

Audio file  
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## Transcript

00:00:02

Hi.

00:00:02

00:00:02

In this.

00:00:06

Maybe that.

00:00:11

Let

00:00:13

Hello.

00:00:14

But

00:00:14

00:00:17

No.

00:00:18

Wait very open.

00:00:22

That

00:00:24

This.

00:00:28 Margaux Underwood

Welcome to another episode of the Psycho Podcast.

00:00:32 Margaux Underwood

This is a platform where we deconstruct taboos concerning all things human \*\*\*\*\* In addition, we look at alternative forms of therapy and more ways to show love to ourselves.

00:00:47 Margaux Underwood

Today's episode we're joined by the Wonderful and Kamareh, a certified somatic psychologist, will go into more.

00:00:54 Margaux Underwood

What somatic sexology means, but we take a look at the importance of the mind body connection.

00:01:02 Margaux Underwood

How we get disconnected in the 1st place?

00:01:06 Margaux Underwood

The importance of boundaries and where our creativity and our expression stems from.

00:01:13 Margaux Underwood

We could all benefit, I think from healing a mind body connection and moving stored trauma.

00:01:22 Margaux Underwood

Through our bodies so that we can experience more pleasure.

00:01:28 Margaux Underwood

So let's all welcome the kamareh.

00:01:31 Margaux Underwood

OK, thank you so much for joining us today, Nekima.

00:01:35 Margaux Underwood

I'm I'm really excited to hear about.

00:01:36 Nikkiema Rai

No problem.

00:01:39 Margaux Underwood

Really excited to hear about everything that has to do with somatic sexology.

00:01:43 Margaux Underwood

It's something that's new to me and I'm sure it's new to a lot of listeners on here as well.

00:01:49 Nikkiema Rai

Yeah, thank you.

00:01:50 Nikkiema Rai

My pleasure to be here and I'm excited to talk and and share about what about something that gets me really passionate and excited as well.

00:02:01 Margaux Underwood

Yeah, yeah, that's in.

00:02:02 Margaux Underwood

That's exactly what I want to hear about is kind of how you originally got into this kind of work.

00:02:09 Margaux Underwood

But first, let's start off with what exactly somatic sexology is defining, and then what brought you there and why your passion lies within this field.

00:02:22 Nikkiema Rai

Thank you well, somatic sexology is actually broken into.

00:02:29 Nikkiema Rai

Two components, somatic, being relating to or affecting the body and sexology is the study of human \*\*\*\*\* behavior.

00:02:39 Nikkiema Rai

So it's the merging of practices that that bring those things together.

00:02:47 Nikkiema Rai

So tradition such as.

00:02:49 Nikkiema Rai

Yoga, meditation and Tantra which all affect the body and mixed with.

00:02:54 Nikkiema Rai

You know cutting cutting edge research in neuroscience and psychology, and semantic learning theory so somatic sexology develops embodiment in the body which is deeper presence, an awareness, an understanding of what's going on in your body and in your \*\*\*

00:03:14 Nikkiema Rai

And the embodiment compr.

00:03:16 Nikkiema Rai

Opponent that we bring in through somatic sexology sort of releases the mind.

00:03:23 Nikkiema Rai

Body restrictions that inhibit our pleasure and our experience and our growth and choice in the world and our and our aspects of play.

00:03:33 Nikkiema Rai

So that's that's the components of somatic sexology, I suppose.

00:03:36 Nikkiema Rai

Compare.

00:03:36 Nikkiema Rai

00:03:39 Nikkiema Rai

But what what brought me to this was years ago I was I was in different \*\*\*\*\* communities, one of them being the kink community here and having conversations with people and with women especially who were.

00:03:59 Nikkiema Rai

Much older than me at the time, saying things like.

00:04:03 Nikkiema Rai

Like you know, I remember a conversation with one woman who was about 46 at the time and I was late 20s and she was saying how until she divorced her husband and you know, got involved with someone who was involved in kink. She'd never experienced an \*\*\*\*\* before.

00:04:23 Nikkiema Rai

An it really.

00:04:25 Nikkiema Rai

It quite shocked me.

00:04:27 Nikkiema Rai

I sort of thought.

00:04:29 Nikkiema Rai

You know, I at that point I thought I don't know everything about \*\*\* but orgasms are fantastic.

00:04:36 Nikkiema Rai

You know how?

00:04:39 Nikkiema Rai

Right, so yeah, what can I do in the world that is going to help women experience this pleasure?

00:04:49 Nikkiema Rai

And this self expression?

00:04:51 Nikkiema Rai

Earlier than you know then their mid to late 40s.

00:04:55 Nikkiema Rai

How can we?

00:04:56 Nikkiema Rai

How can I bring this to the world and so that people like at that point I was?

00:05:02 Nikkiema Rai

How can we have more fun and pleasure in our lives?

00:05:06 Nikkiema Rai

It was a really.

00:05:06 Nikkiema Rai

Defining conversation for me and over the course of my diving into that and what call is.

00:05:15 Nikkiema Rai

Women and and men as well to be, you know, in the experience of going through the motions and not experiencing true pleasure, I explored, you know, tantre and breathwork and different body modalities until I came across somatic sexology which really for me brought together.

00:05:37 Nikkiema Rai

The playfulness, the pleasure, the exploration, as well as the \*\*\*\*\* side and it just really clicked that that was the direction that I could go in to help expand this in the world.

00:05:53 Margaux Underwood

So.

00:05:54 Margaux Underwood

Because of the kink world.

00:06:00 Margaux Underwood

I guess a better way to put this is King has a lot to do with the mind because you're not so much.

00:06:09 Margaux Underwood

Just I mean for a lot of people and for myself included, I actually separate \*\*\* the active penetration and kink because.

00:06:23 Margaux Underwood

Is I actually find a lot more pleasure in that kind of play.

00:06:29 Margaux Underwood

I'm engaging with their mind instead of just.

00:06:34 Margaux Underwood

Penetratin, which can be so boring to me sometimes.

00:06:39 Margaux Underwood

So I find it really interesting that you you used that as a kind of an awakening to this this path of yours.

00:06:51 Margaux Underwood

So.

00:06:54 Margaux Underwood

To get this straight, you use the mind body connection to move trauma through the body.

00:07:05 Margaux Underwood

So can you tell us what kind of?

00:07:09 Margaux Underwood

Trauma might lead someone to.

00:07:13 Margaux Underwood

Reach out for this kind of help like while like how does trauma get stored in the body?

00:07:19

And.

00:07:20 Margaux Underwood

Because it's kind of a new.

00:07:22 Margaux Underwood

Concept for a lot of people, myself included uh-huh.

00:07:27 Nikkiema Rai

Yeah, thank you.

