

Awakening Erotic Sensation: A Reflective Journey

This guided reflection worksheet invites you to explore the subtle language of your body's erotic sensations. Through thoughtful prompts and gentle inquiry, you'll uncover the unique rhythms of your physical and emotional responses during meditative practice.

This journey is designed to complement the guided meditation *Awakening Erotic Sensation through Feeling and Touch*, available on YouTube at [<https://youtu.be/UpFhPLxqZ10>].



by Dr. Suzanne Mulvehill

Noticing Physical Sensations

Physical sensations are the foundation of erotic experience. They can range from warmth, tingling, and pulsing to heaviness, lightness, or expansion. These sensations often speak to us before our conscious mind can interpret them.

Consider: Where did sensation feel strongest? Did it flow or remain static? Was there a temperature, texture, or rhythm to what you felt?



Recognizing Resistance

Some areas of our bodies may feel disconnected, numb, or resistant to sensation. This is completely normal and often signals areas holding past experiences or protective patterns.



Physical Numbness

Areas that feel physically numb or "not there" during your practice



Emotional Resistance

Places that trigger discomfort, anxiety, or a desire to "move on"



Mental Barriers

Thoughts like "this isn't working" or "I'm doing this wrong"

Emotional Landscape

Emotions and erotic sensations are deeply intertwined. During practice, you might experience joy, curiosity, or peace. You might also encounter sadness, fear, anger, or shame – all are welcome messengers from your deeper self.

Ask yourself: What emotions arose? Where did you feel them in your body? Did they shift or transform during the practice?

Thoughts & Narratives

Common Thought Patterns

- Self-judgment about responses (or lack thereof)
- Memories or associations that arise
- Planning or future-oriented thoughts
- Stories about what "should" be happening

Our minds naturally create stories and judgments about our experiences. Noticing these thoughts without attachment is a powerful practice. What stories emerged during your session? Did you notice any judgments about your body or responses?



Self-Compassion Response

Notice

How did you respond when difficult sensations, emotions, or thoughts arose? Did you push them away, judge yourself, or meet them with curiosity?

Nurture

What would it feel like to meet all parts of your experience with gentleness? Can you offer the same compassion to yourself that you would to a dear friend?

Respond

Practice responding to yourself with phrases like: "This too is welcome" or "I'm listening to what my body needs right now."

Meaningful Affirmations

Words have power to anchor our experience and create new neural pathways. The affirmations that resonated with you reveal important aspects of what your body and spirit are seeking.

What words felt true and nourishing? What phrases would you like to carry forward? Consider writing these down and returning to them regularly.

Supporting Your Journey Forward

This reflection is one moment in your ongoing journey of embodiment and healing. Consider what support would help you continue this exploration with gentleness and curiosity.



Daily Practice

Small moments of body awareness in everyday life



Education

Learning more about your body's unique responses



Professional Support

Working with trauma-informed practitioners

Continue your exploration at www.femaleorgasmtraining.com for more resources, courses, support, and guidance.