

Infinite Receiving Podcast

Title: Pussy Reclamation with Jodie McLean

Ep 49

Transcript

This is the Infinite Receiving Podcast, helping conscious leaders tap into a wealth of abundance across all areas of your life and business. I'm Suzy Ashworth. And I'll be sharing with you how you can upgrade your reality through Quantum transformation, because you are ready for Infinite Receiving.

Hello, hello, you gorgeous human being Suzy Ashworth here and you are listening to the Infinite Receiving podcast. And I am super excited to be having an incredible conversation with you today with one of my current clients that has been in my world for a few years now. Actually, it feels strange to say that it's been a few years. But I want to introduce you to the incredible Jody McLean. So Jodi, welcome to the podcast.

Thank you how amazing to be here. Thank you. Thank you.

You are very, very welcome. would you love to share with the audience exactly what it is that you do?

Yeah, absolutely. So I work as a transformational coach. And I work with the divine feminine. So being able to access that innate power that lives within each of us. And a reclamation of that power, which is quite so often lost, because the masculine energy that is surrounding us the expectations of achievement and success. So it's just tapping into that feminine and bringing it back into alignment. So we get the balance between the masculine and the feminine energies.

When you are saying this now you make it sound very, very sophisticated, and which it is. And when we first met, which was actually on retreat in Mykonos, I think I think it was I don't know what it was, it was two years ago or three years ago, wouldn't have been three years ago, because that was 2022 to two years ago, there was this Moses, there was this moment on retreat, and it was really about the unleashing of the power of the Pacific. And that is it felt huge, actually. And because you spoke it in that way. And it was a real moment. Do you remember that moment?

Absolutely. And I kind of speak about that retreat, as there was life before that retreat. And there is life after that retreats like this. And I often use the word enlightened, and I don't use that flippantly. Like this was a lightbulb moment of epic proportions. It was felt on every single level, energetically, physically. The moment that that dropped in, everything became so clear.

What do you mean, talk me through when you say that dropped in? What was the awareness what happened?

So I'd come on the retreat with a very, very clear idea. I wanted to find my purpose. They had left my job, I built the business, it was making money, but there was just still something missing. And I came and I was kind of really open from the beginning that I just wanted to know what what am I here to do. I know there's more. And the moment that I dropped in was, I was told that I have the ability to work with people in a intimate, but fun way. And this kind of sat with me and sat with me and sat with me. And it just it was like a full body. Like I've spent decades denying my sexual power, my power of my own policy, and she's been waiting. She's just sat and waited patiently, patiently, patiently, and it was like, this is the work I am here to do. This is my power.

I love this so much. And we're having this conversation after I have just come back from my own sacred sexuality retreat. So everything that you're saying, gives me full body tingles. I have a really different understanding perspective, after really using the power of my PC and really connecting with myself in this intimate way, in a really here Liang Wei, actually, it's just a very different perspective after having this experience. I'm really interested, you just said that you've been denying your feminine power in this way for years and years and years. And I'm curious when did that again, or maybe it's on reflection, or maybe you knew in the moment, but when did that denial start

very early on, very had an awareness as a very young age that, that I was a sexual being that I could bring pleasure to my body, I grew up in a very strict Christian religion. So that wasn't something that was openly discussed. And so the denial started from a very young age, and also was sexually assaulted by teacher at the age of seven. And so very early on the shame, the pattern of shame started from me. So that's been a very strong theme throughout my life. This, you know, sexuality, pleasure equals shame.

So, the sexual assault happened when you were seven. Had you already you said that you had this awareness that you're a sexual being? Did that start before you were the before you were seven years old?

I'd say that I can't not that I recollect. But probably not long after that. I think there was probably some link. I haven't delved too much into that. But it was it probably wasn't long after that, that I was aware of being turned on as a young girl.

