

Arousal Activator

Step 1 - Ignite Your Sexual Fire

by activating your ANS (Autonomic Nervous System)

If we want to feel our sexual energy on fire it is fundamental to activate our ANS because it is responsible for the arousal process.

Arousal is fundamental for us to feel pleasure, feel more highly sensitivity in our body and our yoni, quiet our mind-chatter, be more present, and much more.



ANS is autonomic - we can't switch it on and off consciously, we can only create conditions for it to activate thought.



ANS activation

What helps:

- Relaxation
- Sense of safety

What interferes:

- Bad stress
- Sense of danger

Examples of what can support feeling this way:

For you:

- Take a moment to decompress after work to leave behind the worries and stress from it
- Meditate for few mins
- Go for a walk
- Have a relaxing bath
- Sit quietly with a cuppa for few mins
- Exercise (pilates, yoga, tai chi, gym, going for a run,...)
- Dance to a song in your living room & move your body
- Massage your body before self-pleasure or sex
- Self-love practices (Shower of love, Pussy & heart practice Radical Love Process, etc)

Within a relationship:

- Caresses & cuddles
- Compliments & ask for reassurance
- Kissing

Examples of what creates negative stress & sense of danger

For you:

- Performance anxiety
"Is my body beautiful enough?"
"Will I orgasm?"
"Is my partner enjoying it?"
- Rushing. It doesn't give enough time to your system to get activate
- Overwhelmed from the day at work
- Goal-oriented approach

Within a relationship:

- Blame & criticize each other
- Unresolved & unspoken issues
- Rushing into sex
- Pressuring the other to have an orgasm, behave a certain way or hurry up etc.
- Feeling unsafe to speak your needs



- Eye gazing (looking into each other's eyes)

- Clear unresolved issues

- Have open and honest conversations

Now it's your turn.

WHAT HELPS YOUR ANS ACTIVATION?

What can you do to help your nervous system feel relaxed and safe before sexual play? (regardless of whether it's solo or partnered play)

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT INTERFERES YOUR ANS ACTIVATION?

What stresses you out or makes you feel unsafe? What makes you feel pressured, not good enough, overwhelmed and impairs the activation of your ANS?

1. _____
2. _____
3. _____
4. _____
5. _____

