

VENUS CODES

Pleasure

Session 2:

Foundation Building

*Principles
of Pleasure*

To feel pleasure we need....

1. Get out of the head, and back into the body. Stop (over)thinking, and start feeling
2. Be present in the moment, instead of running into what happened in the past or what may/will happen in the future
3. Feel safe
4. Relax the physical body, release the tension, soften
5. Let go of control, trust, let it go and welcome the unknown

*3 Elements
of Pleasure*

There are 3 ways in which we can increase the amount of pleasure in any given moment. This is true for sex as well as any other daily activity.

1. BREATH

2. SOUND

3. MOVEMENT

All these 3 elements help to:

- relax the physical body
- move you into your body (out of your head)
- stop thinking
- activate energy
- increase sensations
- move energy
- let go of control

Thank you