

Day 1 Passion Experiment: Body check-in. + Be top Passion Ambassador for \*hot\* prizes! Send your fun friends here: [The Passion Cure!](#)



Gorgeous love,

Welcome to day 1 of The Passion Cure!

**You** are a passion explorer.

In fact, this will be your role all week: researching, experimenting, playing, trying on tools and approaches that take you step-by-step toward cracking open your passion.

Today, you are a researcher, and your subject? **You!** In particular, your body and noticing how you hold it throughout the day.

So first, check in on your body and answer these 3 questions, and post in the [Facebook group](#):

1. **Your mouth:** is it closed or open?
2. **Your shoulders:** are they curled in? Rolled forward? Tense? Rolled back?
3. **Your belly:** are you holding it? Sucking it in?

Then, set an alarm on your phone to check in 2 more random times today ... and post your findings in [The Passion Cure 5-Day Challenge: Break Through Your Glass Ceiling](#). You can comment on your original post. ♥



Why? What does this have to do with **passion**?? These 3 areas of the body are **primary indicators**, common areas that women hold... tension, unresolved desires, past stories. (We'll cover a 4<sup>th</sup> tomorrow). 😊

[Join me on the livestream at 12 pm CST](#) and I will 'splain. (Can't make it? No worries, links to the video will be posted later).

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

See you soon, hot mama!  
Charisse

p.s. **Be the top Passion Ambassador for fabulous prizes !!** Keep an eye out today for more info on the fun and fabulous contests I will be running this week – including one for top Passion Ambassador!! **The more women you bring to the party, the more chances you have to win!**

More details to follow – **but don't wait, [start inviting your friends now](#)**: simply forward them this email / [link](#), and when they join, post a welcome in the [Facebook group](#) and tag me! **The sooner they join, the more points you earn!**



### *The Passion Cure*

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

Have them [register here »](#)



### *Every Day, Pleasure*

Have you claimed your \*free\* copy, chock full of tools and technologies for grounding in your sacred, feminine body?

[Download your copy here »](#)

**Charisse Sisou**

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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](#)