Okay. When you because you have girls, right? Yes. When you think about that, because again, this is another whole, like conversation that I'm so present to. I have three kids, a seven year old girl, 10 year old girl and a 12 year old boy. And I'm really aware that when I was younger, I did not have any conversations about sexuality with my parents. I remember having sexual feelings, and then being feeling that they were wrong. I remember watching things like, you know, just people kissing on the TV and feeling turned on and then being like, Oh, this is

wrong. Not really knowing whether I was being turned on by the woman being kissed, or whether it was the guy or just the whole thing is very confusing. And feeling like, oh, this is wrong, we need to turn that down off until I got to the age of 14. And then I was like, Oh my God, my friends are having sex. I don't even have a boyfriend. I really want to have sex. I really want to lose my virginity. I've got to get rid of it now. So I'm really curious one, how old are your girls?

So my oldest is 12. And my youngest son, My middle child is 10.

When did you start because I'm assuming that you have talking to them about their sexuality or what sexual sexuality is.

So this is something that I have been really, really open about for for many years, or probably more. So the last couple of years as I've been, I've never really delved into the work on myself. And my aim is to take as much shame out of this narrative as possible for them. And even just thinking about the clitoris, and its, you know, its sole purpose is for pleasure. And for them to be okay with that, like, go away and discover that before you the thought of anyone else touching your body, you know, this is your body, find out how it works and what it does. And I just personally don't feel my truth is that you can never really start those discussions to your than being able to name the physical parts of their body and being able to look at it and touch it and feel it's part of them. And they love it and they embrace it. What does that conversation or what has that conversation sounded like from the pleasure perspective? Like the going off and exploring it? Yeah.

So we actually already had this conversation a couple of weeks ago, like a refresher. And it was there's embarrassment, there's, you know, kind of like warmth. I mean, maybe you had a sleepover a couple of weeks ago, and she said to me, there was two things I wasn't allowed to talk about. And I was like, what would they be and she's like, No vaginas. And no witchcraft.

me then. I'll just disappear.

So yeah, absolutely embarrassment. And I guess that's our job as parents to allow them to feel all of the feelings. Nothing's right. Nothing's wrong. But very much this sort of keeping it quite practical. You know, this is this is what our bodies are capable of. This is what this the purpose of this body part is and the it, whatever feelings come up, I completely normal and natural. And it's okay for them for you to go and explore that it's okay for you to find out what you like and what you don't like.

Yeah, since doing my coaching certification, I've been just so conscious of wanting to open the doors. And I think that what's been interesting in my household is it's the kids might bring something up in a, like, in a funny way, you know, they're not looking to have a conversation about it, but they might drop something in and me using those opportunities, like every time something is brought up, me using that as

a gateway to, like you said, either explain the practicality of it, or to just show them that I feel very comfortable with it in the same way as that. My kids still see me naked. It's not weird for me to like, if the kids walk into my room, and I've got no clothes on, they wouldn't see me cover covering up. That's all part of the over and not covert, but inadvertent conversations that we get to model around our sex and sexuality and around our bodies and everything getting to be okay.

Yes, yeah, exactly the same. It's that you're We've obviously had the issues or not the issues, but the discussions around body hair, and what is part and parcel of this conversation, because what I think the added pressure for the children now that we didn't necessarily have is social media is out there in social media as far as what is acceptable, and what makes you feminine, or what makes you masculine. Anything. And, you know, if anybody's going to highlight something, the way you're out of alignment with what you're talking about, it's gonna be your kids. You know, we had the shaving issue, and I was like, the body has great your keep it this. Challenge me. You shave mom. Yeah. And so I grew my hair as a kind of active showing me It's okay. And yeah, but then I was like, but this isn't me. I'm not being true to myself. Yeah. Yeah. You know, this is, it's okay. If there isn't one way that makes it right or wrong. It's what feels good for you and your children are going to call you out on that thing. When you're out of alignment with what you say.

There's an age thing. It's like, I don't want my 10 year old daughter shaving her legs. Why the hell would she shave her legs? She's 10. But as a woman, my choice right now is to shave my legs and armpits. But I do question how much of that is just to gain social conditioning. Because it wasn't till I went to a retreat and was in a room with 100 women all naked, that I realised how much of my programming was, you got to be a blonde size 10 And well, blonde and size 10. That's, that's the measure of attractiveness. Whereas when I'm in this room with all of these women, I'm like, all different shapes, all different sizes, body hair. Nobody had big boobs, little bit what everybody I was like, She's beautiful. She's beautiful. And she's beautiful. And she's, oh, I didn't realise how much I didn't realise how much being how much I'd been programmed.

