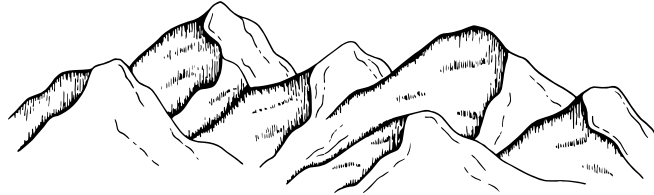


Rhythm Liberation



Erotic Topography



a mindmapping exploration of intentions

**This is a chance to identify limiting experiences in the past,
express curiosity for what's possible,
and dream into the future.**

**Write words, phrases or images next to the corresponding
circles, and draw a line to link them. Feel free to move
nonlinearly, include sketches or new categories,
and revisit throughout our time together.**

**What do you want to feel
and explore
in your erotic life?**



Limiting Beliefs & Experiences

What ideas do you hold about your body and eroticism that feel restrictive or inaccurate to you now? What stories do you want to lay down?

If you've experienced sexual trauma, consider writing the messages you received from them, rather than the memories themselves.

If helpful, give yourself a time limit.



**Consider taking a pause (chug some water, yell obscenities,
lay down and breathe) before moving to...**

Erotic Curiosities

What activities, beings, places, objects, dynamics do you feel turned on by?

What have you seen, fantasized about or felt a stir around?

What could you imagine feeling or embodying without those limiting beliefs?

**Let your mind & body wander. This could be a deep well, so stay curious
in the days ahead.**



Erotic Intentions

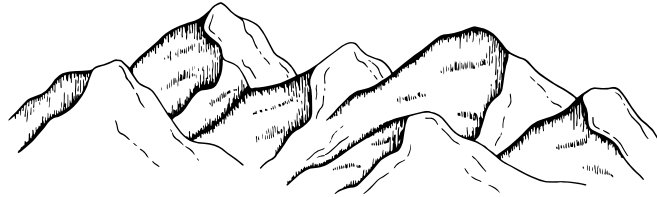
Now it's time to dream into the future. What curiosities do you want to invite into your life? This could include adjectives or activities you want more of. It can also include settings you want to participate in. Pay special attention to the qualities or sensations of what you're dreaming into. What beliefs support you experiencing them?



Rhythm Liberation



Knowledge is power!



**Consider placing your erotic intentions
somewhere important, so you can water
them with your gaze.**

On an altar? A mirror?

On the inside of a cabinet door?

**For an added treat, see what juicy
connections live between your erotic
values & intentions.**