00:07:28 Nikkiema Rai

So when we when we speak of trauma it can be quite wide ranging and trauma you know can be.

00:07:38 Nikkiema Rai

And for some people, something that's traumatic can be.

00:07:43 Nikkiema Rai

You know, I really deep experience of assault or violation and things like that. Or for someone else there roof of trauma might be their parents separation and it's not too. It's not to place one as more traumatic than the other, but in each person's.

00:08:04 Nikkiema Rai

Experience now our roof of our trauma experience is different so it can be quite wide ranging.

00:08:12 Nikkiema Rai

When I when I use the word trauma.

00:08:16 Nikkiema Rai

But working with the semantic concepts.

00:08:17

Umm?

00:08:20 Nikkiema Rai

Everything is stored in our body, in in a different place for different people and in a different way.

00:08:29 Nikkiema Rai

And when we when we don't include the body in dealing with trauma, we kind of cut off a large part of ourselves.

00:08:37 Nikkiema Rai

Our brain is so responsible for.

00:08:41 Nikkiema Rai

You know, thinking and processing trauma.

00:08:44 Nikkiema Rai

We have this whole other part of our vessel that's really crucial to include in that processing when we can bring in the body an usarso mat.

00:08:56 Nikkiema Rai

Like ah Cymatic tools out our movement, our touch, you know we can really get in touch with the sensations which are the level under the emotions that the trauma causes.

00:09:10 Nikkiema Rai

When we dive into those.

00:09:12 Nikkiema Rai

Since sensations were able to unlock the.

00:09:16 Nikkiema Rai

Deeper layers and.

00:09:19 Nikkiema Rai

And be with them.

00:09:21 Nikkiema Rai

And sometimes they move them in a really supportive and helpful way that.

00:09:28 Nikkiema Rai

Provides.

00:09:30 Nikkiema Rai

A Cup of comfort isn't quite the right word, but it provides a safe space to process that trauma.

00:09:39 Nikkiema Rai

Aside from just thinking it or trying to think our way through, it gives us some pillars of separation to break it down.

00:09:53 Margaux Underwood

It's really interesting because for someone like myself who's never experienced really identifying trauma stored in my body.

00:10:03 Margaux Underwood

I mean I can think back to a time when I've cried really hard, an maybe like my shoulder started hurting or something like that.

00:10:14 Margaux Underwood

But if I wanted to, you know, move that through the body.

00:10:19 Margaux Underwood

How would I go about doing something like that?

00:10:22 Nikkiema Rai



Yeah.

00:10:23 Nikkiema Rai

We work with when we talk about moving it through the body.

00:10:27 Nikkiema Rai

We work with some really core semantic talk tools which are breath, sound, movement, touch and placement of awareness.

00:10:36 Nikkiema Rai

So using that as an as specific example, if we were looking at.

00:10:43 Nikkiema Rai

You know that trauma for you at that time and whether it was something traumatic or something really upsetting that has stayed with you.

00:10:53 Nikkiema Rai

You know, we dive into that emotion.

00:10:56 Nikkiema Rai

Look at where it lands in your body.

00:10:59 Nikkiema Rai

So in that point it would be your shoulder.

00:11:02 Nikkiema Rai

And then we'd.

00:11:03 Nikkiema Rai

Really started communication with the body to see what it needs at that point and it might be that touch helps support that sensation.

00:11:13 Nikkiema Rai

Or it might be that movement or breath helps support that sensation and when we're able to.

00:11:21 Nikkiema Rai

Take a take our connection of all of our thought of that experience and that upset out an pop it to the side and be with that sensation just in and of itself, we're able to actually process and move through that.

00:11:41 Nikkiema Rai

Sensation there so that next time that that situation occurs.

00:11:47 Nikkiema Rai

We don't have that.

00:11:49 Nikkiema Rai

That memory sitting in our body and sitting in our shoulder that's sitting there, anchoring and fueling the emotion.

00:11:56 Nikkiema Rai

So what we're able to do is.

00:11:59 Margaux Underwood

Uh-huh

00:12:01 Nikkiema Rai

We can talk through something many times and then next time we get into that situation we might find ourselves having the same response because we haven't worked on the body component of it and our body automatically goes into.

00:12:15 Nikkiema Rai

That that survival mode or that protection mode, and this is what helped us through last time with some pain, or whether it's whatever that response is.

00:12:25 Nikkiema Rai

So when we sit with the body and that response and that sensation that allows us to begin to have a conversation that can change our experience.

00:12:36 Nikkiema Rai

Next time.

00:12:38 Nikkiema Rai

And then when we're in this situation, again, we've actually worked with the head and the body, so we're able to not just have that sitting there as a default response when we think we can talk our way through it, and our body is not congruent with that.

00:12:53 Nikkiema Rai

It's going hang on, I'm I'm going to have this other response because I know that.

00:12:57 Nikkiema Rai

That worked, or that's what's stored in me and we can actually be congruent with what our thoughts and our process about thinking is in that situation, and our body can be there with us as well.

00:13:02 Margaux Underwood

Yeah.

00:13:12 Margaux Underwood

OK, so we're giving our.

00:13:17 Margaux Underwood

Our body away to, well, we're actually yeah we're giving our body language right?

00:13:24 Margaux Underwood

So we're we're connecting the mind and the body together so that they're speaking so that when we can walk into that situation and we feel that emotion again we it's translated in a way that makes more sense.

00:13:37 Nikkiema Rai

Umm?

00:13:38 Nikkiema Rai

To us, Yep, absolutely.

00:13:40 Nikkiema Rai

And and we understand what's underneath it.

00:13:44 Nikkiema Rai

So when if our body does have a particular response, we can.

00:13:50 Nikkiema Rai

Address it as a sensation rather than potentially a panic or fear, or a shame you know and where we might have previously got caught in those things we can recognize.

00:14:02 Margaux Underwood

OK.

00:14:06 Nikkiema Rai

Actually, I know this sensation and know where it's come from and why it's here so.

00:14:12 Nikkiema Rai

I'm going to be really present with that situation Sensation in this situation and allow my body to express itself that way without attaching the stories that used to be attached to that as well.

00:14:25 Nikkiema Rai

So that's another aspect of it.

00:14:28 Margaux Underwood

That's interesting, so that would kind of.

00:14:31 Margaux Underwood

I mean, the first thing I think of in that response is someone who might struggle with panic attacks.

00:14:40 Margaux Underwood

I am assuming that you work with people who do struggle with panic attacks and kind of.

00:14:48 Margaux Underwood

How that, like how does the work that you do with them?

00:14:52 Margaux Underwood

What kind of progress do you see in someone who might be struggling with panic attacks?

00:14:57 Nikkiema Rai

Umm?

00:14:59 Nikkiema Rai

So yes, I do work with people with various forms of anxiety, up to panic attacks and.