Yeah, yeah, this is this is so true. And I was on a retreat in May, where it was five of us all together. And we were given as a part where we were naked. And for me knowing that we were going into this part of the world where the option was there to be naked. I was like, hell yeah, this is gonna be amazing. A couple other women not so sure. Yeah. When we were all in that environment together. What was really interesting was this, that you know, that those idealizations that we make, there was there was none of that there was so much beauty in each person's body. Like, you weren't even looking for. What have they shaved or haven't been shaved? Or, you

know, are their boobs saggy, there was none of that. It was just a full embracing of the female form. Yeah, all its glory. Yeah, it's liberating. I had this awareness whilst I was away, it was just like, you know, like when you're younger, and you hear about people being on nudist beaches, and it's like, those weird weirdos that nudists obviously. Got it. They understood it. What were the widows? And, you know, I say that lightheartedly, but there is a liberation. There's a freedom, like why the heck not? And I think that that's the other big thing is that women's bodies have been so sexualized. That nudity has always been associated with sex and needing to be attractive enough for somebody to want to have sex with you. So you take that out of the mix. Hmm, just bodies.

Yeah. Yeah. And I think Isn't this so true when it comes to relationships as well, it's like that we, we require a partner in order to feel the pleasure. Yeah, we forget that turn on Radiant sexiness is an inside job.

It's an inside job. It comes from us. And when you're able to access that, and I'm calling that aliveness right now. Wow, wow, wow, wow, wow, we're talking about the re-ignition, the remembering of perhaps something that you haven't touched since you were a baby, of that real delight and joy of being in your body and alive. And it's wonderful. Like this sense of wonder, as you light up from the inside out. We have that available all the time. But we're barely scratching the surface of living from that place because of everything else that's happening in our lives. I'm curious, did you share with your parents about the assault when you were seven?

No, I didn't tell my mom till I was about 3132. Wow. Yeah, I carried that.

One. What did she say? Actually? How did she respond when you told her?

So what was really interesting about this situation was that after the assault, the teacher then began to bully me. And I was made to sit in the corner, I was made to face a wall. And I was told on a daily basis that I was stupid. And I don't even remember the Richmond test. So we used to do you with coloured the little bits of in with the pencil. We had those at the end of the year. And I thought I'd done terribly. Turns out I got the highest marking in my class. And at this point, I think Mum realised something was going on. I hated going to school, hated, it would do anything, I stood in a corner at play time on my own. And one went down the school and challenged this teacher, which was kind of what I needed an almost felt like a barrier a bit of a blocker to this man. And ended up his girlfriend ended up being in a car accident and was on life support. So about six months after he stopped coming to school. And I remember feeling like I'd been freed I've been liberated from what I felt like hell for that many months.

Wow. What do you think when you look back? Not necessarily at that time, but in those early years, you said you knew that you were a sexual being. And I think that that acknowledgement in and of itself, like to where you are, like, of course, but I'm

curious about that denial, and the taming of your wildness. How did that play out in your kind of teenage, early 20s? Was it tamed? Or were you wild? Like, what was that part of the story? You were wild.

It was there was always there was always an undercurrent. Because of the religion, I played the good girl to a tee. And the key there was a real, if I'm a really, really good girl, all these thoughts and feelings in my body, God will forgive me, because I'm a really, really good girl. So that played out, there was times and I did things I shouldn't have done. But I the guilt was horrific, like really horrific with guilt and the shame. And so I'd work even harder at being a super good Christian. And then God would forgive me until my dad died when I was 24. And then I went off the rails. So there Yeah, between sort of 24 and 30 I lived my teenage years. Yeah, times 10. Yeah.

How conscious was that? I'm curious about whether whether it was enjoyable, whether it was fun or whether it actually wasn't great, because there was a lack of conscious awareness of what it is that you were doing what how did that feel? What was that bit

and I think looking back at the time, there was such conditioning around the good girl stuff and the shame that as much as I maybe enjoyed some of the stuff I was doing and the experiences a lot of it was numbing A lot of it was time to move away from the pain. And then and then the shame and the guilt would come and I'd just do the same the next weekend and, and hope that you would have a better outcome.

