

Do you have a relationship with your Vagina?



Lesson + Workbook

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About Tumelo



Hello! I am Tumelo Moreri; a Sacred Leadership Coach & Teacher for purpose-driven women seeking to awaken spiritually and live/ lead /work with spirit, soul and intuition.

I'm the owner of *Tumelo Moreri International* and founder of the *Sacred Leadership Academy* where I curate and offer coaching programs for the inner healing and transformation of purpose-driven individuals like yourself.

I'm an avid student of leadership and things spiritual. And, the breadth of my work sits at the intersection of leadership, spirituality, personal healing and reconciliation.

My current body of work is on ***Sex, Sexuality and Pleasure***. And, the intention of this work is the creation of healing spaces and programs for women who seek to heal the socially + culturally-conditioned shame, embarrassment and guilt they hold about sex, their bodies and about pleasure, and reclaim a liberated and erotic sexuality.

This workbook is part of a series I've written on *Reclaiming your Erotic Sexuality as a Woman*. The workbooks are a sequential journey, for you to deeply explore yourself. So, if you're holding this one, I highly encourage that you also download the other workbooks of this series at www.tumelomoreri.com/resources

If you'd like to, you may reach out to me via email at hello@tumelomoreri.com or via Facebook at www.facebook.com/morerioatumelo

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Have you ever seen your Vagina?

Exploring the beliefs we hold about our bodies.

A huge part of the reason why many women struggle to orgasm is because we are not present in our bodies during sexual intercourse. This absence actually happens even outside the experience of sex, as we are constantly trying to escape our bodies for the various reasons we will explore in this session and workbook.

The experience for many women is that; from a very young age, we've been taught (implicitly and otherwise) to be ashamed of our bodies. This teaching was embedded and is present in many of the messages we received about our bodies and what it means to be a woman in our society.

In this workbook, we're going to be exploring what you were taught about your body as a young girl, and how these teaching have influenced the relationship you currently have with your body and how you show up for sex.

Further, due to the violence we've witnessed being perpetuated on the woman body, part of the lesson we've got from our society is that is it not safe to be in a woman body. And, so the knee-jerk and unconscious reaction for many women is to want to escape the body, for safety. And, apart from witnessing these events, some women might have been explicitly told of the dangers that lurk outside, and resulting in them wanting to escape the unsafe body environment and mostly existing in the head.

For example; in my Setswana society, the explicit teaching is that a girl child shouldn't arrive home after dusk. And, as well-meaning and loving this teaching was, it has sent a message that it is not safe to exist in a woman's body, which, at a very deep level, often affects the relationships we form with our bodies and the sexual experiences we have with the bodies.

You might have also received similar teachings, and we'll be exploring these in the sections that follow and how they might've influenced whether or not you are fully present in your body.

In us feeling ashamed and fearful within our bodies, we then mostly experience life from outside of our bodies and mostly in our heads, and which is away from our portals of pleasure.

Further, we live in a society that praises more "thinking" than it does "feeling" - try sit in a board meeting of a multinational and tell of the feelings you have about a proposed strategy. As a society, we tend to lean more towards "I think" than "I feel". And, because the thinking happens in the head, that's where we end up spending most of our lives. And, for a fuller and more liberated sexuality, we want to come home to our bodies.

In my work with women; many have reported struggling to stay present during sexual intercourse, and that they are mostly in their heads during those moments. And so, part of the work for us women on the path to reclaiming our erotic sexuality is in unpacking what might be happening in those moments when one is struggling to remain present.

And, in the three sections of this workbook, I'll be taking you deeper into exploring your own beliefs about your body and the ways in which they influence how you show up for and engage in sex. These sections are arranged in the following themes:

Section 1: Exploring the beliefs you hold about your body

Section 2: Exploring the beliefs you inherited at your 1st menstrual experience

Section 3: Do you have a relationship with your Vagina?

Section 1: Exploring the Beliefs you hold about your body

Questions to take you deeper in your own personal journey:

1. As little girls, what is it that was said to us about our bodies?

This teaching would have been both verbal and non-verbal.

For example; as a little girl, I was taught to keep my legs closed and cover up so that boys don't "see me". And, from my work with women, it has emerged that this was a teaching for many women, across different countries and cultures. And, as a grown woman, I'm realizing that this type of messaging and narrative-setting teaches a lot of us women that our bodies are to be hidden, covered up, and ashamed of.

The message of: "Cover up! Lest boys see you." teaches women that:

- Our bodies are to be hidden
- Our bodies and "private parts" are dirty
- Matters of sex and pleasure are to be hidden
- Being a good woman means we should cover up
- We must be good women. And, good women cover up and are decent.
- Our bodies and "private parts" are to be embarrassed about and ashamed of.

And we therefore miss the critical lesson that our bodies can actually be celebrated and honored.

Not all of the lessons we received about our bodies were through spoken word. Some of these lessons were conveyed through action, and non-action. And, some of the lessons were conveyed through what we saw in our homes and in our society.

For example; a lot of us grew up seeing our parents or primary care-givers being very uncomfortable about their bodies and wanting to hide these bodies from us and even

from themselves. There were no words here, but the action spoke volumes - seeing our parents hide their bodies taught us to hide our bodies.

The dialogue that would've ensued in the mind of a small person was that; "if the body is being hidden, then there must be something deeply wrong with it." And, we might have then began to become suspicious of our bodies; fearing that there might actually be something wrong with them. And, with this suspicion would have grown the sense of shame about our bodies, although there might've never been an explicit conversation instructing us to feel ashamed.

Further, seeing our parents' discomfort and shame around their bodies taught us to be uncomfortable and ashamed of our bodies, and to want to hide these bodies. And, seeing our parents hide sex taught us that pleasures of the body are to be hidden and ashamed of.

From my conversations with women, it has emerged that a lot of us are quite ashamed and embarrassed to take our clothes off in front of our partners. And, when we trace the origin of this shame and embarrassment, we land at the teachings we got as young girls.

