

Live *WE* Fully

Seek Pleasure
& Receiving

LOVE ASSIGNMENT

WOMEN ONLY



SEEK PLEASURE & RECEIVING

I invite you to close your eyes and think about a sexual encounter with your partner...

How do you feel?

How is your body responding?

Do you feel open or closed?

How comfortable are you?

SEEK PLEASURE & RECEIVING

Please list below any judgements you may have about yourself during sex.

For example: fat, not attractive, worried about pleasing him (are you doing it right), fear of making a mistake, fear of making noise.

If focusing on relaxing and feeling safe can assist you in opening up more to your sexuality and certainly in receiving.

What are the things that assist you in feeling relaxed?

Some examples might be, a warm bath, a spa day, meditation, a walk outside, exercise...

It can be anything. Note below what it is that relaxes you.

1.

2.

3.

4.

5.

You may choose to share these with your partner, for women we take a little warming up to be in the mood and our body being relaxed assists in that process.

GUIDED MEDITATION

Now when it comes to the act of receiving I am going to invite you to connect with your Indie (preferably after you are relaxed, so choose a time that coordinates with you being in a state of relaxation.)

Set aside 15 minutes for this process

Close your eyes and receive a few deep breaths.

Set an intention for healing, opening and receiving exactly what you require.

With your eyes closed think about a scene that feels pleasurable to you, it could be a warm beach with palm trees, a sailboat with a gorgeous deck, a hammock in the middle of a green jungle, maybe it is a large luxurious tent on the top of a mountain peak. Whatever feels pleasing to you...

Imagine yourself there, see what you are wearing, how you feel...

Now imagine yourself breathing in the fresh air and feeling the warm sun on your body.

You begin to feel relaxed and open. You also notice that your body feels strong and energized. You start to feel a little tingle in your body and you begin to crave sexual contact. You begin to feel excited and creative.

GUIDED MEDITATION

You go and gather some gorgeous candles and start a beautiful bath. The towels are next to the bath and they are warm and fluffy. The tiles in the bathroom are heated and the room smells of rose oil.

You gently undress and slip into the gorgeous bath. Your skin is enveloped in warmth. You breath a sigh of relief. You feel safe, gorgeous and open.

You look down at your body and are pleasantly surprised, you love what you see.

You begin to long for connection, touch and stimulation.

Your beloved walks through the door, gently, slowly he smiles at you.

You feel safe, you feel loved and you feel open to receive.

He just sits there staring at you smiling.

It is your choice to invite him in, to allow him to enter the warm water with you.

When you are ready you invite him to join you.

GUIDED MEDITATION

Slowly you watch him undress, powerfully he looks at you.

"You are beautiful." You hear him say.

"Thank you." You respond.

And he joins you.

You can smell his skin as it touches the water. The two of you now together in luxury and warmth.

He rubs your back and then your feet...

Then what happens, what do you desire...?

Enjoy this process, when you are ready open your eyes..or keep them closed.
Explore.

LOVE ASSIGNMENT (L.A.)

JOURNAL ASSIGNMENT

What is it that pleases you?

How can you bring this more into your life?

How can you increase your capacity to receive?

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