00:15:07 Nikkiema Rai

I actually had a client who I was working with here one day in a one on one session, who as we as we started some some signals over panic attack, come up for them and anxiety attack and they began to slip into that in their body.

00:15:27 Nikkiema Rai

In that moment with me here and it was really interesting that we were able to.

00:15:34 Nikkiema Rai

Break that down really mindfully and bring bring the focus and the body to the present moment instead of the anxiety step.

00:15:47 Nikkiema Rai

Break it down to the sensations in that particular client.

00:15:51 Nikkiema Rai

We used breathwork to create, you know.

00:15:55 Nikkiema Rai

Mindfulness to create placement of awareness and to bring the sense into the real moments and the focus into the real moment because.

00:16:06 Nikkiema Rai

Anxiety, panic attacks trauma have had an ability to place us in another in another time.

00:16:14 Nikkiema Rai

You know, when something that originally triggered it was happening.

00:16:17 Nikkiema Rai

Miller

00:16:17 Nikkiema Rai

00:16:18 Nikkiema Rai

So bringing into the present state was really important with that particular client, we were able to use breath to bring them to a regulated and safe space and create that safety.

00:16:30 Nikkiema Rai

In mindfulness in there.

00:16:32 Nikkiema Rai

The body so that one we didn't.

00:16:36 Nikkiema Rai

We didn't have them slip fully into the panic attack, but two.

00:16:42 Nikkiema Rai

We then created an experience in the body of being able to find safety in that moment as opposed to if you.

00:16:53 Nikkiema Rai

An anxiety or panic can get really stuck in the head.

00:16:57 Nikkiema Rai

It can circle back on itself and it can.

00:17:00 Nikkiema Rai

Mobile and just become bigger and bigger.

00:17:03 Nikkiema Rai

But now we've created a new experience and new neural pathways that in that moment and experience of safety.

00:17:11 Margaux Underwood

Right?

00:17:12 Nikkiema Rai

So we get to then create that experience creates that neural pathway an an opportunity to then strengthen that neural pathway.

00:17:21 Nikkiema Rai

So that next time, or if it happens again, we have another option in our body.

00:17:31 Margaux Underwood

OK, that makes sense.

00:17:32 Margaux Underwood

You're rewiring the brain and associating different sensations with the trauma right that occurred in the past.

00:17:45 Margaux Underwood

Yeah.

00:17:45 Margaux Underwood

00:17:45 Margaux Underwood

Yeah, bring it to the president telling them they're safe.

00:17:48 Margaux Underwood

Yeah, oh, that's really cool.

00:17:48 Nikkiema Rai

Yeah, yeah, absolutely.

00:17:48 Nikkiema Rai

00:17:49 Nikkiema Rai

Absolutely.

00:17:50 Margaux Underwood

I love that.

00:17:52 Margaux Underwood

Ann

00:17:53 Margaux Underwood

So I know that I saw that.

00:17:55 Margaux Underwood

You know, started with the label somatic sexology, but it sounds like you bring in a lot of clients that not only struggle in their \*\*\*\*\* but also in their daily lives so.

00:18:12 Margaux Underwood

Let's come, I would like to kind of hear about.

00:18:18 Margaux Underwood

Some like a situation that that would go would fall into both of those categories so.

00:18:27 Margaux Underwood

Maybe someone had a \*\*\*\*\* trauma versus someone who just has a social anxiety or something like that.

00:18:37 Margaux Underwood

Somatic sexology is more of like an umbrella term.

00:18:42 Nikkiema Rai

Yeah, yeah.

00:18:44 Nikkiema Rai

So because we're working with components.

00:18:47 Nikkiema Rai

Of you know, neurobiology and psychology, and recreating new pathways in the body, we have the opportunity to.

00:18:57 Nikkiema Rai

To affect a whole spectrum of, you know peoples lives and experiences, not just the \*\*\*\*\* side.

00:19:08 Nikkiema Rai

However, they can work.

00:19:09 Nikkiema Rai

They can work in really well together and feed one another either for you know for.

00:19:17 Nikkiema Rai

A less positive or more positive outcome depending on.

00:19:21 Nikkiema Rai

Where your you know how you've dealt with things in your life.

00:19:24 Nikkiema Rai

So an example that comes to mind is a client that was.

00:19:31 Nikkiema Rai

Quiet.

00:19:33 Nikkiema Rai

Not anxious, but quite awkward in situations to do.

00:19:39 Nikkiema Rai

Originally we discussed that it was awkwardness in situations to do with \*\*\*\*\* so relating to the opposite \*\*\* and initiating conversations or initiating things that were.

00:19:53 Nikkiema Rai

Physical and just being confident in a dating an relating sense.

00:20:01 Nikkiema Rai

So that was that was how the client.

00:20:04 Nikkiema Rai

And I come into contact when we reached out into the wider scope.

00:20:11 Nikkiema Rai

It was something that actually affected them, know when interacting with their boss at work, or if they're around a group of friends and a particular discussion come up they felt that awkwardness and that lack of confidence.

00:20:25 Nikkiema Rai

To express themselves so by working on.

00:20:31 Nikkiema Rai

You know, by using a variety of these tools and creating, you know a sense of comfortability and confidence.

00:20:41 Nikkiema Rai

You know that was originally intended for a dating or relating aspect of their life.

00:20:49 Nikkiema Rai

They had an outcome.

00:20:50 Nikkiema Rai

In the other areas of.

00:20:52 Nikkiema Rai



Their life where they also experienced similar things.

00:20:56 Nikkiema Rai

And it just helped.

00:20:59 Nikkiema Rai

Although we were aiming at one part initially it was something that had a wide effect on on their life and their social situations as a whole.

00:21:10 Margaux Underwood

That reminds me of why I dove into the field of not only psychology, but \*\*\*\*\* because when I just like you.

00:21:26 Margaux Underwood

I kind of found this passion of mine, Breukink and.

00:21:33 Margaux Underwood

By stepping into my \*\*\*\*\* I saw improvement in my personal, professional in my, even in my academic life.

00:21:47 Margaux Underwood

Which kind of brings me back to Tantra which.

00:21:53 Margaux Underwood

We should kind of explain just a brief, you know, little tidbit about what that is, because the Kundalini.

00:22:03 Margaux Underwood

That is manipulated during Tantra.

00:22:09 Margaux Underwood

Is believed to be their life source, right?

00:22:13 Margaux Underwood

And I guess that's kind of.

00:22:16 Margaux Underwood

This this.

00:22:16 Margaux Underwood

00:22:16 Margaux Underwood

This, this conversation reminds me that you're kind of playing with that.

00:22:22 Margaux Underwood

Aspect of a person is there there driving force which kind of stems from our \*\*\*\*\* in a way.

