

21 DAY TO EMBODIED SENSUALITY

MEHER MALIK

DAY-8-9

ENGLISH





UNSHAMING THE FEMININE

*A Sacred Reflection Journal for Releasing Shame
and Remembering Wholeness*

INTRODUCTION: The Hidden Weight We Carry

Every woman carries stories in her body - of silence, guilt, "too muchness," and "not enoughness."

They live in the arch of her back when she's told not to sway her hips.

In the soft of her belly when she's told to hide it.

In her voice when she's told to be quiet, polite, contained.

Shame is inherited - passed from mother to daughter, generation to generation, until one woman decides:
"It ends with me."

This journal is your fire of transformation. It will ask you to look at the shadows with compassion, to name the places shame has lived in your body, and to let that old story burn.

Today, you return to your original innocence. Not naïve innocence - *sacred innocence*: the knowing that your body, your desire, and your pleasure were never wrong.



PART 1: Enter the Sacred Mirror

Before you begin, find a quiet space. Light a candle - dedicate it to every woman who has ever been shamed for being in her body. You may want to place a mirror in front of you or hold it close.

Gently say:

“I am willing to see myself without judgment, without apology.”

Breathe deeply.
Let your body soften.
You are safe here.

PART 2: Guided Reflection Prompts - Where Shame Still Lives

Move slowly through each question. Do not rush. Let your pen move like breath - honest, unfiltered, unashamed. If emotions rise, pause. Breathe. You are releasing lifetimes.

The Hidden Self

- Where do I hide when I feel unsafe to be seen?
- When do I shrink to be accepted?
- What parts of me do I keep “too much” or “too emotional”?
- What would happen if I stopped performing and simply was?
- What truth have I been afraid to speak because I feared being judged or abandoned?

The Body Remembers

- What memories does my body carry around pleasure, desire, or femininity?
- What did I learn as a child about my body’s beauty, movements, or sensuality?
- When did I first feel shame in my body? What was said or done that made me disconnect?
- What part of my body feels heavy or numb when I think of shame?
- What does that part need to hear from me right now?

Inherited Stories

- What messages about being a woman were passed to me from my mother, grandmother, or lineage?
- What did they teach me (directly or indirectly) about pleasure, self-expression, or sensuality?
- What pain or silence have I inherited that I no longer wish to carry?
- If I could give my younger self a new message about her body, what would I whisper?

Liberation in Motion

- Where do I still hold myself back from being fully alive?
- What would “unapologetic” feel like in my body?
- What scares me about being radiant, sensual, or magnetic?
- What would my life look like if I trusted my body completely?
- If I could embody “I am not ashamed,” how would I move, dress, speak, love, and create?



PART 3: The Release Ritual - Transmuting Shame into Power

Shame is sticky energy - it clings to silence. So today, we give it voice.

You will need:

- A candle
- A small bowl of water or rose petals
- Paper and pen

Steps:

1. Name it.

Write down every statement of shame that still echoes in your mind.

(Examples: “My body is too much.” “I am not desirable.” “I shouldn’t want this.”)

2. Read them aloud.

Feel the discomfort. Let your voice shake. Then say softly:

“These are not mine. I release them now.”

3. Burn or tear the paper.

(Do this safely.) Watch the flames or ashes fall into the bowl of water or petals.

Visualize your body softening as you release each layer.

4. Close with this affirmation:

“My body is holy.

My pleasure is sacred.

I am free to be seen, felt, and loved - fully.”

Sit in silence. Breathe into your womb. Let your body feel what freedom tastes like.

PART 4: Shame-Releasing Mantras

Repeat one or more of these daily - especially when shame, doubt, or guilt resurfaces. Whisper them into your heart. Let them reprogram your cells.

1. I am no longer carrying stories that were never mine.
2. My body is not shameful - it is sacred.
3. I release all guilt around feeling good.
4. My pleasure is innocent and divine.
5. I am safe to be seen as I am.
6. I no longer hide my light to make others comfortable.
7. I forgive myself for every moment I abandoned my body.
8. I am soft, I am strong, I am whole.
9. The feminine within me is rising - wild, radiant, unapologetic.
10. I am the woman my ancestors prayed would be free.



PART 5: Integration - After the Fire

After the ritual, ground yourself. Place one hand on your womb and one on your heart.

Whisper softly:

“It is safe to return to my body.
It is safe to feel pleasure.
It is safe to be me.”

Drink some water. Stretch. If emotions linger, journal what your body feels - not what you think.

Let this practice be a beginning, not an end. You have peeled back layers of shame; what’s left is raw, unfiltered life.

You Are the First Woman

You are the first woman in your lineage to say,
“I will not carry this silence anymore.”

Every time you unshame your body, a thousand women behind you breathe easier.
And your daughters - born or unborn - will know freedom as their first language.

Welcome home to your sacred, unashamed self.