And what was due the same drink drugs, sex, drinking drugs, sex or nightstands? Yeah, you know, parties, there was weekends where there was very little sleep, and you know, just to work on them in them on the Monday morning. quite toxic relationships. Anything that anything that I could avoid self responsibility is funny self responsibility. And sexuality. I was gonna say, doesn't feel like they go hand in hand. But that's not true. I think self responsibility, at least the way that you said it, then it's like, boring. Whereas unleashing your wild woman sounds like fun. And I am. And yet I really really hear that drink, drugs, sex, all of that one avoidance to numbing the pain of grief. And three often is about fulfilling something that isn't there. Yes. With that third point, the fulfilling something, does that resonate with you? And if so, what were you trying to fill?

Yes. What was I trying to feel I think that I had, my childhood is quite chaotic. In my head. I believe that if I had a stable relationship and had a stable job, life would be okay. But my belief system was that I actually wasn't worthy of those things. And therefore, I was already really worthy of one nightstand. So we've only really worthy partners that didn't treat me very well, I was only really worthy of, you know, getting

off my face on a Saturday night, because then I could do the things that I really wanted to do. But there weren't coming from a good place.

And is that do you think the religious conditioning?

Yes, I think a lot of the religious conditioning, I think that my as well. My mom went there was we were in a big family with a lot of children. She hadn't had a great childhood herself. So there was a lot of that passed on trauma. And so never really knowing where I stood as a child was very unsettling.

If you could go back to 24 year old Jody, at any point between 24 and 30 years old. What would you say to her?

What would I say to her that she is that she is incredible, and that she had so much to offer, she has so much to offer. And to all of the bits that got her to that point of being 24, when necessary, all of the pain, all of the grief, part of who makes her that person has done that in that moment?

What happened at 30 to make you stop and reassess.

So I got into a relationship with my oldest two children, their dad, so we got into a relationship and it felt like at that moment that this was what I'd always wanted. A partner husband wanted a family, you know, felt like this was the point to settle down.

Were you even ready for what you said you thought it was what you always wanted, but based on where you had, where you'd been and how you'd been acting? Was that was it still part of the trauma playing out? Or, or something else?

Probably social conditioning, you know, this is the next step. This is what will make you settle down. Yeah, it almost felt like this was the right thing to do. You know, this was somebody was, somebody was telling me that they loved me and somebody was telling me that they wanted to have children with me. And my body was going okay, yes, please, resign.

Okay, what, how long were you guys together.

So we knew each other for a long time, about four years before we got together. And then we, within about a year we moved to South Africa have been together, we moved to South Africa. And we got I had two miscarriages while we were in South Africa, and then I got pregnant with my oldest amazing.

So. So it's quite interesting. He knew you during your hedonistic days. And he also chose you. And I think that that is also powerful, isn't it? It's like you've seen me at my best and my worst and you're still picking me? Okay, great. Let's do it. Yes.

perming what

was then the 30 kind of clock ticking stuff started coming in as well. You know, it's like I'm turning 30 Time's running out. Yeah.

Um, getting old. When am I going to have kids? Yeah. Now we're like, four years old. That's nothing just getting started. What made you guys move to Australia, South Africa.

He was offered a job over there. So it seems like a great opportunity. And it was we did a we did two years there. And it was. Yeah, it was. It was a really cool, cool place.

What did you love about it? What is the why? I know South African wine like to powder bottle for like the most beautiful bottles of wine you could ever have. Yeah, absolutely. It was just there was a level of escapism, for sure. It was getting away from this part of my life and stepping into this part of my life. So there was some great stuff. It was also very, very lonely as well. Yeah.

It's interesting, isn't it expat life. I, I love South Africa. It's one of the few places that I've been to where I'm like, God, this is like living in a movie. It's just so at least Cape Town anyway, it's just so beautiful. And it's starting again. And I think that when you're 19, and you're going travelling, it's like you're downing whatever the local shot is in the local dive bar. You're meeting everybody within the first five minutes. Very different when you do that at 30. Yeah, yeah. So was it a relief to come back? Yes.

Although that was like starting again. You know, it's like you come back and you're starting over I was 33 weeks pregnant with Maisie when we returned to South Africa. So that in itself was challenging. But yeah, there was definitely a relief. There's been a shooting on our road, like a few weeks before we left. It felt like the right decision for us at the time.

