

Awaken your heart medicine

Why developing a strong sense of self
is foundational for out of this world
love making



C o p y r i g h t N o t i c e

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AWAKEN YOUR HEART MEDICINE

I N T R O

This guide is meant as a gift for your heart. *It's a calling inward to receive love, by learning what it truly means to be the source of love.*

You see, your heart is medicine.

By really developing a relationship with your capacity to love, we can shift our relationships, cultivate more fulfilling intimacy and heal old wounds. The problem is most of us have been distracted away from our own love by fantasy and projection or we have experienced disappointment in our relationships with others.

The inspiration from this guide, came as a result of the main work we do - helping people experience the deepest sexual connection possible. *If you're someone who wants to experience the deepest sexual intimacy with another, then the information in this guide will be important for you.*

One of the main things that can occur as we bond sexually with another (and the sex is incredible) is we can lose sense of ourselves. An enmeshment occurs that pulls us away from ourselves and our values. We might ignore red flags and mixed signals, we might ignore our own instincts and feelings, not wanting to upset the relationship or lose it because the sexual connection is so intoxicating. We can create fantasy relationships and not really be present to the reality of them.

This guide will teach you how to build and maintain a strong sense of yourself and stay grounded in love so the chemistry of it all doesn't overtake you.

I'll share with you how to access what I call your 'heart medicine'; this is your wisdom, your love and your compassion, and how developing a deep relationship with yourself founded on these things is the key to beautiful love and intimacy with others.

This is a guide I wish I had a decade ago, it would have saved me a lot of heartache and pain, if this saves you even a fraction of the discomfort I went through then it will have served its purpose.

This information applies whether you are in a relationship or not. I think we have one relationship to master in this life - that's the one we have with ourselves. All other relationships mirror this primary connection.

When I refer to ‘divine union’, I’m not referring to the magical soulmate connection. ‘Divine union’ actually refers to a union between you and your own soul or you and the ‘Everything’ (some might call it Source, Universal Consciousness). When you bond with your essence and experience love within, everything changes because you ARE love - it’s not something you have to look for.

I’ve included some journal prompts in this guide. To get the most out of it, spend some time with your journal and a cup of tea. Self-reflection becomes like writing letters to yourself and it’s another way of forming a connection to your inner world.

Olivia x

Self:Cervix Founder

IS TRUE LOVE A FANTASY OR SOMETHING ATTAINABLE?

When I grew up, I listened to all the love songs, watched all the romance movies, I had a dream that someday my ‘One’ would come along, sweep me off my feet and, you guessed it, we’d live happily ever after.

Many of us have been carried away by fantastical love stories that focus on being ‘found’, ‘rescued’ or ‘chosen’ by a magical other. The implication is that life is only complete when this happens. The love story we’re all told is centred around someone else!

Not only is this incredibly disempowering but it also undermines the most important love story of all - the one you have with yourself.

This love story centers around being able to
turn inwards and connect with your own
emotional world and honour your feelings,
emotions, thoughts and dreams as precious
and valuable.

For many years, learning how to be in a loving relationship with myself did not sound as sexy as being seen and loved by another. We are wired for love and connection with others but there's a big difference between wanting to share love and needing love from another to feel whole.

So the first step is to rewrite the ending of the fairytale - true love is absolutely possible but for best results, the heroine must choose herself first.

HOW MANY TIMES CAN MY HEART BE BROKEN?

As I searched for my 'soulmate' I had my heart broken many times. I didn't realise that I was looking for love in all the wrong places until I had a wake up call and couldn't ignore myself any longer.

It was after one particularly bad heartbreak that I finally stopped looking outwards for love. In my mind, he was my 'soulmate' and it was true, we did have a deep and profound connection.

It was with this man that I had my first cervical orgasm (which is what my work is all about). So I got myself all tied up in a fantasy about who this man could be in my life and I lost sense of what was actually true, I lost sense of myself in order to keep the connection.

