

REDEFINING *Sexuality*

Video Tip: Vulnerability
March 2012

Hello and welcome you sultry, sexy woman you. Welcome to Redefining Sexuality this month. I want to talk to you about vulnerability; being vulnerable. So many women that I coach say I don't want to be vulnerable. I'll be able to be hurt. He'll take advantage of me. He'll use it against me.

That would be coming from the premise that you are breakable. You're not
That you are limited, not limitless.

Really think, if you need to have protection and you don't want to open, that's saying that on some level you can be hurt. While there is pain, yes, there is pain in life, you are NOT breakable. You are limitless and all powerful. In fact, when you are vulnerable; which means being open to seeing all of you and open to seeing all of them; that is where your true power and potency is.

Think about it. When you don't want a guy to see something about you and you hide a part of you and you're not fully vulnerable, that's the area that is weak. That's the area where you believe there is something wrong with you. That's the area where you're judging yourself. On some level, he's going to pick it up and start to poke, poke, poke in that area and push your buttons, piss you off, hurt you.

That's only because you've decided a part of you is somehow not worthy of love. You're the one creating your own hurt-ability. When one is totally vulnerable and totally open all the way, it has to start with the self; which is why I do such deep work in my coaching sessions. You have to start loving each and every part of you and if you can't quite love every part to start with, you want to start with allowing- this is just a part of me, accepting- this is just a part of me. If you do that long enough, that part of you no longer bugs you anymore.

For years after having a baby and then starting to have sex or whatever, I'd be like ugh, these stretch marks and these boobs don't perk like they used to. I just don't have the same body. The hips never quite went back. But that was my own judgment and I would hide. Now that I've loved that part of me and accepted that part of me and celebrated that part of me, I don't hide anymore. This is me. The good the bad the ugly. I own it. It's so wild because then so do they.

Then they don't hide and try to be all perfect either. They're just authentic as well and the relationship can connect on such a deeper, profound, real, nourishing, fulfilling way; rather than I'll hide mine and you hide yours and let's just be fake. Not fun.

Your job this month is to be vulnerable with yourself. Start to notice where you hide. Start to notice where you don't want someone to know something. I'm not saying broadcast all your dirty laundry. This is just some intimate conversation with yourself. I want you to start to love and if you can't love, be curious and accept some parts of you and as you begin to get closer with a man that you're dating or a relationship that you're in, the more you share and the more authentic you become, loving yourself, whether he thinks you're cool or an idiot- who cares. You can't be hurt anymore.

When you actually love all the parts of you, you are unbreakable, unstoppable, unwavering in your confidence and that's the most empowering way to date. That's the most empowering way to be in a relationship. That's the most empowering way to be in a marriage. All of it. This inner work on your behalf is going to ripple through every level of relationship. It does get more intense as we go on as we start to see and let them in even more but the potential is that it gets closer and more profound and more amazing and you get stronger and stronger. This is the imperative work to do for your confidence; for your self-worth; your self-love. And no matter what anybody says, who care? Because you're at peace with who you are.

Okay? Vulnerability. It's where your power is.

I will see you next month and I will see you on the calls.

All my love.