

WEEK 8:  
RELAXED AROUSAL  
BECOMING YOUR OWN BEST LOVER

Did you enjoy the dancing? Liberating our sensuality through movement keeps our hormones healthy and our spirits joyous.

In this final lesson, we are having a **deeper look at relaxed arousal** and the deeper meaning of our pleasure.

Today's lecture will be shorter as I would like you to spend more time actually *experiencing* the state of *relaxed arousal*.

There will be a guided audio meditation to inspire you to do just that, but I'm getting ahead of myself.

Let's begin with insights from Dr. Jack Morin, author of the Erotic Mind:

He suggests that *"calmer experiences of sensuality, affection, pleasure, and playful fun....warm sex maintains an erotic playground."*

According to Dr. Morin, *relaxed arousal* is also the secret ingredient to keep the erotic energy alive and healthy in long-term relationships.

Relaxation of this kind is two-fold: **psychological & physiological.**

On a psychological level, the more clear we are, the more access we have to our innate erotic intelligence.

Through understanding and accepting that **pleasure is our birthright**, that orgasm and enjoying sex is a **natural** and **healthy** part of being human, and that every woman is designed with a **full neural network of unlimited pleasure potential**, then we begin to give ourselves *permission* to fully open up to our body's amazing capacity to generate limitless pleasure.

I trust that by now you have come to place of fully giving yourself permission to live as a fully erotic, connected, and expressed woman.

On the physical level, relaxation is key to inducing a pleasure-hormone response cycle and the relaxation of our psyche directly affects the relaxation of our body.

When our body senses a 'green light' from our psyche, then its innate erotic intelligence can take over and take us on an exquisite journey of discovering pleasure.

This is when the front brain releases its agendas and to-do lists and gives space to our **hypothalamus** to bathe us in a rush of **pleasure-based hormones**.

This process includes letting go of 'making pleasure happen' or 'wishing for pleasure to feel or look a certain way' as well as letting go of the mechanical version of sexuality and opening the door to the deeper meaning of sex in our lives.

From this place, we are able to let go of 'goal-oriented' sex and enter the realm of **beautiful sexual adventure**.

This relaxed, open, adventuresome spirit is what allows us to enjoy pleasure, whether it is found through profound sexuality, an orgasm or many orgasms.

Letting go both psychologically & physiologically creates the perfect environment for relaxed arousal: *the ability to be fully turned-on while experiencing profound relaxation.*

Aside from great pleasure and orgasmic expression, this relaxed arousal state does something incredibly important in our brains: *it activates the center of courage, self-esteem, creativity and transcendent experiences.*

When pleasure stops having to be a localized genital experience we begin to access our full body pleasure.

**Do you have any psychological or physiological tension around sex and pleasure? If yes, what are they?**

**Do you recognize that all of your tension is an invitation to soften, to let go, and trust your own nature?**

**How do you feel about slowing down and letting go of the goal of orgasm during sexual experiences?**

Before we move into experiencing this state, be sure to create some quiet, uninterrupted time.