

Rivka Malka and Devora
Intimacy Class 3 notes

03-17-2021

If you give someone a gift make sure to let them know- let your spouse know that you want to give them a gift of working on your marriage.

Body-Image

The law of attraction- you attract what you are radiating- what you think about yourself is what other people think of you. We are all reflections of each other.

Body Image -How we feel about yourself-do you like how you feel in your body, do you like yourself, and the dynamic with your spouse.

Modern human experience- has a lot of shame about the way the body looks. The feelings we have about our body are brutal judgements.

These are messages we are sending ourselves, and not usually at all how our spouse sees us at all.

We think of the body as a thing to deal with, but really it's a development of the expression of your soul and everything your soul needs in order to do its job in this world.

Think about your body as it is, the way Hashem wanted it, and see how it is perfect for your soul and part of your amazing gift to this world.

Because the body is so special, important and holy and such a core part of you, when you don't take care of it in a way that feels good we have disrespect and shame.

The things that make you feel very good and the body needs, we can't neglect our bodies.

We want the people we love to take care of themselves, and it garners respect and it can be a healing force for the whole family.

Whatever messages we got about how we are supposed to look that I am not enough becomes part of our experience and how we interact with our spouse

The messages we are carrying about our bodies can be deep and subconscious.

What do you tell yourself about how attractive you are? That will show up in the bedroom life and the personal intimate areas of our body.

This shame can be deep and it needs healing- these ideas we have actually express themselves in getting and receiving pleasure. It is worth it to explore how you feel about that most personal area of my body. I am sending love or shame?

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Your spouse is your healing power in this world

Don't have to be "damaged" to need to be healed

How does body image show up in the bedroom? So many things can be going through our heads in the bedroom especially after a long day of work/children etc...

How we respond is how we see our own attractiveness-focus on the parts of yourself you can feel good about easily, what you do that's uniquely you.

Feel complete and whole with yourself

So much of how we view ourselves in our heads and we have control over that, mindset of acceptance. Remember the beauty Hashem gave you. The attractiveness isn't just physical but the whole picture of what you give, and what makes you, you, your body language and more.

How you feel about yourself is what you are going to radiate, there are very specific ways about how you personally can feel good about yourself.

Affirm to your spouse when they do something you like

Change your mindset, there is a call to every human being and we are constantly in this work to see yourself as Gd sees you. Don't listen to the inner critical voices, the yetzer hara. Hashem only sees us with kind and compassionate eyes.

When you really like yourself those around you will like you more

The affirmation you need comes from yourself first.

Don't let anyone else's comments get in your head

Do what works in your home, focus on what works between you and your husband

Exercise:

One daily way to access a new dialogue with yourself.

Five Gs

Goods-things you did that were awesome

Goofs- things you want to fix but write that it's okay

Gratitude for day

Goals

Gifts-what is the gift I gave today?

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Exercise 2: Divine portrait

All of this should be done for yourself and your spouse

Draw/write

What are your/their eyes like, what your/their eyes like: are they kind, deep, expansive, what do they see

Your/their smile: as many words to describe

What their/your heart like:

Draw your/their hands and what they do.

Legs/feet: what do they run for

And some much more

You can share this after