

# 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

