

BREATH OF PLEASURE RITUAL

PREPARATION

CREATE A SAFE, UNDISTURBED SPACE AND TAKE TIME FOR YOURSELF. FEEL FREE TO DO THE SENSUAL PLEASURE RITUAL IN THE CURRENT MONTH AS PREPARATION. HAVE EVERYTHING READY THAT GIVES YOU PLEASURE - TOYS, OILS, CRYSTAL WALLS, YONI EGGS.

1. Breathe into your pussy.
2. Touch yourself, do your very own self-pleasure ritual and let your pussy decide how she wants to be touched. What gives her pleasure?
3. Breathe your pleasure, your sexual energy throughout your entire body - starting from your yoni. Visualize the pleasure spreading through colors, light or energy into every cell of your body. Let it pulsate from your pussy into all areas of your body through your breath.
- 4 Breathe consciously and don't lose the connection to your breath. If you want to bring yourself to orgasm, keep breathing the pleasure throughout your body, even in the moment of orgasm. This is a way to have full body orgasms! If orgasm is not for you today, find another beautiful way to end your pleasure practice.
5. Bathe in pleasure for some minutes and simply receive and relax.

