

Six Steps to Sexual Self Awareness


Sian Johnson
PLEASURE ♥ POTENTIAL ♥ POWER

Enhance your sexual performance by adding these simple steps to your masturbation and erotic touch.

Most of us have demanding lifestyles, where stuff gets in the way of fully enjoying our bodies. We are often too busy and have many, multiple demands on our time and so pleasure either becomes something functional and rushed or is so far down our list that we never get to it properly. Some people, on the other hand, find that sex dominates too much of their waking moments and can be almost obsessive. Whatever your individual experience is, most of us can get stuck in a rut.

Being more centred in your body is essential for better sexual self-awareness and can help lift you out of patterns of the same-old-same-old! Use these six steps to help you to (re)discover pleasure for you.

Continue to use whatever stimulus you currently use for arousal, whether that is watching porn, reading erotica, reliving memories or creating fantasies. But try to **add in these techniques step by step over a number of days or weeks**. You might want to work through each step a few times before moving onto the next.

Step 1 – Notice sensations:

- Pause watching, fantasising or reading for a break of 30 seconds to a minute and bring your awareness to your body. What does your arousal feel like? See if you can notice and name the sensations in your body before returning to your stimulus. You could do this a few times during your session. After taking this short break, notice if your sensations are the same or whether there are new sensations.

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Step 2 – Change your position:

- If during self-pleasure, you normally sit or lie down, then stand up. If you are normally still, then move about.
- We can often get stuck in habits of stillness or movements and hold tension in our thighs, pelvis, back, arms and shoulders. This tension can block the free flow of sexual energy, so changing positions can change sensation, bring more relaxation and therefore free up space for greater pleasure in your body.

Step 3 - Breath:

- Before beginning self-pleasure session, connect with your body through conscious breathing.
- Try this down regulating technique aiming to relax and help you to connect more with sensations in your body.
 - Relax in your chair or somewhere where your body can rest (but not fall asleep)
 - Bring your attention to where there are any areas of tension in your body.
 - Invite those areas of the body to soften, particularly the belly, shoulders and neck.
 - Breathe in slowly and deeply through your nose for a count of 5.
 - Pause for a count of 1.
 - Breathe out slowly through your mouth for a count of 7.
 - Pause for a count of 1.
 - Repeat this cycle for 5-7 times and allow your breathing to return to its natural rhythm.
- What do you notice? Is there anything different in your body from before you did the breathing to after you did the breathing?

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Step 4: Tension:

- As arousal builds, many of us begin to tense our body and restrict our breath in some way.
- The invitation is to notice this tension, release it if you can and to allow your breath to move more freely.
- The invitation is to notice how this technique affects your arousal.

Step 5 – Explore your senses:

- **Hearing:** play music or sounds that you love and move to it or relax and indulge yourself in this as the waves of sound encompass your body. Examples are sounds of the sea, or the sound of rain. Search for audio clips on YouTube and experiment
- **Sight:** find something joyful to gaze at, roses, the garden, art, or your own reflection (but not porn - sorry guys!)
- **Taste:** treat yourself to small tastes of different flavours, juicy strawberries, rich chocolate, or the taste of your own skin
- **Smell:** choose feel-good smells for your space and your body. Burn incense, use scented massage oils or explore the smells of your own body.
- **Touch:** use your hands to consciously explore the different textures of your own body, the difference between hair and smooth skin, rough areas and softer areas; with or without massage oil
- Reflect on what feels sensual for you and what is a turn off. And bring this awareness into your day to day life and choose to experience the world with refreshed senses.

Step 6 – Time:

- Carve out some time for yourself to specifically explore your own sensuality and bring these steps together so you can move away from arousal that is stimulated from outside and lives in the mind, to sensation and arousal that springs naturally from the body.
- It may seem cliché but when you take care of your body, and listen and follow your senses and what the body wants (rather than the mind) your sexual self-awareness will most definitely improve.

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What's Next?

These seemingly simple steps can be the start of a powerful transformative journey into reclaiming your sexual power. However, like everything in life you get back what you put in. Growth and change are a result of small consistent steps forward.

So, if you make the commitment to yourself and practice these simple steps; and if you find them beneficial, I will match your commitment by guiding and supporting you to the next stage with a free 1-hour coaching session. Trust me, this is just the beginning!

How to get your free 1-hour coaching session.

Practice these steps for 7 days or more. Make some notes and reflections about your experiences; How have these steps supported you? What challenges did you face? And what is it you would like help with? Then, if you are ready to go further, email me your reflections and I will offer you a **FREE 1 hour online coaching session.**

Email your reflections to sian@pleasurepotentialpower.com

With Warm Wishes



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