

8 Secrets to Becoming a Sense-ual Woman

Discover

To feel beautiful and sensual you need to *Discover* your inner beauty, the kind that radiates from inside out. This is not such a mysterious process...once you learn how to embrace yourself. Sense-ual Women can list their best qualities easily. Think of a quality that you love about yourself, one that makes you proud to be you _____

Sight

Seeing yourself in a positive light is the key to being joyous in everything that you do. To do this you have to stop the negative self talk and say kind and loving things to yourself. One of the ways I do this is to use the mirror. Look at yourself in the mirror. Tell yourself that you are worthy of the best things in life and that you deserve to love and be loved. Sense-ual Women remind themselves of their value instead of their shortcomings. Write down a positive phrase you want to tell yourself every morning when you're in front of the mirror. _____

Smell

Whenever we take a breath we *Smell* all of the things around us. Breathing can calm our souls, especially when we are breathing in scents that make us feel peaceful. This inner calm is an important attribute of being a Sense-ual Woman. Light a favorite candle and practice breathing in and out to the count of four beats. Breathe in...1,2,3,4....Exhale...1,2,3,4. Let the scent of your favorite candle and the peaceful breaths calm you. Do this for a few minutes. How do you feel? _____

Taste

Taste life! Sense-ual Women are not afraid to experience new things. Think of something you've wanted to try...a new restaurant, learning a dance, skydiving.... Write it down here and then write how and when you can taste this new adventure. _____

Touch

Touch has been proven to be essential to forms of life. From the time we are born, we humans need it to balance our physical, mental, and spiritual well-being. Sense-ual Women are fully aware of their own bodies. They are not afraid to touch and be touched. Write down something you would like to try with your current partner or a future partner that involves touch. Holding hands on the beach, Couples massage, etc.... _____

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Hearing

Hearing is a sense that we humans use to be aware of our surroundings. A Sense-ual Woman is at ease in her world because she feels one with it. The best way to feel connected to your world is to know what is going on around you. Learning to really listen is a great way to gain this knowledge. Take a moment to close your eyes and listen to your surroundings. Now, open your eyes and write down everything you heard and where the sounds are coming from. Are there birds singing? Can you hear the breeze blowing? What are you hearing_____

Awareness

Awareness of our surroundings and of our inner self can bring the feeling of connectedness. Sense-ual Women have this powerful sense of connection that they carry with them throughout their days. It allows them to feel secure to be true to themselves in every aspect of their lives. Through this connectedness, we feel safe to open up to our own greatness...to our own true beauty. Once fully open, there is nothing we can't accomplish! Using all the senses highlighted here, become aware of your surroundings. Now be aware of how you are feeling after doing these exercises. Write your feelings here: _____

Movement

Movement is the way in which we translate our inner-self (mind & soul) through the use of our body. This is the way that others are able to see our beauty. We can master this translation process by learning the ancient movements of Beledi. With practice, your body will gain the Muscle Memory that will make this translation an automatic function. With it, you will be able to go to that place of ultimate self-realization which brings with it the confident walk and natural grace that all Sense-ual Women have. Checking back on feeling all these sensations, how can you use a body movement to compliment these sensations? _____
