

Sensuality Boosters

Consider these ways to help unblock your sensuality...

Below are helpful ways to address the most common barriers to exploring sensuality.

- **Embrace your body.** Enjoy your own body shape, size, and weight, knowing that you deserve to give and receive pleasure just as you are.
- **Engage fully in exploration.** Plan for privacy and uninterrupted time.
- **Connect when you're rested & feeling present.** This is true whether you are connecting with yourself or with others.
- **Engage fully.** Be as aware of your own responses as you are any partner's. What feels good?
- **Let go of orgasm as a goal.** Relax and focus on fully-enjoying sensation in each moment.
- **Stay in your body.** Try not to think too much as you explore yourself (or another person). Avoid judging or evaluating what you feel.
- **Express gratitude.** Your body is amazing and your senses are a gift. Give thanks for all the ways in which your senses can help you explore and enjoy your body.

Know that if you are able to cultivate healthy sensuality into your relationship(s), then you will be well on your way to a sexually-satisfying life, too.

This text is adapted from sensate exercises described by William H. Masters, PhD, Virginia E. Johnson, and Robert C. Kolodny, MD; HarperCollins, New York, 1994.

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