



## Newsletter

*"When we are centered in joy, we attain our wisdom"*  
- Marianne Williamson

Our intent is to inspire and integrate aspects of Yin - the feminine - into our lives through articles, inspirations, tips and tools.

### Welcome to our August Edition - Sensuality

This month we will be exploring the Joy of Sensuality - a subject that is often misunderstood and misinterpreted to mean something sexual or selfish. However, as we continue to challenge the traditional concepts and definitions of power, we have found that sensuality plays an important role in connecting women to their hearts, their bodies, their loved ones and their own internal strength. We hope you enjoy practicing and pondering this wonderful and juicy topic. We sure did!

Much love,  
Rachael Kennedy & Kim Keller

### The Joy of Sensuality

I have recently discovered that I am a very sensual woman. I am not talking about sexual, I am talking about sensual. I see these as two very different things, though in our culture where "sex sells" I believe we have lost most of the differentiation between the two.

My sensual awakening has come in the form of learning how much I appreciate the vibrancy, texture, color, smell and FEELING that my body and spirit can experience, and how these enhance my life. I have come to notice that I love the feel of my new velvet top and pants, I revel in the feeling of cold, hard, melting ice cream in my mouth, I adore misting my bed with lavender spray before going to sleep at night, the feeling of wind on my face, the touch of friends at dance, the feel of a babies soft skin, the bright red wall in my friends home, the swivel of my hips to the magical sounds of Santana, the smell of wet earth and the vibrancy of the new bouquet of flowers on my desk. All of this awakens my senses and I find myself more in the moment, more in my joy and more in my body.

Lately I've been experimenting with my sensual body. This has included taking time to notice what really awakens my senses, and what doesn't. When a friend gave me a neck rub recently, I stopped and paid close attention to how my body responded. I noticed the sensuality of her touch and in the contact of our skin. I listened to the rhythm of our breathing and the sound of the birds in the trees. In the past, I would not have fully allowed myself that experience without confusing parts of it with sexuality.

I recently explored a bath shop with new eyes and a new awareness about sensuality. I took the extra time to notice how the different creams actually felt on my hands and arms from a sensual perspective rather than the more

### Calendar of Events

**Aug 30 - Sept 2**  
*Women's Retreat*  
Ashland, Oregon  
[Find out more](#)

**Sept 14**  
*The YIN Project In Concert*  
Ashland, Oregon  
[Find out more](#)

**Sept 22**  
*1-day workshop for women*  
Ashland, Oregon  
[Find out more](#)

**Oct 20**  
Rachael Kennedy and Datta Groover perform  
at the 15th Annual Northwest Women's Show  
Portland, Oregon  
[Find out more](#)

**Oct 30**  
*Integration Program Begins.*  
Do you want to delve deeply into this work?  
[Find out more](#)

### Messages from the Men

Women are definitely sensual creatures. Men are too, but more often in a sexual way. I see men as afraid of expressing their sensuality outside the context of sex because it indicates sensitivity, which implies femininity. I use to get razed on the construction site when I'd comment on a beautiful sunset or anything other than a beautiful, scantily clad female. I remember feeling like I would die from the pain

practical. I had to go to the wash sink more times than I can count.

In the past I think I have, historically, confused my sensuality with sexuality. I have always had the creams and lingere specifically for sexual interactions in my life, but for the most part, even in those items, I always made my purchases based on practicality rather than sensuality. My hand cream, bath products, clothing, paint colors, and food choices were often based on good common sense rather than what opens my senses. And while I am not suggesting we throw common sense out the window, I am suggesting we include sensuality preferences to our decision making processes. I no longer want to live as if sense and sensuality are mutually exclusive.

As I explore and open to the Yin aspects of my being, I realize that sensuality is a crucial piece for me in allowing and feeling my feminine force. I feel far more alive and authentic when I am aware of all aspects of myself, including my more hidden aspect of sensuality. I also have a much stronger connection to my own intuition and guidance as I continue to open and explore. I am more present, more aware, and feel far more alive when I acknowledge and honor my sensuality.

Written by Kim Keller

### Yin and You: An Opportunity for Exploration

Throughout the next few days check out your own level of sensuality. Choose one of your senses you would especially like to focus on. If it is taste, next time you are eating your favorite food make it a full sensual experience by slowing down and noticing the scent, the temperature, the flavor and the feel of the food on your tongue. Slow down throughout the week and give extra attention to other sensual experiences such as touching your lovers face or holding hands with a friend or child.

Finally, you are invited to write a list of sensual activities that you may sometimes take for granted and want to bring back into your life.

## YIN Inspiration

### Quotes from David Deida

To the extent that your body is free to express love in relationship through touch, voice, movement and personal offering, you are free in your expression of this aspect of the feminine force.

Very few of us trust our immediate connection with nature, or the intuitive intelligence of our body. All too easy, we align ourselves with the logical world of masculine intelligence. As a culture, we have become so masculine that we are much more comfortable with analytical problem-solving than ecstatic dancing! We would rather paddle around in the safety of a man-made swimming pool than learn how to swim in the immense and glorious power of the ocean.

**Do you want to join us for our Women's**

of wrestling, track, football, or boxing. For me, this led to distancing myself from my body as I learned to "take the blows". Perhaps its one of the reasons men don't always pay attention to the delicate things.

Written by John Whytock  
[www.jwhytock.com](http://www.jwhytock.com)

## 13 Pathways to Feminine Power

A 60-day online workshop you can experience from your own home.

- 1st Pathway - Feelings and Desires
- 2nd Pathway - Sensuality
- 3<sup>rd</sup> Pathway - Intuition
- 4<sup>th</sup> Pathway - The Power of Attraction
- 5<sup>th</sup> Pathway - The Shadow
- 6<sup>th</sup> Pathway - Relationship with the Masculine
- 7<sup>th</sup> Pathway - Relationship with the Feminine
- 8<sup>th</sup> Pathway - Expressing Emotions
- 9<sup>th</sup> Pathway - Opening to Receive
- 10<sup>th</sup> Pathway - Interdependence
- 11<sup>th</sup> Pathway - Living with Mother Earth
- 12<sup>th</sup> Pathway - Flexibility and Flow
- 13<sup>th</sup> Pathway - Surrender and Trust

Receive your first two lessons free

OR

Register Now for all 13 Pathways (\$39.99)

... and receive these 3 additional resources:

1) Access to the Conversations with Conscious Men Tele-class series. This month we interviewed 5 insightful, compassionate men, using questions that the women in The YIN Project submitted. Listen to the eye-opening, entertaining discussions about love, relationships, beauty, the masculine/feminine dynamic and wider global issues.

2) Access to a presentation by Rachael Kennedy on creating financial prosperity by

## Retreat - held in one of the most beautiful towns in America?

This retreat is designed for women who have arrived at the place in her life where she is open and willing to declare her own needs and desires and follow her passion, instead of what has been prescribed for her. It is for a woman who wants to embody her sensuality, her sexuality, and her feminine radiance, in order to bless the world with it.

It is for a woman who is ready to trust that relaxing into her intuitive and attractive nature will be more powerful in creating what she wants in her life, instead of always pushing to make things happen.

visit [TheYinProject.com](http://TheYinProject.com) to read more about this retreat.

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doing the work you love.

3) A body image coaching session with Niki Svava. Director of [LoveTheWayYouLook.com](http://LoveTheWayYouLook.com)

Dragonfire Visual Arts, P.O. Box 547, Ashland, OR 97520, USA

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