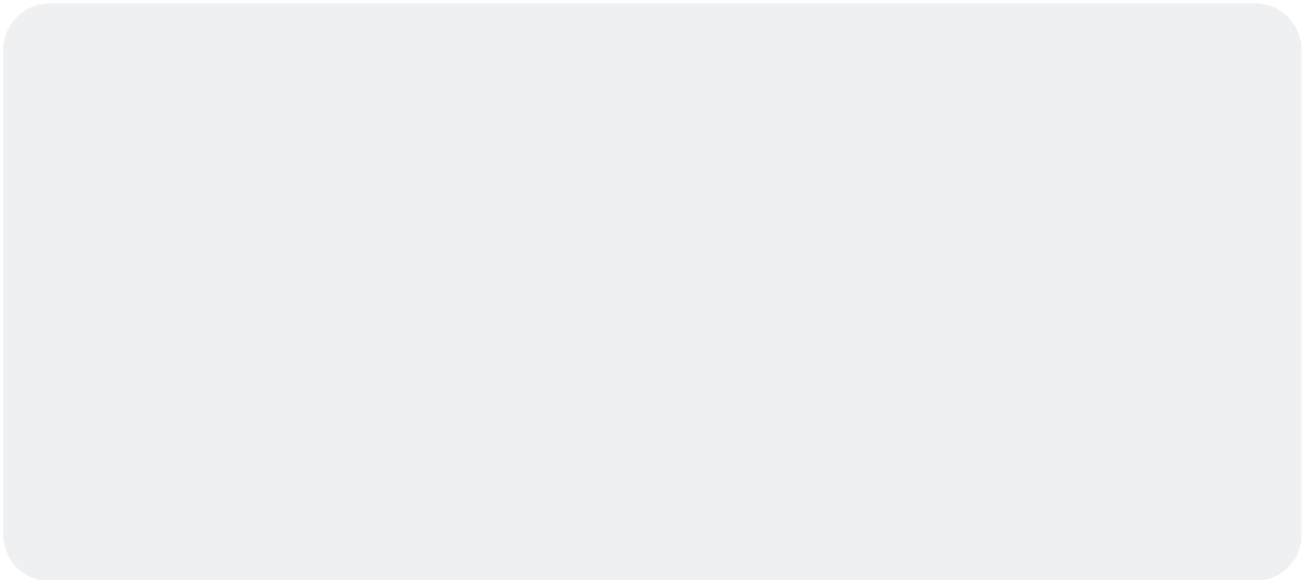
There is also the matter of wanting to have sex in the dark so that our partners don't see us and our vaginas. And, we will be diving deeper into this in a later section.

Because sex organs were rarely called by their real names or addressed directly, we learned from a young age that these are to be hidden and ashamed of. The dialogue in the mind of a young person would have been that; "if mummy is afraid of looking at my "nana" and if she slaps my tiny hand every time she finds me playing with my "nana" (something which actually brings me so much pleasure by the way!), then there must be something wrong with this part of my body."

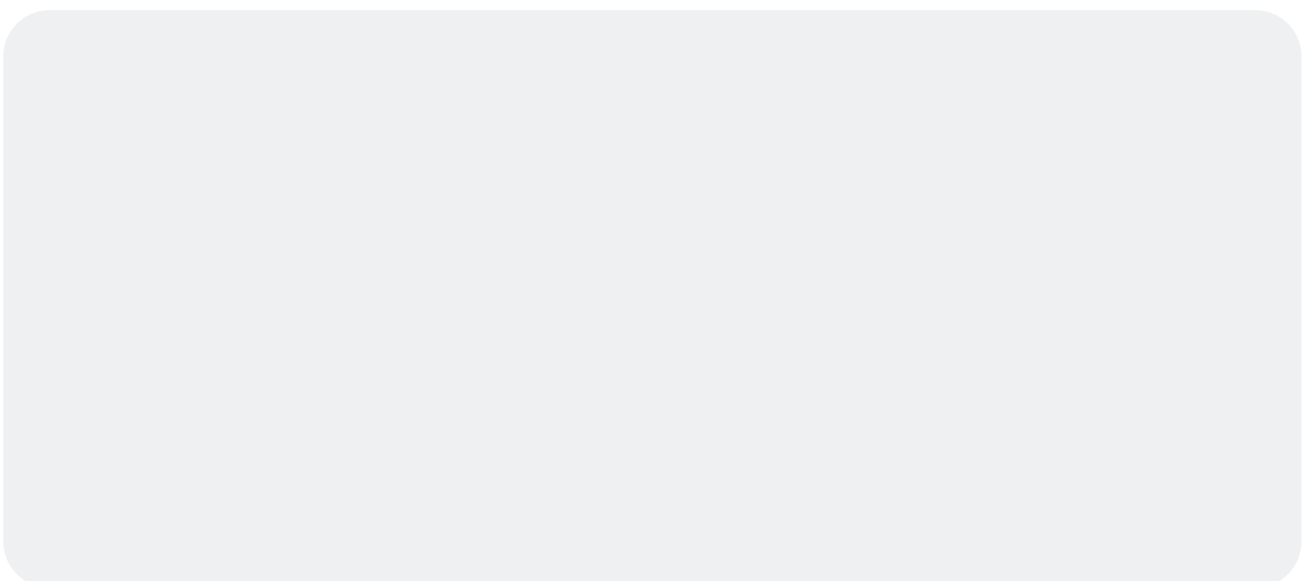
And, at this point, we might have begun to disassociate from our vagina and thus developing no relationship with this body part. And, we carry this lack of relationship with our vaginas well into our older years and into our most intimate moments.

In the spaces below, please quietly reflect on the messages you received about your body and the ways in which they influence how you show up for and engage in sex.

