Ignite Your Erotic Genius

5 Steps for Living A Lifetime Of Pleasure



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WARNING:

The contents of this book may lead to more pleasure,
more erotic freedom, and more self-acceptance and delight.

Beware of random moments of giggles, tears, sighs, and oh-my's!

DEDICATION:

This is for you.

For the part of you that yearns to surrender
to your own profound depth of pleasure.

The part of you that trembles with delight...
heart racing, breath awakening, as you feel
a warmth spreading through-out your body.

For that part of you that has never,
ever really given up...
knowing that your pleasure,
your orgasm, your ecstasy
is somehow the very fire that keeps
your heart beating & your soul thriving...

HOW TO USE THIS GUIDE BOOK:

Hi beautiful.

Thank you for jumping in.

For taking the time right now (despite the million and one things you could be doing) to take a luscious bite out of life.

It will only take a few minutes of your time to read each chapter:

One minute to read about each step.

And a few minutes to 'make it real' through taking an action step.

So... devour this book.

Or nibble at it.

Whatever is your pleasure.

Because that's why we're here... to unlock your erotic genius.

Yes, this means better orgasms.

Yes, this means more pleasure in and out of the bedroom.

Yes, this means igniting a life-time of ecstasy...

Welcome To Your Erotic Genius

"What is an Erotic Genius?
And what does it have to do with my orgasms?"

Before we jump into the rich, delicious world of your Erotic Genius and how liberating it can you can ignite a life-time of pleasure, I first want to address a question that I have heard from nearly ten thousand women:

"Am I crazy?"
"What the hell is wrong with me?!"

These questions are so common that I came to realize that, at one time or another, we all question our sanity & worth as a woman.

The truth is:

You are NOT crazy and NOTHING is wrong with you.

In fact, these healthy questions are born from your inborn knowing that there is more to sex that what you currently are experiencing.

The uncomfortable feeling that your sex life may not be as erotically expanded and delicious as you sense it could be is NOT FAULTY!

It's normal to experience a degree of self-doubt & feelings of inadequacy when we immersed in a culture that views the natural beauty of our erotic nature as a 'commodity' or 'currency'.

In fact, it is this FELT-intelligence (which is part of your erotic genius) that let's you know whether or not something is off, enlivening, dangerous, etc.

But the problem is that you've been socialized out of listening to this remarkable guidance.

This unconscious numbing can often lead you to the assumption that something is wrong with you when you are unhappy sexually.

Have you ever thought that perhaps,
just maybe, that the problem isn't with you...
but in how society relates to sex?

In a world where billions of women are unhappy sexually and where natural female functions such as menstruation, birth, and menopause have been made into a disease—*funding a multi-billion dollar industry*—it has become the norm to think of female sexuality as something we need to fix, medicate, or resolve through talk therapy.

This could not be further from the truth!

You can have unlimited pleasure.
You can heal yourself.
You can experience profound and satisfying relationships.
You can feel youthful, beautiful, and strong.
You can trust your body.
You can relax into being who you naturally are.

This is where your Erotic Genius comes in...

Your Erotic Genius is your guiding essence which is directly linked to enlivening you!

How amazing is that?! You are born with an natural capacity to KNOW what you need to feel the most alive, vibrant, and yes, turned-on!!!

Step One

Step One:
Recognize That You Are Innately Erotic

The first step is to recognize that you are innately Erotic.

This means that being erotic is a natural function of being born a human being.

You were (and still are) erotically innocent.

Your sensuality was your bridge to reality, it is literally how you learned to make ‘sense’ of the world around you.

Without your sensuality, you would not have a relationship with life.

The problem? Most of us have learned to attribute ‘sensuality’ with ‘sexuality’ and have become insecure in our sensual relationship with life.

If we lived as we were born to live, life would turn us on.

We’d allow the beauty of the world to touch us deeply.

Rather than creating situations which constantly bombard us with less-than-ideal smells, tastes, sights, sounds, and textures that leave us feeling over-stimulated, or worse, turned-off, we'd instead intentionally feed our sensuality beauty.

We'd derive profound pleasure from the simplest moments.

Along with erotic innocence, you also possess an *erotic intelligence (*both of which make up parts of your erotic genius).

It's the section of your intelligence purely dedicated to keeping you purring!

It isn't domesticated nor does it follow traditional social norms...

This may be why you are not familiar with it or have experienced it as a distant voice.

But it's there.

Waiting for you to turn your attention to it.

Making Step One Real:

Part 1:

Claim your erotic birthright.

Say it out loud.

Write it down.

Record it.

Draw it.

Whatever way you feel celebrates this truth for yourself, do it now.

