

VENUS CODES

Pleasure

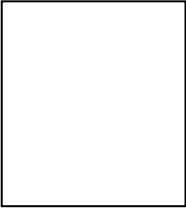
Session 1:

Full Moon Ritual

Intention

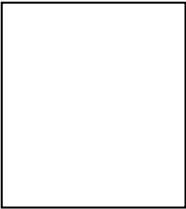
My intention for joining Venus Codes:

Benefits of being in the program:

 **Eradication of internal conflict:** you will be sure and confident in your decision-making; able to tell the difference between intuition and outside pressure/conditioning.

 Greater **self-confidence** and **freedom from self-doubt**

 Permission to **love unashamedly and fearlessly, with your full heart**, without holding back

 **Greater harmony in your relationships and the ability to discern between the right and wrong partner.** Stronger boundaries and having the strength of character to walk away when you are not being fully honoured, cherished or committed to. You will be able to stand up for yourself, filter between the good and bad, unhealthy and healthy, toxic and loving partners that come your way. You will raise your frequency to align with that of your most ideal partner: someone who will meet you in and on all levels. If you are currently in a good relationship, it will become extraordinary. If you are currently in a bad relationship, surrounded and lifted up by your sisters, you will gain the strength to walk away, however hard it might seem now.

Ability to **express your emotions** clearly and authentically, without fear of being rejected or shamed

Alignment of **mind and body**

Realignment with your **cyclical nature**

Balance hormones

Through connecting with your yoni and your female sexual organs, you will **heal your relationship with your menstrual cycle** and learn to adapt and flow in accordance with it, instead of feeling the need to fear, control and suppress it.

Stronger boundaries, ability to express and uphold them

Confidence to ask for what you need in order to feel satisfied inside of all of your relationships

□ Closer alignment with your **natural, ideal weight**, whatever this may be. Through opening yourself to everyday experiences of pleasure, you will no longer turn to food and binging in order to find comfort or suppress your emotions. You will know intuitively exactly what to eat, when and how much. Your body will naturally and effortlessly release excess weight, which is often stored due to trauma and stress. It will no longer need fat and water to protect itself.

My commitment

My commitment to myself and to the Venus Codes container:

1. To show up fully. to be on the live calls to the best of my capacity (and if I can't, to watch the replay before the next session). To be active in the FB group, do the home practice, and when on calls or watching a replay, to be fully present without multitasking.
2. To keep all information shared in this container private; I promise not to share anyone else's experience outside of this space, to honor privacy of every woman and the sensitivity of what is shared.
3. To take full responsibility for my experience and my results; I understand that to get the most of this program, I need to show up, be active and do the work. I will not outsource my growth to other people.
4. To be loving, helpful, compassionate and kind; when and if triggered, I agree to express my feelings without blaming, attacking or projecting onto others.
5. To hold space for other women, support them, offer a kind word, share my experience (without giving unsolicited advice).

6. To ask for help if I need it, and to know that I will not be judged for reaching out within the container.
7. To be raw, honest and vulnerable; to share my laughter and my tears.
8. To brag about myself, to share my successes and not hold back.
9. To celebrate other women and cheer for them; and if their successes trigger me, I agree to own the trigger and speak up if needed, without putting any one else down
10. To stay until the end, trust that I am here for a reason and understand that challenges may show up and that they are here to show me something. I commit to move through them, to not give up, and if needed, to reach out for help. But no matter what, I commit to being here until the end.
11. To keep the container of Venus codes relevant only to the content of this program; I agree to no spamming, no promotion or selling, no political, religious or other polarizing topics.

signature, date

*You are created
for pleasure*

The female body is **multi-orgasmic**.

You are designed to feel pleasure in a way men can't.

The **clitoris** has over 8000 nerve endings (compare this to the “very sensitive” tip of the penis with just 4,000). And it's actually the only organ in a human body whose only reason for existing is pleasure!

A woman can have **6 different vaginal orgasms** (did you know that?). Apart from the famous G-spot, there are 3 other spots inside of our vaginas that are just as powerful and can give you enormous pleasure.

Women can **squirt**, experience **nipple** orgasms and even **throat** orgasms. In fact, women can experience full body orgasms without even being touched.

Our **senses** are more open.

Women on average can perceive more colors than men and we also get to see more, as our peripheral vision is wider. Our skin is more sensitive (men's skin is thicker due to testosterone) and we even have a superior ability to smell.

A whole female body is designed to offer us a truly sensual experience of life!

Disconnection from pleasure

Here are all the many ways how the society has been disempowering women & disconnecting us from pleasure:

- Slut-shaming women who are open sexually and find pleasure in sex
- Using offensive words for the yoni
- Disregarding the importance of foreplay during sex and classing the female orgasm as unimportant. The way we look (and teach) sex is all from a male perspective: fast, peak and release.
- In fact, some doctors still don't believe in the G-spot! And most of them think that female ejaculation is just urine. We have the whole medical system discredit female orgasmicness!
- A woman can have 6 different types of vaginal orgasms but we're told nothing about them! (Did you know we can orgasm from our cervix?!)

- We have been conditioned to think that our yoni must look like those of the women we see in porn; that means small inner lips. We hear offensive terms for them coming from the mouths of men. Women are getting plastic surgeries to cut their inner lips and if that wasn't scary enough - this is one of the most popular plastic procedures nowadays
- We are left to believe, that there is something wrong with our genitals: they smell bad, they should be shaved, they should be covered
- Words such as "cunt" and "pussy" are used as offensive
- Rape and sexual harassment
- Sexually empowered and liberated women were called witches and killed. And nowadays, a woman is often blamed for being abused because "she was asking for it with her sexy look"

How do you outsource pleasure?

☐

Food

☐

Netflix/ romantic comedies

☐

Shopping

☐

Gossip

☐

Relationships/ partner

☐

Daydreaming

Beliefs

Which of the following beliefs are true for you?

☐

It is safe to receive pleasure

☐

I deserve pleasure

☐

I know how to receive pleasure

☐

I know how to receive

☐

It is safe to receive

☐

Orgasm is beautiful

☐

I am beautiful when I orgasm

☐

It is safe to have an orgasm

☐

Sex is a sin

☐

I will go to hell if I enjoy sex

☐

Pleasure is a distraction

☐

My partner's pleasure is more important than mine

☐

I am allowed to feel pleasure

☐

It's ok to rest

☐

Life is hard

☐

Life should be hard

☐

It is ok to find pleasure in food

☐

It is safe to find pleasure in food

☐

I can experience pleasure and have a loving relations

☐

I can experience pleasure and be a good daughter

☐

I deserve to rest

☐

I am allowed to feel pleasure

☐

I am allowed to orgasm

☐

I have to work hard to deserve pleasure

Thank you