He didn't want the same things I did and so over time, he pulled back. I didn't want to see the red flags early on. My anxiety grew and before I knew it, I was losing myself for this love. By the time it was over, I felt so out of touch with myself. I had not listened to my truth, my needs or my anxiety. When it was done I felt broken and unloveable. It was a true low moment. But losing him led to a new beautiful chapter in my life. One that was focused on loving me first.

I realised that if I was going to pursue cervical orgasm and what I like to call Interstellar sex, I'd have to work on my relationship to self.

If I could meet my younger self, I would say don't look for love, learn about what loving yourself actually looks like as a practise - beyond eating well and exercising.

If the idea of not looking for love feels scary for you because 'time is running out', I understand.

What I learnt was I wasted more time by not doing the work because I kept repeating the same mistakes or attracting the same guy in different outfits.

ALL HEALTHY INTIMACY IS GROUNDED IN A STRONG SENSE OF SELF & TRUE SELF- RESPECT

Taking responsibility for loving me was a game changer.

My conversations changed, I could speak up for myself, I understood how to regulate myself during conflict and listen to what I was really needing. I finally let go of the fantasy and started getting real about how present love was within me.



SO I INVITE YOU TO JOURNAL THE FOLLOWING:

- How much time do you spend saying loving encouraging things to yourself versus judgmental or critical things? What does your inner judge/critic typically say?
- How often do you spend your time doing things that truly nourish and inspire you? Versus, things that drain your energy. Write a list in two columns and get a picture of how you spend your time. Include things you consume (media, food, etc).
- Look at what you've written, does your life look loveable? What could you change, if anything, to bring more loveable hours into your life? A loveable life often reflects an inner love.
- What do you need in a sexual partner? How willing are you to ask for this?
- What do you need in a relationship? Write a list - which ones of these can you meet on your own? Which ones might you occasionally need to ask for? Which ones are non-negotiable for you? (eg. I need love, respect reassurance, monogamy, clear communication, empathy, cherishing, honouring. Out of that list, I can give myself all of the above apart from monogamy and clear communication. I might need to ask for reassurance sometimes and clear communication. Non-negotiables for me are monogamy, empathy and respect.)
- Is there anywhere in your life where you are avoiding being vulnerable? This means sharing how you really feel - not what you think, but how you feel. 'I feel sad about X'

CHECK IN WITH YOURSELF EVERYDAY

So now you have a sense of what it's like to connect with yourself, your thoughts, needs, desires and your emotions. Check in with yourself each day - after all, you'd check in with people you're relating with. So each day, notice how you're feeling and what's alive for you.

This will help you stay centred in yourself, during the early stages of attraction. Or if you're in a longer term relationship, it will help you re-orient towards what matters to you as a separate individual - are these needs or desires being fulfilled? If so, great!

