

Saying No to get what you want easier

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It was great to see so many Sandboxers at Beltane! Especially to see David H wizing around in his electric chair while Gail tried on various sexy high heels. :-) We also went deep into boundaries at the Sandbox Explorations workshop at Beltane - practicing saying No, asking for what we want, how to clarify requests and ways to ask "difficult" questions about sexuality. I think that the attendees were more connected at the end of the workshop and more empowered too! I want to bring that energy to the gathering this week. At 8pm after dinner we will hold a short practice of saying No and asking for what we want. I invite you to join us, though as always what ever choice you make you will be honored in.