

TOPIC IN JUNE:

Shameless PLEASURE



WORKBOOK

Sex & Soul MEMBERSHIP

BY SILJA JANINA



SHAME & DESIRE

Without sexual desire, there would be no life. The entire diversity of this earth, animals, humans, plants, exist because of sexual energy. Sexual energy is the energy of creation!

Our shame in relation to our bodies often starts very early. We learn at an early age that we shouldn't touch our vulvas and that our genitals are something to hide. Most of us have not been raised in a sex-positive world, but rather a sex-negative one.

Words have a lot of power and influence us. How do you call your female genitals? I personally like the word pussy the best, but I also use vulva/vagina and yoni. Choose a word for yourself that you like! One that feels powerful and beautiful. If you think of "pussy" as something from porn or have negative associations with it, I recommend to read "Pussy - A Reclamation" by Regena Thomashauer. Once we reclaim words like pussy and use it in an empowered way, we can overpower any negative associations.

Sexuality has not always been shameful - shame is something we learn culturally. And you can unlearn it in the same way. Shame serves to keep people within social norms. In evolutionary terms, shame helps us to "show remorse" for socially unacceptable behavior. In this way, we ensure our survival in the group.

That's why shaming others is one of the most effective ways of controlling entire societies. Because nobody wants to feel ashamed - so we'd rather stick to the rules. Female sexuality has been systematically shamed - this goes back 1000s of years, especially to the Bible and the Catholic Church. Sex was seen as something dirty - Mary could only bring Jesus into the world as an "immaculate conception". Mary Magdalene, who was actually a priestess and helped others in their sexual awakening, was labeled a whore. The shame runs so deep, even in the 21st century.

It's time to free ourselves from it. To reclaim our sluttiness, our feminine pleasure, our pussy, our sexual power. We were all created through sexual energy - sexual desire is creative, life giving and makes life more beautiful. And when you are free of shame in your sexuality, you reclaim so much power.



RECLAMATION

“Sluts” and “whores” are socially constructed concepts, not something that really exists. Words like these are intended to shame women and control their sexuality.

Slut shaming is an effective way of robbing women of their sexual power and keeping them small. Everyone is free to express their sexuality as they wish. If people are triggered by this, it is because of their own wounds. Our society has many sexual shadows - and like every shadow, they manifest themselves through triggers. Sexuality and female desire still trigger many people - for a variety of reasons. It can be frightening, intimidating, and it reflects to the person how unfree they feel in their own sexuality. What we don't allow ourselves, we try to put down in others. And indeed, a woman's sexual energy is very powerful and is sometimes used manipulatively.

You can also reflect on how you yourself have perhaps used your sexual energy to manipulate. This does not mean flirting or seducing when it serves your and the other person's highest good. It means using your sexual power for your benefit only. With sexual energy actually comes a responsibility - to learn to use it for your highest good and that of others. Shamelessly living out your sexuality is only possible in integrity with your values.

The often false and misogynistic portrayal of female pleasure in porn continues to shape our image. Very mixed signals are sent to women: somehow being slutty is sexy, but not too much or in such a way that others might see it - then it's too much. So I invite you to let go completely to want to please others in your sexuality, and to find your authentic expression. Maybe it's wild and slutty, maybe gentle and loving, or a mixture, or something completely different. What turns YOU on? How do YOU feel most comfortable, most sexy? What are your sexual fantasies, completely detached from conditioning and shame?

PLEASURE VARIETY

Pleasure comes in so many forms. There is a wonderful variety in sexual pleasure alone: from sensual to kinky to energetic, alone, as a couple or with several people. Between woman & man, woman & woman and everything in between, and so on...

You can also invite pleasure into your everyday life. It can be a hot shower or bath, walking barefoot in the grass, dancing to your favorite song, looking into a child's eyes, petting an animal, a hug with someone you love, your food, the smell of warm summer rain, watching clouds, birds singing, the smell of coffee, breathing into your heart, and so on. You see - there are endless ways to experience pleasure. Feel inside you for a moment: what gives you pleasure?

