



The Art of Manifesting Like a Goddess

Week 5- Awakening our Divine Sensuality

This week we are going to Awaken and Ignite our Divine Sensuality...

Take a moment and write down the answers to the following questions and remember we are approaching this weeks subject with curiosity and making the intention to be light and playful in our energy, shifting away from shame, fear or embarrassment.

What are some of your first memories or experiences with sexuality?

What were you taught growing up about sexuality, pleasure or being sensual or sexy?

How is your past affecting you in your ability to experience pleasure, embrace your sensual nature as a woman, and receive sexual satisfaction? (good and bad)

Are you ready to release any negativity from your past to allow Freedom, Pleasure and Connection to your Sensual Feminine Nature?

STEP 1 - IDENTIFY WHAT NO LONGER SERVES YOU:

- 1. What memory, experience, trauma, belief, or old pattern related to your sexuality and sensuality are you ready to let go of ?

STEP 2- WHAT DO YOU DESIRE TO CREATE INSTEAD?

- 2. What does your life look AND feel like now that you are able to fully experience PLEASURE, PLAY and FUN around being Sensual?

- 3. What do you desire to create or experience that you never have before, now that you have identified your Erotic Blueprint and now know on a deeper level what your sexual language is ?

STEP 3- GET INTO THE FEELING PLACE OF YOUR DESIRE

5. What does it **feel** like to Embody your NEW FOUND SENSUALITY ?

6. How does it FEEL to know you are designed to experience Pleasure and be able to communicate that to get your needs met? (identify emotions or feelings)

STEP 4- ALLOW

Be open to observing new ways you are allowing this energy into your life!

You are going to bring this feeling into your Goddess Yoga Practice each day this week and allow it to move through you fully...allow yourself to embody this new way of being.