



4 TANTRIC
TOOLS TO
TURN YOU ON
TO LIFE

ROSIEBATTIMELLI



1. BREATHING FOR PLEASURE

Circle breath

Sit opposite one another if you're with a lover, or lie down if you're on your own. Start breathing through the mouth and letting it go with no effort on the exhale, smoothing out any natural pauses so that you breathe in a circle.

While breathing, imagine pulling energy up from your root and sacral, as well as drawing energy down from your crown. Notice what sensations are present in the body.

If you're with your lover, gaze into each others eyes at the same time.

Do it for around 10-15 minutes and watch the eros rise in your body



2. DISCOVER YOUR EROTIC BLUEPRINT

What turns you on?

Take some time to get curious about what actually turns you on.

Lips hovering unbearably close to lips in a forever never kiss.
Breathe, warm and tantalizing, as the heat grazes the curve of the shoulder.

A shiver of desire jolts your body.

An inhale of the eternal breath connects you to ecstatic realms.

Your soul longs to merge into cosmic union.

Try tapping into the 5 senses. Do smells, flavours, sights and sounds turn you on? How do you like to be touched?

Is it the thoughts and sights of something taboo?

Or all of the above?

Get curious in discovering and playing around with the archetypes of your erotic blueprint.



3. FIND THE KINK IN YOUR DISCOMFORT

Contrary to the love & light community, it's important that we also embrace our shadow side.

One of the best exercises to do this is 'Existential Kink Meditation'. This method works differently to a lot of others, as we fully accept and embrace the parts of ourselves we are trying to escape from. In doing so, we buy into the idea that a part of us actually likes to feel this way, otherwise we wouldn't keep doing it. We release the pressure to change and meditate on the sensation of this discomfort, taking away the label of 'don't like' to be left with the sensation itself. We then see if we can find the turn on and kink in our pain, transforming it into pleasure.

Journal about your insights after, and speak to a practitioner if you want further support.



4. CREATE RITUALS OVER ROUTINES

First be mindful to be present in every moment throughout the day. When your mind wanders to 'dull chaos and routine', remember the curiousness of a child, and why the body wanted a soul in the first place. TO FEEL ALIVE.

DATE NIGHT WITH YOURSELF

- Dress up to embody your sacred slut, priestess, temptress, wild woman
- Play with the archetype through music, touch, visionary & movement

Sip on some cacao and feel the energy of her moving through you. Take a long shower Moisturise your body with soft slow touch.

Have check-ins with yourself regularly, allowing yourself to feel the changes throughout your body so you can alchemise them.



WORK WITH ME:

Follow the links to see my
current offerings

ELEVATE 3 MONTH MENTORSHIP

SAFE, SECURE & SENSUAL GROUP
PROGRAM

90 MINUTE BREAKTHROUGH

PRANIC ENERGY HEALING



STILL UNSURE
WHICH COURSE IS
RIGHT FOR YOU?

[BOOK A DISCOVERY CALL HERE](#)