

AWAKENING SENSUALITY

Powerful Relaxation Techniques and
Visualizations to Reveal Inner Beauty
and Sensuality



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RELEXA

Awakening Sensuality



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Connotation

Awakening Sensuality is a meditative guide that empowers you to unleash your unique talent for happiness, your emotional intelligence, your immense potential for love, and the true sensuality that lies inside you.

This guide takes you on an incredible journey of mindfulness and self-discovery. It will change the way you think about yourself. Every meditation and exercise in this audiobook aim to help you discover new levels of relaxation, spiritual and physical pleasure, and positive emotions. Deep relaxation opens up your inner resources, dissipating muscle tension and emotional strain.



Enjoy your bodily sensations more mindfully and intensely by doing mindfulness exercises. Visualize the healing energy of love filling every aspect of your life.

Activate your ability to enjoy subtle tastes and aromas, tactile sensations, energy vibrations, and sounds more keenly.

Practice a series of meditation exercises to sharpen your sensitivity. Develop your ability to sense, amplify and transform your sexual energy. Continue to explore your inner sensuality and your true sexuality by doing joint meditations with a sexual partner.

Use the power of visualization and metaphoric thinking to unlock your marvelous resources of emotional intelligence and to reveal your inner beauty.



Chapter 1

Introduction: Awakening Sensuality

You are unique. Your talents and beauty are absolutely unique. Deep down, you know you can be incredibly sensual and free-spirited.

You have an unlimited potential for love. You are tremendously wealthy because within you resides the capacity to explore and experience amazing physical and spiritual pleasure. You have the potential to experience deep fulfillment and harmony in your life. And when you unlock that potential, you will shine. You will radiate tenderness and love to those whom you love.

Nothing forces you to live a mechanistic, insensitive, and empty life.

Start seeing and perceiving yourself anew today. Acknowledge, embrace and appreciate every happy moment in your life with increasing intensity, day after day. Start your journey towards mindfulness, sensitivity, sensuality, a sense of inner satisfaction, and harmony.

You may be surprised how much deeper and more fulfilling your ability to experience simple pleasures can become; how much more you can enjoy your sexual relationships; how intensely you can reveal your emotional strength and beauty.

You may be amazed at your growing capacity for expressing love, shining from within, and living a full, happy emotional and sexual life.

You have a wonderful body and soul. You are intelligent and unlike anyone else. Nobody but you can live your life and reveal your talent.

What steps do you need to take to manifest your potential for sensuality and inner beauty?

One of the first important steps on this path of improvement is developing deeper, more profound contact with your body. In this audiobook you will find powerful exercises for deep relaxation, practices that create more harmonious relationships with your body, and techniques that develop bodily sensitivity and mindfulness.

When you develop your harmonious relationship with your body, you will also enhance your ability to receive physical pleasure, embrace positive emotions, and experience greater satisfaction.

The next step in developing your natural sensuality involves practical exercises to help you better manage your sexual energy. You will learn to express your feelings, passion, love and tenderness through touch. This will imbue your sexual relationships with greater mindfulness and harmony.

- Practice our meditations to develop your ability to stay in the present moment, appreciate every minute, and enjoy small, everyday events and life in general.
- Practice our meditations daily. These meditations can improve your lifestyle and help you to maintain health, a sense of well-being, and harmony. Accumulate positive emotions every day, and allow them to prevail over the negative.

Before doing the meditations and relaxation exercises, find a quiet place where you can focus your attention on your inner feelings and your thoughts without any interruption; a place where you can close your eyes and relax completely, and where nothing and no one will disturb you for a while.

Please remember that none of the content in this book should ever be used as a substitute for direct medical advice from your doctor or psychologist.



Chapter 2

Sensual Relaxation: Relaxing Facial Beauty Exercise

Start this amazing journey to unleash your talent for sensuality and inner beauty with a deep relaxation exercise. Allowing your face to relax fully enables you to let your beauty shine. Practice this relaxing exercise daily to relieve facial tension and enhance inner peace.

Get into a comfortable sitting or lying position with a straight back. Calmly take a deep breath in and slowly let it out. Pay attention to the sensations of tension and relaxation of the facial muscles.

Breathe in deeply, imagining that you are inhaling through the point between your eyebrows. Hold your breath for a few seconds and frown slightly. Then exhale very slowly as you relax your forehead muscles.

Repeat this relaxing breathing technique. Take another deep, slow breath through the point between your eyebrows, frown as you hold your breath, and relax your frown muscles as you exhale. And one more time: inhale all the tension in your forehead, and exhale, relaxing your muscles in this area.

Breathe naturally for a while, paying attention to your breath. Then take a deep breath, imagining you are inhaling all the tension that has accumulated around your eyes. Hold your breath for a few seconds and squint your eyes. Exhale all the tension, very slowly and mindfully, noticing each sensation of relaxation.

Take another deep breath and squint your eyes. As you exhale, slowly release all the tension in your eyes, nose, jaw muscles, and even your cheekbones.

Breathe naturally for a while.

Repeat this relaxing breathing cycle.

Squint your eyes as you inhale, then hold your breath for a few seconds. Now, as you exhale, fully relax your eyes, nose, lips, and cheekbones.

Create a wave of relaxation by also relaxing your neck and shoulder muscles.

Notice the sense of tension as you inhale, and relax completely on the exhalation, relieving any tension in the muscles of the face, neck, and shoulders.

Repeat the relaxation wave.

Maintain the tension as you inhale, hold your breath, and then slowly let go of the tension as you exhale. Be aware of how deeply the muscles in your face relax, and how the tension in your neck and shoulders melts away.

Smile and repeat these words to yourself several times:

“Relaxation, Rejuvenation, Shining.

“Relaxation, Rejuvenation, Shining.

“Let my facial expressions be natural and harmonious.

“Let my face radiate the beauty of my soul.”

Repeat the exercise as many times as you need every day. Enjoy the feeling of relaxation and harmony it evokes.