What was your experiencing experience of having the miscarriages whilst you were away? Was that an isolating time? Did it feel? I don't know what your belief system is around the children that come through in the children that don't but what was how was that for you?

So probably a little bit of part of the story that might the context is that before I'd gone to South Africa, a couple of years before I'd had a twin stillbirth, which had been again, I'd really kind of made that about me. You know, I wasn't good enough. My body's not doesn't do the job properly, all of those things. So the miscarriages that hadn't South Africa, we were both quite early. And the first one I told people I was pregnant, around 10 weeks, because you have a lot more Guinee appointments there. And then we miscarried about 11 weeks. So everyone was lovely, like people that we knew were lovely. But they weren't my family. They weren't my friends. And then the second one, I didn't tell anyone I was pregnant, because I was worried about but that had a miscarriage. So I didn't tell anyone, which kind of felt even worse the second time around because it felt devastatingly lonely, that time. And again, I really internalised all of them. So I wasn't good enough to be a mother. I

didn't look after myself enough. All of the bad shit that I've done over the years, it was coming back to haunt me. And yeah, I really really internalised it all. So were you able to enjoy your pregnancy with Maisie?

Not fully, my big point was when I had the stillbirth, just up to 20 weeks. So for that 20 week scan, to be fair, with all three of my pregnancies that 23 point I'm like, you can get there and they can tell you that this is this does not you know, it goes no further. And I also put so much pressure on myself during that pregnancy that I might really high expectations of what it meant to be pregnant and I should just feel I'm you know, I'm the luckiest person in the world. You know, I should be eternally grateful that I am actually pregnant and then that then they're the pressure that I put on myself to be the best mom possible, or what the best one was going to look like.

The theme that I hear in all of your stories is the external pressure that you took on. Whether it is parents religion, marks, you know, pregnancy, it's just so much pressure of the time. Yes. When did you first start unpicking all of the trauma and all of the experiences that you have lived in your life? When did you start like going okay? Things need to change. Yeah.

Honestly, I kind of yoghurt for years. on antidepressants, I had a series of counselling sessions. And then about about four years ago, for the year that I turned 40, I stopped drinking, my plan was to stop drinking completely after 10 months, and an independent pandemic hit that, that year of the pandemic, something happened in that was a real wake up call, like, what was interesting was, it didn't matter what situation I was in, those patterns kept coming up for me, and those feelings of like, I'm not good enough, I'm not worthy. And it got to the point where I was like, would, would my family be better off without me. And that was, that was my point where I said, No, something, something has to change, like, my awareness was always there. But that was the point where I was like something needs, I need to do something about this.

And that happened during the pandemic, towards the end of that, towards the end of that first bit of a pandemic. And I started some therapy sessions. And also at the time, we've gone through a transition, the girls, were going to start going to the dads 5050. So that was all going on. Again, that was like, well, I should fight for my children's to stay with me. And looking back now like, that's they deserved? It, it was it was all the time. And in letting go of that. It was the opportunity to to let go of a lot of things.

How long did your relationship last with your girl's dad? Just under five years? Just under five years? So you then separated? And then you get to the pandemic you have this thought? And the answer is clear to you know, your family needs you. Yes, you decide that you're not going to fight him for custody, full custody, your kids.

And I'm wondering, are you getting coaching? And are you having therapy or at this point? Or is this just your own internal process that you're suddenly realising that there gets to be a different way for you.

And I think the way that it kind of played out at the time was sweet, I'd have the girls full time and they would go into dads every other weekend. It was about control. Ultimately, it was all about control. And that's hard to admit, I couldn't see a way out of letting the girls go from me. Because what does that mean about me as a mom. And that was when I was like, I need to have some therapy, I need to go through this what was really interesting with the therapy, the first thing that came up was the stillbirth. Like, that was the thing that I'd never, ever really dealt with.

Wow. And what came up for you around that shame, guilt, you know, these things just keep coming up. And those are the things that come up for me repeatedly. So each time it's an opportunity for me to go a little bit deeper with it. But the shame around not being in a relationship when I was pregnant. The shame about not having anyone to share that grief with share that pain with that they weren't alive outside of my body. So there was no to me, it felt like to everyone else if they didn't exist to the denial of their existence, and the guilt that came with that.

