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**Unlock Pleasure**

## Doorways to Pleasure

Pleasure is very individual – it means different things to different people. Sometimes we forget how much we need pleasure, or in the moment, can't remember how to engage with it. Below is a list of options, meant as a nudge, in those times of forgetfulness.



### Valuing and embracing sensory experience –

Getting out of the head and into the body connects us to the wisdom of our bodies. The body as more than just “a body”; it's a world unto itself, and the embodiment of spirit.



### Nature –

Opening to the natural world is a sensory experience. There is so much pleasure and richness to be found in our relationship to the natural world. It also helps us connect to our body.



### Creativity –

Is one of the most pleasurable pursuits for human beings. We can't explore pleasure without exploring and encompassing creative expression. Creativity invites us to build a relationship with ourselves and the world around us; and to share our deeper selves through expression.



### Relationships and Community –

There is a deep longing in humans to belong, to co-create, to be part of something larger than themselves; and to give and receive love. Pleasure is only possible with love and connection.



### Sexuality –

We most commonly associate pleasure as experienced through our physical, sensual, erotic and energetic experience. Intimate relationship with another, is enriched by sexual exploration and experience.



### Growth and development –

Inherent in the exploration of pleasure, is the invitation to go deeper! Growth and development are both cause and effect in the dance of unlocking pleasure.



### Spirituality –

Deep pleasure is a spiritual experience and supports us to embodying our spiritual nature, It moves us beyond our limited self, and helps us tap into the reality of oneness with all things.

*heal and find wholeness*