

# THE IGNITED PATH

THE REAWAKEN YOUR PASSION  
SPECIAL EDITION

NOVEMBER 2019



FEEL THE DIFFERENCE

**ORGASMIC  
BREATHING  
MEDITATION**

**PRINTABLE  
WORKBOOK:**

What messages have you  
absorbed about "The Ideal  
Sexual Woman"?

**BE YOUR UNIQUE  
SELF IN THE  
BEDROOM**

Create a NEW vision  
"YOUR Ideal Sexual Woman!"

MASTER THE  
SECRET  
LANGUAGE OF  
THE BODY

Cori Watson

# WORKBOOK



A 31 page  
printable  
workbook you  
can use today!

BY CORI WATSON

YOURWEBSITE.COM



# A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

With a decade of practice as a John F. Barnes trained Myofascial Release Registered Massage Therapist, over two decades of studying energy and the body/mind complex, as well as trained in the VITA™ Coaching Method through the Tantric Institute under Layla Martin in the Integrated Sex, Love, & Relationship Coaching program, I am uniquely qualified to bridge pleasure and therapeutic principles together, to serve my clients.

Utilizing the power of sexual energy, mind/body wisdom & ancient knowledge practices I help resilient and open-minded mothers strengthen the connection to their body. Transforming exhaustion, burn-out, and disconnection from their body so that you can become energized, lit-up & connected.... Reigniting sexual desire in the process And rediscovering the sensual woman inside!

Through my own experiences navigating marriage, motherhood, divorce, and a bipolar diagnosis, I deeply understand the value of reclaiming one's sexual self and encourage, guide & support other women to do the same through my business The Ignited Path, where I offer programs, community, and coaching.

I believe in the power of the human body and in orgasm as nourishment for our cells and for our soul. My passion is guiding women through the struggles of motherhood that very few have been willing to talk about and teaching mothers how to tap into their own sexual energy and reignite the authentic self that has been lost and buried throughout their lives and since becoming a mother.

*Cori Watson*

CORI WATSON  
Founder of The Ignited Path

# SECTION *workbook* ONE



# SECTION ONE

WHAT NEGATIVE MESSAGES HAVE YOU ABSORBED ABOUT 'THE IDEAL SEXUAL WOMAN'??

## UNCOVER YOUR BELIEFS

It's time to get all of those limiting beliefs, thoughts and crappy messages that have been ingrained in our brains around sex and sexuality onto paper and out of your head. The brain dump is the first phase of this process. Write down the answer to each of the below questions.

Don't overthink - just write the very first thing that comes to your mind, because this is often the truth. Also, I CHALLENGE YOU to push yourself.

Write down at least 4-5 answers to each of the questions - this is how you get to your subconscious level!!

As a Sexual Alchemy Coach, I've noticed that so many of my clients have absorbed negative messages from religious/spiritual beliefs, media portrayals, and "formal" sex education about how the "ideal" sexual woman looks and behaves. These messages cause us to measure ourselves against other people's b.s. beliefs even when they aren't serving us in our relationships and lives.

So, are you ready to uncover where and what you learned about sexuality?

Answer the questions below.



# WORKSHEET 1

UNCOVER BELIEFS

**WHEN YOU THINK OF A “PURE” OR “GOOD”  
SEXUAL WOMAN, WHAT IS SHE LIKE?**

**QUESTION #1:** What does she look like?

**QUESTION #2:** How does she behave outside of the bedroom?

**QUESTION #3:** How does she initiate sex, if she does?



# WORKSHEET 2

UNCOVER BELIEFS

**QUESTION #4:** What does she do and how does she feel during sex?

**QUESTION #5:** How does her partner feel about her sexuality?

**QUESTION #6:** What would she never do or experience?



# WORKSHEET 3

UNCOVER BELIEFS

**WHEN YOU IMAGINE A SEXUALLY  
"HEALTHY" OR "NORMAL" WOMAN  
DEFINED BY THE MEDICAL PROFESSION OR  
SCIENCE, WHAT IS SHE LIKE?**

**QUESTION #1:** What does she look like?

**QUESTION #2:** How does she behave outside of the bedroom?

**QUESTION #3:** How does she initiate sex, if she does?





# WORKSHEET 4

UNCOVER BELIEFS

**QUESTION #4:** What does she do and how does she feel during sex?

**QUESTION #5:** How does her partner feel about her sexuality?

**QUESTION #6:** What would she never do or experience?



# WORKSHEET 5

UNCOVER BELIEFS

**WHEN YOU THINK ABOUT HOW THE  
“SEXUAL” WOMAN IS PORTRAYED IN  
MEDIA (I.E., THE KARMA SUTRA, COSMO OR  
PORN VERSION) WHAT DOES THIS IDEAL  
‘PEAK-PERFORMANCE’ WOMAN LIKE?**