00:22:32 Margaux Underwood

OK, do you have an opinion on that?

00:22:37 Nikkiema Rai

I have my opinion on that, and there's there's a few aspects of of Tantra which I won't dive into.

00:22:47 Nikkiema Rai

You know classic versus modern and things like that, but.

00:22:51 Nikkiema Rai

There is.

00:22:52 Nikkiema Rai

There is a color which is that you know this \*\*\*\*\* NRG.

00:22:58 Nikkiema Rai

This \*\*\*\*\* expression allows us to be in deep experience of our life force, energy, our creativity our.

00:23:09 Nikkiema Rai

You know our expression, an exuberance can be driven from tapping into into this force into this NRG which is our \*\*\*\*\* and our creativity in our expression.

00:23:22 Nikkiema Rai

And like you said, Kundalini is a concept of whether people have heard of it or not.

00:23:29 Nikkiema Rai

You know the snake that lives at the.

00:23:31 Nikkiema Rai

The base of our spine which.

00:23:33 Nikkiema Rai

Our \*\*\*\*\* center and you know, as we awaken that, we awaken our power and our life force, energy and we're able to tap into that higher.

00:23:47 Nikkiema Rai

Connection of.

00:23:50 Nikkiema Rai

Or whatever each persons individual experience of spirituality is can be quite linked into into that expression coming through \*\*\*\*\* enerji, so it's definitely for.

00:24:03 Nikkiema Rai

There definitely well intertwined.

00:24:06 Nikkiema Rai

Our life force, energy and our \*\*\*\*\* and our expression.

00:24:12 Nikkiema Rai

And it doesn't have to be.

00:24:15 Nikkiema Rai

That it's not the same for every person.

00:24:18 Nikkiema Rai

You know how one person expresses their \*\*\*\*\* and their creativity might be different to the next person.

00:24:26 Nikkiema Rai

But it's the ability to tap into this flow, and this life force an have the comfortability that that expression in that power brings through all aspects of our life, not just our ability to be in our \*\*\*\*\*

00:24:45 Margaux Underwood

True.

00:24:47 Margaux Underwood

Yeah, it's really a dynamic concept.

00:24:51 Margaux Underwood

There.

00:24:53 Margaux Underwood

And it is not, you know, the same for everyone.

00:24:56 Margaux Underwood

But I definitely found my power and my expression and creativity.

00:25:04 Margaux Underwood

Through stepping into that really vulnerable side of myself and expressing it and being honest with myself.

00:25:14 Margaux Underwood

So in American culture we you know this isn't really something that is lay knowledge and.

00:25:28 Margaux Underwood

We, I mean, even our society is driven kind of by religious.

00:25:33 Margaux Underwood

Beliefs, specifically Christianity and the you know \*\*\*\*\* has been so suppressed here and in other parts of the world, but specifically, there is a huge disconnect.

00:25:49 Margaux Underwood

With you know who we are and how, and then like how we feel.

00:25:57 Margaux Underwood

You know, like what we are expressing to the world, but actually how we're really feeling, so I'm curious to know what you're.

00:26:07 Margaux Underwood

Hypothesis or theory would be on how the mind and the body get disconnected in the 1st place and how can we you know?

00:26:17 Margaux Underwood

How can someone who doesn't have access to a somatic therapist.

00:26:23 Margaux Underwood

Start getting back to making that mind Body connection again.

00:26:29 Nikkiema Rai

Yeah, awesome, I'm gonna answer that in two parts, so I think.

00:26:35 Nikkiema Rai

A lot of it.

00:26:35 Nikkiema Rai

A lot of.

00:26:36 Nikkiema Rai

Disconnect has been driven.

00:26:39 Nikkiema Rai

It's not a new thing, it's come through, you know, hundreds of years in society that's being driven by industry, an religion, and things that really require us to.

00:26:53 Nikkiema Rai

Be head focused and you know really thought provoking and achievement focus.

00:27:01 Nikkiema Rai

We're always looking for the next innovation and the next way to best make a building stronger and the next best way to make our crops grow.

00:27:13 Nikkiema Rai

You know, and and turn out more seeds and and things like that, so we've.

00:27:19 Nikkiema Rai

Being really driven as a society in that achievement focused industry focused space and layered that with religion which has created, you know, created stories around.

00:27:37 Nikkiema Rai

\*\*\*\*\* and Lust is a sin, so our bodies are shameful.

00:27:45 Nikkiema Rai

You know this is this is a bit of a blanket statement about religion.

00:27:48 Nikkiema Rai

I, I understand that that's not every aspect of it.

00:27:52 Nikkiema Rai

But from a society that's really created on industry, an religion, it's really rewarded.

00:28:01 Nikkiema Rai

You know, not expressing our \*\*\*\*\* on the religious side and being focused in our head on an industry side.

00:28:11 Nikkiema Rai

So our connection to our body has really been forgotten or left behind.

00:28:15 Margaux Underwood

Umm?

00:28:18 Nikkiema Rai

Whereas you know, if we if we look back into.

00:28:23 Nikkiema Rai

Times before that, or even Pagan times, you know it was really about connecting with the earth and expressing through dance and and things like that so.

00:28:33 Nikkiema Rai

It's not just a symptom of current society, it's been built.

00:28:39 Nikkiema Rai

This disconnect has been building for a long time.

00:28:43 Nikkiema Rai

Sorry I could.

00:28:45 Nikkiema Rai

I could dive into that quite deeply for a long time, but I'll leave it at that and and As for the second part of your question, how do we begin to?

00:28:54 Nikkiema Rai

Bridge doubt or how do we begin to reconnect the mind body I think.

00:29:02 Nikkiema Rai

It's really dedicated, small mindful steps of each individual.

00:29:09 Nikkiema Rai

I think the more that each each individual can begin to create this conversation with themselves is where the connection will become more important in a wider society.

00:29:24 Nikkiema Rai

But having self compassion is a huge first step, an recognizing that.

00:29:30 Nikkiema Rai

In that and.

00:29:30 Nikkiema Rai

00:29:30 Nikkiema Rai

That

00:29:34 Nikkiema Rai

You know, beating ourselves up for feeling disconnected is not the right way to go, and there's a lot of.

00:29:42 Nikkiema Rai

You know self love promotion and sometimes we just don't feel like we can love ourselves.

00:29:48 Nikkiema Rai

So having compassion for ourselves, an recognizing that we're still.

00:29:53 Nikkiema Rai

Good.

00:29:54 Nikkiema Rai

A human having a human experience in in that moment of perhaps not loving ourselves and having compassion for that, is a really powerful step to starting that thought process and that conversation.

00:30:08 Nikkiema Rai

And then from there we start the steps of.

00:30:11 Nikkiema Rai

Connecting through breath and taking small mindful moment.

