



Overcoming Your Relationship Sabotage

Self Pleasure Practice

with
Michele Willmott

Self Pleasure Practice

As I mentioned in the mini course your desire is very magnetic. It is not something that you should expect to just appear or 'be there'. It is something you must take responsibility for & it can help you hugely when it comes to creating the romantic life you truly want.

You can do this by allowing yourself to acknowledge & feel your desire for a better relationship; to feel your desire purely for desires sake, knowing that it is normal & natural as a human being to have desires. Connecting with your desire is crucial in helping you connect to your aliveness & your turn on.

Desire comes in different forms

We have a desire to feel a certain way (& also desire/want to not feel a certain way). We have a desire to have something in our lives, whether material or otherwise. We have a desire to achieve certain things in our career, in our financial situation, in our romantic lives, in our health. We also have physical or sexual desire. The desire to share our body with a loved one & to feel the turn on, joy & connection that goes with this experience.

The following information is dedicated to helping you create more physical turn on in your body, which will help you connect with all levels of desire in your life as well as becoming more magnetic to what you want on an energetic level.

This in turn will help you to create a more fulfilling & orgasmic love life.

If you are wanting to feel more in touch with your body's sensuality & capacity for feeling turned-on or orgasmic, I highly recommend committing to the practice I describe below for a few weeks. This way you will cultivate a healthier & more sensual relationship with your own body & your desire in general.

This practice will ultimately help you to improve your relationship with the empowered masculine within you as well as with Divine, Immortal Masculine energy.

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When you commit to doing this work you are showing the Divine Masculine that you are willing to desire yourself & be open to receiving more pleasure. Society conditions women to have an unhealthy relationship with their desire & without even realising it, women relate to their bodies & their sexuality from the standpoint of being an object. This in itself prevents us from receiving in the way we want to receive in all areas of our life.

The knock-on effect of prioritising your desire & cultivating a healthier relationship with your body, is that energetically your inner masculine wants to meet you in this desire. He will want to deliver on your desires & will respond to your attention to yourself. This helps to turn your newly magnetic energy into matter (i.e. money, clients/job, love & connection).

It is likely a part of you will resist this practice because it may feel like an effort or uncomfortable – this is normal because you, like most other women, have not been conditioned to be the subject of your own desire. The bottom line is if you would like to experience more intimacy on both an emotional & a physical level in your romantic life, it is important to commit to doing the work. Know that your shadows will present many arguments as to why you shouldn't spend time 'indulging' in yourself. They will likely tell you that you don't have the time; you don't feel like it; it is boring, 'wrong,' or even disgusting.

If the practice I am about to suggest is something you feel that you just cannot or will not do, I highly recommend being curious about why this is the case. Do not make yourself wrong, but reflect on what is holding you back & to what extent shadow might be holding you back from getting in touch with your pleasure.

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There are numerous more reasons to start a self-pleasure practice

- You become more connected with your body, yoni/pussy, your femininity, your sexuality.
- You can experience different kinds of orgasms & pleasure states.
- Healing from pain & trauma
- Inner union of Masculine & Feminine energies
- Use of sexual energy to enhance creativity, spirituality, health, relationships
- Independence & empowerment in your sexuality & not reliant on someone or something else to fix, pleasure or fulfil you.

Creating the best experience

‘Orgasm is the accumulation of pleasure not the release of pleasure’

Eyal Matsliah

Before you start, know that this practice is not about achieving climax. In fact, in many ways, we are not looking to get to this point at all.

- **Consider your environment** – create a space that feels special e.g. that is uncluttered, clean, soft music, pillows, blankets/sarongs, candles/essential oils, use coconut oil or massage oil on the body.
- **Touch/stroke your whole body** – with different pressures, allow your body to be fluid & move where it feels good. Orgasmic feelings (not an orgasm) can extend to all parts of the body not just the breasts & the genitals.
- **Use steady stimulation** – experiment with different kinds of touch for long enough to see if it leads to pleasure, it can take quite a few minutes for pleasure to build.