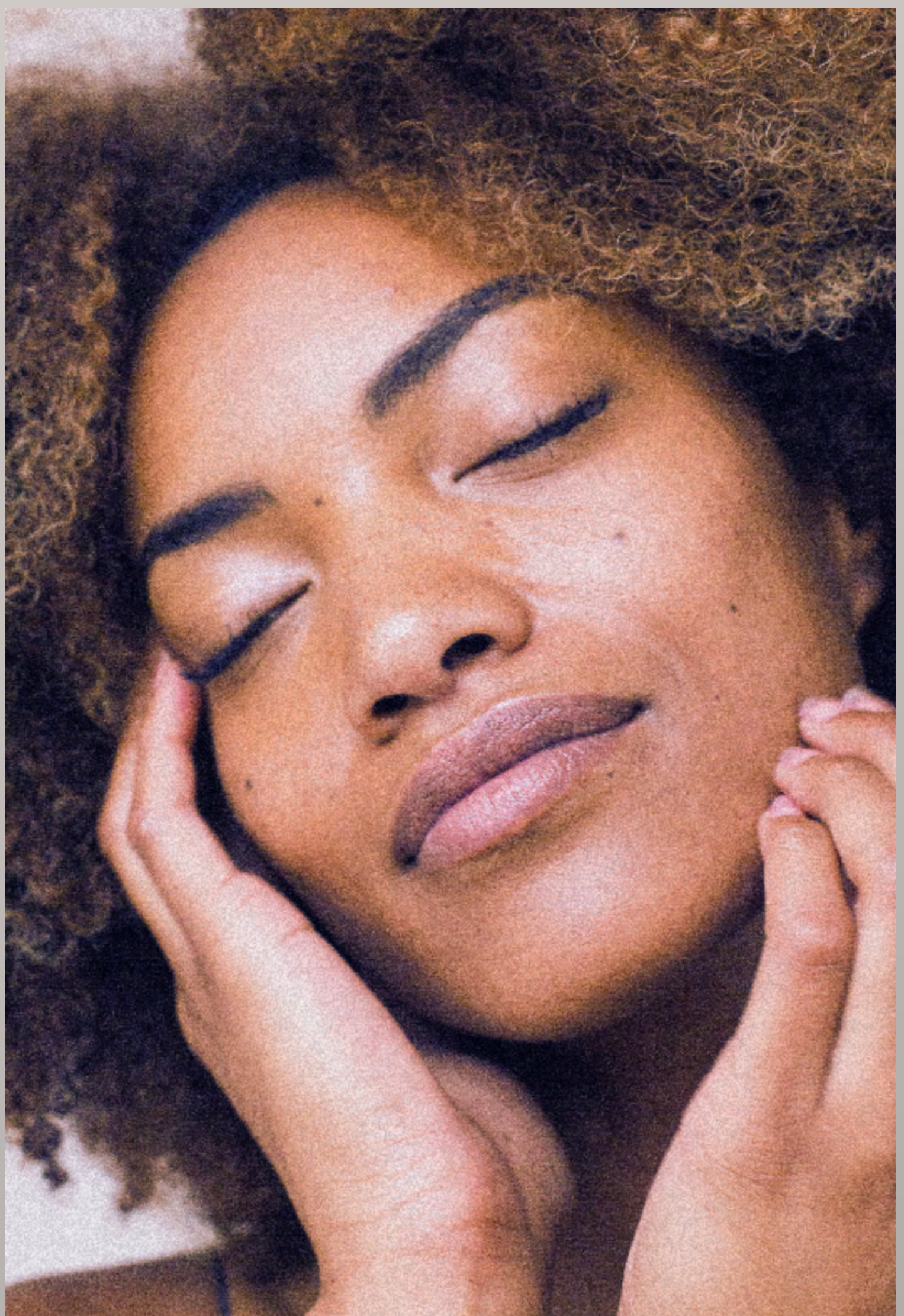
Whether you're in a relationship or not, healthy relating comes from within and it radiates out into all your relationships.

When you cultivate love within you, you become attractive. You are no longer sending cords of need out towards others. Instead, as you turn your focus inward and begin to learn how to fill yourself up more and more, you draw people and experiences towards you. Cultivating an inner environment of love is magnetic.

We go through phases in life - sometimes we feel great and other times we forget about this primary connection. This is normal. But the more we practise, the more in touch we become and the relationship with our inner world grows stronger every day.

When this happens we are in a much stronger position to be able to handle deep intimate bonds without losing sight of ourselves. We can learn about what is loving or what hurts and we can take more and more responsibility for our experiences.

Learn what it takes to be in a loving relationship with yourself and watch everything else fall into place.



WHAT HAS THIS GOT TO DO WITH SEXUAL INTIMACY; OUR FOCUS AT SELF:CERVIX

The root of profound sexual connection and orgasm comes from safety. The level of safety we feel in our romantic relationships is highly correlated to our attachment styles that are learnt during the first few years of life.

As children we grow up being either securely attached to our caregivers or insecurely attached. About 50% of the population feel secure in relationship. The rest of us feel mostly insecure which can cause relationship anxiety. We might avoid feelings of loss by pulling away or by clinging on too tight.

These attachment styles play out in our sexual relationships and impacts how easily we can relax into orgasm.

Put simply, if we don't feel secure in the connection we may start behaving in ways that push away real intimacy.

We might avoid asking for what we want sexually. We might hide our expression or use sex to get love. We might avoid getting too close to our lovers and have superficial experiences that never go deep.

