



## **The Goddess Guide: Sensual Self-Pleasure Ritual**

Gather a variety of items to play with that resonate for you. Some recommendations: instruments or other items that make sound; objects or images of beauty; things that smell wonderful; and tasty treats. Ideally, you will have a hand mirror present, along with some music that you can easily cue up. Light some candles or have the lights on dim.

You can do this ritual with or without self-sex play. I encourage you to try it both ways, or to start without the sex play and add it later. Have your toys near at hand. Do whatever works for you to create a safe and sacred space.

I highly recommend trying this with your outer vision turned off. Close your eyes or put on a blindfold. Start with sound, either by playing with your sound toys or starting up some music. Tune your senses into the sound. Breathe it in. You can also sing, chant, hum or just play with your own ability to make sounds.

Now play with smells, amplifying the odors by deeply breathing them in and exhaling with purrs of pleasure. Next move on to feeding yourself, slowly savoring each bite, licking lusciously. Give yourself permission to sigh and moan and make other yummy sounds as you relish the delicious flavors in your mouth. Then move on to touch. Delight in your silky skin, tenderly stroke your own face, massage your feet or neck and generally explore the multitude of ways to touch and feel yourself. Rub fur on your belly, tickle yourself with a feather, scratch your back with a back scratcher, use a loofah on your legs or caress your inner arms with a piece of silk. Keep using your breath and sound as you play with touch.

If you're bringing this into the realm of the sexual, now start to stimulate your more erogenous areas. Fondle your breasts, squeeze your nipples, rub your rump, excite your equipment and pet your parts. Add your pelvic floor muscles to the game.

When you feel complete with this ritual (orgasm optional), remove your blindfold, open your eyes and drink in beauty. Look in the mirror and see yourself shining back out. Delight in a gorgeous image. Gaze at a flower and be filled with awe at the glory of sight. Look out the window and take in the wonder of what you see. End with three or more conscious, deep, loving breaths, fully releasing each with an exuberant sound, while appreciating the gift of your senses and your inner tools for enhancing them.