- **What were you taught about your body as a little girl?
Verbally and non-verbally**

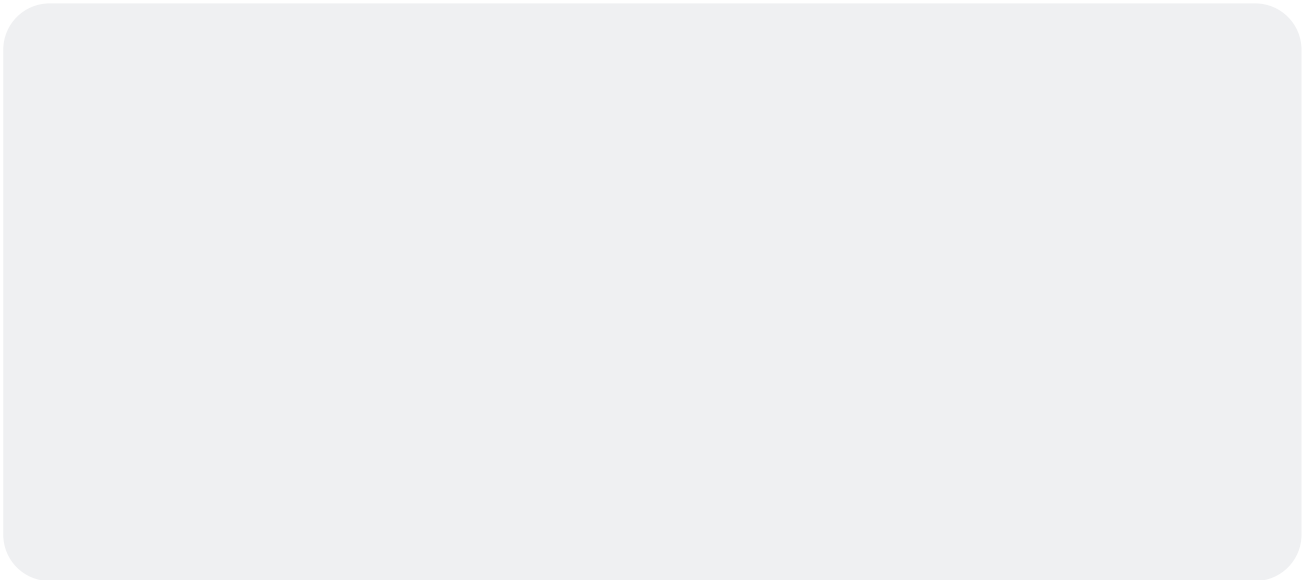


- **How has this (above) influenced your current relationship with your body?**

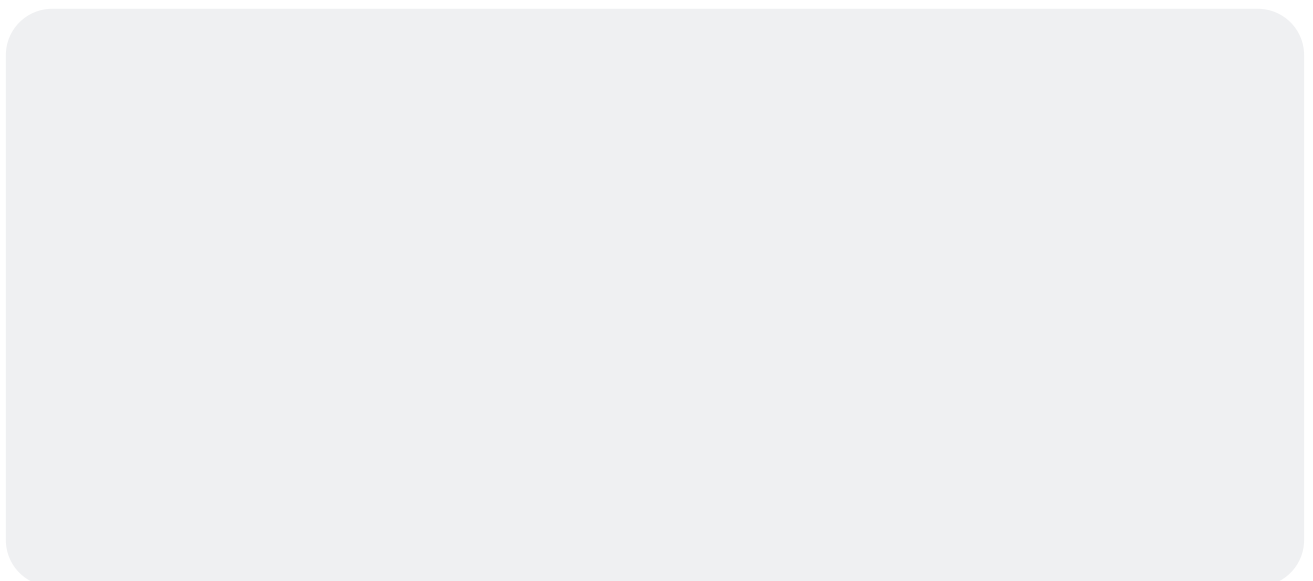


- **While growing up, what observations did you make about bodies and sex?**

How did the human beings around you act, when it came to their bodies, and how has this influenced you?



- **Are there any other observations you're making about your relationship with your body?**



Section 2: Exploring the Beliefs you inherited at your 1st Menstrual Experience

Questions to take you deeper in your own personal journey:

1. What were you taught about your body and sex at the moment of your first menstrual experience?

For many women, the second layer of teaching about our bodies arrives when we reach puberty and especially at the moment of our first menstrual experience.

For many, the subject of the blood flowing from our bodies, and sometimes along our thighs, was a subject approached with much discomfort, embarrassment, shame and secrecy. It was (and still is) a taboo subject. And the girls at school who got their first periods early were believed to be sleeping with older men, and something they were thoroughly shamed for.

This shame, discomfort and embarrassment around this bodily (and deeply spiritual) experience taught us that there must be something wrong with our bodies! The dialogue that would have ensued in the mind of a young girl would have been that; "if the grown up are this uncomfortable and ashamed of this, then there must be wrong with my body. Also, there might actually be something wrong with me, for having brought so much shame to the family."

It was also at this point in our socialization that most of us got our first conversation on sex, although it might have not been a real conversation, as a result of the parent being so deeply uncomfortable to even look the young person in the eye.

With this deep discomfort around sex and menstruation, there would usually be only a hint of sex. But the message that would sometimes be sent to the young girl would be that; "if you play with boys now, you will fall pregnant, and that will be such a shameful thing, and you will be a bad girl for it."