The key to creating safety is through clear communication and understanding each other deeply. We all have some triggers from our childhood and the better we know those of our partner and vice versa the more stability we can bring to the relationship.

Sexual connection and orgasm is built from this stability.

The way we create safety has to start within.
It's your relationship to yourself and your feelings
that will ultimately make a difference when it comes
to successful and orgasmic relationships.

THE NUMBER ONE REASON WHY WE DISCONNECT FROM OURSELVES

We call this disconnection from self, self-abandonment. This is
the key reason why an unhealthy relationship or the experience of
loneliness can hurt so much: in that process, we completely
separate from ourselves.

Self-abandonment is disconnecting from ourselves and who we
truly are in favour of pleasing others or to manage someone else's
emotional world. When believing that getting love from another
is the biggest prize, we give away the responsibility of loving
ourselves to other people and we leave ourselves empty.

As you can imagine this moves us further away from cervical
orgasm and deep sexual states which is all about connection.

**But you can heal this with awareness
and a new commitment to self.**

At the root of self abandonment is the abandonment wound
which we will cover in the next section.

SEXUAL SELF- ABANDONMENT

Fear of being abandoned leads to abandoning ourselves.

After six years of coaching thousands of women through intimacy, I see one pattern that impacts our ability to drop into intimacy and relationship. This same pattern also causes us to hurt ourselves by getting into relationships that are not healthy.

I see us pursuing avoidant partners or unavailable ones. I see us giving ourselves away for love. I see us deferring to outside sources way too much as if others have the authority over our bodies .

The biggest mistake I see us making can be summarised into this one thing:

You override your truth, your needs and desires to be loved and to avoid loss. You might then blame your partner, resent your ex or stay single.

As we override ourselves, we have no choice but to protect - even subtly. We armour against feeling and knowing ourselves AND we armour against letting others in. This shows up in the body and stops the flow of pleasure.

And it's no one's fault. We've learnt how to relate by watching how our parents relate to themselves or others, by listening to others tell us how to be loveable, by conforming to codes of behaviour that create belonging.

But if we want to feel truly seen, cared for and understood, we have to give this to ourselves first. **We have to start looking at all the ways we abandon ourselves.**

There are 6 main ways we abandon ourselves:

1. Self-judgement. Judging ourselves is rooted in shame and emerges from childhood.
2. Ignoring our needs to keep the peace, or caretaking/performing to win approval or avoid rejection.
3. Addiction - it can feel easier to cover it up than to feel the things we are helpless to change.
4. Ignoring our truth and intuition because we have learnt not to value it.
5. Ignoring or avoiding our core painful feelings and turning to distraction or addiction or spiritual practise as an escape.
6. Not taking care of ourselves (physically, spiritually, emotionally) which basically sums up all of the above.

All of these things wear down self-esteem and disconnect you from true love. You CAN stop these self-sabotaging patterns. You can move through this and show yourself love like never before.

Healing comes from doing self-acceptance work and making the relationship with YOU and your inner child the number one relationship in your life.

Healthy relating
requires being in a
loving relationship
with yourself first.

The opposite of self-abandonment is self-partnership. Our Self:Partnership programme brings a practical aspect to the concept of inner divine union. It is a series of tools that bring you into close connection with yourself so that you can navigate your life in a way that respects and honours who you are rather than who the world wants you to be.

Self:Partnership is a journey towards knowing yourself as love.

It is a vital skill to have if you're pursuing a path of deep sexual intimacy, so you can always stay true to yourself inside these seductive connections.

This means you don't compromise yourself for the sake of connection, you stop blaming others for how you're feeling and instead

- You learn to listen to the wisdom of your body/emotions.
- You heal the fear of being alone so you can make empowered choices in your relationships.
- AND you begin taking action from a place that demonstrates the deep respect you have for yourself.