00:30:17 Nikkiema Rai

We begin to allow our body to talk to us instead.

00:30:21 Nikkiema Rai

If.

00:30:23 Nikkiema Rai

You know in this disconnect our body is a tool to get us from A to B and how this function to get to work and through the day.

00:30:31 Nikkiema Rai

Whereas we begin to connect with small steps of mindful breath, we begin to allow our body to speak to us again and we begin to connecting with what it might need and the wisdom that it holds.

00:30:45 Nikkiema Rai

Right?

00:30:45 Nikkiema Rai

00:30:45 Nikkiema Rai

I think it's just those little small steps are the key.

00:30:49 Nikkiema Rai

You know, we can't expect to go from nothing to walking into, you know, a seven day Tantra retreat.

00:30:58 Nikkiema Rai

Some people do.

00:30:59 Nikkiema Rai

That's fine, but that's a big jump.

00:31:02 Nikkiema Rai

So taking small steps of where we can begin to have a conversation with our body and allow it to speak to us is where we begin to bridge that disconnect.

00:31:12 Nikkiema Rai

I feel.

00:31:15 Margaux Underwood

Yeah.

00:31:17 Margaux Underwood

Yeah, it's difficult.

00:31:21 Margaux Underwood

And the first thing I think of an bridging that gap is meditation and meditation feels so refreshing on the mind and the body, but it is hard.

00:31:30 Margaux Underwood

Hard.

00:31:30 Margaux Underwood

00:31:34 Margaux Underwood

So I mean, that's why I personally go for more guided meditations, because it gives me a like focus.

00:31:43 Margaux Underwood

And it, like you know, they're like relax your eyes.

00:31:45 Margaux Underwood

I heard that actually not heard, but no that relax focusing on relaxing your eyes and your eyelids will immediately help your brain to relax.

00:31:56 Margaux Underwood

Which I found.

00:31:56 Margaux Underwood

Project.

00:31:56 Margaux Underwood



00:31:58 Margaux Underwood

Very effective and that's I guess without would be a really good way to just.

00:32:03 Margaux Underwood

So it's small step bridge that gap of the mind body.

00:32:07 Margaux Underwood

Relax your eyes to relax your brain.

00:32:08

9.

00:32:10 Margaux Underwood

I did some research on somatic \*\*\* education and I found some really unique.

00:32:21 Margaux Underwood

Tools that are taught in the program and I want to know more about them on from your perspective in regards to.

00:32:33 Margaux Underwood

So I'm going to going to list a few right here, but I want to actually start with.

00:32:41 Margaux Underwood

General or yoni mapping or general mapping and or body mapping mind mapping like what?

00:32:50 Margaux Underwood

Does that entail?

00:32:51 Margaux Underwood

And why is it used in?

00:32:54 Margaux Underwood

In your practice.

00:32:56 Nikkiema Rai

Yeah amazing.

00:32:57 Nikkiema Rai

I love talking about this so thank you.

00:33:00 Nikkiema Rai

With the sexological bodywork side of my education and my qualifications, mapping is a really beautiful way that we can begin to.

00:33:12 Nikkiema Rai

Bring awareness to different parts of our body and I'll talk to Yoni mapping specifically this.

00:33:20 Nikkiema Rai

We obviously can map any part of the body or the body as a whole.

00:33:25 Nikkiema Rai

But when we when we talk your knee mapping.

00:33:30 Nikkiema Rai

It's about.

00:33:33 Nikkiema Rai

Using placement of awareness and.

00:33:36 Nikkiema Rai

Touch on our on our generals.

00:33:40 Nikkiema Rai

Whether you know whatever you're comfortable to call that, whether it's a Yanni or pushy or \*\*\*\*\*

00:33:46 Nikkiema Rai

We take some time to bring out.

00:33:51 Nikkiema Rai

Awareness from our mind into that part of our body and create a map.

00:33:59 Nikkiema Rai

Of.

00:34:01 Nikkiema Rai

I guess if you think of a you know a road map.

00:34:04 Nikkiema Rai

There's all these little points of interest on there and we're doing that with your body and with your Yoni.

00:34:14 Nikkiema Rai

So we're creating points.

00:34:17 Nikkiema Rai

We go from side to side and up and down with different forms of touch to create a map of.

00:34:25 Nikkiema Rai

What feels good?

00:34:26 Nikkiema Rai

What might have no sensation at all?

00:34:29 Nikkiema Rai

So some numbness?

00:34:31 Nikkiema Rai

Or, you know, perhaps what feels painful or even you know.

00:34:37 Nikkiema Rai

That

00:34:38 Nikkiema Rai

Straight pressure might feel good, or some tapping or rubbing my feel good an we begin to create this.

00:34:46 Nikkiema Rai

This road map of our \*\*\*\*\* both external, an internal that says cool.

00:34:52 Nikkiema Rai

I have the capability to create pleasure through this sort of touch in this spot.

00:34:59 Nikkiema Rai

And in this other spot here I can create pleasure through these other type of touch or.

00:35:06 Nikkiema Rai

I actually have a sensation of numbness in this area and that gives me an opportunity to expand and grow my pleasure an create new neural pathways in that area so that I can then grow my capacity first sensation.

00:35:25 Nikkiema Rai

What we often find is I'll talk to women.

00:35:30 Nikkiema Rai

Manually or Yanni owners at the mall.

00:35:32 Margaux Underwood

I mean.

00:35:33 Nikkiema Rai

You know a lot of emotion and stress can be stored in that area of our body.

00:35:38 Nikkiema Rai

So as we go through and create this map, were able to uncover things that we might have stored in our body an unlock them.

00:35:46 Margaux Underwood

Stop.

00:35:49 Nikkiema Rai

Like we mentioned with the shoulder before, you know that that that gives us an opportunity to.

00:35:55 Nikkiema Rai

Work through that emotion.

00:35:56 Nikkiema Rai

Same thing happens in our generals and we might find that when we have touch or pressure or awareness in a certain area.

00:36:07 Nikkiema Rai

It brings up a certain emotion and that allows us an opportunity to unlock that in our body so that next time wear with a lover and they touch that spot.

00:36:22 Nikkiema Rai

It's not going to necessarily trigger that emotional response from us because we've been able to.

00:36:28 Nikkiema Rai

Unlock and work through that, or it might even just give us an awareness that.

00:36:34 Nikkiema Rai

OK, cool in this particular part of my body.

00:36:39 Nikkiema Rai

I know that I hold some shame, awesome upset or something like that.

00:36:45 Nikkiema Rai

And and that's something that I want to work through.

00:36:48 Nikkiema Rai

So until I'm comfortable with it, I'm not going to have my lover.

00:36:54 Nikkiema Rai

Tops that part of me in that way, so it begins to give us a real in depth.

