

Let's talk about Sex.



Introductory Note

www.tumelomoreri.com

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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Let's talk about Sex.

Diving into Sex, Sexuality and Pleasure.

My work has recently evolved to this body of work on **Sex, Sexuality and Pleasure**, and in this season, quite specifically on *Reclaiming your Erotic Sexuality as a Woman*.

This body of work comes after years of my own initiation in the work and in my own sexuality as a woman. And, I'm quite excited to finally be doing this and to also have you joining in as you read this Introductory Note.

In the years of my initiation into the work, I've made a number of discoveries:

- I'm continuously realizing just how terrifying it is for most of us to talk about sex. Even I have sometimes been super terrified. And, I would us to do something about it.
- **A lot of us are sitting with so much cultural + societal baggage around sex, and I'd like for us to debunk all that.**

Why? Because I want for us to arrive at having delicious and orgasmic sex in our lives, and being able to just freely talk about it and ask for it.

- Most of us don't know how to talk to our partners about sex. And the daily violence by this on our souls is just so vast.
- Most of us don't know how to talk to our children about sex, because nobody ever sat us down to talk to us about it.

And, the consequences of not having healthy sex conversations in our homes are far reaching for our society.

- **Most of us want to pretend that sex doesn't exist!** We actually even want to ignore the fact of you and I as living and breathing proof that sex is being had
- Many of us are dying in sexual relationships where we're just not enjoying the sex, not knowing how to communicate about this, and possibly not believing it's possible to enjoy the sex.
- Many of us as women have never experienced orgasms.
- Many of us fake orgasms.
- Many children are born into homes where there's never been an orgasm.
- Many of us believe that pleasure is only for the man; something which is actually very devastating for both the woman and the man.
- Many of us believe that a woman's body is just so damn hard to pleasure.

And, it is all so multilayered.

And, it all breaks my heart. Because apart from us missing out on the glorious + magical experience, the fact of sex being shrouded with so much shame + embarrassment + guilt has such far reaching consequences for our society.

The intention of this work is for us to heal the socially + culturally-conditioned shame, embarrassment and guilt we hold around sex, our bodies and around pleasure, and reclaim a liberated and erotic sexuality.

This *Introductory Note* marks the beginning of a series of workbooks I've written on *Reclaiming your Erotic Sexuality as a Woman*. The intention of these workbooks is to facilitate a process for you to look at yourself and some of the societal + cultural conditioning that might be contracting your sexual experiences.

How to use these Workbooks

These workbooks are an extension of my work with women, and are meant to provide a space where you may engage this work by yourself and at your own pace.

Should you at any point feel in need of more support to dive deeper into the work, and heal, please feel free to reach out to me at **hello@tumelomoreri.com** to explore my Coaching offers and what might be a fit for you.

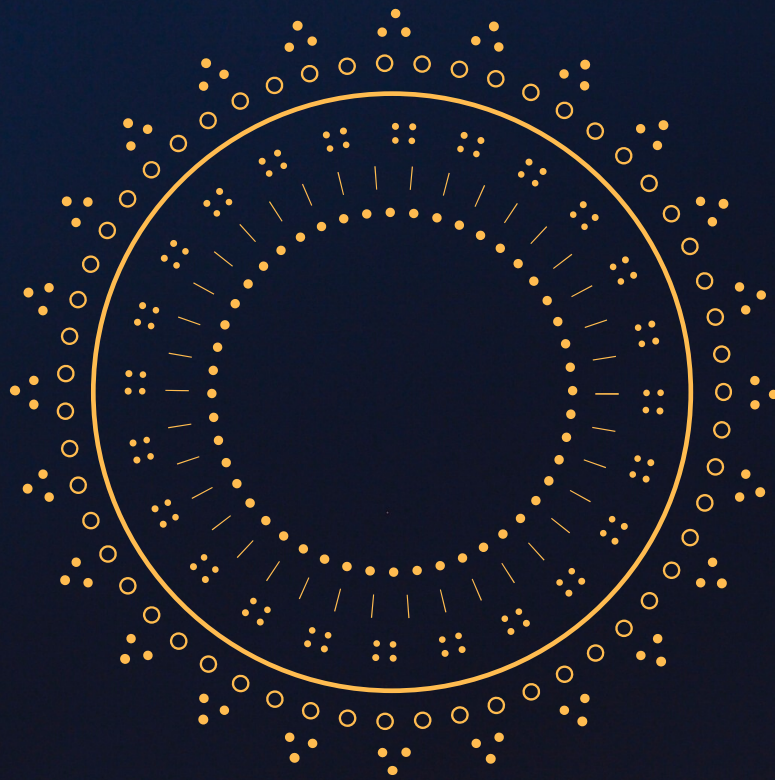
These workbooks are a sequential journey - their work feeds into one another. So, if you're holding this one, I highly encourage that you download the other workbooks of this series at www.tumelomoreri.com/resources

Further, the purpose of the work within the workbooks is for you to deeply explore yourself and begin to heal. So, I highly recommend that you either print them out and write on the spaces provided, or that you find a journal where you will quietly reflect on the journaling prompts shared.

I wish you a deeply transformative and healing experience with these!

Please also feel free to reach out should you have any questions and just needing an ear to chat about some of what comes up for you.

Sending you love,
Tumelo.



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

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