

MONTHLY THEME MAY

# OCEANIC Self-love



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WORKBOOK

Sex & Soul MEMBERSHIP

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# WELCOME

Every moment in your life is an opportunity to love yourself more deeply.

Love is the most powerful transformative force there is. Self-love brings the deepest changes in you and your life and is the base line for a wild, sexy life. Think of self-love as something you can constantly "practice" and embody more deeply. That's why this month is dedicated to Oceanic Self-love. Because when you are your own best friend and know you are always there for yourself, no matter what - then you have the best foundation for a free, fulfilled life.

All challenges, all pains, all fears are deep down a lack of love. And every situation in your life teaches you to love yourself more deeply. Especially when you lose people or things, when something doesn't go the way you want it to - how much can you show yourself love and acceptance in those moments? How much can you accept the unpleasant, painful, shameful or fearful parts of yourself?





# SELF LOVE

In situations where you need guidance, ask yourself: Am I acting out of fear or out of love? And: What would love do?

Self-love does NOT mean that you always have to like everything you do or love everything about yourself unconditionally. Love does not paint everything in roses - love is honest (which also applies to relationships with others, by the way). We make mistakes, we have shadow parts that can sometimes hurt us or others and we can have sabotaging or destructive parts in our personality. It's more about accepting and understanding yourself and treating yourself with compassion.

For example, you don't have to love your criticizing, sabotaging part. But you can perhaps accept that it is (just) a part of you. You can understand that this part comes from your childhood, for example, or that it is trying to protect you - for example, because it thinks that you are only lovable if you are 'perfect'. Self-love is therefore above all acceptance, understanding and compassion towards everything that you are. And this is something that you can practice and embody again and again.



# YOUR BREASTS: PORTAL TO YOUR HEART

Your breasts are energetically and physically connected to your heart. They are the center of your femininity, sensuality, self-love and love. Your breasts can not only nourish a baby, they also nourish you. Learn to love your breasts, no matter how they are. If you criticize your body, it can only give you limited pleasure. Your breasts are right the way they are.

In Taoism it is said that a woman's sexual energy begins in her breasts and then flows downwards into her pussy. The way to your pussy is through your heart!

## TIPS FOR HAPPY BOOBS

- Go braless (bras make your tissue sag faster and constrict your breasts - if you have large breasts and need support or don't feel comfortable without, at least try the softest bras/bralettes you can get)
- Regular breast massages
- Place your hands on your naked breasts and just feel
- Do Yoga / practices / meditate topless & go topless at home if you like
- Heart meditations & connecting with your heart
- Sensual oil massage for your breasts





# PLEASURE IN LOVE RITUAL

## PREPARATION

CREATE A SAFE, UNDISTURBED SPACE AND TAKE AT LEAST ONE HOUR JUST FOR YOURSELF. MAKE YOURSELF COMFORTABLE - CREATE A SPACE FULL OF LOVE. PERHAPS WITH CANDLES, FLOWERS, ROSE OIL, SENSUAL FRAGRANCES. HAVE YOUR YONI EGG OR CRYSTAL WAND READY - IF YOU HAVE SOMETHING IN ROSE QUARTZ, THEN USE THAT - ROSE QUARTZ IS THE CRYSTAL OF SELF-LOVE.

1. Connect with your heart and breathe into your heart. If you like, do a heart meditation.
2. Gently massage your breasts and nipples. As you massage, let your heart energy flow into your entire body and also down into your yoni.
3. Touch your body, your stomach, your thighs and your pussy in a way that feels good to you.
5. Let pleasure & turn-on arise while staying connected to your heart (you can also visualize this heart connection).
6. Take your (rose quartz) Yoni Egg or Crystal Wand and continue to give yourself pleasure. Touch yourself with the deepest pleasure and love. Whenever you go into your head, feel pressure or expectations (e.g. that you want to come) etc. - come back to turned-on love.

During this self-pleasure ritual, breathe into your heart and merge your sexual energy with your heart. If you want to bring yourself to orgasm, visualize connecting this orgasmic energy to your heart (heartgasm).

Let all emotions arise - it may also be difficult to connect so much "love" to your sexuality. Be curious what comes up for you and take the time to integrate afterwards, for example through resting or journaling.

## Sex & Soul MEMBERSHIP







# MANTRA

I LIVE, BREATHE, EMBODY, SPEAK  
AND AM PURE LOVE.





# ARCHETYPES & GODDESSES

The Lover, the Mother, the Maiden, The Seductress

Aphrodite, Venus, Freya, Hathor, Parvati





# PLAYLIST

## MAY PLAYLIST







# ENERGY OF THE MONTH

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## CRYSTALS

Rose quartz

Amethyst

Rhodonite

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## PLANT MEDICINE

Cacao: heart opening

Rose petals (buy mine [HERE](#))

Leafy greens: good for your heart & blood

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## SELF-CARE & RITUALS

Rose bath & oils

Breast Massage

Pussy Massage

Heart Breathing

Consciously practice love, especially for your shadows  
and parts of you that you find difficult to love

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## CHAKRA

Heart Chakra / Anahata





# JOURNAL PROMPTS

OCEANIC SELF-LOVE

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1. What specifically supports you this month in embodying your Goddess of Love? Which habits, people, surroundings, practices, thoughts...?
  2. And what is rather holding you back from it? Which habits, people, surroundings, practices, thoughts...?
  3. Where and how can you show yourself even more love, compassion and acceptance?
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# JOURNAL PROMPTS

## OCEANIC SELF-LOVE

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1. How are sexuality and love connected for you? How does this connection feel for you?
  2. Are there areas or people in your life where, out of love for yourself, you need to act differently than you currently do?
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