00:37:01 Nikkiema Rai

Not literally map of agenda tools and the both the pleasure capacity but also the emotional capacity of what is stored there and how to work through it.

00:37:14

It's.

00:37:14 Margaux Underwood

It's.

00:37:14 Margaux Underwood

00:37:15 Nikkiema Rai

It's a really beautiful process to work through, whether people do it themselves or work through it with a professional such as myself and just watching what unfolds and what the the body and the Yanni is able to tell us by going through.

00:37:33 Nikkiema Rai

As somewhat.

00:37:35 Nikkiema Rai

Methodical process of allowing it to speak to us an creating the map.

00:37:42 Nikkiema Rai

Yeah, it's it's a really.

00:37:44 Nikkiema Rai

It's a really beautiful experience to have with people.

00:37:47 Margaux Underwood

Yeah, it sounds really cool.

00:37:50 Margaux Underwood

You really stand out as a therapist with that kind of education because.

00:37:57 Margaux Underwood

And that awareness, because that's not something that you know a lot of psychologists or therapists are engaging in.

00:38:08 Margaux Underwood

So and I know personally, like I think it would be so interesting because when you mentioned shame.

00:38:16 Margaux Underwood

I know that there are certain parts of my, you know, Yoni, that feel great and then maybe you turn to the left a little bit and there can be a little bit of shame attached to that area.

00:38:28 Margaux Underwood

But you have to be so in tune.

00:38:33 Margaux Underwood

With how you're feeling when you touch that part of your body.

00:38:38 Margaux Underwood

Uh.

00:38:41 Margaux Underwood

You know this isn't.

00:38:43 Margaux Underwood

This definitely isn't for for everyone.

00:38:50 Margaux Underwood

But I can imagine that it would be incredibly rewarding.

00:38:54 Margaux Underwood

So that kind of goes along.

00:38:58 Margaux Underwood

The lines of genital D armoring.

00:39:01 Margaux Underwood

Is that something that you?

00:39:05 Margaux Underwood

Know about in practice as well.

00:39:08 Nikkiema Rai

Yeah, so that that's a.

00:39:10 Nikkiema Rai

It's a beautiful process which can look quite similar to the general mapping or the yoni mapping.

00:39:20 Nikkiema Rai

But for for a whole host of different reasons, people.

00:39:28 Nikkiema Rai

You know they they have a lot of either shame or emotional pain stored in their general tools, and it can often manifest as physical pain or that can be scarring an an actual scar tissue there from.

00:39:47 Nikkiema Rai

Even from traumatic experiences or.

00:39:50 Nikkiema Rai

You know, sometimes birth, whether it is a traumatic experience or not.

00:39:56 Nikkiema Rai

There's there's a lot of.

00:39:59 Nikkiema Rai

There's a lot of physical manipulation that happens to someone when they go through birth process, so that can leave both emotional and physical scarring in that area.

00:40:11 Nikkiema Rai

And the armoring allows us to.

00:40:15 Nikkiema Rai

To begin to.

00:40:19 Nikkiema Rai

To begin to soften.

00:40:22 Nikkiema Rai

That

00:40:23 Nikkiema Rai

Not for an if I'm talking for, you know if a female bodied person not for the purpose of achieving penetration, we're not looking at softening it for that goal specifically, But Dr. Marine too.

00:40:42 Nikkiema Rai

Allow allow those blocks to move through our body and our psyche and begin to create trust.

00:40:52 Nikkiema Rai

Begin to create safety to be vulnerable and this day armoring process.

00:41:00

This.

00:41:01 Nikkiema Rai

Caneva you know can either be a self touch or touch from a bodyworker to really help.

00:41:09 Nikkiema Rai

Uhm, get into gently and lovingly get into.

00:41:16 Nikkiema Rai

You know where those blocks are and how we can, how we can provide love and comfort and understanding to our body so that it begins to literally D armoring is letting those Shields come down.

00:41:29 Nikkiema Rai

Yeah.

00:41:30 Nikkiema Rai

Whether that's you know, like I said, emotional or physical scars, we just.

00:41:36 Nikkiema Rai

It's a very gentle, loving process that allows that to happen.

00:41:41 Margaux Underwood

I feel like a lot more trauma is stored in our general area then we want to believe, and I'm wondering if there is a theory around that.

00:41:56 Nikkiema Rai

For for me.

00:42:00 Nikkiema Rai

There's definitely.

00:42:03 Nikkiema Rai

Because it's such a powerful center of our body and our expression which you know taps into.

00:42:13 Nikkiema Rai

Our creativity, our life force energy out power like we touched on with the the tantrum Kundalini discussion.

00:42:21 Nikkiema Rai

Before you know when we have a part of our body that is so connected to all of those components of our life and then Conversely on the other side is.

00:42:33 Nikkiema Rai



You know so.

00:42:35 Nikkiema Rai

So covered in in shame and judgment.

00:42:41 Nikkiema Rai

It's really easy for.

00:42:44 Nikkiema Rai

Those that shame in that judgment go to that power center where where it's driven from.

00:42:51 Nikkiema Rai

So I think, yeah, I believe you know that that's why.

00:42:56

OK.

00:42:57 Nikkiema Rai

Perhaps disproportionately.

00:43:00 Nikkiema Rai

That's our \*\*\*\*\* Are \*\*\* center an hour?

00:43:03 Nikkiema Rai

Reproductive organs really store?

00:43:07 Nikkiema Rai

More of that trauma and that baggage, and that emotional toll in that area of our body.

00:43:15 Nikkiema Rai

Because whether it's conscious or not, they really are this subject of so much of that shame and trauma in our lives.

00:43:25 Margaux Underwood

Yeah, I bet you see some profound.

00:43:30 Margaux Underwood

Transformations and people when they become attuned to their trauma that is stored down there an you know, I'm kind of curious to just hear your emotion behind that like what it feels like to see one of your clients and what it looks like to see one of your clients go from when they first see you too.

00:43:52 Margaux Underwood

How they leave you and and what kind of changes you see in their life.

00:43:58 Nikkiema Rai

It's absolutely like hot opening pride.

00:44:04 Nikkiema Rai

Love just amazement and and I really feel on it when I get to work with people I see I see people you know my my clients are really courageous that people who are.

00:44:22 Nikkiema Rai

I really brave to be stepping into this work and sometimes we don't.

00:44:28 Nikkiema Rai

You know, we don't know what we don't know so we don't know exactly what we're going to uncover or.

00:44:34 Nikkiema Rai

But you know what trauma or shame or emotions might be stored in there and.

00:44:40 Nikkiema Rai

I just feel really honored that I get to watch people be brave enough to step into that space and go exploring and go learning, and I get to support and facilitate and help them grow into into that in their journey edit.

