



# Crafting Your Erotic Compass



Need more direction in your erotic life?

Ready to be proactive in your invitations & explorations?

This activity will illuminate your erotic values & reveal your motivations.

Many times we inherit values from culture, family, and the highs & lows of past experience. But if we take stock of what's alive for us now, we can cultivate deeper intimacy and presence with what turns us on.

Erotic values are changeable and aspirational. They point us towards desires and into connection with others. By the end of this activity, you'll have your latest erotic compass ~ a guide to what feels magnetic to your body. Feel free to do solo or alongside others, and update often.

**1 Move your body.** Put on a favorite song & invite all parts of your body into motion. Expand your awareness & dance for a few minutes before moving to #2.

**2 Read the list of words below.** Which ones feel alive to you? Which open doors to worlds you want to explore? Underline those.

**3 Double check.** Did you underline any that don't actually feel juicy? ~~Strike~~ those & see what you have left.

**4** From what you have left, circle four that feel good together. **Write one inside each triangle on the next page.**

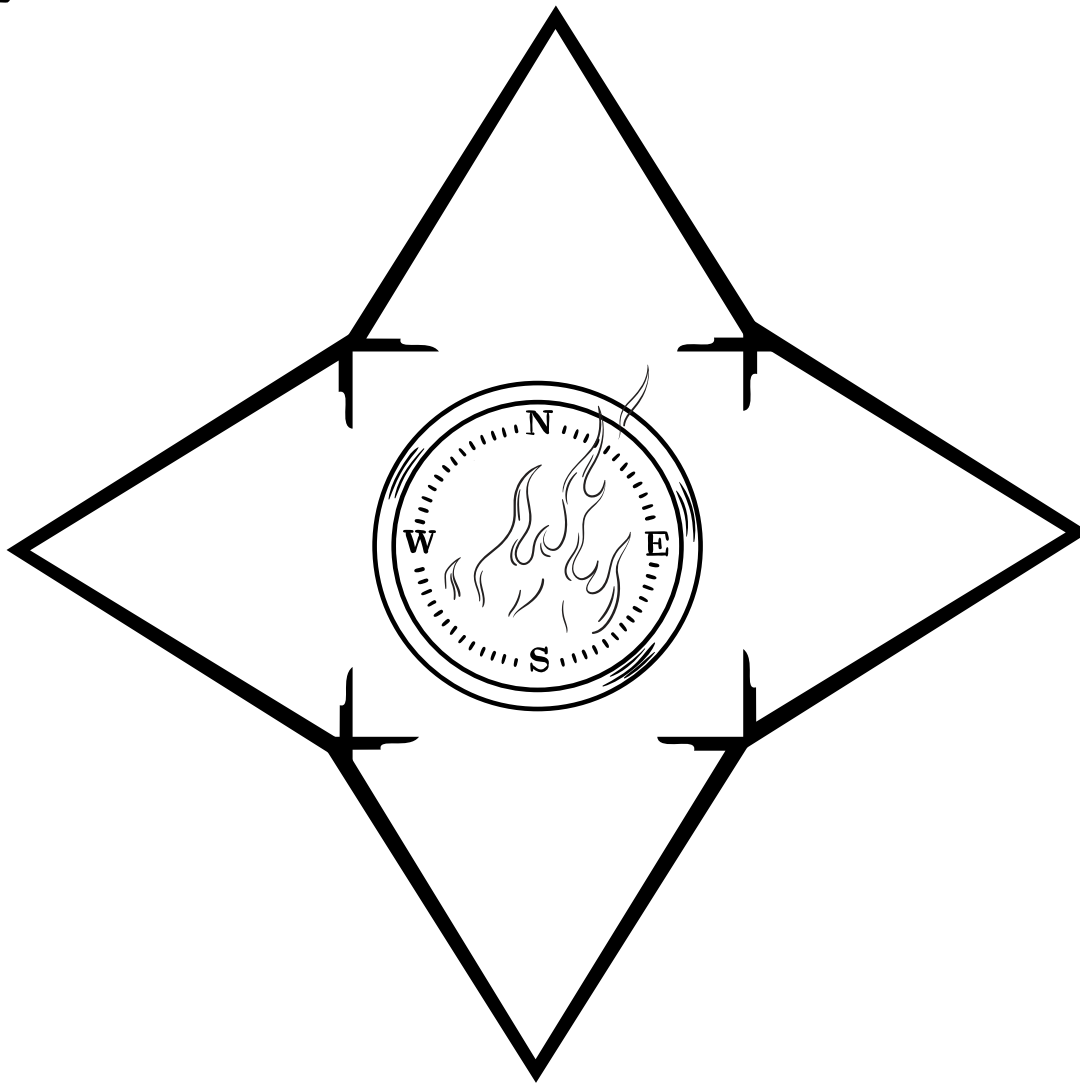
- |             |                 |             |                 |
|-------------|-----------------|-------------|-----------------|
| Adventure   | Fluidity        | Mystery     | Seduction       |
| Belonging   | Freedom         | Naughtiness | Service         |
| Camaraderie | Fun             | Nurturance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

**5**

Next to the triangle on one side, write what that word feels like in your body (i.e. electric, hair standing up, brain lets go, etc.)

**6**

On the other side, write accessories and/or activities that help you feel those feelings (i.e. blindfolded, following primal impulses, activating breathwork, etc.)



**Suggestion:** Leave this compass on an altar or taped to your mirror

**Spicy idea:** Share it with others to see what lights them up. Do they want to make a compass too?

**Experiment:** Draw your erotic compass on a small piece of paper. In the morning take a look. What's your schedule, and how might your compass guide you in your day? Tuck the piece of paper in your pocket and check on it periodically. When you undress for the night, let your compass reveal itself again. Were you guided by any of the directions? How did this pan out? For more discoveries, try this multiple times a week. Feel free to update as often as needed.