Part 2:

Pay attention to your sensuality.

Is there one thing you can change that will enhance your senses?

Step Two

Step Two:
Recognize That You Are The Creatrix Of Your Own Pleasure

Yes, it's true!

Your body thrives on pleasure and once given the opportunity to experience it, she will both innervate (grow nerves) and produce hormones for experiencing MORE pleasure!

What's amazing is that you, as a woman, have a virtually limitless pleasure potential! But before you can truly access this, you must:

CLAIM your PLEASURE as your OWN!

And guess what?
No one ever TOOK it from you or GAVE it to you.
Think about that for a moment...

YOU are the sole creator of your orgasmic experiences!

Well, if I could, I would gift you right now an endless supply of pleasure and orgasms, but the truth is, I (nor anyone else) has that power... but YOU DO!

YOUR own body produces ALL the sensations you have ever experienced!

When we blame others for our lack of pleasure or hold them hostage as the sole provider of our pleasure, we literally limit our pleasure potential.

We live in constant fear of getting or not getting, never realizing that we, at any second we desire, can drop into our own body and start to experience her on a whole new level.

If you have walked around numb or hurt for a long time, it may take a little time to get accustomed to feeling deeply again.

This is because it takes a little time to rebuild our psycho-sexual connection. This severed link between our heart/feeling nature and our sex/erotic nature is at the core of all our sexual wounding, pain, and inhibitions.

Through being very gentle and simply taking the 'non-goal-oriented' approach to getting to know ourselves, we initiate a very powerful process.

Making Step Two Real:

Begin simply by placing a hand over your own heart.

Relax your breathing until you sense this area of your body grow warm or feel more open or spacious.

Then, bring your other hand to your lower belly, over the area of your uterus.

Imagine that the warmth of your heart moving slowly down the length of your torso and wrapping itself around your uterus.

Feel your uterus/lower belly area grow warm and more relaxed.

Notice how it feels to experience your heart connected with your sex.

If emotions come, allow them.

If you feel aroused or juicy, celebrate this.

Step Three

Step Three:
Notice That Your Wildness Isn't Dead
& It's Responsible For Your Aliveness!

Another amazing truth!

Many of us fear that if we would allow our pleasure to be unlimited, we would either become dis-functional and irresponsible OR we would run around like an undiscerning beast in heat!

In fact, there is a strong belief that society as a whole would collapse if women were to truly ignite their full pleasure.

How do you feel about that?

Notice what happens in your body when you read those words.

Now pay attention as you read these next words:

A fully ignited woman would have access to her genius. She would be more confident, more creative, more connected with life itself.

Perhaps she would be less interested in typical consumer ideals because her attention would be absorbed in the exquisite delight of being alive.

But she would not abandon her children nor become destructive, but rather suddenly have the energy, self-esteem, and inspiration to be a change-maker in the world.

So what's the secret to being turned-on while living in harmony with others?

Your *erotic will* (yet another amazing part of your erotic genius).

Your erotic will is your ability to discern, to choose, & to create experiences that are both delicious & life-enhancing.

Whatever has come to pass has served its time.

NOW is the time to claim your voice, your boundaries, your truth... all in the name of EXPRESSED PASSION!

How safe is it for me to be wild?

We are so far removed from our erotic genius that we do not remember her power and intelligence.

The truth is: *The erotic DIES in safety.*

That said, a fully claimed erotic nature asks us to grow emotionally: to fully become a WOMAN.

Being 'wild' doesn't mean being irresponsible or reckless, in fact, the more conscious and connected we are with ourselves, the more our wildness is held by the deep insight of our heart and spirit.

It is our wildness, our instinctual nature, that keeps our erotic life alive, not our ‘to-do’ lists or ‘nurturing-of-other’ actions.

Our erotic genius is what connects us with ourselves, with our lover, and with the fabric of Life itself.

Making Step Three Real:

Are you aligned with the truth of your mind, heart, and body?

Learn to ask for and listen to the YES or NO in your mind, in your heart, AND in your genitals.

When all 3 are in alignment, you can feel safe about moving forward with integrity.

When they are not in alignment, it is time to stop, take a breath, and to wait until you feel a true alignment with all parts of you (this is how we can have “no-regret” experiences).

BONUS INSIGHT:

You are NOT responsible for the reaction/arousal of others. It is important to allow others to have their experience AND trust your own boundaries when it comes to sharing your beautiful body.

Step Four

Step Four:
Stop Behaving Like Drive-Thru: You Are Gourmet

How many times have you bargained for love?

We have all done this one time or another and it doesn't feel good.

We know deep down inside that we have given away what is precious to us in hopes to get a 'relationship' or 'love'... but who are we kidding?

