

DANCING ON THE  
EDGE  
OF OUR  
EROS

A 5-DAY IMMERSION  
WITH DR. SAIDA DÉSILETS

[WWW.THEEDGEOFEROS.COM](http://WWW.THEEDGEOFEROS.COM)

## Day 4

1. What is your NEW story of Eros?

2. What are your life-giving (one) and life-taking (one) habits with Eros?



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# *Day 4, continued*

**Fourth Pillar of E.R.O.S.**  
**Sensual, Self-Activated, Surrender:**

**Sensual practice:**

**Self-Activated practice:**

**Surrender practice:**