



Increase Your Sensual Fire with Three Easy Rituals

Divine Goddess, these simple rituals are potent and will awaken your sensual energy. Have fun playing with them.

Ritual One: Our breath is our biggest source of aliveness and energy. We can change the way we feel and move in our bodies by the way we breathe. Imagine inhaling your breath up through the base of your spine. You're bringing the energy straight up your spine to the top of your head. Hold your breath and energy for 5 counts and exhale without allowing your spine or energy to drop. **Repeat 8 times.**

Ritual Two - *Kegal exercises are a girl's best friend.*

- Locate the muscles you use to stop peeing.
- Breath in and squeeze these muscles for 5 seconds. Hold your breath. Then exhale a little, relax your muscles and exhale all the way, letting everything go.
- Repeat the exercise three times and gradually build up the seconds you hold the muscles for each time.

Ritual Three: Advance practice - When you are comfortable with the Kegal exercise, on the inhale squeeze and visualize a vibrant orange ball of energy traveling up from the base of your spine to the top of your head. Exhale and Loop the energy to the front of your spine and imagine this vibrant orange light traveling back down to the base of your spine.