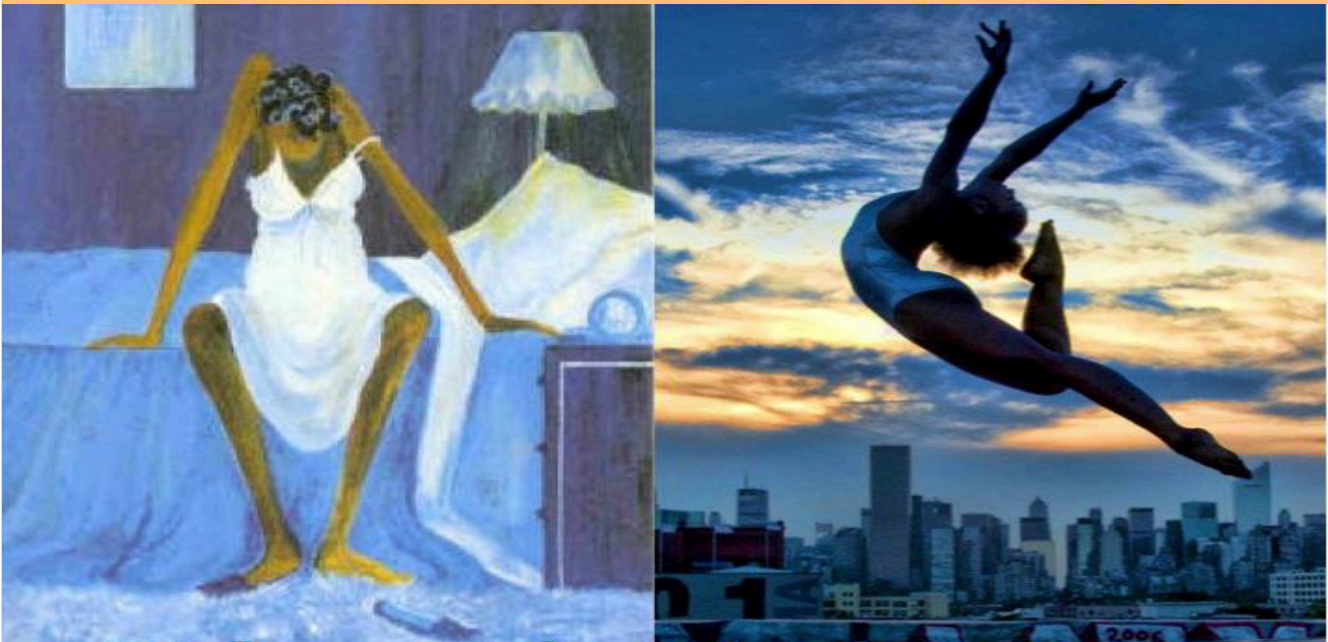


May 5th, 2015

Volume 4

Sistah's Organized & Unified for Liberation Soul Sistah Series

In pursuit of a pleasure filled life



How do you pursue a pleasure filled life...
Though shit keeps on happening?

We at Soul Sistah Series, are challenging you to pursue a pleasure filled life, every minute, of every hour, of every day of your life. What a lovely idea, right? And on certain days it's so easy to do. Those days when the sun is shining, the birds are chirping, you put on that cute pair of pants and they fit so perfectly. On those days, pursuing pleasure seems so easy.

But what about those days when you wake up late, there's a pimple on your face, nothing fits, you have no money, and you feel lonely and misunderstood.

How do you pursue pleasure then?

Seriously, what makes you feel good? What makes you feel alive? What makes you feel worthy? How do you remind yourself of who you are and whose you are? This month, we're digging into pleasure and how to pursue it no matter what comes your way. Feel free to share with us. How do you live a pleasure filled life...though shit **KEEPS** on happening?

Ways to pursue
pleasure ...though shit
keeps on happening!
Move your body

Endorphins are our friend. When we move our bodies, the endorphins in our brain signal positive feelings about our body. Stress is reduced, anxiety and depression are diminished, your self-esteem gets a healthy boost and you will sleep like a baby. Notice I didn't use the dreaded "E" word. (Exercise) Instead, I said move your body; walk, dance, stretch, run. MOVE.

(Re)Connect to Spirit

Who are you? And whose are you? Think long and hard about those questions. If you KNOW that you are the physical manifestation of the creator presence here on earth, then when shit happens, you NEED to connect. That could mean prayer, meditation, divination, Yoga...listen it could even mean orgasm. Get still and reconnect to your power!

Your Yoni & You!

How is your yoni doing? Do you talk to her? Is she happy? Is she sad? Is she being ignored? Has she been pleased lately?

Oooh, how are you feeling as I ask you about your seat of creation? Do you feel uncomfortable? Do you feel like your privacy is being invaded?

We want to push your thinking and your comfort level when discussing your yoni. And in pushing, we want you to think about HOW you think about her and all the ways she functions in your life?



Let's keep it real. Our Western minds look at her like she bleeds, she births and she receives.

But what if she has more to offer? What if she is OUR direct line and connection to spirit? Food for thought!

Take this ride with us, as we pursue yoni pleasure...in a way you've never experienced before.