00:45:00 Nikkiema Rai

Gosh, it nearly makes me tear up as I'm talking about it, but.

00:45:04 Margaux Underwood

We tell him so.

00:45:04 Margaux Underwood

It's really sad.

00:45:04 Margaux Underwood

00:45:08 Nikkiema Rai

You know you have someone who who might have just been feeling a little bit shy or disconnected, and then we get to go through this beautiful process of deepening their connection to their body and not only through that they get in touch with their \*\*\*\*\* they get in touch with their creativity.

00:45:27 Nikkiema Rai

You know you have people who think.

00:45:29 Nikkiema Rai

I just like to be a little more confident in the bedroom.

00:45:33 Nikkiema Rai

And then after you know working through a package with me for a set amount of time, they're out there going.

00:45:42 Nikkiema Rai

Oh my God, I've I've found this new passion in my life.

00:45:46 Nikkiema Rai

I'm gonna go and create a business or I'm going to.

00:45:50 Nikkiema Rai

I I've gone through this.

00:45:51 Nikkiema Rai

In at work or I've I've.

00:45:53 Nikkiema Rai

Got the relationship of my dreams now and.

00:45:57 Nikkiema Rai

It just it's it.

00:45:59 Nikkiema Rai

I don't have words.

00:46:02 Nikkiema Rai

Yeah, yeah.

00:46:03 Margaux Underwood

Yeah yeah, I can understand, I mean.

00:46:08 Margaux Underwood

And it just full circle back to when I stepped into my \*\*\*\*\* is the only thing I can really relate.

00:46:16 Margaux Underwood

It too.

00:46:16 Margaux Underwood

Is that it really opened up my world?

00:46:21 Margaux Underwood

So it brings you know my heart joy to hear that Someone Like You and then everyone in your in the somatic sexology community is doing this kind of work.

00:46:35 Margaux Underwood

Because for so long it's been that mind Body Connection has just been.

00:46:40 Margaux Underwood

Support.

00:46:40 Margaux Underwood

00:46:40 Margaux Underwood

Depressed and shamed and.

00:46:43 Margaux Underwood

And.

00:46:45 Margaux Underwood

Kind of a lot of education has been hidden from us when it comes to that.

00:46:53 Margaux Underwood

An yeah just brings me.

00:46:55 Margaux Underwood

Brings me a lot of joy here.

00:46:58 Margaux Underwood

Where does your stance and like?

00:47:02 Margaux Underwood

How important do you?

00:47:05 Margaux Underwood

Feel boundaries are and is this something that is a key component to your practice?

00:47:13 Margaux Underwood

Is teaching your clients how to set boundaries.

00:47:18 Nikkiema Rai

Boundaries is a huge thing for me, and you know, I'm really passionate about it.

00:47:26 Nikkiema Rai

And also bringing awareness of boundaries to clients and people that I work with.

00:47:33 Nikkiema Rai

I don't feel that it's something we're really taught.

00:47:37 Nikkiema Rai

You know, from a young age we we don't necessarily have the body autonomy that comes with boundaries and it's.

00:47:45 Nikkiema Rai

Cool, give your and not to diss grandparents but you know you told as a kid. Go give your grandparent a hug and you know go give your uncle a hug and things like that or you know, say hello to your mom's friend who who might be perfectly lovely, but as a long young child you it's a big imposing figure an you're told just say hello to them.

00:48:09 Nikkiema Rai

So we we don't really have this understanding of boundaries from a young age because we're taught that.

00:48:16 Nikkiema Rai

You know, we placate people and we people please and.

00:48:21 Nikkiema Rai

I'm coming back around to a point where we have this conversation with our body and we understand what?

00:48:30 Nikkiema Rai

On a really basic level, yes.

00:48:35 Nikkiema Rai

And then, Conversely, know, feel like for us being able to.

00:48:41 Nikkiema Rai

Understand you know what we really want in both in each moment and then either in a relationship or in our life and creating boundaries from knowing that sense in our body is a really.

00:48:58 Nikkiema Rai

Power to that I think is.

00:48:58 Margaux Underwood

Uh-huh

00:49:01 Nikkiema Rai

Underrated and also not taught to well.

00:49:06 Nikkiema Rai

It's not taught at all people sort of become aware of it later in life, but it's yeah, it's not.

00:49:14 Nikkiema Rai

It's not tour and it's something that I feel is really crucial.

00:49:18 Nikkiema Rai

You know it it comes.

00:49:20 Nikkiema Rai

It works into, not just.

00:49:22 Nikkiema Rai

Consensual \*\*\* or consent in any sort of scene and an you know, in the kink community.

00:49:30 Nikkiema Rai

There's a much deeper understanding of consent then I find often.

00:49:34 Nikkiema Rai

Find in general society, but having to have those discussions on boundaries.

00:49:41 Nikkiema Rai

Really opens up an understanding of of where to begin that exploration, and so many of us are people pleasers that we have trouble just saying no to a Cup of coffee when it's offered to us, you know, an.

00:49:57 Nikkiema Rai

Beginning this teaching and this understanding, really.

00:50:04 Nikkiema Rai

Really deepened our understanding of what's really important to us, and it helps to build trust.

00:50:10 Nikkiema Rai

You know, if I.

00:50:11 Nikkiema Rai

If I see something say no for me.

00:50:15 Nikkiema Rai

And I know it's a note in my body and then I do it anyway.

00:50:19 Nikkiema Rai

Then I'm creating distrust with myself, whereas if I really understand what that number is in my body and it might just be, no, I don't want that Cup of coffee.

00:50:30 Nikkiema Rai

Thank you.

00:50:32 Nikkiema Rai

But it might just be, you know, really understanding that no.

00:50:36 Nikkiema Rai

And then I go no, thank you know Cup of coffee and then my body is like oh wow, you listened to me.

00:50:42 Nikkiema Rai

I can trust you, you know it's.

00:50:45 Nikkiema Rai

It's this whole.

00:50:48 Nikkiema Rai

This whole expanded version of of getting to know yourself and then next time you and your body have this deeper understanding of trust.

00:50:58 Nikkiema Rai

You are able to express your boundaries and feel safer in them and it snowballs into.

00:51:03 Margaux Underwood

The.

00:51:05 Nikkiema Rai

Into a positive snowball of self trust, self confidence self expression just from from knowing and understanding boundaries.

00:51:16 Nikkiema Rai

As a concept yeah.

00:51:18 Margaux Underwood

Umm yeah.

00:51:20 Margaux Underwood

So instead of feeling bad about saying no, the more you listen to your body, the better it feels to say no.

00:51:30 Margaux Underwood

And then you know the person that you might be.

00:51:35 Margaux Underwood

You know, just setting that boundary with.

