

The Sacred Courtesan

THE HIDDEN POWER
OF SENSUALITY



Day 4

1. List 3 new frames/ideas that you desire to incorporate in your life:
2. List 3 practices you will practice daily for the next 21 days:
3. Which felt-state do you desire to be in the majority of the time?

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Day 4 continued

4. What is your best felt-state changer technique?

5. What does seeing the world through the eyes of Erotic Innocence feel like?

6. Describe what Sacred Pleasure means to you: