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**Discover an Endless Resource of Sensuality Within.
Powerful Transformation and Relaxation Techniques.
The Twenty-One Meditations Challenge.**

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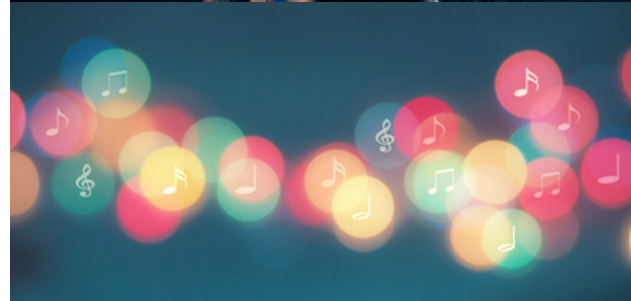
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Sensuality Talent.

Do you have it? Would you like to explore it?



This book is an inspirational meditative guide that helps you to unlock your amazing sensuality, sexual responsiveness and creativity. It expands your capacity for joy and intensifies your enjoyment of everything life has to offer. This guide teaches you to be vibrantly alive, passionate, self-aware and happy.

Baby, you are Cosmos consists of twenty-one meditations that will challenge you and change your life. Once you have successfully completed this meditation course, you will notice profound changes in yourself. Within a few weeks you will establish a much deeper connection with your own body; you will become more sensitive, empathic and creative in life, work and love; you will master the skill of deep relaxation and achieve a resourceful state of your mind. Your consciousness will expand and open a whole new space inside you. Your spirit will shine and you'll enjoy a new level of harmony.

Following the Twenty-One Meditations Challenge will help you create positive inner attitudes for a happy, harmonious life and deep personal transformation.

CHAPTER 1

A Wonderful Challenge.



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Do you sometimes feel that even though you are constantly occupied and very busy you are still dissatisfied with your life?

Maybe you ask yourself the following questions sometimes: When will my life truly begin? When will I start living a life that is fully connected to my real feelings and instincts? How can I learn to appreciate every moment? When will I finally be myself, the self I am meant to be?

Meditation returns you to your essential self. It empowers you to live life to the fullest. Meditation fosters a fulfilling, sensual life. It helps you to be loving and to enjoy love; to be free and resourceful; to reveal your true talent; and to experience true happiness. That is why meditation and self-improvement are such valuable practices.

Give yourself a chance. Give your inner potential a chance to awaken. How to find happiness and meaning in life is not a philosophical question. The ability to be happy already exists in you. It has lived inside you since childhood. You just need to start feeling it.

When you meditate frequently, you'll reach a point at which mindfulness starts to permeate all aspects of your life.

When you breathe mindfully, for example, time slows down. This slowing down of time allows you to feel the incredible energy of life in every inhalation and exhalation.

Or when you listen to music mindfully, you become aware of each sound, expressively, as if for the first time in your life. Even the pauses and the silences at the end of musical phrases are filled with tremendous power.

This is real mindfulness. This is a resource state, which we enter through meditation. This is the gateway to an authentic, fulfilling life.

Your potential is endless. There exists in you an inner cosmos that you have not yet touched. The first step to doing so is letting go. Free your mind of meaningless self-criticism, self-reflection and depressing thoughts. Start breathing and acting mindfully.

Be creative. Love fully, deeply and consciously. Live as you live when you are at the peak of your capabilities – be the strongest, most confident version of yourself. And make sure you are fully present in the here and now.

This mindset will bring a sense of true satisfaction. And even if you only manage to experience brief moments of immersive meditative experience, your life will be filled with greater meaning and joy.

So, take this challenge. It could turn out to be the most enjoyable and most profoundly transformative one of your life.

How to start meditating.

Before doing the relaxation exercises, find a quiet place where you can focus your attention on your 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

Sensuality Plus Mindfulness Equals Endless Pleasure.



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Sensuality and mindfulness are two sides of the same coin.

Sensuality is the ability to immerse yourself deeply and fully in the sensory experiences of your physical body. Sensuous people are acutely sensitive and receptive to pleasure, beauty, love and sexual attraction. They are adept at expressing their sexuality and emotions. Sensual people feel more passionate and alive.

There is a strong link between mindfulness and sensuality. Mindfulness is the ability to be super-attentive in the present moment, to be aware of yourself, to be aware of your feelings, to immerse yourself in sensations. Mindfulness leads to increased self-awareness and strengthens your ability to focus on the present moment.

The combination of sensuality and mindfulness deepens your experience of life, love and sex exponentially. Let's focus on the latter for a brief moment. Sensuality awakens your sexual instincts, allows you to feel and express your desires more sharply and to enjoy love relationships more intensely. Mindfulness makes your sexual experience much deeper, happier, slower, more meditative.

Mindfulness triggers some amazing mechanisms that awaken abundant energy. This energy fills and transforms your entire being. You feel that everything vibrates deeply on some subtle level. You feel emotions of a new quality. Your sexual pleasures become super-pleasures. You become ecstatic. Ultimately, your whole experience is transformed.

Mindfulness is deeply related to an awareness of the breath at every moment. Breathe consciously, synchronize your breathing with your partner, tune in to his or her wavelength. Learn to slow down, enjoy your true deep mutual emotions and experience the richness of these feelings within you.

Do not wait for a special moment to start experiencing your world and relationships more intensely and deeply. Immerse yourself completely in the meditative process and sense every second with the totality of your being.

When your passion, sexuality and bodily love are combined with deep meditation, a unique state of consciousness arises, in which every second stretches and every pleasure multiplies. Pleasure becomes spiritual, exponentially more intense, all-encompassing, and multifaceted.

Then, at a certain moment, you seem to meet your true, deep self. You see the true depth in your loved one. And you feel as if the whole universe harmoniously vibrates with your love energy and enjoys the pleasure with you.

Something rises inside you and reaches a different energy level, a level alive with the most subtle sensations, where you sometime experience a complete loss of gravity. These moments of love are priceless.

To develop true sensuality, we need to enter our physical bodies more deeply, and experience and express our true feelings. In your daily life, choose a movement or physical activity and practice it every day to become more aware of your body.

Never dance, exercise, or run just to look good. Enjoy the process itself: sense your body as much as possible, be within your movements, be sensual and sensate, feel alive and focus on being fully awake in the present moment. Activate all your senses when you move.

In a sexual relationship, fill every touch with attention and heightened sensitivity. Touch can be charged with vibrations of sexual arousal, desire and love; or it can be deeply relaxing; it is never indifferent, never mechanical.

As you touch your partner, allow your touch to come from the center of your physical and energy body, from the heart center, or from the sex center. Fill your communication in a love relationship with energy. Fill your voice with your feelings. Let your eyes express love, warmth and tenderness.

In your sexual relationships, always slow down, relax, breathe consciously, and immerse yourself maximally in your mutual love experience, here and now. If you remain meditative, your emotions will not overheat and burn out, and you'll reach a new level of mutual pleasure every time.

Meditative Breathing. The First Meditation of the Twenty-One Meditations Challenge.

Mindful breathing is one of the most effective techniques for achieving a state of true meditation, where deep relaxation and calmness are combined with the activation of all your senses.



Mindful breathing is one of the oldest traditional meditation techniques and has been practiced successfully by many, many meditators over the centuries.

This simple, yet powerful technique is enough to take you into a different state of mind if you practice it frequently and are open to new experiences.

Frequently do this guided meditation we've created for you. Once you have mastered the technique, you can practice mindful breathing on your own whenever you want to achieve a state of balance and peace of mind, combined with clear consciousness and an awakening of all your senses in the present moment.

Your exercise.

Breathe in deeply and take note of any movements (even micro-movements) your body makes. Notice the pause between each inhale and exhale. Concentrate entirely on your breathing—on each moment you breathe. Observe any changes in your breathing rhythm. Return to a normal state but keep your heightened sense of awareness and attention.

Practice joint mindful breathing meditation with your sexual partner.

In sexual relationships, practice mindful breathing every time you connect with your partner. It will help both of you to immerse yourselves fully in the present moment. Use mindful breathing to slow down, relax and tune into a meditative state.

Synchronize your breathing with your partner's and tune into his or her emotional wavelength. Synchronized breathing connects you with each other at a deep bodily, sensual and energetic level.

Sharing a single rhythm creates lightness, confidence, a sense of harmony and bodily understanding.

When you practice joint, mindful breathing meditation with your sexual partner, close your eyes, relax deeply and become keenly aware of each other's physical and energetic presence.

Tune into a positive and harmonious experience. Breathe synchronously with each other for several minutes, trying to match each other's breathing rhythm.

Find the most comfortable way to relax and breathe together in a common rhythm. Focus your attention and appreciate every sensation that arises during this moment. Allow waves of breath to flow, one after the other.

At the end of the joint meditation, return to your own breathing and inner experience, maintaining inner silence for a while.

CHAPTER 3

Slow Down.



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Haste prevents deep feelings from unfolding fully. To turn on sensitivity and sensuality, relax and slow down first. Then bring your attention to the present moment, and of course, become aware of your real sensations and emotions in the moment.

Take time to be alone in silence for a few minutes the day. The more often you do this, the better. Close your eyes and become aware of your feelings. Sense and listen to your inner rhythm: the rhythm with which you breathe, the rhythm with which your heart beats. Start breathing a little more slowly, and feel your inner rhythm slowing down as well. Rejoice in your ability to control your condition, to slow down and to calm down. Immerse yourself completely in your present reality.

