



SACRED SEXUAL HEALING - YOUR PLEASURE PLAYTIME!

Pleasure is the fastest way to realign energy, and sexual healing practice allows for fast transmutation and alignment of energy.

After the meditation, go to bed (Set the tone! Music on - dim lighting or dark) and seek and experience pleasure in your own body! 😊

This practice is focused on going with the flow of pleasure and connecting to your Divine Feminine Essence!

Not seeking to get OFF through orgasm.

This is not about speed but about breathing, surrender, and listening to your body speak through pleasure.

Close your eyes and use the tips of your fingers at first - like soft teasing feathers and seek out the TINGLES!

Start with your face and neck and work your way down!

This is a time to explore your breasts & nipples, your whole body skin, your Yoni inside and out, your anus - nothing is off-limits, and nothing is bad.

Whatever gives you pleasure, it is your body! Caress her, tease her, bring her out to play.



Enjoy her curves and softness and indulge yourself. Look to places you never usually go...

Explore softly all the secret spots of pleasure in your Yoni - use your fingers first!

The clitoris has more nerve endings and pleasure spots than any other organ on the whole body.

It is divinely designed for pleasure.

Too rough and she will hide and push you away with sensitivity. Caress and make love to her and she will send ripples through your whole body.

However, if we get fixated on her, we miss out on all the other beautiful places that are present within our Yoni. The entrance of your Yoni has hidden gems and so does just inside and above a little to the left.

Seek to relax into it, breathe, surrender, and try not to speed up too much but instead OPEN yourself fully like a flower 🌺 to deeper pleasure and ride the waves of sensations into bliss!

Listen and be aware of the images, and voices that appear - accept it all without judgement(like meditation) and then move towards more intimate exquisite pleasure.

Only follow thoughts, sensations, places and energies that feel good.



Celebrate and bathe in how soft, plump and juicy and delicious your 🍑Yoni becomes when she is worshipped and stroked!

Imagine how delicious it must be for a man to enter that sacred space and feel all that warmth and sensations encompass and surround him.

Notice what your body craves and speaks.

If you lead to orgasm naturally without effort or force that's wonderful, but if not, that's wonderful too as you have just basked in full healing sexual energy.

Only move a vibrator once you have fully bathed in this physical touch 😊Use vaginal lubricant if you need to help get you relaxed and started - or coconut oil (externally).

In tantric sex, it is seen as releasing your life force when you orgasm, as climax always means you have to start again in building the sexual energy waves. 🌊

Although it can be a lovely release - if you have basked and spent time in the energy and pleasure and allowed words and vocal sounds to flow through you freely you will have experienced a profound release and healing anyway.

💖Enjoy this SACRED ritual!

Much Love

Jo xx