place both hands on your womb and just begin to breathe into this area, noticing any tension, noticing sensations.

And now, wherever you are, I want you to imagine a mirror before you.

And this mirror is showing you your feminine landscape,

your internal energy of sensuality and sexuality around
your cycle.

This is not what the world perceives in you, but
how you feel internally and how you experience So
let's begin with our menstrual selves.

I want you to look in this mirror and notice where is my energy internally in this phase?

What do I crave sexually?

Where does my sexuality live within me in this phase?

What are my needs?

Do I want to be alone? Do I want to be close to someone?

Do I crave intimacy?

Do I feel sexual at all?

And then begin to notice, how do I feel sensually?

What do I crave?

Do I crave certain smells? Maybe a warm bath?

A cozy blanket?

What are my senses telling me here?

Again, just take note of what's coming forth. There is no right and wrong.

Let go of all expectations and

just trust what is coming forth for you.

Now, imagine in yourself shifting through to the follicular phase.

You

need to look in this mirror and see where is my energy in this phase.

Do I feel more sensual or sexual?

Do I want to express this externally or
does it feel more internal?

Take some time to trust what is being shown.

What are your desires in this phase?

And again, remember there is no judgment here. Whatever is coming up is okay.

We're just beginning to learn about who we are.

And notice as well if there's any blocks, any shame that's coming forth.

Allowing yourself to have some compassion if
anything challenging is coming through.

From here, begin to look in the mirror and see your ovulation.
self where

is your energy where is your feminine vitality in this phase again

this can be an amazing phase for some very challenging for others so be kind and
compassionate

letting go of expectations as

you begin to ask yourself what are my desires here

What do I crave sexually?

Do I crave anything sexually?

And it's okay if you don't

or if you do but you're scared.
Notice,
is there any shame,
fear or
overwhelm coming forth when
you think of your desires or needs? What
comes up surrounding them?
Do they feel... easy to attain?
Or do they come enveloped in shame or fear or doubt?
There's no judgment here.
And if there's any other question you have for yourself, just take a moment to ask,
what does your inner world want to tell you?
Now lastly,
let's move to our luteal phase.
Notice him once more.
Where is my energy internally here? Where do I feel my feminine vitality?
Maybe you feel it deep within your womb, your heart,
maybe through your whole body.
Just take note.
Trust in what's coming.
Do you feel more sensual or sexual in this phase?
Do you want to connect to another person? Or does this feel more like an internal phase for
you?
What are your needs and desires here?
Do you crave to be held?
Do you crave deeper levels of intimacy?
Again, there is no right and wrong.
Just trust what is coming.
And if there is anything... You would like to ask yourself,
take this time now to
ask and trust what you're being shown.
Now begin to imagine the mirror disappearing from in front of you and
just return to your inner world,
taking a moment to acknowledge all that has been shown to you.
Each phase has its own energy.
Just trust what has come forth today.
And if your hands aren't ready on your womb, take this moment now to place them back on your
womb.
Thanking yourself. Thanking your womb.
As we slowly come to the end of this practice.
Bringing your attention and awareness back to your breath.
Wiggling your toes and fingers.
Rolling your shoulders and stretching out.

Beginning to open your eyes gently as
you come back to this room.

Thank you for joining me today as we went through each phase of the cycle.

Beginning to connect to our sexuality and sensuality.

My name is Amy and I'm here with the wonderful Gaia Goddess. Have a beautiful day.

Namaste.