SIGNS SELF:PARTNERSHIP IS THE RIGHT MEDICINE FOR YOU:

- You attract unavailable partners.
- You tend to move quickly into relationships - crash and burn style.
- You are highly sensitive and attuned to others. This means you can be on edge trying to make everything right for someone else.
- You compromise or change yourself in order to suit the needs of others and get love. This might look like always making adjustments to fit someone else's schedule or not speaking up when someone is always late.
- You're afraid of loss so you cling to love or settle for crumbs.
- In your relationship you tend to be a pleaser, often disregarding what matters to you.
- You are also very good at healing and helping but it tends to get exhausting for you and you often choose partners who need your help.
- You lack good boundaries in many areas of your life.
- You play small in your professional life and find it hard to share your ideas or voice.

FIVE STEPS TO SELF:PARTNERSHIP

1. Develop a daily practise of listening to yourself. Whenever you notice a sensation in your body, pause, place a hand where you feel the sensation and drop into it.
2. Learn how to be with your feelings and emotions. Most of us are taught to avoid difficult feelings by distracting ourselves or by ignoring painful feelings. We may even shame them. Learn to validate what's true for you and how you're feeling - your feelings are teaching you about how to love yourself.
3. Bring compassion to all your wounded feelings. There's a part of you that feels vulnerable like a small child. Hold yourself as you would a small child. See our inner child process below.
4. Raise your self-worth by treating yourself like someone who is worthy of love. Speak kindly to yourself, follow your bliss, do things that feel good like walking in nature, buying yourself flowers, giving yourself touch. Always treat yourself like you want to be treated by someone else.
5. Learn to speak your needs, boundaries and desires. This comes as your self-worth grows. When you respect yourself this way, others respect you. This is the energetic template that you hold within you. Honouring yourself is how you attract others who honour you because you don't entertain anything less.

THE SELF:PARTNERSHIP MANIFESTO

I am not broken. There is nothing to fix.

I AM IN MY HEART AND RELATING TO MY ESSENCE,
I REMEMBER I AM WHOLE AND PERFECT.

I get to the bottom of my stuff, I own my stuff.

I'm dedicated to growth and development through
learning from and embracing challenge. I have an
intention to learn from my pain always.

I AM INVESTED IN VALIDATING AND LOVING
MYSELF FIRST - SOFTENING TOWARDS MYSELF.

I don't expect from others what I'm not attending to
within myself.

I do the practises and take loving action to remain
connected with myself and to remember I was born
whole and complete.

I TURN TO MYSELF FOR MY OWN INNER WISDOM
AND I PRACTISE IT UNTIL IT BECOMES EASY.



MEET OLIVIA

Hey I'm Olivia, I'm founder of Self:Cervix - a project dedicated to human awakening the power of cervical orgasm. It's a wild and beautiful ride.

We are all ultimately looking for home, looking for the truth of who we are. This is the foundation of spiritual practise. Ancient traditions have known for years that love and orgasm are keys to awakening consciousness. Science is making the catch-up but very slowly. Most people do not know that their cervix is capable of even more than birth. It's our mission to share this information and the vision of a sexually awakened world with one million women around the world. A foundation to healthy sexual relating is Self:Partnership.

A key to our method is we begin with the heart. The heart is the central organising organ. **If there is any emotional unsafety or trauma, the body cannot open into blissful lovemaking.**

So we look at our relationship with our emotional world as well as our relationships with others. We clear up the areas where we are diminishing ourselves or not speaking truth. We heal emotional wounds and empower ourselves for healthier, happier relating.

This is Self:Partnership.



If you want to take this a step further, I would like to invite you to The Heart Frequency.

THE HEART FREQUENCY

A 2-Part Masterclass

If there was ever one true purpose to experience in this life it's this: **to know love in all its dimensions**. I don't just mean romantic love. I mean unattached, non-locational love that allows you to live in full aliveness, magnetic, whole and in love.

The Heart Frequency are key frequencies that add power and softness to our intimate and personal relating. When we awaken these frequencies, we transmit a powerful magnetic energy that lights up our lives and invites in love; deep love that, actually, most of us were never taught how to hold or sustain.

If you were born with a cervix, you hold tremendous power to transmute emotional and sexual energy into unconditional love when you awaken the The Heart Frequency.

Live and love in wholeness, together or alone.

[Click here to learn more.](#)