**QUESTION #1:** What does she look like?

**QUESTION #2:** How does she behave outside of the bedroom?

**QUESTION #3:** How does she initiate sex, if she does?



# WORKSHEET 6

UNCOVER BELIEFS

**QUESTION #4:** What does she do and how does she feel during sex?

**QUESTION #5:** How does her partner feel about her sexuality?

**QUESTION #6:** What would she never do or experience?



# WORKSHEET 7

UNCOVER BELIEFS

**COMPLETE THE FOLLOWING 4 STATEMENTS WITH ANYTHING THAT COMES INTO YOUR MIND. COMPLETE EACH STATEMENT WITH AT LEAST 4 TO 5 ANSWERS. REMEMBER: DON'T OVERTHINK! JUST WRITE!**

**QUESTION #7:** I think/feel that Sex is....

**QUESTION #8:** I think/feel that Masturbation is....

**QUESTION #9:** After or during sex I feel....





# WORKSHEET 8

UNCOVER BELIEFS

**QUESTION #10:** I think/feel that My body is...

**QUESTION #11:** I believe that my sexuality/desire level is  
(Normal/Abnormal/Flawed/Health) because...      CIRCLE ONE

# SECTION *workbook* TWO

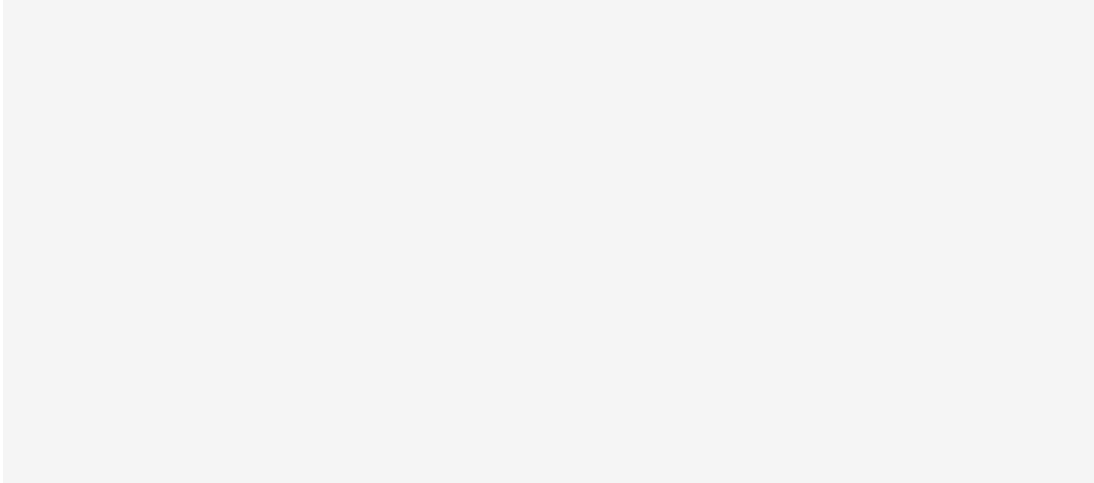
# SECTION TWO

*Are you ready for you?*

## CREATE A VISION OF **YOUR** NEW IDEAL SEXUAL WOMAN

Your Sexuality is as unique as your fingerprints. Before you create the vision of your new ideal sexual woman..... write out the narrative of the kind of sex you have alone and with your partner?

Are there any aspects you want to keep? What would you like less of..? knowing these two questions helps you answer the next set of questions.

A large, empty rectangular box with a light gray background, intended for the user to write their narrative and answers to the questions above.



# WORKSHEET 1

CREATE A VISION

**QUESTION #1:** How do you want to look, and behave outside sexual situations?

**QUESTION #2:** How do you want to initiate sex... do you even want to?





# WORKSHEET 2

CREATE A VISION

**#3. How do you want to feel during sex.... use specific sensations to describe any emotions or feelings that come up.... example I wan to feel seen, first you need to the sensations of what feeling seen are to you.... eg. expanding chest,**

A large, empty rectangular box with a light gray background, intended for the user to write their responses to the prompt above.



