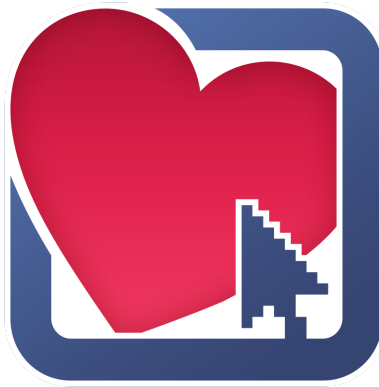


The Sensual Tsunami Method

Lesson 1 Worksheet: Awaken Your Erotic Fire

by Felicity Keith



**Website: <http://www.DigitalRomanceInc.com>
Email: support@digitalromanceinc.com**

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Lesson 1 Worksheet:

Awaken Your Erotic Fire

As I shared in the audio lesson, the key to awakening your erotic fire is to practice mindfully incorporating as much sensuality as possible in your day-to-day life.

I want you to STRIVE to live a sensually-focused lifestyle. And while it sounds daunting, remember it's really just a simple mind shift—a willingness and commitment to pay attention to all of the beautiful details of living—that makes it happen!

In this worksheet, we'll go through each of the five senses. I'll give you a big list of ideas you can consider, and I'll give you room to brainstorm your own, too.

Sight

- lighting candles
- admiring nature (trees, flowers, landscape, sunsets)
- noticing the shape and lines of beautiful furniture
- wearing clothes and accessories that you like
- decorating your home with artwork and accessories you love
- having fresh-cut flowers in your home
- painting your walls a gorgeous color
- admiring attractive men and women
- choosing food or wine because you like the packaging
- noticing the design and aesthetics of regular objects

Write in your own ideas:

Taste

- savoring a taste of high-quality chocolate or your favorite dessert
- treating yourself to a delicious glass of wine
- buying a gorgeous organic apple to enjoy
- cooking your favorite meal
- sharing bites of food while out at a restaurant

Write in your own ideas:

Scent

- buying a laundry detergent that has a smell you love
- placing scented sachets in your dresser drawers
- noticing the smell of a barbeque or campfire outside
- wearing your favorite perfume
- buying bath products or lotions in delicious scents
- lighting scented candles or incense at home
- baking cookies to fill your home with sweet smells
- wearing one of your guy's shirts that smells like him
- spraying on a bit of his cologne so you can be reminded of him all day

Write in your own ideas:

Sound

- playing music in your car, and listening for every nuance of the song
- noticing birds chirping when you walk outdoors, and trying to differentiate as many different bird calls as you can
- appreciating children's laughter
- noticing the cadence and tone of your lover's voice when he says your name
- trying out a pair of high-end headphones at the electronics store
- belting out your favorite song in the shower or while driving

Write in your own ideas:

Touch

- wearing silky fabrics and noticing how they feel against your skin
- making your bed with high-thread count sheets
- slathering on a moisturizing body oil when you step out of the shower
- exfoliating your skin with a loofah or body scrub, and afterward noticing how soft it feels
- running your fingers through your hair and massaging your scalp (or asking your partner to do it)
- treating yourself to a full body massage and savoring every second of it
- hugging someone and reveling in the warm embrace
- walking barefoot through freshly cut grass
- soaking your feet in a warm tub after a long day

Write in your own ideas: