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Unlock Pleasure

The Keys to Pleasure



Make a commitment to pleasure

Harness the power of commitment in service to your growing positive relationship with pleasure. What would making a commitment to pleasure look like for you? Articulate the specific words that express your desire for pleasure.



Slow down

Slow down and pay attention to the here and now. This is essential to increase your capacity for pleasure. With pleasure the key is slow is fast and less is more.



Tune into your senses and practice building sensory awareness

What do you see, hear, smell, taste, touch, and feel, in a physical way. Notice these different sensory channels in your body. Slow it down, take time to let the sensations register.



Make friends with your body

Pleasure is an “in the body” experience. Building sensory awareness, movement - in all its forms, touch, and kindly care of your body will enhance your day to day experience of pleasure, not just as a thought, but in your body.



Tune into what truly gives YOU pleasure

There is a lot of hype about what “should” give us pleasure, but pleasure is a very personal thing. Track the “signs” of your own true pleasure. Create pleasure practices. Turn towards pleasure - make space for what feels good.



Doubts and Misconception

Transform your doubts and misconceptions about pleasure. What does the niggling little voice in your head say when you make space for more pleasure? If its ambivalent, fearful, anxious, or dismissive – confront it!

heal and find wholeness