What do you do with your shame and your guilt? Now, I don't serve my shame and my guilt. It comes a feeling. There's always that bit of contraction that I go, Oh, you know, memory comes up. And I'm like, oh, a couple of I did that. And then I'm like, no, no, I'll take a holder feeler just dance with her. What is it that you have learned that has enabled you to use that as a process? Why is it so many things? That I think the biggest thing in this is that those feelings will always be there. I think when when you start self development work, it's kind of like, well, I'm gonna get rid of that, and I'm gonna lose this. Yeah, the reality is those things are always going to be there. They're part of us. Yeah. And, and I tried denial for decades, and it didn't work. There had to be a different way. I knew the way is the acknowledgement and the embracing that all of these parts of me, are me and they're what makes me me.

I love that so much. It resonates with me so deeply. I think that often in personal development work, work your right people are sold, you let go of this limiting belief, let go of that feeling. That's a negative feeling. That's a positive feeling. turn your frown upside down. And our humaneness what makes us all human is our ability to experience the full range of emotions. The moment you try to take one of those emotions out of the equation. The spectrum doesn't work anymore. And so there is a huge amount of power and a huge Huge amount of potency in being able to be present with your fear present with your shame present with your guilt, without that being the place that you act from, because whether you are

suppressing it or it overtakes you, and so you're reacting to it, both of those things are unhealthy. So can I be present with it without it overtaking me. And I think that what I've learned about emotions is that emotion is energy in motion, the problem happens when there's no movement, and the emotion is stuck in the body. And so being able to dance with it. And for me, what I have explored is really using self pleasure, as a way to again, get the energy moving, has been absolutely life changing for me. I'm curious, when you are working with your clients, and helping them tap into their own feminine power? How do you obviously dancing is one of those things. But I'm curious from the kind of sacred sexuality and the honouring of the female form and the body and our sex? How does that play in to the guilt and the shame and the more challenging emotions that often we don't want to deal with?

And you're asking this from like, a client perspective, or from my own personal work? Yeah. So I think one of the first things for me that I had to do was reconnect to my posse. And I really encourage my clients to open up that dialogue, like she is part of us, you know, and it's been able to ask her what she wants. Now, those what she wants aren't always possible on a daily basis. But for me, part of my morning routine is just really gently tapping into her and holding her asking her what she wants, and opening that dialogue becomes a two way thing. You know, she would love to lounge all day in bed and be fed grapes. Amazing. It's not going to happen today, because we've got a really busy day. Like it becomes fun, that relationship becomes fun. And within that itself, you know, how can I? How can I give her what she wants? Even though I've got 104 things to do today, it might just be wearing a really beautiful pair of knickers, it might even know Nico, like it's playing with with her and knowing that, but in doing so I'm increasing my turn on. And then I can look at things, anything that kind of comes up any challenge that comes up is like, How can I play with this? How can I get playful? How can I use this as a turn on? And that being my pattern interrupt in that rather than going into, you know what you said before this idea that it got all of that stuff defines me, you know, previously, the guilt and the shame they defined me, my life was spent in victimhood like this is I was a victim, I get to choose every single day, every single moment I get to choose, I either see it as a challenge, or I get to see it as something that can be turned on by Do you think that our turn on is our most powerful tool? Yes, yeah. I want to ask you about the word pussy. Because this is another thing that really, over the last two years, I've allowed myself to use that word. I don't actually use it with my girls, or at home with my kids, but I know that I remember sharing on the retreat, I was just like, we've just done, push posi worship. And then I realised after I said it, I'm like, Oh, I wonder how they're going to receive that. I've been in a space where everybody is referring to their proceeds, per se. But actually, it can be quite triggering an

activating for some people, because in the wider society culturally is an insult. You know, it's like, a hymns. That's it. So I'm curious about your relationship with that word.

