



Creating a Pleasure Practice

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Finding your pleasure path

It might be hard to get a sense of what you find pleasurable sexually, if you don't already have a sense of it in your daily life outside of the bedroom. This guide is a great place to start. Each day, commit to some time to try out how you might add an intentional way to reflect on how to bring pleasure into your life.

Using the 5 senses, pick one a day to see what brings you pleasure. This practice is about attuning to what gives you that felt sense or embodiment of pleasure.

If some of the senses are not available or accessible for you, focus on the ones that are. Notice if you can also connect any of these sensory anchors to what your core fantasy might also include.

Over the course of a few days spend some time just thinking about each of these and see how you can incorporate time to play with them. Each day, over the course of the day, focus on a sense. While these exercises are for you to do on your own, you might want to do some with a lover and see how the sense could be played with them.

On the final day, combine the practices and set the scene. You don't have to do them in order as presented, but try to do all 7 days.

This is the way to a pleasure path.

Sight

Think about the colours that might be a part of your search for pleasure. Look at images that feel central or can help you access pleasure, your erotic theme or might enhance your desire. Is there a place in nature or a visual anchor of a time of your life that you find sexy? Do you enjoy looking at visuals of people kissing, cuddling or are there photos that you'd like to take of yourself or a lover? Also, play with the absence of your sight by using blindfolds with the other senses over the week. Get out a mirror and do a mindful body scan - notice your body parts, and take some time getting to know your more intimate parts.

Tip: Boudoir photo. You can do this alone or book someone who does this already - be creative! Highlight a favourite body part.

Sound

What sounds give you pleasure? Is there a certain song for instance? Maybe spend a few minutes putting together a pleasure-enhancing playlist. Think of sounds found in everyday life like rainfall, thunderstorms, waves or something else. Also access your own voice and the sounds you make. Connect to sound by also playing with humming or accessing your own primal scream as a sense of play. Make yourself loud, or soft and get a sense of the sounds that resonate with you the most. Learn some new breath exercises to help you access what your own body can do. Do you have instruments - this is the time to play with them!

Tip: Write a love letter to a body part and then read it out loud

Smell

Smell can be a very pleasure-inducing sense. Are there candles or incense that help you access pleasure or desire? Is there a lotion or perfume, mask or cologne that speaks to you? There might be one from your past - so spend some time reflecting down memory lane. Do you love the smell of campfire? Are there food smells that you find turn you on? They might be linked to a core fantasy. Think back to some times in your life that might be linked to this fantasy to help you bring it back up into your life now.

Tip: Create an essential oil blend or treat yourself to one

Touch

Are there textures or materials that help you access your pleasure? Does riding a bike turn you on or having a shower? What about leather or silk? Do you enjoy a self-massage, feather or oil play on your skin? I love walking barefoot in the sand or grass myself! How about touching your lips. Linger there in noticing them. Then travel down to the throat. Notice how your vagina responds to this. Is it reacting? Is there a touch point that feels excited, soft, and relaxed under your touch? This sense can be where you are more mindful of the way your own touch helps you access pleasure but it does not have to be linked intentionally to masturbation. Of course, masturbation is an option too!

Tip: Play with paint or clay and create a replica of a body part that you love, or want to have a more meaningful relationship with. Place it in special place so you can see it as a reminder after.

Taste

Food and drinks can be a more easy entry point to access pleasure. Do you already have a favourite food? If so, reflect on what it is that gives you pleasure - is it the taste, the texture, the memory? Before tasting food how about starting with just how your lips feel with the item lingering there. You can start by softening your lips and opening your mouth slightly. Maybe even playing a little bit with one finger touch against your lips and seeing what that feels like.

Tip: Pick an item and book a date to have a mindful eating session with certain foods that you find enticing.

Movement

While not exactly one of the five senses, movement is such an important way to help us connect with our Pleasure Practice. This might be with a dance on your own, lights on or off. Simply sway, or practice a strip tease, or pole dance if there is one handy. I am big fan of dancing in water myself. Move on the floor, on your bed, or in a chair. This also could just be movement whether slow or quicker. Start tracking your body as it moves and see what happens intuitively, versus feeling compelled to create a choreographed dance.

Tip: Have a sexy dance as a seductress

Day 7

End the week by bringing in all five senses and now set your scene up for success. Decorate the room with the items that evoke pleasure, and see what happens when you bring it all together. Remember the goal is not necessarily sex but rather an embodied sense of harnessing your own pleasure. Maybe you want to get candles, a cozy blanket, chocolate and wine. Put on some playful music, and wear a sexy camisole. Or how about setting up your backyard with a private oasis. Surround yourself in nature. Rest your feet or sit right on the earth.

Putting it all Together

Pleasure is a birthright

You made it to the end!

Take some time now to journal your reflections - what did you notice? What surprised you, or would you do again, differently?

Now, spend some time crafting your Core Erotic Theme. This is a perfect opportunity to create one. Think of what your Core Erotic Fantasy is now that you have spent some time discovering your pleasure path. What theme evokes pleasure for you, or is erotic? What fantasy have you always wanted to fulfill? This is your chance to sit with it, or even create it!



Now that you are starting your path to pleasure, you can get a sense of your compass or guide. Think of it as your love pulse is your divine witness

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