



Mindful Self Pleasure

A STEP BY STEP GUIDE

WHY PLEASURE MINDFULLY?

- diversify arousal pathways
- increase pleasure
- cultivate self intimacy
- heal body shame
- sexual self knowledge
- heal trauma

PREPARATION

Set your space with:

- favourite playlist
- scents (incense, oils)
- textures + fabrics
- food (fruit, chocolate etc)
- toys
- lube



1) Connect with your body



Slow down.

Place one hand on your heart,
other hand on your genitals.
Take some deep belly breaths.
Drop your awareness into your
pelvis.



2) Check In



Become aware of your state mentally, emotionally, physically.

Take a moment to do a body scan meditation.

Notice where you feel constricted, breathe into those places, and see where you can soften.

3) Set an Intention



Examples:

honouring your desires
healing shame around a certain body part
exploring pleasure in a new body part
exploring a new breathing technique
liberating your voice

Say your intention as a positive statement in present tense



4) Activate Spine and

PG Pump



Move your spine by arching and rounding your back, or exploring spiraling, snake-like movements.

Coordinate the movement with your breathing.

Pump your pelvic floor muscles





5) *Full Body Touch*



Explore the entire surface area of your body.

Follow your curiosity and pleasure.

Breathe into your touch and meet your touch with your full awareness.

Allow yourself to move, breathe and make sound.

6) *Vary the Elements*



Get curious on how you can vary your experience with:

Breath
Sound
Movement
Touch

Try to do at least one thing differently than usual.



7) *Optional Climax*



If orgasm feels accessible and desirable, relax your body into deep orgasmic release.

If orgasms does not feel accessible, or if you wish to sublimate your sexual energy, use a breath practice to draw the energy up your spine and spread it throughout your body.



5) Integration



Close your eyes.
Let your body lie still and relaxed.
Keep your awareness on your body and
breath.
Stay here for several minutes and let
yourself journey inward.

About



Hi, I'm Monica, sacred sexuality and embodiment coach, and creator of Wild Eros. I help individuals and couples reclaim with their sexual power, heal shame and anxiety, and discover their fullest erotic potential.

I offer sessions in person at my location in Toronto, or online sessions to clients worldwide.



Let's Connect

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