



Video 2 - Priming the Pump

Welcome to the second activation in the *Ignite Your Sacred Feminine Fire* series! Congratulations on taking the next step to activating your capacity to create a life of fully expressed feminine abundance. You are amazing and beautiful!

If you haven't watched Video 1 yet, that's the best place to start. These 3 activations build on each other, so make sure you've watched the first video where we lay the foundation. Here's the [link for video 1](#) and you'll also find it at the top of the video 2 web page.

“Your sexual energy is sacred.”

The purpose of this activation is to access and generate your sexual energy. I know you probably weren't ever taught this, but **your sexual energy is sacred**. It's also imperative that you have access to it if you want to live fully.

Sexual energy is life force energy. It's not just for sex, it's the life-giving force that animates our bodies. Our sexual energy is what ignites our passion, our joy, our vitality, our abundance, and our creativity.

There are so many reasons why wombyn shut down their sexual energy. Sometimes, relationships lose their spark and turn into roommate relationships. Months and even years can go by in situations like this without resolution. Often, it just stays that way and no one talks about it.

Aging can play a part in sexual shutdown as menopause shifts wombyn's hormones and bodies.

And certainly, sexual wounding from childhood or adulthood can take a huge toll on sexuality. Sexual wounding can even be handed down through our lineages, oftentimes at a cellular level and without our conscious awareness.

There are deeper reasons why wombyn shut down their sexual energy. The influence of religions and the cultural obsession with sex as a commodity sends very mixed messages. Sometimes it's easier just to shut it all down.

You have the opportunity now to wake up your sexual energy in a conscious way and begin to use it to ignite a life of passion and joy.

Let's get started with Activation #2.

We'll start the same way we did for the first activation, by sitting in a chair in a quiet, private space where you won't be disturbed for the next 10 minutes or so. Have your journal handy. Sit comfortably in your chair with your feet on the floor and let's slow things down for the next couple of minutes.

Grounding and Presence Exercise

Close your eyes, and take a slow, deep inhale.

Exhale slowly and imagine your breath going all the way down to your feet.

On your next inhale, imagine your breath moving up from your feet, through your entire body, and out the top of your head.

On your next exhale, send that breath back down to your feet and into the earth, as if you have roots going down from your feet and sinking into the earth. As you inhale, bring your breath back up into your pelvic region.

Exhale back into the earth, inhale back into your pelvis.

Exhale into your roots, and on your next inhale, invite some emerald green earth energy into your pelvis.

Allow your breathing to continue in a natural way.

Priming the Pump

Keeping your eyes closed and your focus and attention on your pelvic floor, gently squeeze and release the muscles of your pelvic floor. These are your PC muscles, and it's the same way you would squeeze the muscles if you needed to stop the flow of urine. As you gently squeeze and release your PC muscles, imagine they

are like a pump that is sending the life force energy pooled in your pelvis up your spine. This activation is called *Priming the Pump*, because that's exactly what we're doing.

With each gentle squeeze, as you pump your sexual life force energy up your spine, imagine that energy flowing through your veins and enlivening every part of your body. You can also use your breath to distribute it throughout your body. If you don't feel the energy, just imagine that you do.

Continue to breathe for a few more gentle squeezes, and then just take a few moments to notice how you feel. Really be with your body and your energy field and notice with all your senses what's happening. If there's absolutely nothing happening, just notice that. There's nothing to judge.

When you feel ready, open your eyes.

Journal What You Noticed

As we complete this process, take some time to make some notes in your journal about what you felt and noticed.

I encourage you to take a few minutes each day to prime your pump once you've warmed up by stirring your cauldron. Experiment with combining the two activations and do whatever works best for you.

As you receive the final activation, you'll have a simple, quick daily practice that

will activate your sexual energy, bring it into your awareness, and give you choices about how you want to use it. I'll talk more about how to use it as I bring you Activation #3.

The final activation is going to surprise and delight you and will take you to the next level of awareness and integration of your sacred feminine fire. Be sure to look for the 3rd activation video in your inbox in the next 24 hours and open it right away.

I'll see you for Activation #3 in the *Ignite Your Sacred Feminine Fire* series!