And so, this created the burden of sex – the belief that we will fall pregnant if we indulge in sexual activities. And that the pregnancy would be such a shameful thing, and something we should avoid at all costs.

This teaching creates variants of the equation below:

Sex = pregnancy = shame

And, therefore:

Sex = shame.

For many women, we also get the message that; “if you have sex, you will fall pregnant and take care of your baby alone.”

And so, a lot of us are afraid of falling pregnant, because we were taught that 1) it is such a shameful thing to fall pregnant if you are not married 2) that we would have to bear the responsibility of child-raising by ourselves, alone. And, this further created a burden around sex for women.

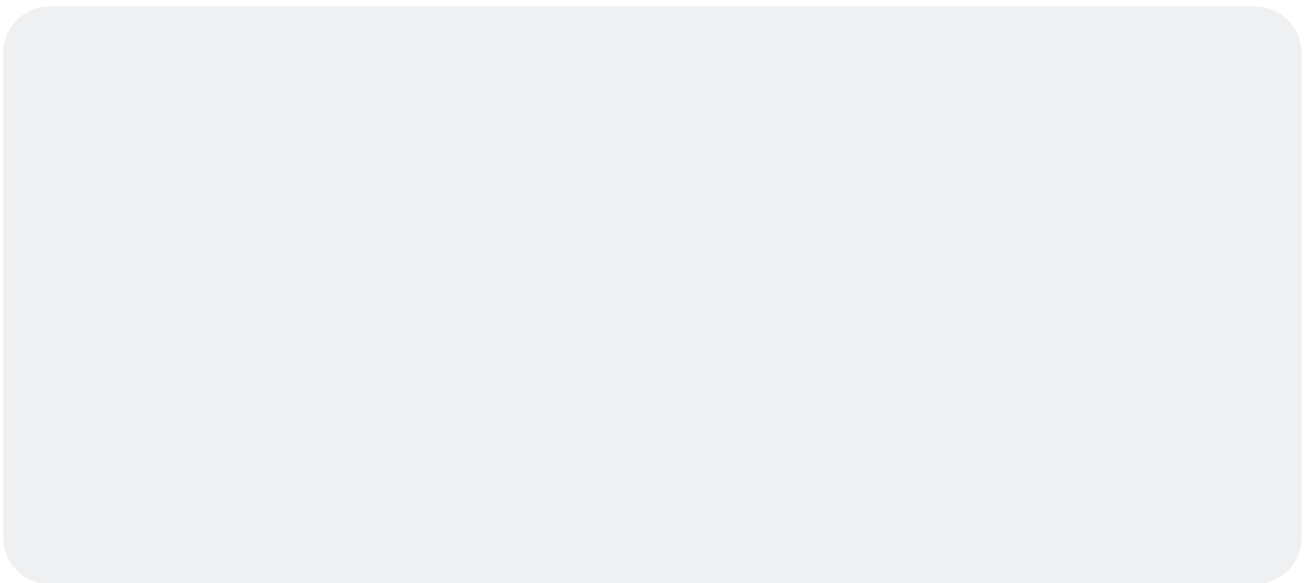
Also, our society shames women who fall pregnant outside of marriage. Some communities even have very derogatory names for such women, thus further policing the sexuality of women and making it very difficult to enjoy this very natural part of our being.

Such are what we want to heal, within ourselves and within our collective society. And, as you work through this workbook and thus begin to heal your own social and cultural conditioning, you contribute immensely to the healing of our communities and our broader society.

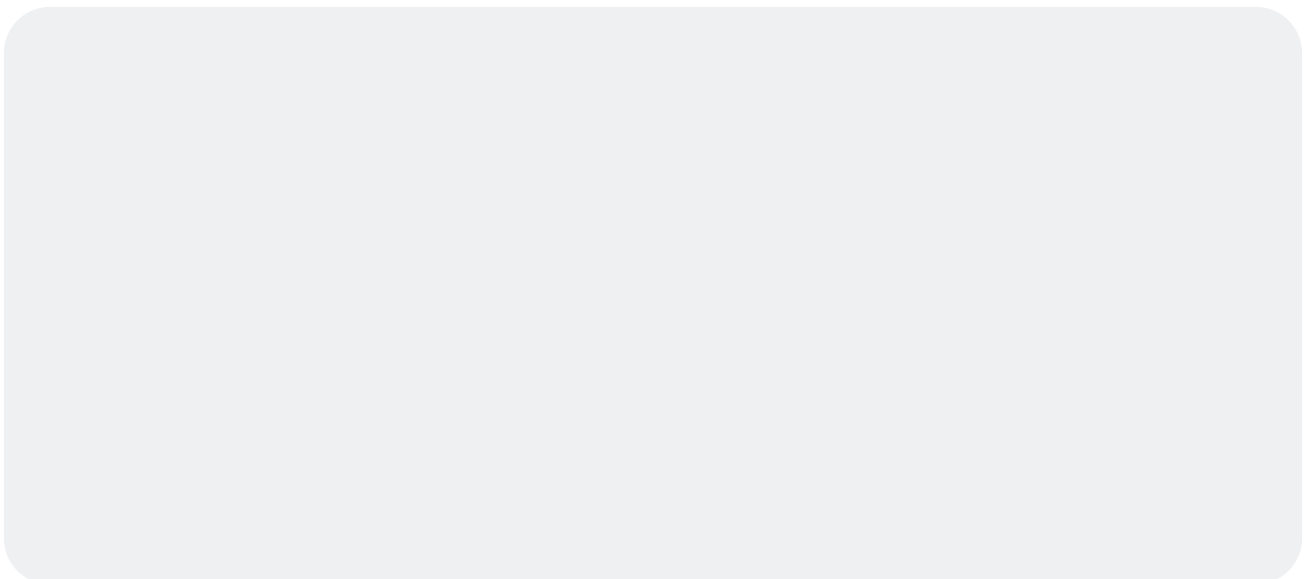
And, to explore more deeply the ways in which you've been socialized and conditioned into your body and into sex, please reflect and journal on the prompts below.

