THE WILDFLOWER

The Sensual Reclaim — Archetype Guide

Welcome, beautiful The Wildflower.

You are tender, deeply empathetic, and intuitively connected to the emotions of those around you.

The Wildflower Profile

The Wildflower desires deep, harmonious connection. You want to feel cherished, safe, and emotionally held. But because you are so fiercely attuned to the needs of others, you have a habit of putting their comfort above your own.

The Wound: Where Shame Hides

> When shame—whether from a diagnosis, religious purity culture, or body insecurity—hits a Wildflower, she shrinks. You convince yourself that you are a burden or 'damaged goods.' You settle for crumbs in dating, internally begging, *'Please pick me,'* and thinking, *'I should just be grateful someone is sticking around.'* You silence your boundaries and desires just to avoid the terror of rejection.

The Breakthrough: Reclaiming Your Magnetism

Your path to reclaiming your magnetism is through **taking up space**. You must learn that your desires, your body, and your past are not an inconvenience. True safety isn't found in making yourself small and accommodating—it's found in standing fully in your inherent worth.

Your Somatic Reflection Prompts

After listening to your **Day 1: Come Home to Your Body** audio, find a quiet space and use these prompts to integrate the somatic shift. Do not judge what comes up—just let your body speak.

Prompt 1: The Hidden Narrative

Whereinmyromanticor dating lifeam I currently accepting 'crumbs' because a part of me subconsciously believes I don't deserve the whole feast?

Prompt 2: The Physical Sensation

When I think about speakingmy deepest truth to a partner, where exactly do I feel physical tension in my body? What is that tension trying to protect me from?

Prompt 3: The Permission Slip

If I knew with100%certaintythat I could not be abandoned or rejected, what is one desire or boundary I would express today?

Next Steps

Shame cannot survive when we bring it into the light. This guide, paired with your Day 1 Somatic Audio, is the first step in melting away the physical tightness and fear of rejection.

Whenever you feel the urge to hide, apologize for your desires, or settle for crumbs—return to this practice. You are safe to be seen, and you are *unapologetically desirable.*

Ready to go deeper?

If Day 1 gave your body permission to soften, Day 2 & Day 3 will awaken your pleasure and rewrite your love story.

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