SOMATIC SEXOLOGIST ALLONIE MORRIS PRESENTS...

five Juicy Gateways

TO AWAKEN YOUR BODY FOR PLEASURE

WELCOME *Beautiful*

I am so honoured to offer you my Five Juicy Gateways for AWAKENING YOUR BODY FOR PLEASURE! PLUS a special BONUS!!

I believe in the power of self exploration to cultivate pleasure from our OWN body, for our OWN desires. Not just for sexual pleasure but for LIFE pleasure.

When we become a profound and reliable intimate lover for our self, we gift our self the power to heal, transform and radiate.

Our body silently humms to the pleasure it marinates in. And this, my love, is what I desire to offer you. The gateways to accessing this silent but oh so alive pleasure potential that will radiate in and through out your body.

As a passionate somatic sexologist, neo-tantra practitioner and erotic educator, my super power is guiding women home (inward).

It is in their bodies they find their erotic aliveness to live the life of pleasure, intimacy and love they desire.

If you are ready to receive this, let's begin. A journey of many miles always starts with one step and you beauty, have begun...

To pleasure, may it bring you the life and love of your dreams.

Allonie xo

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BREATH

Is life: When we inhale our heart rate accelerates. As we exhale our heart rate slows. You have the power to regulate your parasympathetic nervous system through your breath. Conscious Breath will get you back into your body.

Inhale to a count of 4. Exhale to a count of 8. The premise of this breath is that your exhale is longer then your inhale. This breath supports you to deregulate and to come to a place of calm.

SOUND

Is universal: it is a self granting permission slip to express what is alive for us in an instant without the story. When we are free with our sounds, we are freer with our expression.

On your next exhale, I invite you to express your feeling through sound. For instance: if you're feeling joyful or sombre, what sound can you express that represents these feelings for you?

Allonie Morris

ALLONIEMORRIS.COM
CONNECT@ALLONIEMORRIS.COM

Juicy Gateways

Slow down : soak In : Savour the sensation

3

MOVEMENT

Is energy: When we have an open body we have more capacity for pleasure, feeling and transmuting the energy that runs through our body, rather then having it stagnate. Get expressive and let yourself go.

Notice how opening your chest and shoulders, rather then hunching, supports aliveness to run through your body. Shake out your body, move as an expression of your feelings or take inspiration from nature.

4

PLACEMENT OF AWARENSS & TOUCH

Is being: Energy flows where attention goes. In embodiment we create this when we place our awareness in our body with presence. This gets us journeying from the mind into the body. Use conscious touch to ground and feel.

I invite you to wrap your right hand around your left forearm with a gentle, tight grip or a featherlight touch and send your full awareness to his area. What do you notice?

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Juicy Gateways

Slow down : soak In : Savour the sensation

PULSE

Is activation: Here we activate our Pelvic Floor muscles which can also stimulate our genital nerves, clitoral area and activate our yoni awakening.

The invitation here is to gently inhale, simultaneously contract the PC and breath up. Gentle exhale and release contraction. If this is uncomfortable, I invite you to honour your yoni by placing your awareness here instead of contraction.

Bonus

Erotic Dance of Embodiment

Let's weave all our juicy gateways together into a ritual for Erotic Dance of Embodiment.

The invitation here is to let go, feel what ever is alive within you and allow your full expression to unfurl, however that looks for you. Here you can tap into your courage, eros, permission, playfulness and authenticity.

The Erotic Dance of Embodiment

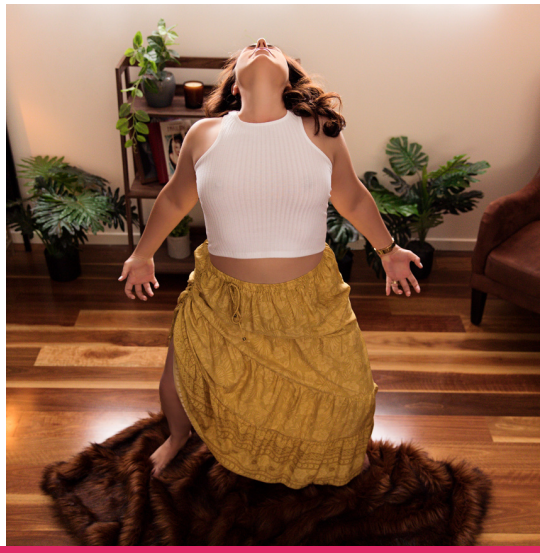
Rocking, undulating, swaying,
Carried by rhythm.
Cherish the streaming energy
Flooding your body
As a current of the divine

Oh Radiant One,
Ride the waves of ecstatic motion
Into a sublime fusion
Of passion and peace

No 60 | Lorin Roche

FREE YOUR BODY, HEART, SOUL & MIND

Erotic Embodiment is not only pleasure focused. It truly is about being WITH the sensation, emotion, reaction, energy that's alive for you in this moment. In this space, we do not numb or avoid what wants to come through. There is a reason why it's showing up, and it's your responsibility to meet yourself where you are at. This is self love. Dance (move) your body and express what you have to express, what is alive and erotic. Dance without judgement or suppression. Feel it all and awash anew.



Allonie Morris

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The EROTIC DANCE OF EMBODIMENT Ritual

This ritual invites you to express, move and transmute what is actively alive in you and brings you back to inner wellbeing.

01

Prepare your space:
Yoga mat | Set Timer | Suitable Music & Playlist | Pillow | Candles | Massage Oil | Timer

02

Set an intention for your ritual:
This gives sacred purpose to your expression.

03

Access the Juicy Gateways:
Breath, Sound, Movement, Presence & Pulse. Scanning your body curiously.

04

Dive Deeper:
Be with what ever energy in motion is alive and activated in your body. Allow it the space and permission to run its course. Dance your Erotic.

05

Stillness & Installation:
Lay down and feel the sensations inside your body container. Scan your body in its stillness as your body installs your ritual.

06

Reflect or Journal
What came through from your practice? What did you find surprising, challenging? What did you love? Did you receive any insights?

Thank You so Much

Thank you so much for having the courage and curiosity to come on this journey of 5 Juicy Gateways to Awaken your Body for Pleasure PLUS a special BONUS. I sincerely hope you have been inspired and received the magic that was awaiting for you.

Allonie xo

LET'S CONNECT ON SOCIAL!

Allonie Morris

ALLONIEMORRIS.COM
CONNECT@ALLONIEMORRIS.COM