

Key #1 Your Body (and Sexuality) Belong to You

The first principle of Feminine Wholeness is to *take supremely good care of the basics,* which in this case applies to your body and your bedroom.

You're the boss and the loving intention you bring to your body and your bedroom can make a world of difference in how whole you feel. Taking good care of your body means recognizing how things like sleep and food dramatically affect how sexy you feel and how interested in having sex you really are. (There is a reason why "I'm too tired" is the number one excuse for not wanting sex.) Taking good care of your bedroom means recognizing that the energy of your bedroom also dramatically affects how much you want to have sex.

Practical Tips:

- Don't do anything in your bedroom besides sleep, rest and get in on.
- Sleep in bed sheets that make you want to sleep naked because they feel so good. Change them often (at least once a week) for a fresh, clean energy that is always sexy.
- If you can, prohibit screens in the bedroom. Candlelight is way more sensual and relaxing than the harsh blue light of our digital devices and effects us at a physiological level. The light of a candle is an anchor to something sacred. The light of your cell phone disrupts your circadian rhythms and the notifications you receive puts your nervous system on chronic alert, making it difficult to really let-go, surrender and get into the mood.
- Drink less alcohol, and drink more magical water. Hydration is super important to feeling and looking our best. Try this simple recipe to upgrade your water to feel super hydrated, more youthful, less foggy and dull. Alcohol dulls the skin from the inside out, but hydrating water plumps you up. Recipe:

Cold water with juice of half a lemon juice and half a teaspoon of pink Himalayan salt. Drink first thing in the morning or at night.

- Don't eat foods you know make you feel bad. It's rarely worth it.
- Treat you body like the sacred temple it is, worthy of well-made things and materials that feels really good next to the skin. Wear only underwear you love.
- Buy lingerie for you, not him.
- Give yourself permission to say no to sex even if you are married because your body and your sexuality belong to you and you got to know and own your NO, before you can ever really enjoy and own your YES.
- Get your heart rate up daily doing any physical activity that makes you smile. Healthy heart helps good circulation and circulation means blood flow and blood flow means better orgasms!
- Challenge yourself to 100 squats/day. Squats build muscle in the biggest muscle of your body, your gluteus maximus. Building muscle increases testosterone, a huge player in maintaining a healthy libido.

Key #2 Healing is a Love Story

The second principle of Feminine Wholeness is to **honor your heart and renew your mind.** This means it's time to feel it all and then release what needs to be released so you can live into a new story.

We all have some form of trauma around sex because we live in sexually traumatized culture, but none of us, no matter what our past, need to hold onto that baggage one day more. If you are married or soon to be your partner will be part of your healing love story. If your single don't wait. Married or single, healing starts now by honoring your heart and renewing your mind.

Honor your heart by feeling all the feelings you may have been burying related to sex (anger, sadness, fear, confusion, grief, disgust, joy, exhilaration, etc). Renew your

mind by taking control and re-writing the narrative you received about sex and being born a female. If you were told sex is bad or being a sensual woman makes you a dangerous woman or it's a woman's duty to give her husband sex whenever he wants it, or it's a woman's fault if a man does something inappropriate, now's the time to heal that story.

Practical Tips:

- Talk to your friends. We're all dying to talk about sex! Break the ice and give others permission to talk about things it hasn't felt safe to talk about before.
- Talk to a professional. You aren't alone and there is nothing wrong with you and there are so many tools to help you get free from any fear, guilt or shame you may feel.
- Talk to yourself. Write a letter to the girl you were when you first learned about sex. Let her know she isn't in trouble. If she was the victim of any abuse let her know it wasn't her fault. Tell her how strong and brave she is.
- Get into yoga (especially trauma informed yoga and yin/restorative yoga) is a great ways to restore a sense of safety in being in your body. Seek out classes in your area.
- Read up and give yourself the proper and empowering sexual education you
 missed out on. Come As You Are by Emily Nagoski and Women's Anatomy of
 Arousal by Sheri Winston CNM. RN. BSN. LMT. are two great places to start.
- Listen to this No More Shame audio recording to help you re-write your own narrative around sex
- Practice meditation and make use of guided meditations to get good at embodying a sense of calm, groundedness and connection to yourself.
- Remind yourself daily that *healing is a love-story*. Write in your journal. On post it notes everywhere. With lipstick on your bathroom mirror. Get a tattoo with those words on your ribs (one of my client's did!) Whatever it takes for you to remember it and believe it. Be so tender and gentle with the part of you that feels broken, lost, mad, numb, afraid, unworthy or disqualified. Every woman is made for sexual wholeness and you don't have to force or

white-knuckle anything because healing is a love-story and love stories feel good.

Key #3 You Can Trust What Lights You Up

The Third Principles of Feminine Wholeness is **Own & Hone Your Power.** Your power relates to both your spirituality and sexuality as a woman.