If you go for a walk in a city park or in nature, turn on all your senses and tune in to the present moment to the exclusion of all else. Turn on your inner and outer vision and maximize your hearing and sensory perception. Walk with awareness, feeling every step and every breath.

Gradually slow down your steps and your breathing, and while doing so, observe your own movements and sensations with even greater attention. At some point, stop completely. Breathe and sense everything around you acutely: the air, the smells, the sounds. Look around you, lift up your eyes and turn on your 360 vision. Come totally into the present moment, sharpening all your senses. Stretch this moment as if it is the most precious moment in your life. Be fully awake and enjoy this moment of real, deep meditation.

Every day, find an opportunity in moments of relaxation and rest to start slowing down, to stop, to experience all your feelings here and now, to stretch time. Make every moment bright and priceless.

Slow down while communicating.

During a pleasant conversation, become more attentive to the mutual rhythm of communication. Become aware of your real feelings, and become more attentive to your partner.

Look at your partner, listen carefully and be attentive to the pace and tone of your partner's voice. Tune in to his or her pace and degree of emotional expression. Enjoy the natural rhythm of the conversation for a while, and then start slowing it down. Slow down your pace and drop your pitch to a more sensual level, which expresses your relaxation and total immersion in the present moment.

Perhaps when your partner naturally slows down, attuned to your wave, you can enjoy a slow and sensual conversation in which your mutual emotions and feelings become deeper and more intense.

Enjoy this moment without manipulating each other's emotions, but try to create complete harmony, which allows all feelings to intensify and blossom.

Slow down in a moment of love.

In a moment of intimate and emotional closeness, try to discern your real emotions more deeply. Slow down your breathing and plunge into each movement with increasing emotional depth. Intensely enjoy and stretch every moment. Do not rush to the final peak of pleasure, but savor and suspend every moment as though time has stopped for both of you. Allow every moment to blossom slowly, deeply, profoundly.

Be aware of every sensation, breathe slowly and enjoy a special state of love trance, in which all emotions, love experiences, sexual feelings and feelings of physical happiness are sharpened.

Everyday pleasure stretching workout.

A surprisingly easy way to learn how to slow down time in moments of pleasure can be found in meditative, mindful drinking and eating.

When you meditate, slow down time, and mindfully enjoy the aroma and taste of a cup of tea or even a regular glass of water, your sensuality is transformed profoundly. Do this meditation every day. Learn how to experience a fuller physical pleasure and how to stretch the moment by mastering the skill of mindful drinking and eating.

The Second Meditation of the Twenty-One Meditations Challenge. Mindful Drinking of Water.

Take a few calm minutes to meditate on the act of mindfully drinking water. This guided meditation grants you the chance to discover your ability to drink water mindfully. Conscientiously drinking water encompasses the power to be an incredible source of freshness and renewal throughout the day. It's a daily habit worth practicing.



Your meditation begins the moment you slowly pour clear water into your glass.

Find a peaceful and comfortable place to meditate. Sit with your back straight and take a few deep breaths in and out.

Allow your mind and body to slow down and relax with each exhalation.

Take your glass in your hands and observe the clear water in the glass.

Think about the natural source that provides your water.

Reflect on the fact that this water most likely was once part of the world's oceans, this water journeyed around the planet with clouds and returned to the ground via rain and snow on countless occasions.

Maybe this water came to earth from somewhere far away, deep in space, and traveled around the planet for millions of years before glimmering in your glass for this meditation.

Take another calm breath in and out. Turn on your sense of smell and appreciate the very subtle scent that freshwater can exude.

Take a sip of water and hold the water in your mouth for a few seconds as if you are tasting water for the first time.

Notice the most delicate nuances unraveling in your mouth when you drink.

Notice whether the water is cold, warm, hard, or soft. Recognize how the water swirls in your mouth in an attempt to engage all receptors.

Let the water go down your throat.

Experience the feeling of moisture and a blast of freshness after a sip.

Breathe slowly.

Take another sip very mindfully as if you want to remember the taste and sensation of water in your mouth for a long time.

Observe all your sensations in your throat and stomach and throughout your body while you drink the water.

Drink slowly and notice any subtle shifts in your condition of consciousness, if any. Pause for calm, mindful inhalation, and exhalation after each sip.

Watch your glass empty with every sip, realizing that the water you have drunk fills your body, your cells, and gives you the ability to be alive and healthy.

Drink water mindfully, fully immersing your consciousness in the present moment, enjoying every moment. Notice each new sensation, the distinction of taste, and the shift in your well-being throughout this experience.

When you finish your meditation, sit in solitude and revel in your feelings for a while. Take a few more breaths in and out, listening to the silence within, and pay attention to the positive changes in your state of consciousness.

Practice mindful drinking several times a day. Let this simple meditation raise your level of consciousness and make you feel better day after day.

CHAPTER 4

Enhancing Kinesthetic Sensitivity.



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