When we are present in the moment, present with what is - then we are connected to our senses, our sensuality, and can experience the magic of life more deeply. Because if you look around you, there is so much beauty in everyday moments.

These are also tantric principles: Presence, experiencing what is there, being in a loving relationship with all of life. That is living tantra in everyday life!

Pain, Shame & Pleasure

- Of course, it is not possible to experience only pleasure and enjoy every moment of your life. Unpleasantness, discomfort and pain are also part of life. But you can learn to feel through it and alchemize it - from pain to pleasure, so to speak.
- The more you give space to unpleasant feelings instead of pushing them away, the more pleasure you can experience. This also applies to your sexuality. Because you expand your capacity to feel in BOTH directions.
- Shame, like any emotion, is best released through acceptance and being seen. Shame thrives on being hidden. When you self-pleasure, during sex or in another situation, try inviting the shame in instead of pushing it away. Bring on the shame! Welcome it - let it be there, tell it that it has space to be, celebrate it coming up. You will see that if you lovingly accept shame, it will dissolve all by itself.



BREATH OF PLEASURE RITUAL


PREPARATION

CREATE A SAFE, UNDISTURBED SPACE AND TAKE TIME FOR YOURSELF. FEEL FREE TO DO THE SENSUAL PLEASURE RITUAL IN THE CURRENT MONTH AS PREPARATION. HAVE EVERYTHING READY THAT GIVES YOU PLEASURE - TOYS, OILS, CRYSTAL WALLS, YONI EGGS.

1. Breathe into your pussy.
2. Touch yourself, do your very own self-pleasure ritual and let your pussy decide how she wants to be touched. What gives her pleasure?
3. Breathe your pleasure, your sexual energy throughout your entire body - starting from your yoni. Visualize the pleasure spreading through colors, light or energy into every cell of your body. Let it pulsate from your pussy into all areas of your body through your breath.
- 4 Breathe consciously and don't lose the connection to your breath. If you want to bring yourself to orgasm, keep breathing the pleasure throughout your body, even in the moment of orgasm. This is a way to have full body orgasms! If orgasm is not for you today, find another beautiful way to end your pleasure practice.
5. Bathe in pleasure for some minutes and simply receive and relax.

