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Tools for change*

## *Sexy Side of Mindfulness – A Delicious Practice*

When practiced, mindfulness can not only help us enjoy each daily moment, but also play a powerful role in the sizzling sexy areas of life. Its simple practice can amplify the passion, desire and ecstasy enjoyed, increasing our awareness of taste, touch, smell, and sound, making each moment a peak of sensory enticement and excitement.

To begin a practice of mindfulness try the following exercise, and remember: patience, enjoyment and relaxation. Don't rush, instead allow yourself to take the time to enjoy the experience.

Select a piece of wrapped food. In my classes I like to hand out a selection of candies or chocolates (traditionally we would use a grape or raisin). It always amazes and amuses me that by the time I'm done distributing these sweet treats, most people have already devoured theirs. That's when we begin – why do we feel the need to consume quickly,

without much thought devouring that little morsel of sweetness? Realizing that now we hold 1 candy in our hand, why not take the time to really enjoy it? Taste it? We have been gifted with an amazing array of senses, and the ability to really enjoy the little (and big) things in life. Something as simple as a piece of wrapped chocolate, can be a wonderful experience.

After I've distributed the candies (and re-distributed candies to those who've already inhaled their initial treat ;) we begin the actual exercise of mindfulness meditation: The idea is to relax, notice, taste, smell, touch, listen and enjoy the solitary morsel. Taking our time, and remaining mindful of the experience, our feelings and body reactions.

- 1) Start with the wrapper – take in the colour, the designs, the shape of the candy within.
- 2) Begin to slowly unwrap it, breathe deeply becoming aware of the scent, how it sounds as you open it. Is your body getting hungry for it? Enjoy the way the candy looks within the wrapper and without the wrapper.
- 3) Smell the candy and notice if your mouth begins to water, or your stomach growls. Enjoy the process.
- 4) Take a small taste, lick, nibble or bite it. Allow yourself to savor the sweetness.
- 5) Place the remaining candy in your mouth. Play with it, allow it to melt and really notice how it tastes. Take a moment to close your eyes and sink into the experience.

*Now... for the sweet stuff... exchange:*

The wrapper for your lovers clothing: How does their form look within the fabric? Is it enticing you? Relish admiring them.

*Exchange:* the smell of the candy for your lovers scent: Breathe deeply of them, do you recognize their unique scent, do they become even more enticing as you move closer to them, how is your body reacting...? Is your mouth watering?

*Exchange:* the texture of the candy with the touch of your lovers skin: Is their skin warm or cool... soft or firm...? How does it feel to have them pressed against you? Really take in the sensation of running your fingers over them.

*Exchange:* the sound of the wrapper with the sounds of your lover? As you undress them, touch them, taste them... let yourself get lost in their sounds. Do they moan quietly, whisper softly, scream loudly...? Feel their bliss as you savor their sounds.

I think you get the idea... ;-) This simple exercise can create world of difference in how you live your life. Rushing through the intimate areas of life is very common in our society. Of course there is nothing wrong with quick and passionate intimacy, but when this becomes a way of life, we begin to miss out on an amazing connection with one another. Imagine what practicing mindfulness can do not only for every day living, but for your sexual side. It's time to heat things up in the best sort of way...



As part of our ongoing commitment to you and your journey of self discovery, and the unleashing of the goddess within we have created a series of free tools to help you on your way which we found to be highly effective.