The more a woman knows who she is spiritually and sexually, the more empowered she becomes and the more whole she feels. Trusting what lights you up is about trusting that that light within you is good and leads you to even more good when you get to know it. Every woman has some kind of spirituality and sexuality. It's just part of what it means to be human! Some say spirituality and sexuality is like two sides of the same coin because they are both connected to our life-force energy, which I like to call, the light within. Depending on how much awareness and intention we've devoted to developing this beautiful light within, we may have some work to do when it comes to owning and honing our personal power.

A woman's power is both sexy and sacred and that's why it's been considered so dangerous. But the more you get to know your spirituality and sexuality, the more you know how connected to Love you are, and the safer it feels to show up in the world shining all your light. "We are shaped and fashioned by what we love." Goethe "The things that we love tell us who we are." Thomas Aquinas

Practical Tips

- Spend some time really thinking about what spirituality means to you. And sexuality. One way to get to know your spirituality is by making a list of your highest values. Google values list to give yourself plenty of ideas.
- Get to know your sexuality by making a list of your deepest desires. Desires aren't just about erotic encounters. Desires are also about what you want to

- create in the world and what you want to see, feel, have and experience as a creative being.
- Listen to nature sounds like crickets at night and bird songs in the morning to rev up your own inner wild. Nature sounds have long been considered aphrodisiacs. I use the Insight Timer app which has many nature sounds options.
- Get good at taking sexy selfies or have some boudoir portraits done-- just for you! If you struggle with seeing yourself as sexy, you can learn to see yourself in a new way. Every woman has her own inner sexy within. Giving yourself permission to express that side of who you are as a woman is so healing! Having a portrait session done with a professional boudoir photographer or making a practice of taking you own sexy selfies (just for you!) can help you see yourself in a fun new light.
- Try a CBD lube (if you live in a place where CBD is legal). CBD has many health benefits and a CBD lubricants can enhance female pleasure. Make sure you do your research and only use products that are safe for the female body. I can personally recommend Foria Pleasure, wink, wink. CBD oil doesn't contain THC, so it's legal most everywhere in the world.
- Get ready for bed like a queen. Oil your body, treat your face to luxurious serums, wear real pajamas. (No more falling to sleep in your mascara and yoga pants).
- Make a habit of celebrating what delights you (sunsets, coffee drinks, puppies, things growing in your garden, the ocean, moonlight, the list goes on). Let yourself be marked by delight by imprinting these moments into your memory in an intentional way. We are what we love.

Journaling Prompts

Questions to go even deeper into feeling Feminine, Sexy & Whole in the Bedroom (and everywhere else too!)

- 1. What does *feminine* mean to you? Feeling feminine might mean feeling soft, open, receptive, generous, kind, nurturing, playful, tender, sacred like a sanctuary, voluptuous, classy, brave. What does it mean to you? Why does it mean that to you? Who taught you what it means to be a woman and do you feel empowered by their beliefs or disempowered? What are you going to do about it? Who is inspiring you in the right now in what the feminine could mean?
- 2. What might it look for you to be sexy on your own terms?
- 3. What does wholeness feel like to you? Make a list of things you were doing, places you were at, and people you were with when you've felt the most whole.

Next Steps

We're only just beginning! I would LOVE to meet you. Come say hi on Instagram and YouTube. You can find me by searching MorganDayCecil or just click on the links below.

<u>Instagram</u>

<u>YouTube</u>

If you like this guide, you will absolutely LOVE going deeper into all things Feminine Wholeness with *A Sexy & Soulful Life: Advanced Feminine Wisdom for A Better Body, Happier Mind & Sexier Spirit.* It's a comprehensive guide on the 3 Principles of Feminine Wholeness bringing you the insider information about womanhood you wish you had gotten long ago, along with the practices, tips, recipes, and real talk to inspire you to feel feminine, sexy and whole daily.

To **thank you for being part of my tribe** and to give you another reason to keep moving forward on your own feminine wholeness journey, to feel how you want to feel and become who you are made to become, **here is a coupon code for 50% off.**Just use **FSW2019** at checkout. And then come tell you did! I want to celebrate you

and know who you are. Because you are someone who matters to me and it makes me so happy to feel like I could be a safe place for you to learn and grow. So thank you and stay in touch!

About Morgan

Morgan Day Cecil is an Integrated Feminine Wholeness Coach, guiding women back to freedom and joy in their body and soul. Through her one-on-one Sophia Embodied program, hypnotherapy and her transformative Sophia Retreats around the world, Morgan delights in seeing women learn to trust what lights them up and radically love every part of who they are. She teaches that "healing is a love story" and offers a free guided meditation to help women create a new narrative around sex and Sexuality. Her super power is separating women from the old shame of religious conditioning and giving them their sexy and sacred back. It all starts by hearing a new story of how it could be...

Morgan lives in Portland, Or with her two kids and her husband and a golden doodle Goldie.