- **What were you told when you got your first menstrual experience?**

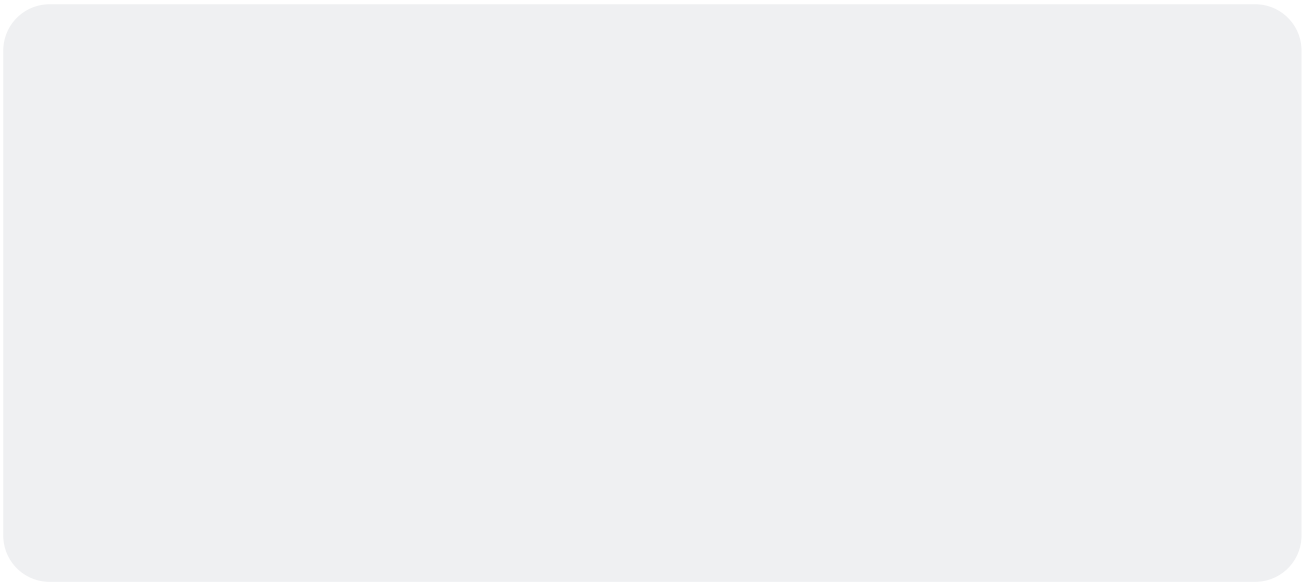
What was the message/ teaching that you? Verbally and non-verbally



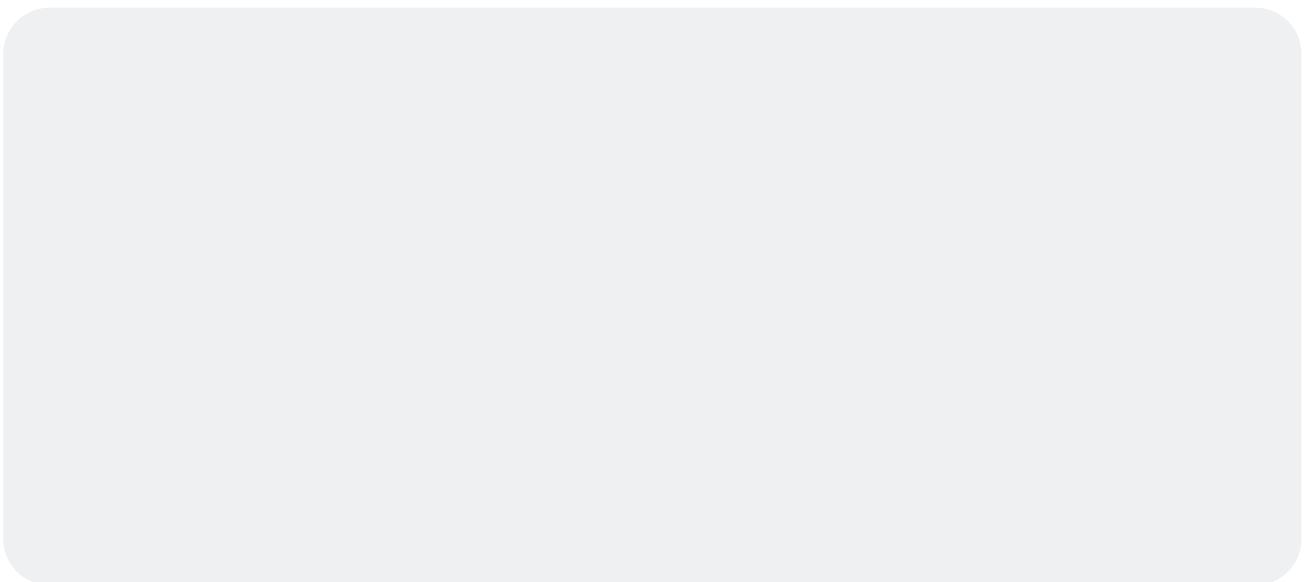
- **In the moment of your first menstrual experience, what is it that you were told about your body and about sex?**



- **How has this (above) influenced your current relationship with your body?**



- **How has this (above) influenced your current relationship with sex and pleasure?**



Section 3: Do you have a relationship with your Vagina?

Questions to take you deeper in your own personal journey:

1. While growing up, what were you taught about your vagina? Verbally and non-verbally.

This conversation about vaginas is coming up because; in reclaiming our erotic sexuality, we want to reconnect with our bodies, and we want to examine and heal the wounded beliefs that we might hold about our bodies and our vaginas.

For many women, the teaching/ socialization that we got is that our vaginas are dirty and to be hidden. Many in our society believe that vaginas are ugly, and this is the reason why many of us have not looked at them.

For many women, the only people who've seen our vaginas are our sexual partners, and who are often men.

The teachings about vaginas would have begun when we were still young girls. For example; when found touching our "private parts", our little hands would be slapped and we would be told to never to do that again.

The message that such events sent to our little brains was that; our "private parts" (because they were rarely ever called by their real names) were/ are something to disassociate from; something to be ashamed of; and something to be hidden.

