

Unlock Your Mojo



The Wilderness Community March Resource Guide

Angela J Herrington MA, LSCC

2 DOCUMENTARIES TO HELP YOU UNLOCK YOUR MOJO

The Principles of Pleasure: Our Bodies

Episode Description: Peel back centuries of taboos and misconceptions to uncover the truth about female orgasms - and the many paths to physical pleasure.

This smart and funny show challenges the myths of feminine sexuality, bodies, and pleasure. Watch this one to open up your mind to how our feelings toward our body and sexuality are deeply impacted by cultural teachings...

AND how little of what's taught is accurate...
Grab your journal and a comfy spot to watch this show with an open mind.

You can watch it here:

<https://www.netflix.com/watch/81154483?>

Here are a few questions to ponder after watching this video:

What was the most surprising thing you heard in this show?

Was there anything that triggered shame or worries about hell/salvation/punishment?

How did your body feel before, during, and after watching this show?

What do you want to take away from the topics covered in this show?

2 DOCUMENTARIES TO HELP YOU UNLOCK YOUR MOJO

the goop lab with Gwyneth Paltrow: The Pleasure is Ours with Betty Dodson

Episode Description: *Going from real vulvas to true vulnerability, Gwyneth and the team plunge into the topic of women's pleasure, guided by sex educator Betty Dodson.*

Grab your journal, all the things that help you feel sexy, and find a private spot to watch this documentary. Betty Dodson is a wonderful sage who helps women connect with their bodies and move beyond the self-loathing that's so prevalent in purity culture.

In this episode, she helps us learn how to connect with our bodies and sensuality without shame, judgment, or giving any more energy to the limiting beliefs we picked up in purity culture.

You can watch it here:

<https://www.Netflix.com/watch/81044717>

Here are a few questions to ponder after watching this video:

What words go through your head when looking at your naked body in the mirror?

What might it feel like to be comfortable in being in, looking at, and exploring your body without shame?

What do I want to do with the things I've learned from Betty and the others in this show?

ADDITIONAL RESOURCES

Two articles to help you grow more knowledgeable on this topic:

<https://blacklove.com/10-black-women-who-can-help-you-improve-your-sex-life/>

<https://www.verywellmind.com/psychological-benefits-of-an-orgasm-5235580>

Hip opening yoga poses (including butterfly pose)

<https://www.rainbeau.com/blogs/posts/hip-opening-yoga-poses>

Hip Opening Poses to Balance Your Sacral Chakra

<https://www.doyou.com/sexy-chakras-part-one-6-hip-opening-poses-to-balance-your-sacral-chakra>