# WORKSHEET 3

CREATE A VISION

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**QUESTION #4:** HOW DO YOU WANT YOUR PARTNER TO FEEL ABOUT YOUR SEXUAL SELF?

**QUESTION #5:** WHAT WOULD DO YOU HAVE ZERO DESIRE FOR AND A HARD NO WHEN IT COMES TO YOUR SEXUAL SELF?

**QUESTION #5:** WHAT WILL YOU DO TO BUILD TRUST AND KNOW THAT YOUR BODY KNOWS WHAT IT LIKES AND DOESN'T LIKE?

# SECTION *workbook* THREE



# SECTION THREE

## MEDITATION LINKS

### **Orgasmic Breath Meditation**

Meditation comes in many different forms. A lot of people reject the idea of meditation, as they view it as something you need to sit cross legged and chant things.... where as meditation is an opportunity to slow down, step away from the everyday and go inside yourself to be with yourself.

Guided meditations do just that... guide you in exploring your inner world.... this one just happens to guide through your sexual centers as well as all the usual places one might expect in a meditation... Enjoy!

A free guided Orgasmic Breathwork Meditation and practice where I guide you step by step through this process, to help you tap into the well of deep pleasure inside you.

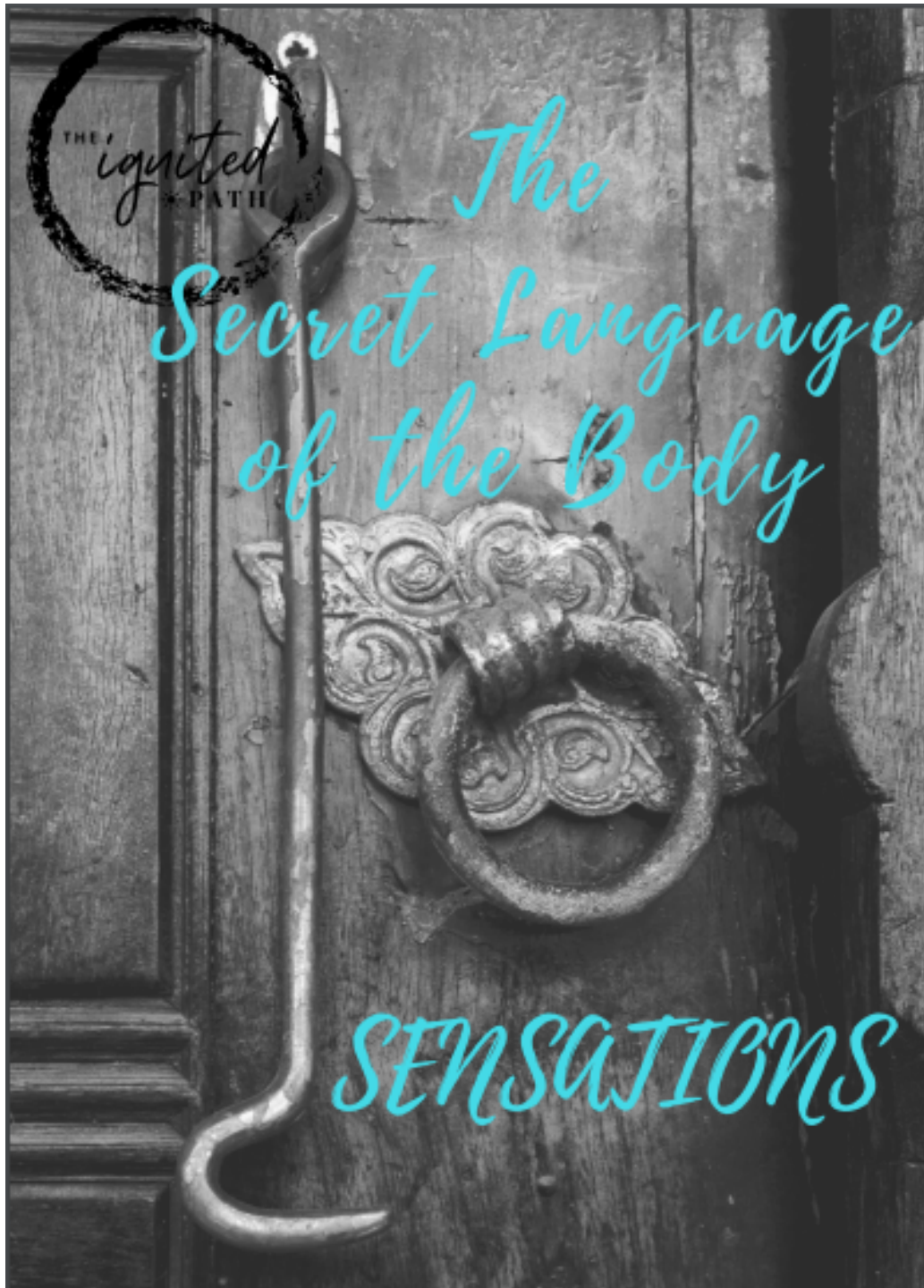
<https://www.theignitedpath.com/orgasmic-breathwork>



