

Day 3 Passion Experiment: Touch yourself. (That's right, I said it!) It's not too late to invite your friends here: [The Passion Cure!](#)



Passionata,

Woohoo! It's day 3 of The Passion Cure!

Already there have been so many realizations around the ways we **hold back and hide** in our very bodies – unconsciously!

These are points where we interrupt the flow of energy – and passion is a flow of energy. To flow requires being open.

And being **open can feel vulnerable... especially in those sensitive areas that we have been taught to hide, or hold back – like mouths, breasts, bellies, hips... the juiciest parts of ourselves.**

(Especially if there has been any hurt or trauma in these areas - and sadly, statistically speaking, for most of us there has.)

So how do we soothe that vulnerability? Through touch.

In my Claim Your Feminine Course, we go even deeper into practices that integrate all parts our bodies – to show up as ALL of who we are – and today, your experiment involves another: the power of touch.

That's right, I'm telling you to touch yourself.



(Oh yeah, I said it!)

A gentle touch to your cheek or neck, a squeeze to your shoulder, even hugging yourself. Today as you check in, put your hands on your belly as you release it. **Run your hands over your head as you circle your pelvis... Ambrosia!**

Be sure to tune in to [today's livestream](#) or catch the video later in the [Facebook group](#). I will dive deeper into the grounding power of touch, and how we can

leverage this uber-simple practice to stay in flow, and connected to our passion.

Post your experience in [The Passion Cure 5-Day Challenge: Break Through Your Glass Ceiling](#).

Join me on the [livestream at 12 pm CST](#) and we'll practice together. (Can't make it? No worries, the training portion of the video will be in the Facebook group... I encourage you to show up LIVE though, to be dance together and ask whatever questions come up for you!)

[Join today's livestream, now.](#)

See you online, goddess!

Charisse



The Passion Cure

April 17-21, 2017. Who do you know who would LOVE to play with us?

Have them [register here](#) »



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My mission is simple: To Populate the World with Happy Women.

Because women lit from the inside, reveling in the unabashed, unapologetic and **sacred** pursuit of pleasure, and totally owning their infinite value... **will shift this planet.** I reconnect awake, heart-centered women like you with the body's intelligence and sensual femininity, to break through the glass ceiling in your life and business, and show up as all of who you are, to lead and love as only you can.

Pleasure is your birthright... and your ticket to freedom. (You are **wired** for this, mama.) **Let's connect:** [Schedule a chat](#) | [Hear me speak](#) | [Blog](#)