In my community, when adults find a young child touching their "private parts", they say "kga-kga!". And, this is something we also say about excrement and anything else that might be rotten or foul or waste. "Kga-kga" is what we say about things that are not acceptable and that can never be celebrated.

As an adult, I first saw my vagina at the age of 27. And, to say I was liberated would

be an understatement! I have subsequently visited by vagina, and have noticed marked healing around the shame I used to have had around this body part. And, at the time of writing this; when I look at my vulva, I get quite aroused.

However, this is not the experience for a lot of women, as there is still so much shame and secrecy and loathing around this portal of pleasure, which also happens to be the portal through which humanity is born into earth.

How is it are we are so deeply ashamed of the very thing that makes it possible to birth an entire world?

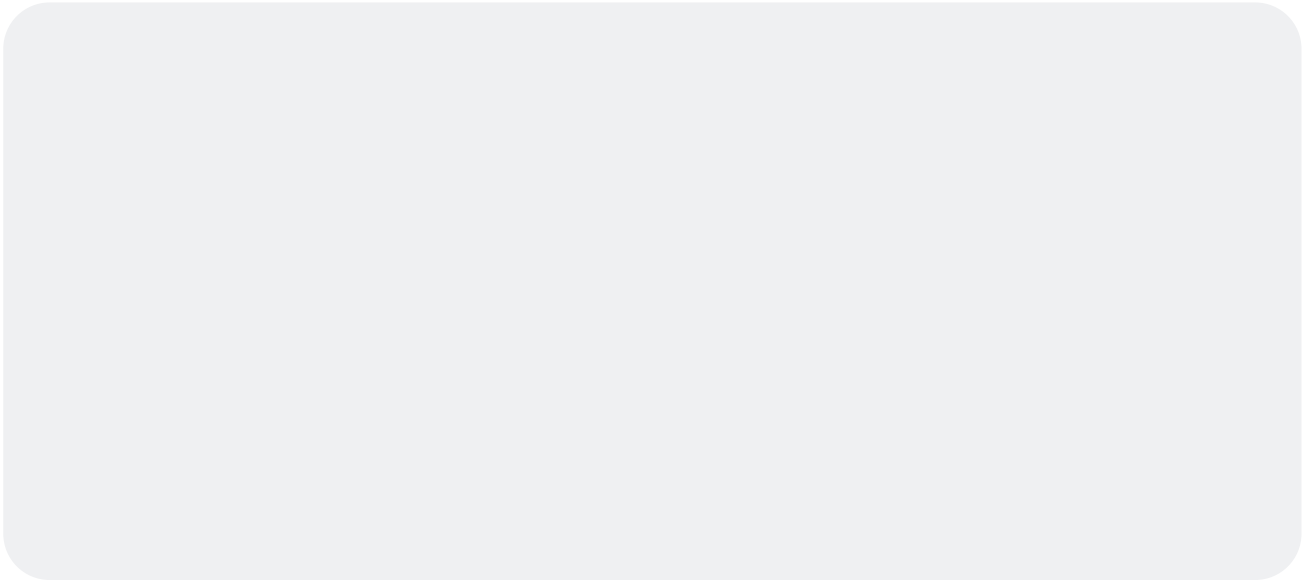
We need to heal this.

And, in the spaces below, I invite you to quietly reflect on what you've been learning about your body, especially your vagina, and how this has influenced the relationship you have with your body and with sex.

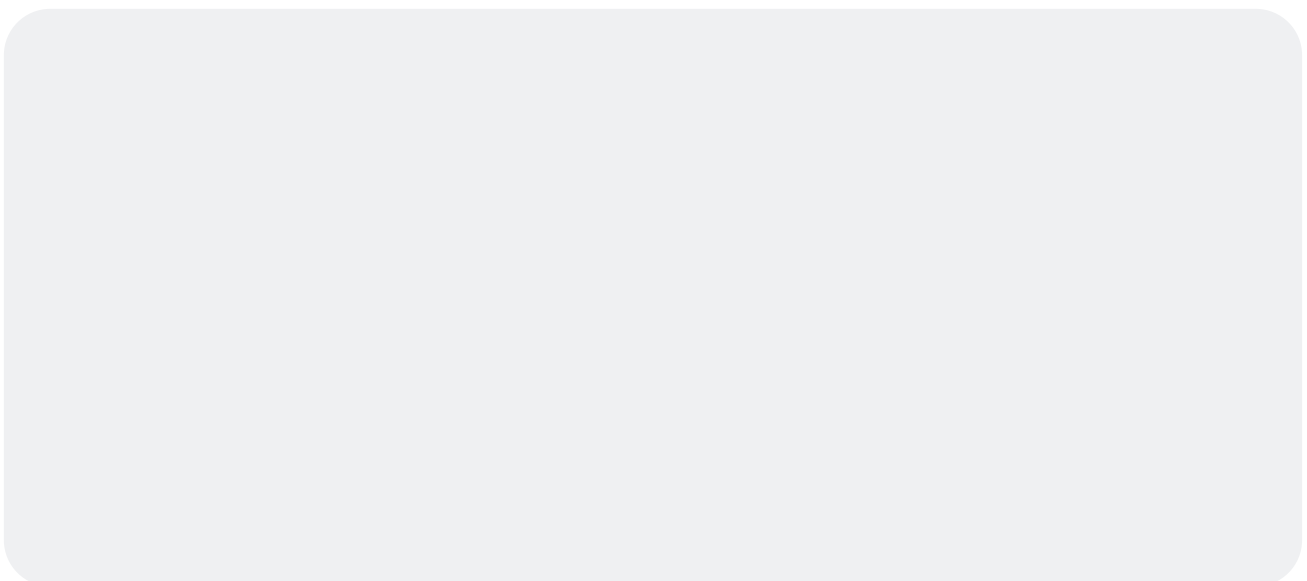
- **Have you ever seen your vagina?**

If yes; how was the experience for you?