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- **Accumulate your pleasure & embrace the intensity & the unknown** – the more pleasure you accumulate the stronger & longer any orgasmic state will be & with less effort. Notice if you are tensing up & starting to end gain, it may be a challenge to hold back from moving towards a clitoral orgasm if that is what you are used to. Clitoral orgasms result in the loss of some of your orgasmic sexual energy & in many ways are supportive of the ‘chasing’ & addictive type of behaviour encouraged by society. If you have ever noticed how much ‘efforting’ you are doing to ‘get there’ you will know what I mean. This is why many women go off sex as they get older & end up thinking that they have lost their desire. This is not true. It is just because sex ends up feeling like hard work & they don’t appreciate the ‘forcing’ energy involved.

Unfortunately, many women don’t realise that their body has such an amazing capacity for orgasmic bliss without all the ‘hard work’ & that this can come through a beautiful, emotional connection with a partner who can also learn to ‘do it’ a different way & be devoted to meeting them in their needs rather than being overly focused on their own satisfaction.

- **Stay present in your body** & with all of the sensations that are building up, if you are used to going into the mind & using fantasy to help you get to clitoral orgasm try to give this up for this practice so that you build up your connection with your body & your full orgasmic capabilities.

You may find that you experience orgasms in a different way e.g. by just stimulating the entrance to the vagina or a g-spot orgasm (just inside the front wall of the vagina, which feels like the roof of the mouth). These are all more than welcomed during this practice, but they are not the goal. The goal is really to relax & cultivate a state of presence in your body with a view to enhancing your pleasure states & orgasmic bliss. Every small sensation of pleasure can be considered a mini-orgasm in itself. These waves of pleasure can build up & lead to full orgasmic experiences.

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- **Play with your energy** – take time in your state of presence to ‘play’ with your energy i.e. visually & internally move it around your body this will help build up the orgasmic energy. Imagining your energy swirling around your body & your genitals.
- **Try to stay open & loving towards yourself in your heart space.** It is easy to close down mentally during such a practice. If nothing seems to be happening, stay present & even take a pause (pauses can really help to ignite more physical desire). Take your time. Be kind to yourself if resistance or painful emotions come up.

If you don't feel like touching yourself in the above ways, it is great to just spend some time breathing with one hand on your heart & one cupping your yoni/pussy. In fact, this is a great way to start the experience & do this with some Yoni Breathing (breathe in for 4 & as you breathe in draw up your pelvic floor & internal vaginal muscles & imagine the energy being drawn up to the top of your head, hold the breath for 4, breathe out for 4. Repeat x 10).

Some intimacy experts recommend talking to your pussy & telling her how much you love her & how beautiful she is. She also loves to be looked at (using a small hand mirror) & adored. This may sound really weird & make you feel uncomfortable, however, this is how we as women, cultivate a healthier relationship with ourselves & become the subject of our own desire. When we can cultivate this kind of relationship it is only a matter of time before our external reality (i.e. our relationship) starts to reflect the fact that we are willing to love ourselves, spend time with ourselves & devote ourselves to our own pleasure & desire.

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Tips

Imagine/visualise/feel your own masculine lover is with you 'making love' to you. You can invite him in & allow yourself to feel his presence. Say 'Yes' to him (you may feel turned on as a result).

I recommend committing to this practice in a way that feels good for you, on a regular basis to start with. When you have developed a more intimate relationship with yourself, it is likely that you will naturally want to spend time on a more regular basis with yourself (because you know it helps you become more magnetic & of course it helps you feel good too). You can become less structured about such a practice once you have developed this relationship with yourself. Sometimes you will need to remind yourself to take time out for you & your body, because it is easy to default back into old, conditioned behaviours. However, once you start changing your relationship with your body in this way, you will set the wheels in motion to completely transform your sex life.

You just need to remember that in order for your love life to improve you have to take responsibility for your own pleasure & this means an investment in time & even in money. If you want to take things further & learn about new ways of love making such as tantra for example, this can be a great step forward in helping you to open up & experience new, undiscovered areas of your romantic life that were once not even a consideration.

If you take away anything from this practice I would love you to open up to the idea that your body has a far greater capacity for orgasmic pleasure than you may have experienced up till now. If your intimate life has not been an area which has given you much pleasure, this does not matter.

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Things can change dramatically when you take responsibility & the most important thing to remember is that YOU get to make the rules about HOW you want to do things. It makes sense that you don't want to experience a sex life that is just more of the same (if it's not that fulfilling in the first place). Just know that you can create something that looks & feels completely different & which, at the end of the day involves more love, more connection, more tenderness, more fun & more enjoyment.

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