00:51:39 Margaux Underwood

Hopefully it kind of makes an impact on them too, because it's not like you're creating a hostile environment.

00:51:46 Margaux Underwood

You know you're just listening to yourself saying no, thank you and.

00:51:53 Margaux Underwood

Creating that important trust between your mind and your body, which.

00:51:58 Margaux Underwood

I would like to know.

00:52:02 Margaux Underwood

About that, that importance of trusting your body.

00:52:07 Margaux Underwood

An trusting yourself because.

00:52:11 Margaux Underwood

I have felt that so many times when I say when I take that Cup of coffee and I didn't want it and then I just feel so bad.

00:52:21 Margaux Underwood

What kind of repercussions does that?

00:52:23 Margaux Underwood

'cause when we don't listen to our body?

00:52:27 Nikkiema Rai

This is I, I believe it's part of the disconnect that we we then Foster because we we stopped communicating with our body and we don't.

00:52:41 Nikkiema Rai

It doesn't trust that we will listen to it, and you know, then we invite in on on different levels.

00:52:49 Nikkiema Rai

You know we can invite in different illness and things like that because we're not paying attention to our body where directed from it.



00:52:55 Nikkiema Rai

We don't trust this signals that it's giving us an.

00:53:00 Nikkiema Rai

You know, if you.

00:53:02 Nikkiema Rai

If you have a broken ankle and you ignore the pain signal and you just keep walking on it every day and every day and every day, it's never going to heal right.

00:53:12 Nikkiema Rai

And if you if you have a broken ankle and you get that pain signal and you go OK buddy, I'm listening to you.

00:53:19 Nikkiema Rai

I'm going to.

00:53:21 Nikkiema Rai

You know, let you rest and heal.

00:53:24 Nikkiema Rai

That's an extreme example of yes or no to a Cup of coffee, but we create this, you know, we create a an ongoing broken ankle by continuing to say yes to the Cup of coffee and we create something in our body that then can't.

00:53:41 Nikkiema Rai

Doesn't have the opportunity to heal.

00:53:45 Nikkiema Rai

It's it's an extreme example, but when we when we are allowing our body to talk to us and when we're not listening to it, we create that disconnects.

00:53:57 Nikkiema Rai

We create that distrust.

00:53:59 Nikkiema Rai

You know, we really, really.

00:54:01 Nikkiema Rai

Tuned out from our sense of self and our sense of intuition and our sovereignty, and we allow.

00:54:10 Nikkiema Rai

Are the papers become the conductors in our lives because we've put what what we want, what we feel to the side to please someone else.

00:54:21 Nikkiema Rai

And, you know, in the end we're not really allowing them to be the best versions of themselves either.

00:54:26 Nikkiema Rai

We're not giving them an opportunity to meet us and on arson.

00:54:30 Nikkiema Rai

Respect us.

00:54:31 Nikkiema Rai

If we're not expressing so it works both for us and the people that we interact with it.

00:54:38 Nikkiema Rai

Yeah, it it just.

00:54:41 Nikkiema Rai

You can snowball it either way into the disconnecter into the connection.

00:54:45 Margaux Underwood

Uh-huh

00:54:48 Margaux Underwood

Uh-huh that makes sense.

00:54:51 Margaux Underwood

Yeah, well, this was really eye opening.

00:54:55 Margaux Underwood

I will have you.

00:54:59 Margaux Underwood

Follow me up with maybe some resources that our listeners can read about on semantic sexology and just different.

00:55:09 Margaux Underwood

You know different methods to create small steps to, you know, create that mind body connection again.

00:55:18 Margaux Underwood

So thank you so much for joining today.

00:55:22 Margaux Underwood

If there's anything else that you just want to leave with our listeners, feel free.

00:55:26 Margaux Underwood

If not, you know.

00:55:30 Nikkiema Rai

Thank you for having me.

00:55:31 Nikkiema Rai

It's I I could talk about this for hours on end.

00:55:35 Nikkiema Rai

It's something that I really love and I really appreciate the opportunity to come and be a part of this conversation.

00:55:42 Nikkiema Rai

And I just really invite your listeners to get curious about how they can begin to have a conversation with their body and.

00:55:54 Nikkiema Rai

You know, I don't think that you have to be a guru straight up.

00:56:00 Nikkiema Rai

Sometimes people don't even feel like they can take a deep breath, but being aware of your breath at all is a good step.

00:56:10 Nikkiema Rai

So just feel like just get curious enough to start.

00:56:14 Nikkiema Rai

Is is my biggest tip.

00:56:16 Nikkiema Rai

Get curious enough to start and have that self compassion for yourself.

00:56:22 Nikkiema Rai

I definitely have.

00:56:24 Nikkiema Rai

A couple of really beautiful books that I can recommend and I often put up, you know, little little tips on how to begin these connections on my socials, which you'll have as well.

00:56:38 Margaux Underwood

Why don't you go ahead and tell the listeners where they can find you and I will be listing that in the podcast description as well.

00:56:45 Nikkiema Rai

Yeah.

00:56:45 Nikkiema Rai

00:56:45 Nikkiema Rai

Yeah, thank you.

00:56:47 Nikkiema Rai

So on Instagram I am embodied dot \*\*\*\*\* an on Facebook.

00:56:53 Nikkiema Rai

Nikki McCray.

00:56:54 Nikkiema Rai

And also my email is nikkimdotray@gmail.com. So I really invite people to reach out and connect with me or jump on and have a look at the few little videos, but I'm always, you know, I'm always happy to.

00:57:12 Nikkiema Rai

Answer questions and often find.

00:57:16 Nikkiema Rai

Your question will be something that other people have so well.

00:57:19 Nikkiema Rai

I don't have to share your name.

00:57:20 Nikkiema Rai

It gives me an opportunity to answer that for everyone who's thinking the same thing.

00:57:25 Nikkiema Rai

So definitely reach out to me on Instagram or Facebook.

00:57:29 Nikkiema Rai

I love to hear from people and connect.

00:57:30 Margaux Underwood

Well, thank you so much.

00:57:32 Margaux Underwood

Nick comma I.

00:57:33 Margaux Underwood

I look forward to seeing your practice progress in the field as well progressed.

00:57:39 Nikkiema Rai

Yeah, thank you.

00:57:41 Margaux Underwood

I hope you all enjoyed this episode with the Kamareh.

00:57:44 Margaux Underwood

I know I did a lot of information about the importance of the mind and body connection.

00:57:52 Margaux Underwood

I'm going to post all of her socials in the podcast description as well as some resources for our listeners to reach onto.

00:58:00

How about you?

00:58:04

Now you have.

00:58:06

Maybe?

00:58:09

That

00:58:11

Come up.

00:58:15

Hi.

00:58:18

Wait Mario?

00:58:22

That