

# PLEASURE, SELF-PLEASURE, HEALING THROUGH PLEASURE

Self-pleasure is extremely important on the journey home to self, healing journey and it is a reclamation of our body and birthright – to feel, experience and receive sexual pleasure!

Many people have difficulty receiving pleasure – this is often connected to their beliefs around sexuality and how they feel in life around receiving

They may feel guilt or shame and avoid receiving. If this is you. I invite you to really invite receiving pleasure into your life in all ways.

## *Blockages to self-pleasure:*

Shame, guilt, belief systems, stress, exhaustion, hormones, diet, people can feel like they are 'cheating', don't know how, medications, body dysmorphia

*Pleasure replenishes our nervous system. it is healing and a celebration of ourselves.*

There is general pleasure. Think about what brings you joy and pleasure? For example, for me it's ecstatic dancing, singing, naked sunbathing (yoni facing the sun), sunbathing, eating cacao, drinking cacao, eating delicious healthy cacao/choc cakes.

*Erotic self-pleasure - awakening your sexual energy and feeling aroused.*

This can be through – massage, dance, mirror naked dancing, hard body self-massage followed by tickling and awakening the senses, feather stroking, reading erotic books, listening to erotic audio books, listening to erotic orgasmic moans, imagination, visualizing your inner sacred masculine making love to you, dancing to erotic music, breath sound and movement, pulling in your pelvic floor muscles as you sound and exhale into your Yoni awakening the sensations within

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When we self-pleasure from a quick way we learnt as a child, teen or adult we create neural pathways which is great in some sense, however we can become lazy. And sometimes it may create a little more fire, frustration afterwards; if it is too hard & fast. This doesn't mean totally boycott is forever – it's just something to be conscious of.

When we take time to build the sexual energy in the body and ride the waves of pleasure we then create new neural pathways and our body becomes engorged. This creates new neural pathways and activates the parasympathetic nervous system allowing you to feel truly replenished after.

*Everyone is so unique:  
Some people are spontaneous desire  
Some people are responsive desire*

Spontaneous desire is someone who can feel aroused spontaneously & quite easily through life.

Responsive desire is someone who needs something to initiate them which they then respond by desire. These people may take longer to feel desire

**BOTH ARE BEAUTIFUL - NONE ARE WRONG**

**New mothers** – they are in HUGE TRANSITIONS INTO MOTHER HOOD – self pleasure is a beautiful practice to weave into your transition and actually very important. This helps take care and replenish yourself and feel a sense of desire for self. Try creating an hour a week or so where your community (family members, partners trusted ones) can help give you an hour space to conscious self-pleasure – again in whatever way that may be

*Self sex dates -*

Please start scheduling self sex dates of a minimum of 1 hour a week of NON goal orientated self pleasure

Invite general pleasure into your life daily



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*Self worship (once a week / until just when needed) -*

Yoni gazing in the mirror with affirmations – paint or draw your Yoni and put her up on your alter

Naked body gazing in the mirror with affirmations

If gazing in the mirror naked and loving up your body is too much – try little by little. If its just too much, practice sleeping naked, being naked etc first and slowly build up to that space.