



*Free...yet priceless,  
Tools for change*

## *Freeing Your Sizzling Sexy Self - An Exercise*

On my personal journey to spiritual full awakening and ecstatic self love, I have met myself in various formats along the way, I have realized my inner deep desires, fetishes, kinks, naughty thoughts (that are naughty no more... it's all how you look at it) and have finally (somewhat gracefully) swan dived into the darkest recesses of my mind where I had hidden what I thought was the "unacceptable" pieces of my sexual nature.

What I discovered was that these little pieces I had put in the shadows and labeled as "bad girl", were actually delectably divine. By pulling them out into the light and looking closer I learned so much more about who I am, where my "negative" self perspective conditionings came from (and how to release them), and finally freed myself to be able to embrace my entire being. For how can you love you, if you are ignoring aspects of the self. I am now both a "good girl" and an oh so happy "bad girl" & I'm damn proud of it!

Now, how about you?

Are you free in your sexual self... do you know your deepest desires?

Can you play with them, at least in a fantasy land of your making?

*If not, try this* (and ladies... no judgment allowed! no one is watching so let go and float in the sexual ocean of your dreams).

- 1) Give yourself permission to be a fiery frisky feline for a few moments.
- 2) Let go of any thoughts of "good-bad", "right-wrong" that your family, friends, past relationships, religions, society may have placed on you, (or rather you decided to go by).
- 3) Take 3 breathes and relax with your hands resting on your body, connect with it, honor it. Love it.
- 4) Ask your inner self and body, what excites you. Don't edit, Don't judge. Just listen. Your Spirit may be speaking.
- 5) Write it down. (Yes, you can hide it somewhere no one will read it... or erase it after.) The key is to see what comes out. (I'm not giving you space here to make notes... as, if you are anything like me you'd need at least 5 pages to write down what yummy fantasies have found their way forward).
- 6) Keep practicing this a few times a week. Let yourself be free in the playground of sexual fantasy and kinky bliss. Learn about you, with no filtering.

Doing this fun (and oh so delectable) practice a few times per week will create a tangible change in the relationship with yourself, your body and your lover(s). Undeniably as you become more confident and aware of your sexual authentic Divine Goddess... your inner life and outer experiences will open up to in all areas.



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.