

A Necessary Life Curriculum

A STEP INTO THE GRANDEUR-OF-YOU

Acknowledging and Releasing the Past

1) Who taught you to relate to men?

2) Who taught you how to model a relationship with a man?

3) What was your first sexual encounter?

4) Was your first sexual encounter chosen or something else?

5) Why did you choose to have sex for the first time?

6) Why and how did your first love relationship end?

7) How did you experience yourself in your first sexual encounter?

CONNECT WITH ANY ENERGY THAT COMES FORWARD
WHILE ANSWERING THESE QUESTIONS.
IF YOU EXPERIENCE JUDGMENT, UPSET, SADNESS, ETC.,
LISTEN TO THE SELF-FORGIVENESS MINDFUL COMMUNICATION
AND RELEASE THAT WHICH IS NO LONGER SERVING YOU.