Yep, we are the greatest buyers of this illusion.

Your body and sex are sacred, precious, and an exquisite gift.

There are people out there who see this...
but NOT if we do not uphold this for ourselves.

Can I really have the love I yearn for? Absolutely!

Is there a catch? NO.

What is in the way of me having this right now? YOU ARE.

If your own primary relationship—the relationship you have with yourself—is disrespectful, un-attentive, apathetic, passionless, riddled with untruths, or non-existent, how do you expect to be able to have anything to offer to another?

Relationship is NOT about what we can get, but what we have to share in abundance.

What we yearn for in another is ALWAYS within us.

It is within our reach to fulfill this, thus, making it possible for us to offer another human being our gourmet plate rather than our beggar's bowl.

This doesn't mean that we are islands, on the contrary, we are designed to be inter-dependent beings, both sovereign and relational.

Making Step Four Real:

If you are in the habit of bargaining for love, stop now.

Whether you are single or in a relationship, start right now to give your primary relationship (with yourself) some attention.

How could you be more honest and authentic with yourself?

What are your 'non-negotiables'? The parts of you that you are unwilling too bargain for. (ie: No smoking or having fitness as a priority rather than a haphazard choice).

What could you do for yourself that would make you feel like the most special woman on Earth?

What turns you on?

Dedicate yourself to a life worthy of love and passion.

Discover, explore, and cultivate an abundant 'gourmet plate' where are you so fulfilled that you become curious about celebrating this with another person, without having to compromise or negotiate the 'non-negotiable' parts of yourself.

Step Five

Step Five:
Pay Attention To The People You Spend Time With

When it comes to igniting a life-time of pleasure, all the techniques and training in the world won't make much difference if our life-style doesn't support our new choices.

What is your life-style like? Is pleasure a part of your daily life?

One of the most influential life-style factors that directly impacts our success is WHO we surround ourselves with.

In fact, it is said we are the sum of the five people we spend the most time with.

Look around you, who are those five people? (This includes on the phone, skype, etc).

Is pleasure important to them?

If you were to reveal that pleasure is an essential part of your life, would they be supportive?

If they are not, would you consider new friends?

In my own life path, as I continued to evolve and dedicate myself to authentically living aligned with my erotic genius, I noticed that many friends fell away and new ones popped up.

This is a natural evolutionary process. It is even natural, at times, to change relationships!

It can be scary to think about this, but it is even more frightening to think of living a life where there is little or no room for expanding your pleasure potential!

We always hear that we need contact with other people, but I would like to rephrase that:

Great company with loving, supportive, emotionally healthy and responsible people is life-enhancing.

As you can see, living in alignment with your erotic genius and making pleasure an essential part of your daily experience is not a frivolous act.

It takes dedication and great courage. Thankfully, the rewards are well worth the effort!

Making Step Five Real:

Are you happy with your support network?

Are your current relationships life-enhancing?

Is there a person that you may need to let go of in order to truly move forward on your path to unleashing your erotic genius?

If a new friend or new friends are in order, what would you qualities would you LOVE to spend time with? In other words, who are they? What do they do on their leisure time? Make a list.

And spend MORE quality time with these 5 people!

If pleasure is important, spend time with people who naturally have this quality or who are also on a path of respecting pleasure in their life.

Create fun ways to delight each other.

Summary Of The 5 Steps:

Your Erotic Genius is your guiding
essence which is directly linked to enlivening you!

1. **Recognize That You Are Innately Erotic**
2. **Recognize That You Are The Creatrix Of Your Own Pleasure**
3. **Notice That Your Wildness Isn't Dead & It's Responsible For Your Aliveness!**
4. **Stop Behaving Like Drive-Thru: You Are Gourmet**
5. **Pay Attention To The People You Spend Time With**

If you take even just one of these five steps and make it a part of your life, you will already be well on your way to cultivating a life-time of pleasure.

More Please!

Are you hungry for more?

Because this is only the beginning! There is so much more to be explored, experienced, and embodied!

I hope you also have been enjoying my **FREE 3-part video series**: *3 Common Myths That Kill Your Pleasure (& What To Do About It)*.

Be sure to leave me a comment or any questions you have in the membership-only comments section.

There's an abundance of insights, queries, and other juicy tid-bits from other like-minded women, so don't forget to check them out.

I'll be regularly in touch with you via email with my weekly **Succulent Thoughts**, my monthly **Delicious Tip Video,** as well as when I release a **new article** so make sure you have my email in your address book: **saida@saidadesilets.com**

Until then, enjoy deepening and enjoying your connection with your Erotic Genius.