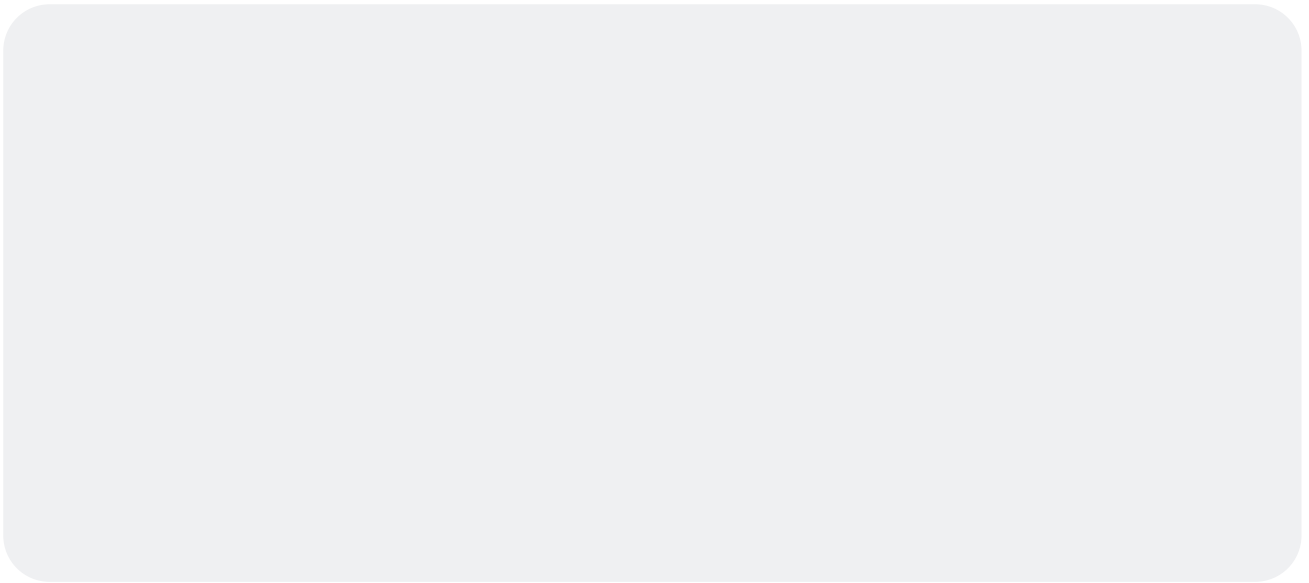
If not; how come you haven't yet looked at it?



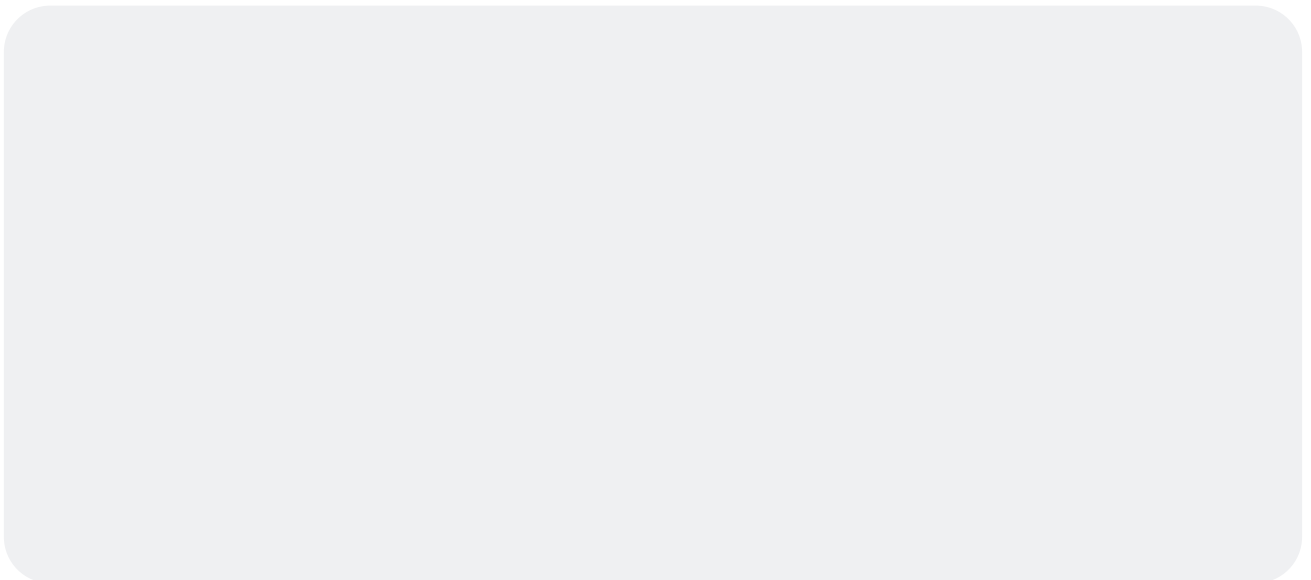
While growing up, what were you taught about your vagina? Verbally and non-verbally