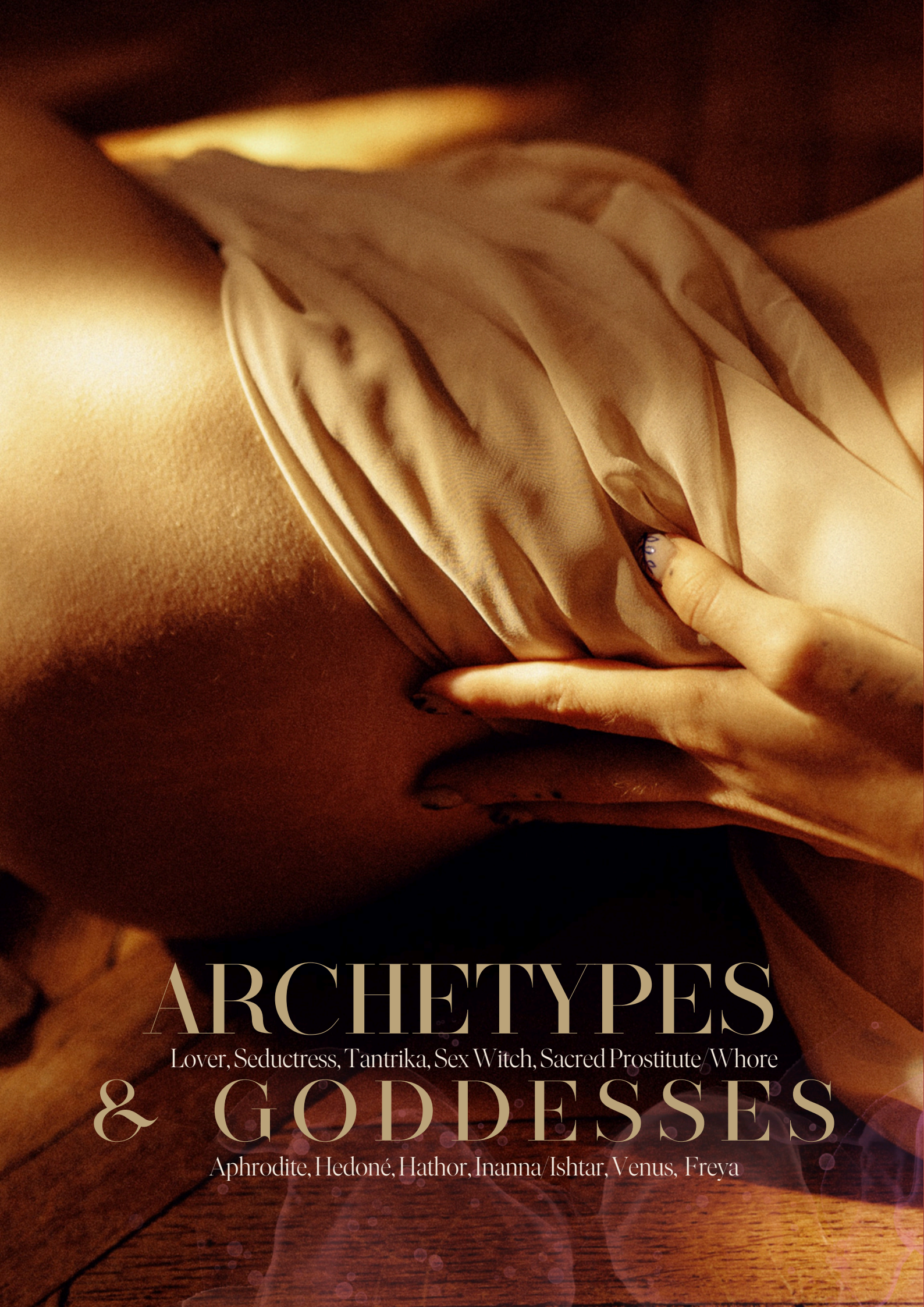


Sex & Soul MEMBERSHIP



MY DESIRE IS BEAUTIFUL,
HOLY AND INNOCENT.
IT'S A SACRED EXPRESSION
OF WHO I AM.

Silja Janina



ARCHETYPES & GODDESSES

Lover, Seductress, Tantrika, Sex Witch, Sacred Prostitute/Whore

Aphrodite, Hedoné, Hathor, Inanna/Ishtar, Venus, Freya

PLAYLIST

JUNE PLAYLIST





ENERGY OF THE MONTH

PLANT MEDICINE

Aphrodisiac plants: cacao, blue lotus (get it [HERE](#)),
maca, chili, pomegranate, figs
Everything that is extra delicious to you

SELF-CARE & RITUALS

Self Pleasure Rituals
Conscious eating
Eating with your hands
Emotional alchemy
Sexy rituals alone or with partner
Dancing naked
Naked Yoga
Making Love with Life - living pleasure in everyday life
Massaging yourself (breasts, pussy, feet etc.)

CHAKRA

Sacral / Svadhisthana
Root /Muladhara



JOURNAL PROMPTS

SHAMELESS PLEASURE

1. How did the environment in which you grew up deal with sexuality and desire? How has this conditioning shaped your sexuality to this day?
 2. How do you feel about female vs. male pleasure? What do you associate with each?
 3. What kind of perspective on sexuality would you like to carry within you? Write down how you would like to see/experience (female) pleasure for yourself.
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JOURNAL PROMPTS

SHAMELESS PLEASURE

1. If there was no shame, would you allow more in your sexuality? What would change?
 2. What turns you on? Feel free to write it down and observe how it makes you feel!
 3. How can you invite more everyday pleasure into your life? What gives you pleasure?
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