



Finding the Divine Lover Within

There are many ways to use guided imagery. One option is to go on imagined interior journeys of discovery. Here's one that can bring you into contact and connection with your inner Divine Lover.

Begin with your breath, allowing yourself to get centered and relax. Take your time.

On your inner movie screen, see yourself walking on a path. Notice the setting. Appreciate the details as you move along the trail.

You come to a doorway. Take the time to note the details of your door. What does it look like? What's it made of?

When you open the door, you'll see a stairway. Again, take the time to tune in to the details. Does it go up or down?

With each of the next ten breaths, ascend or descend your stairs. Breath one, the first step. Breath two, the next. Slowly move along your staircase, breathing your way up or down.

With the tenth step, you arrive in your beautiful, perfect, safe and sacred space.

It's the ideal place for lovemaking. Is it indoors or out? Notice the setting. Appreciate the details. Delight in your special inner temple. Get comfortable.

You notice that you're not alone! There's someone else there. Your Divine Lover. A

Deity/God/Goddess/Beautiful One is there with you. Imagine this being in whatever form works for you. (Multiples count, too!) He, she or they come to you, smiling and full of love. They sit in front of you. Take their divine being in, appreciating all the details.

Ask them anything you want. Listen for their answer. Repeat. Continue until you feel complete.

If you choose, you can engage with them more actively. You can embrace, be nurtured, be stimulated, be worshiped ...whatever you need, they're there to give you. Take your time. Imagine the sensations and feelings. Enter into the experience as you engage with your personal erotic deity.

When you feel complete, give them a gift that communicates your gratitude. Open your hand and receive their gift in return. Thank them.

It's time to return to the world, but know that you can come back any time.

Walk back out of your special place, back to the stairs. Take a breath with each step. At the top or bottom, go back through the doorway, closing it behind you. Your inner temple is safe and secure.

Walk back down your path.

Take a few more deep breaths, bringing yourself back into your body and into the room. Take your time.

When you're ready, wiggle your fingers and toes, then gently stretch. Uncover and open your eyes.

You may want to write or do artwork about your journey, your temple and the Divine Lover you met there.