

CHART TO a HEALTHIER sexual expression

Fantasize

*Know What
TURNS YOU ON*

*Go Outside Your
Comfort Zone*

Sexy, Vibrant YOU

Use Your Voice

*Know How To
Please Yourself*

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Know What TURNS YOU ON

This sounds pretty straight forward and yet many women do not know this! So begin by thinking about the activities, movies, men, women, experiences that have turned you on in the past. Does a romantic movie and a warm bath work for you? Try different things out and find out what really gets you hot and bothered. Super great information to know about oneself.

Fantasize

You can go anywhere, cross any taboo, be with anyone (or many at once) in your fantasies. This is a super safe place to explore the outer limits and crazy, dazzling scenarios that are steamy and so erotic to you. Fantasies are a great way to enhance your sexual encounters with a partner, many partners or solo. Your mind is your greatest ally when it comes to your sexy, vibrant, sensual expression. Come up with at least one fantasy that is WAY off the charts sexy. Next time you're wanting to have some yummy time with a partner (or alone), just call up that fantasy and allow yourself to bring that steaminess into the bedroom (or living room floor, or bathtub...)

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Go Outside Your Comfort Zone

Try something new. Dress up as your favourite super villain; buy some rope (to tie up a partner with), bring whip cream to bed, watch a really risky movie together, role play some extravagant characters, take turns being in control of the sexual experience, play some new music you're never listened to before, read a sexy story together, have sex outside, explore every corner in your house, play hide n seek...Do you see where I'm going here? To keep intimacy and sexy time alive and vibrant, it's often super erotic to do the unusual or unexpected. The element of surprise can be a huge turn on for intimate couples, especially if you've been partners for many years. Surprise your partner with pizza and a blow job in bed. Chances are he'd love it. Greet him or her at the door naked.

Give yourself permission to try the wildly exotic and see if it works. Good communication opens the doorway to knowing if it's something you both like or dislike. You may be surprised to find out you both enjoy activities that are super new and unique!

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Use Your Voice!

It's a known fact in the erotic world that your voice and your pussy are connected! Did you know that?? Making sounds while love-making actually opens up your sex chakra, increases the rate of turn on and increases the pleasure output.

AHHHHHHHHHH.....OOOOOOOH

"I like that....." " Do more of that please"

It may be helpful to begin making these sounds whenever you're feeling pleasure - not only during sex. You may be enjoying the most delicious curry you've ever had. Making sounds of enjoyment help heighten the experience and slow down the moment, thereby increasing the pleasure.

You may soon find out if you allow sounds of pleasure to come from you, that you enjoy whatever you're doing SO MUCH MORE. Food becomes unbelievably delicious, taking a bath can border on orgasmic, digging in the dirt with your hands can become this most pleasing experience ever.

SOUNDS ENHANCE PLEASURE.

Once you become more familiar and comfortable with sounds, feel free to explore them fully in your love-making. What a joy!

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Know How to Please Yourself

If you don't know how to use your instrument of love, it's very difficult to teach another what pleases you and brings you to orgasm. Now I realize some of you may be thinking, "She's not referring to MASTURBATION is she??" I sure am! Did you know that more than 25% of women in partner relationships have never had an orgasm before? That's a little shocking right? Well we're ingrained from a young age to not play with ourselves, to be lady-like, to maintain and control our sexual urges.

You As Creatrix of your own sexual expression, get to actually ENJOY the wondrous pleasures of your body. It's not a sin. Your body was made for ecstasy.

Learn your own pleasure maps. Play with your clit; try a G-spot toy or vibrator. Give yourself as much pleasure as you want and learn what feels good to you. Take your time. Enjoy your Self. This is where a really good fantasy comes in really handy. Fantasize away honey and follow your body's bliss trails to orgasmic rapture.

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