

## Week 6: Amplifying Our Sensual - Activity PDF

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This PDF has all the questions from the presentation so you can go more deeply into them and start to redefine and expand what is sensually possible for you.

### **Questions:**

Is your current life-style like foreplay or is it actually eroding your pleasure? Describe how it's doing this:

When you look at your life-style right now, is there one thing that you could let go of which would immediately welcome more pleasure into your life?

Is there one thing you could start doing more of so that you are consciously contributing to blossoming your pleasure?

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Our 5 Senses: **Smelling** **Tasting** **Seeing** **Hearing** **Touching**

Which of these senses are the strongest for you? The weakest? Which ones do you link to pleasure?

**Smelling:** What scents turn you on? Which turn you off? What scent drives you absolutely wild with desire? What scent shuts everything down?

**Tasting:** What taste turns you on? Which turns you off? Which taste kick starts your turn-on and which ones put it to sleep?

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**Seeing:** What visually is a turn-on for you? What is a turn-off? What visual image will rev up your desire? Are there any that kill it? Which ones?

**Hearing:** Are your choice of words and tone of voice inspiring connection or distance? What sounds really get you purring? Which make you yawn or cringe?

Are you vocal sexually and sensually? If not, are you willing to breakthrough that barrier?

**Touching:** What quality of touch do you love to give? To receive? What quality of touch turns you on and where on your body do you love to receive that sort of touch?

If you found yourself not knowing how to answer any of these questions, would you be willing to explore your senses more?

If you find that you are numb to this or perhaps that your environment is more stressful than sensual, what could you do now to begin to change this for yourself?

**Amplify Your Sensuality:** Write one new way you are willing to explore EACH of your senses this week and ACTUALLY put this into action. You may like to leave your ideas and feedback in the comments section.

**Smelling:**

**Tasting:**

**Seeing:**

**Hearing:**

**Touching:**