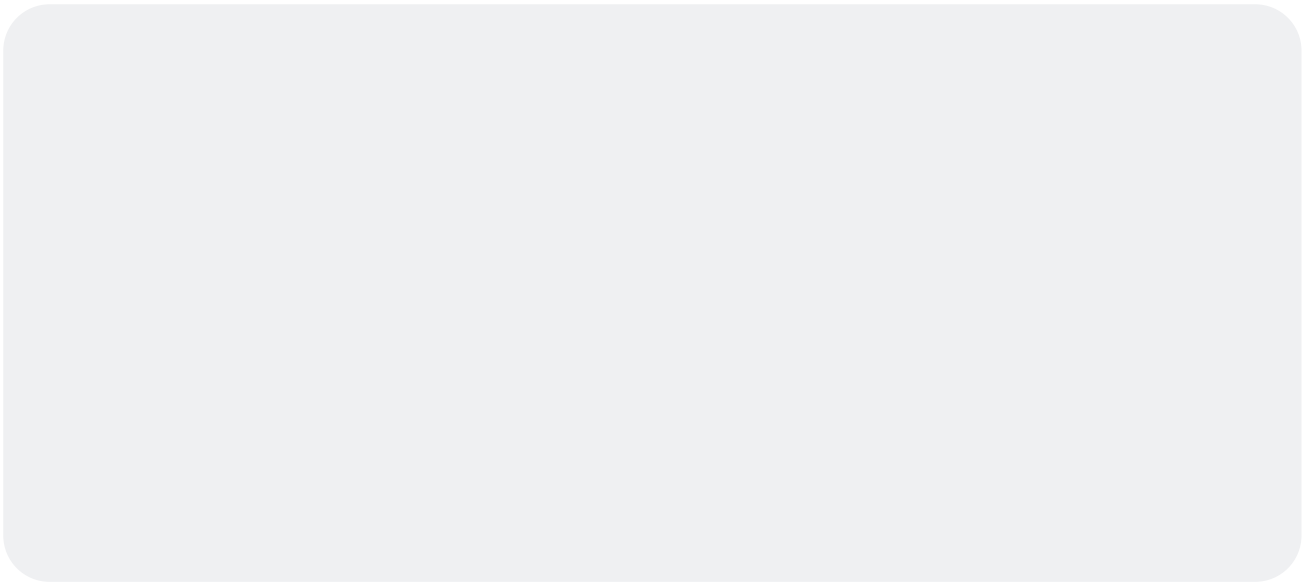
- **What does your community believe and say about vaginas?**



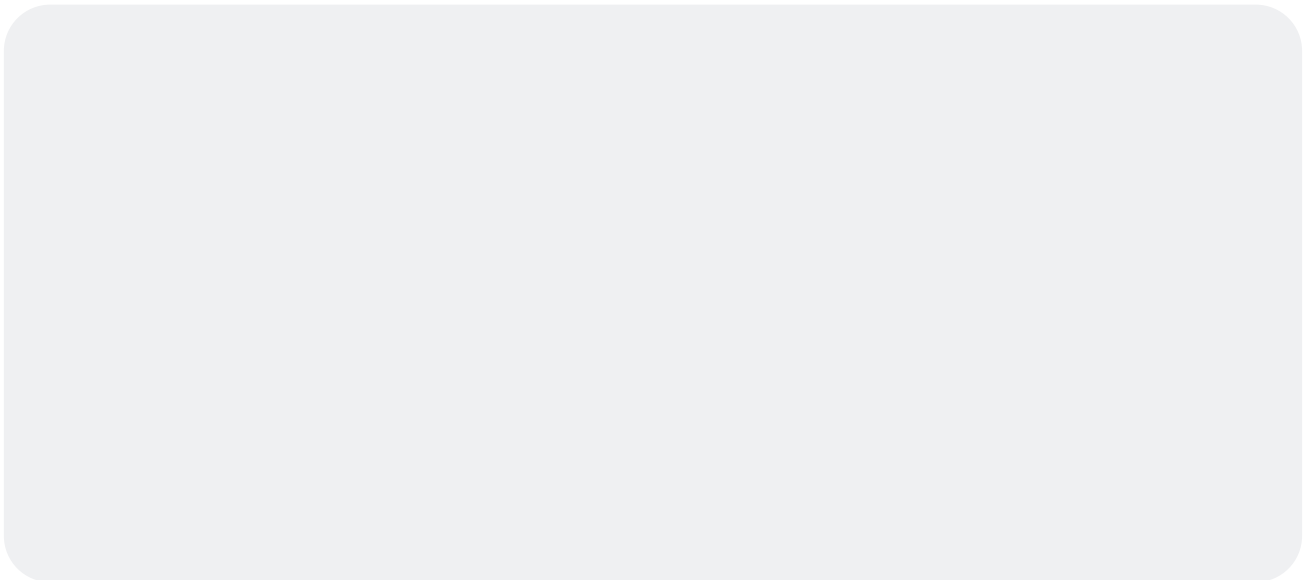
- **What do you think of your vagina?**

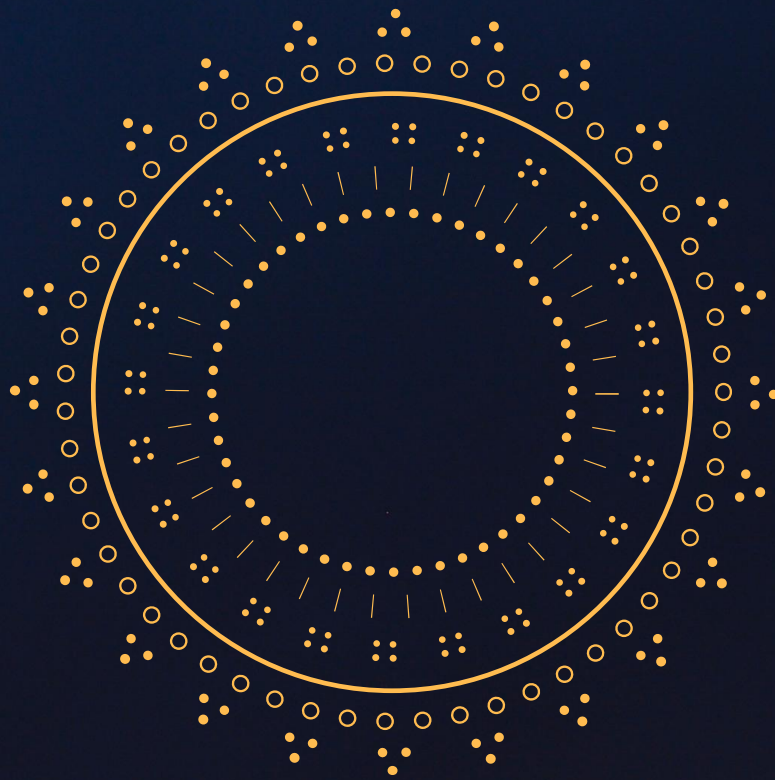


- **What relationship do you wish you had with your vagina?**



- **What steps are you going to take today to begin to build this relationship?**





If this work has been of value for you and
you'd like to go deeper, and heal,
feel free to reach out to me at
hello@tumelomoreri.com

And, for more of this work, and
to explore the range of my
Coaching offers, visit:

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