# SECTION *workbook* FOUR

# SECTION FOUR

THE SECRET LANGUAGE OF THE BODY



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THE SECRET LANGUAGE OF THE BODY



## *The Ignited Path's The Secret Language Of The Body: Sensations*

**Connecting to and communicating with one's body is vital to healing, without this you leave an important part out of the process.**

**Yes.....sensation is a language! Yes.... You can learn it....**

**BUT what's the point??**

**Well sensations are the words of the body.....they are felt. This is how our body communicates with us....the question is..... ARE YOU LISTENING?**

**Quite often we forget the body has a mind and wisdom all of its own (until you cut yourself...then you see that it can repair itself in most cases with very little help!)**

**Learning to speak Sensation allows us to interact with our bodies in a non-invasive, gentle way.**

**Learning to speak Sensation allows us to communicate to others what our body feels.**

# SECTION FOUR

THE SECRET LANGUAGE OF THE BODY



***A sensation IS a physical feeling in the body,  
based on the five senses.***

***It is also important not to confuse sensations with  
emotions. Emotions do have accompanying sensations, but  
the EMOTIONS themselves ARE NOT sensations.***

***Sensations give us a very concrete way to interact and  
listen to our bodies....***

***remember the art of communication takes time to  
learn and to integrate it you do not have to have it all  
figured out the first time you read this.....***

***allow it to be a process that unfolds over time.***

***\*\*This list may not be complete, you may find more  
sensations to add to your vocabulary, so keep an ear and  
eye open for others.....you will know it belongs here, when  
you feel it.***

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## THE SECRET LANGUAGE OF THE BODY

**INSTRUCTIONS:** Look at the list. Say the sensations out loud and notice where you feel it in your body or imagine what this sensation would feel like and imagine where you might want to feel it.. Otherwise use it as a cheat sheet to name what you feel in your body in it's native language.

### Constriction sensations

- Constricted
- Congested
- Tense
- Bloated
- Paralyzed
- Stuck
- Restricted
- Breathless
- Suffocating
- Clenched
- Blocked
- Closed
- Compressed
- Tight
- Knotted

### Whole Body sensations

- Trembling
- Puffy
- Light
- Calm
- Jumpy
- Fuzzy
- Vibrating
- Heavy
- Buzzing
- Flacid
- Still
- Frantic
- Dizzy
- Luminous
- Nauseous
- Fidgety
- Pressure
- Electric
- Burning
- Energized
- Faint
- Spinning
- Tingling
- Jittery

### Expansion sensations

- Expansive
- Floating
- Fluid
- Waves
- Open
- Growing
- Releasing
- Streaming
- Spacious
- Moving
- Flowing
- Relaxed

### Skin sensations

- Prickly
- Sweaty
- Smooth
- Brittle
- Damp
- Goosebumps
- Clammy
- Flushed
- Itchy
- Tingly
- Moist
- Dry
- Bubbles

### Temperature sensations

- Frozen
- Cold
- Numb
- Hot
- Steaming
- Icy
- Cool
- Warm
- Boiling

### Muscle sensations

- Tense
- Spasming
- Sore
- Strong
- Tender
- Shaky
- Pulsing
- Shivering
- Achy
- Crampy
- Fluttering
- Shuddering
- Trembling

### Intensity of sensations

- Sharp
- Jagged
- Intense
- Weak
- Hard
- Soft
- Light
- Dark
- Dull
- Pounding
- Sensitive
- Tender
- Pressure
- Electric
- Burning
- Nervy
- Heavy
- Empty

**THE FUTURE  
BELONGS TO  
THOSE WHO  
BELIEVE IN THE  
BEAUTY OF  
THEIR DREAMS.**

**ELEANOR ROOSEVELT**