

Rhythm Liberation



VALUES: CRAFTING YOUR EROTIC COMPASS

Values are motivators, what we deem important and worthy of our time.
We all have them, but we aren't always conscious of what they are.

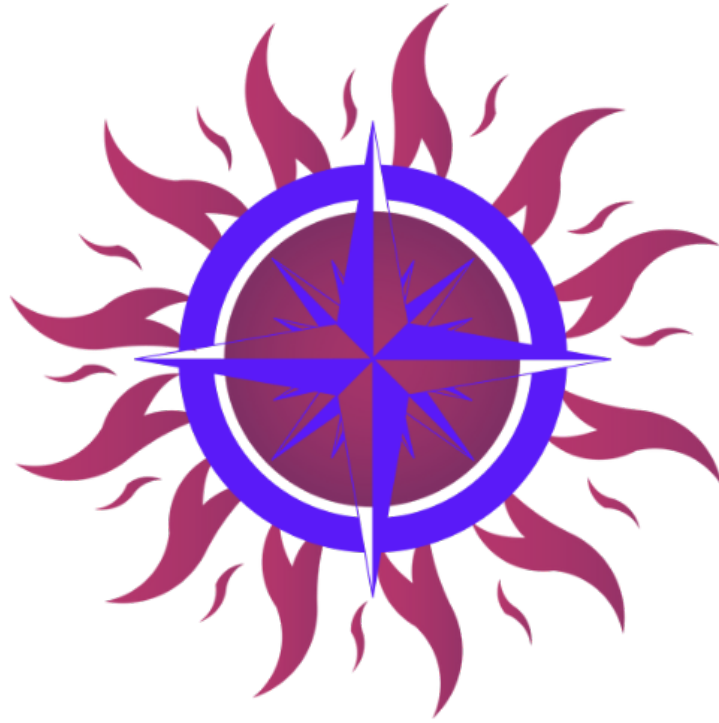
Our values get developed from the highs and lows of our lived experiences.
They can be inherited from people and cultures we were raised in, changeable and aspirational.
Add the extra layer of the erotic, and these values inform who we want to spend time with,
how we explore our desires, and what flavors of intimacy feel magnetic.

Feeling into what motivates us now, we can better understand what draws us in and propels us out.

What helps you feel turned on and alive?

Take a look at the qualities below. What invokes a feeling of erotic energy?
Which words open doors to a world you want to explore? Underline those.
Now zoom out: did you mark any that feel inherited or old, no longer juicy? Strike those
and see what you have left. What combinations ring your bells or enliven your senses?
Write those next to the compass below. I recommend choosing four or less.

- | | | | |
|-------------|-------------|-------------|------------------------|
| Adventure | Elementals | Magic | Seduction |
| Belonging | Fluidity | Mystery | Service |
| Camaraderie | Freedom | Naughtiness | Slutiness |
| Care | Fun | Openness | Spice/zest |
| Celebration | Generosity | Passion | Spirituality |
| Co-creation | Growth edge | Play | Spontaneity |
| Community | Hedonism | Pleasure | Taboo |
| Consistency | Humor | Power | Vulnerability |
| Courage | Impurity | Purpose | Weirdness |
| Creativity | Inspiration | Raunchiness | Wildness |
| Curiosity | Integrity | Restraint | Wisdom |
| Ease | Liberation | Risk-taking | Wonder |
| Ecstasy | Love | Safety | Write your own: |



What do these qualities feel like in your body?

What activities help you access them?

What do they give *you* access to?

Experiment: Draw your erotic compass on a small piece of paper. At the start of each day, consider what's on your schedule. How might your erotic values support you in choicepoints and crossroads? Tuck the compass into your waistband or pocket, and see what happens. When you undress for the night, let your compass reveal itself again. Were you guided by one/some of them today? How did this pan out for you? For more discoveries, try this experiment multiple times in one week.