

# YOUR GUIDE TO

# Pleasure



The Secret  
to Sensual  
Self-Care

*jessie*  
**MAREE**

# THE PATH

## back home

The key to creating everything you crave is the sexual and sensual relationship you have with yourself. It is the path back home and the most important relationship you can have.

The rituals I am sharing with you are part of my self-love practice and involve affirmations, movement, breath and sensual touch. I have found these practices to be what has allowed me to connect with my sensuality and start to heal my sexual relationship with myself.



These practices can be done as needed to connect to yourself or you can do them all together to create your own sexual healing ritual.

I have used the words I use for my own body, but these rituals can be done by any gender. Feel free to adapt the language to whatever makes you feel sexy and affirmed.

Are you ready to live a pleasure-filled life?

# HOW DOES IT WORK?

*great question!*

You know those moment when you're on top of the world, you feel unstoppable and SOOOO fucking good?

And then... for some reason (usually self-sabotage), it's gone and you forget how to get that feeling back?

Well, this is your guide to come back to those moments and reclaim your pleasure.

Because when you are connected to your pleasure, and give yourself permission to be fully self-expressed,

*you are  
powerful.*

Use this guide to reconnect, deepen and explore your most radiant, pleasure-filled self.

Remember: pleasure is your birthright!

# affirmations

Affirmations help us in reprogramming our subconscious mind. So when you start to feel negativity or judgement creep in, use these affirmations to stop them in their tracks.

The powerful part about affirmations is that you don't have to believe in them for them to work.

Start with writing them, saying them out loud or recording them and listening to them on repeat. Your subconscious mind will go to work and you will start to change your outlook.

**I am a  
goddess!**

**I am present,  
full of  
passion and  
purpose.**

**The more in  
pleasure I am,  
the more  
good happens  
to me.**

**I am always  
in alignment  
with my  
desires.**

**I trust  
myself.**

**I am worthy  
of all that I  
desire.**

**I am worthy  
of all that I  
desire.**

**I am grateful  
for my body  
and the  
pleasure it  
provides me.**

**I am  
confident,  
powerful and  
unstoppable.**

**I am a  
beautiful,  
intelligent  
woman.**

**I deserve to  
have a  
pleasure-  
filled life.**

**I am  
enough.**

**WRITE YOUR OWN AFFIRMATIONS OR LIST  
THE ONES THAT RESONATE WITH YOU**



Blank white box for writing an affirmation.

Blank white box for writing an affirmation.

Blank white box for writing an affirmation.

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Blank white box for writing an affirmation.



# *pleasure practices*

These practices will help you embody, radiate and reconnect with your sexual energy. There is so much to uncover within our unique energy, but many of us haven't learned how to tap into it. Come back to these practices whenever you feel stress, overwhelm, anxiety or exhaustion. Your power starts with your pleasure.

# sensual

*Slow intentional practices, where you can incorporate all your senses to turn yourself on.*

## **Sensual touch**

Taking the time to be present with yourself and your body, gently and intentionally touch your body. As you are touching each part of your body, take the time to thank it for what it does for you.

If you have different abilities, it might be appropriate to thank your walking aid or wheelchair for allowing movement as well.

## **Meditation + breath-work**

Find a quiet space where you can sit or lie down. Close your eyes and start to take slow deep belly breaths.

I usually do it on a four count (breathe in-2-3-4, hold-2-3-4, exhale-2-3-4, hold-2-3-4).

Start to scan your body from your head to your toes and actively relax each body part. Allow yourself to focus on the breath and if your mind wanders, gently bring your attention back to your breath. Set a timer for 5 -10 mins for this exercise.

## **Sensual senses**

Dedicate 15 mins to practice receptivity. Ideally go for a walk in nature with no artificial stimuli and switch on your 5 senses one after the other.

- Touch - feel the breeze or the heat of the sun on your skin
- Taste - notice the water in your mouth or slowly eat a piece of fruit, savouring each bite
- Hearing - enjoy the sound of the wind in the trees or the silence between the sounds
- Sight - allow yourself to be mesmerised by the small details (colour, textures etc)
- Smell - take a deep breath, take in the subtle smells of the trees, grass or even your own skin.

# pleasure

*Practices to invite more pleasure into your life.*

## **Pleasure-based movement**

For me this is dancing to my favourite songs! Let yourself go and express yourself by letting your body do the talking. This will release stagnant energy and emotions to bring all the good feelings in!

If dancing isn't your thing, find what movement brings you pleasure and allow it to release those negative feels. This could be a slow walk or gardening.

What movement feels good to you?

## **Create intentional spaces**

Up-level your space (and your environment) by cleaning and releasing things that no longer serve you.

This can include items in your physical space (wardrobe, garage etc) but also your head space.

Are there people in your life that no longer make you happy or you need to create boundaries with?

## **Self Pleasure**

You can use masturbation as a form of meditation. Create an inviting, safe space for yourself, slow it down and make it intentional.

Self-pleasure doesn't mean always having an orgasm. It's time to connect to your body and heighten your energy so that you can show up as your most authentic self in the world.







# journal

This part of the guide is a place of reflection. Use these journal prompts to help you deepen your pleasure practices and reflect on what felt good and what you want to try next time.

# prompts

How did you make space for your pleasure today?

What did pleasure feel like in your body today?

What practices did you indulge in? What felt good about them and what did you gain from this experience?



How did you show up before and after your pleasure practice?  
Mood, energy, feelings about body and mind.

Write yourself a love note, thanking you for taking the time to make  
your pleasure a priority.



# Hi, I'm Jessie Maree

**I am a sex, confidence and self-love coach for passionate and ambitious women.**

I help women transform their sense of self-love, confidence and sexual power so that they can stop playing small and live a life overflowing with purpose, pleasure and passion.

My work is for the women who want MORE, but deep fear, shame and guilt hold her back from living a life that turns her on.

I love supporting others to overcome shame, navigate kink, non-mono and queer identities, and cultivate deep self-love, sensual embodiment and authentic communication.

It is my mission to give you the tools to stop playing small, tap into your authentic power and create a life full of unapologetic self-love and pleasure.

To find out more and learn how to work with me, visit my website:  
**[www.jessiemaree.com](http://www.jessiemaree.com)**



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