It's probably Yeah, very similar in that when, when I first started kind of looking at this, there wasn't for me a little bit of like, oh, a contraction. And I think when I've looked at it and examined it, it's for me, it's the porn industry, the way that it's been presented in the porn industry. And I've spent the last 12 months knowing that I wanted to birth something that was pushing related, but really kind of gone back and forth because of the word and because I know what activates and triggers people and dealing with that, and I've settled with part of my work is the deconstruction of the narratives around the words like that is part of my I work that I'm here to do. And I don't use the word with my children. However, they are aware that I use the word. One of the books by my bedside is posse reclamation, genius book, they know I'm doing it for workshop in a couple of weeks called posse poetry. It allows for some conversations around the world, and taking away that insult and the derogatory nature of the word and reclaiming it, you know, this is about a reclamation of, of language and of our power.

Yeah. It's so obvious to me, when I think about our power and our potency, and birth and childbirth. And being a mother, it's like, it is the most important thing that we can do be the creator of life. And I say that the deepest respect for people who choose not to, with the, you know, we'll be acknowledging that not everybody has that opportunity because of a multitude of reasons. But my point here is, is to, when it comes to children and birthing, we do recognise the power of it in the moment, although I think that motherhood is often not recognised the giving of birth, I think there is an appreciation of the power. But after that, or outside of that, it kind of is diminished. And so it's interesting to hear you talking about the fact that part of your work is the reclamation of the word, the deconstruction of the way that it has been used as a derogatory term, but a reclamation of our power. And so I'm really curious to hear, you know, outside of actual childbirth, that piece around why is our Percy, why do you think of Persia is our most potent and powerful tool?

What is it about that part

of our body that is so important and deserves the reverence that you give it?

I think there's a few elements, I think, you know, obviously, you mentioned the birth, but also, this is our inlet into our body that we allow other people to experience was in our fullness. And, again, I think we have just such misconstrued ideals around you know, what an orgasm should look like what penetrative sex should look like, that oftentimes, we it's not enjoyed to its fullest, you know that. It isn't just about someone come in, there's so much more to that. The pleasure that's involved in that, but also, what comes after an orgasm and the energy flow, you mentioned it

before about shift in energy, being able to use that to shift energy, I also think that there's a level of mystery in that we can't naturally see it, like we need to use a mirror. So I think there's a level of mystery there that is a very feminine quality of being able to explore it with our hands, and being able to understand how our body works, that the idea of this being a portal to pleasure a portal to another world, a portal to really get into know yourself. And that's the idea that it starts with you like how can you invite anyone into your space and expect them to know what you like, if you don't know what you like yourself?

I mean, there's something that you said about experiencing us and it is the place where you invite people in to experience you and your fullness. And I think what is interesting with my own journey to this, and I think that I think that this applies to many women, I also think that it applies to some men is that the Journey to Understanding your fullness, like is huge. And I yes from a sexual perspective, but also really understanding your limit list potential like that you that there are no boundaries on what is possible for you. And yes, we can birth children but you said it early want to be birthing this product. It's like that second chakra is the birthplace of all CREATIVITY WITHOUT creation, we have nothing and we hold the magic of that in our womb space. And so there's this piece around pleasure and sexuality being such an incredible gateway for you being able to do touch your own limitlessness when you are not, you're not holding back. Because Are you allowed when you're not holding back because of guilt when you're not holding back because of shame. My teacher Leila Martin says that the reason that she teaches sexuality is because it's one of the most obvious places where we hold so much guilt and shame. And if you can get through it there, not only is it a gateway to the Divine, but you can, it's easier for you to get through it anywhere. Because there's so much conditioning, about what we as women, and those who identify as women are allowed, goes against the good girl, you know, what it means to be a slutty, what it means to enjoy sex, want sex, how you have, like all of that, when you're in chains in the bedroom, you often in chains outside of the bedroom as well. Yes. So suffice to say you're doing really important work. What is your vision? What's the vision and the mission

you have for the work that you do? My mission and vision is that I can support 1000s of women be able to reclaim their own power be able to open up that dialogue with their policy be able to enable it's just using the word posse. You know, when you mentioned that before, like a few people have contacted me and kind of quit because I've set up a group and it's called the posse revolution. And, and actually just voiced how triggering that is, and, and I hear that, and I see that. And yet, I, I know that my truth is that this is this is my path, this is what I'm doing. And so the division is to help to help and support 1000s of women know what it's like to feel

pleasure, know what it's like to be connected to themselves, and connected to divinity through their own body.

Know, I love that so much. I love it so much, because I've had that experience, and it's new for me. So it feels so alive. And I understand, I understand why this gets to change so many people's lives. And I also understand because of the way that we diminish it because of the way that we give it away because of the way that we've been made to feel for 1000s and 1000s of years why it can sometimes feel like a frivolous topic, why? People might think, Oh, well, I'll invest this in my business. But the idea of, you know, going on retreat and connecting to them, I don't quite understand the connection between how that personal liberation will create freedom in every single area of your life. You know, your ability to tap into your portal of creation, personally will impact every single relationship that you have with every single individual that you meet, your ability to touch your pleasure, creates a whole new level of magnetism that again impacts everybody, you touch everybody you meet. It's just, I'm excited. I'm excited that there are more and more people accessing this work. I'm excited that there are more and more people like you who are leading the way when it comes to teaching and sharing. And I want everybody to know, where can they find you and what have you got coming up that might be of interest to them? Yeah,

so Instagram is mainly where I'm hanging out. That's Jody Jody underscore McLean, and see Lea on Discord and Facebook, you'll find me on there too. And at the moment, I've got coming up in September, a six week body core. So we'll be looking at the energy system, we will be looking at how you open up the dialogue with your pursue, simply given her a name and just connecting with her energetically, and some really beautiful self pleasure techniques as well. So that's going to be a sort of six week course. Yeah, yay. Super exciting. And what's the course called?

It hasn't got a name yet. So who's waiting for the waiting for the name to come in? I've got it dropped in last week. And I was like, This is what I'm doing next. And I haven't got the body cost doesn't feel quite right for it yet.

Okay, we'll see. We'll take that bit out the podcast. Just straight up. Okay, so as you know, I have got my new book infinite receiving coming out in November which I'm so excited about. And I wanted to ask you, Jody, what does infinite receiving mean to you?

Infinite receiving means something's coming up about remembering for me, I think that it's so easy to forget and get lost in our own limitations and self doubt. So remembering that just by being born, and I think that's something you say so often, that's just by being born, we are worthy of that, remembering that it is available to us, if we choose that.

Are you good at it? Are you good at that remembering?

It's work in progress?

For us all. Yeah, well, yeah. Who? Yeah, in your where? Or who in your life? Right now? Can you allow people to love you just a little bit more? Oh, awesome question. I'm with James, my husband, we've been doing some really beautiful connection work. We've been doing some Tantra work together, because I noticed that I was blocking that love a little bit. And yet, James sees me and my fullness, and my darkest moments, and he's my absolute rock. And I think sometimes it's easy to forget that, that he is my rock. And I think my children, you know, just keep being open and allowing them to mirror back. Yeah, just the mirror thing that

I love this. Jody, what's your greatest attribute, my greatest attributes, is seeing people in their highest.

I love the way you like took a little bit of a breath, then when it came to acknowledging your greatest attribute. And I think that this is just such an important part of the work that I'm here to do is just permission for us to really own what we're fucking great at. And so thank you for sharing that you are amazing at seeing people in their highest. What are you consciously working on manifesting right now?

consciously working on manifesting? My next financial goal is 250,000 pound in a year and I am consciously manifesting I can see it's a festival It's a group of women. It's a pussy retreat of sorts. That's, that's the vision that's the next bit in progress that's, that's going on behind the scenes fixing and finally, where can you allow yourself to be more supported in your life right now?

Well, another great question. And one of the things that I'm not always great at is allowing that support to happen. So yeah, just sometimes admitting that I actually do need some help. So I guess from family and James, sometimes miss independence takes over so allowing the day you got some homework. I do need some help. I got from her from her work.

Right Jodi it has been an absolute joy talking with you today. If you guys have enjoyed this episode, then please do me a favour tag me on instagram Suzy underscore Ashworth. We'll make sure that Jodi's handle is in the show notes. Spread the word bring power to your Percy and remember that faith plus action equals miracles

Thank you for listening to infinite receiving with me Suzy Ashworth. I'd love to share with you my infinite receiving activation audio. Go to [Suzy ashworth.com](http://Suzyashworth.com) forward slash activate infinite receiving