

# Body Soul Intimacy

FREE TRAINING  
WITH RACHEL ALBA

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## WELCOME AND INTRO

*You made it!  
Take a deep breath.*

Welcome to the Body Soul Intimacy training!!! I'm thrilled you're joining me for this training. I know you've been on a journey to get here, but you're in the right place. You can take a deep breath and settle in.

This week is about you setting the stage for sexual integration. Letting go of shame, defining your desires, and getting connected to your body, soul, and senses. To ensure you get the most out of this training carve out about 45 minutes each day to watch the video in the Facebook Group and answer the questions in this workbook.

*Tip: Mark the time in your calendar and treat it like an appointment you cannot miss! You deserve this!*

As with anything in life, you'll get out of this training what you put into it, so prioritize yourself, your pleasure, and your sexuality for 4 days and see what's possible!

*Hi, I'm Rachel Alba*

Hi, I'm Rachel Alba. I'm a certified Clinical Sexologist and hold a Masters of Arts in Theology and Ministry from Boston College. While I was raised Catholic, I have studied the sexual theologies of a variety of religious and spiritual traditions, including Tantra, Kabbalah, Taoism and, of course, Christianity.

I also have extensive knowledge of the physiology and psychology of human sexuality. I believe that your sexuality and spirituality can feed each other. Discovering and developing how your sexuality and spirituality are linked is a journey. I'm committed to helping you along that empowering journey.

*Permission is the first step.*

Why did you choose to be a part of this training?

What do you hope to gain, do, or experience?

Write yourself a simple permission slip. Giving yourself permission to explore your sexuality and spirituality this week.  
(post your permission slip in the FB Group!)

*I, \_\_\_\_\_ give myself permission to....*

*Doubt is a sign of Spiritual Growth.*

What stage of faith were you taught was "real" Christianity?

What are some beliefs holding you back from sexual freedom?  
(post one answer to this question in the FB Group)

How are those beliefs impacting your sexuality, your self-confidence, your romantic life, your relationships, your faith?

*You deserve to feel sexually free and  
spiritually connected.*

*Shame is trying to protect you.*

Let's get in touch with the part of you that still feels sexual shame. Most likely that part of you in some way still believes the unhelpful things you were taught are true. Give the part of you that feels sexual shame a name (It can be silly or serious; Geraldine or The knotted up part):

What does this part of you believe regarding sexuality?

How is this an attempt to protect you? What is it trying to protect you from?

How has this belief served you?

When shame comes up what's one way you can calm your nervous system? (post your answer in the FB group)

### DAY 3: SHAME RESPONSE

Take this page to write a letter to your shame, whatever you've named it. In this letter you want to start by thanking the shame for keeping you safe and protecting you. Then assure it that you can actually take care of yourself now, and you don't need its help any more. Maybe even include some of the ways your life would be better if shame would step down.

Dear \_\_\_\_\_,

Thank you for....

Take a breath deep into your belly. As you exhale let some of that shame go!

*You get to decide...*

What are some of the ways you were taught to live in a rigid system when it came to sexuality and spirituality?

What are some examples of the chaos that rigid system was meant to prevent? What kind of chaos came from that rigid system?

Where can you find body-soul integration instead? (post this answer in the FB Group.)

*Chastity is the integration of sexuality and thus inner unity of the person in their bodily and spiritual being.*

*Congratulations!*

You've finished part 1 of the Body-Soul Intimacy training!!!  
It's time to celebrate!

How will you be celebrating all your work this week?  
(post your answer in the FB Group)

As you heard me talk about in the FB Group, you now have  
the opportunity to take this work even further through 1:1  
coaching.

If you're interested book a discovery call:  
[www.sexwithspirit.com/book-online](http://www.sexwithspirit.com/book-online)

These calls are totally complementary. We'll chat about what's  
going on in your life and how coaching might be able to help.

I can't wait to meet you!

*You get to feel better.*

*How is your body feeling right now?*

Take a few minutes to do a body check-in. Start by taking a few full breaths into your belly and slowly exhaling. Then scan from the top of your head to your toes slowly, just noticing any sensations, emotions, or desires that are present.

What does your body need today?  
(post your response in the FB group)

*Your body is wise.*

*God delights in your pleasure.*

What were you taught about pleasure growing up?

What's your relationship to pleasure now?

What's one pleasurable thing you'll do today? (share your response in the Facebook Group)

*You can only be as sexually free as your spiritual beliefs allow.*

# Mind, Heart, Gut

Think of a decision you need to make or one you recently made: Use the Ignatian method to tap into your soul's desires.

Now try out the 5 why's method.

Which did you prefer? and why? (Share in the Facebook group)

Let the soft animal of your body love  
what it loves.

*What if sex were a prayer?*

What's one "profane" thing you could do to see if it could fit into your "sacred" box? (start with something small, it's gentler on your nervous system) Share in the FB group.

Where have you found God in another person?

Have you experienced God as the seat of your being? When?  
And if not, how would you feel if you felt that?

*We are all part of the Mystical Body of Christ*

You deserve the sexuality and  
spirituality you desire.

How do you want to *feel* in your sexuality? (focus on feelings  
not specific actions)

How do you want to *feel* in your spirituality?

What activities now or in the past allow you to feel this way?

What activities do you hope will allow you to feel those feelings in the future?

How would your life change if you felt the way you wanted to feel in your spirituality and sexuality? What impact would it have on your relationships, on your family, on your confidence, on your faith?

What's one thing you can do today that will help you move toward that vision? (post your answer in the FB group)

*Are you ready to have the sexual freedom you desire?*

*Your next steps...*

If you're interested in the Sultry Salvation program book a discovery call here:

[www.sexwithspirit.com/book-online](http://www.sexwithspirit.com/book-online)

Thank you so much for joining me for the Body-Soul Intimacy training! I'm so grateful for your presence and your energy. If you have any questions be sure to let me know before the Q&A call on Wednesday, February 3 at 12pm EDT in the Facebook Group.

*Wishing you Sex with Spirit,*

*Rachel Alba*