

## **Feel More Meditation**

Practice this simple meditation or read it aloud to your lover. This is excellent before practicing sensation because it brings attention and awareness to your five senses.

Lie down on your bed. Close your eyes. Notice your breathing. (Pause, give time for the receiver to notice) Take a nice long slow deep breath, and let it out. Continue to breathe nice and deep. (Pause) Notice the air on your skin. (Pause) Notice the temperature in the room. (Pause) Notice the feeling of the sheets beneath you. (Pause) Notice any smells. Do not judge them or even try to identify them. Simply notice. (Pause) Notice any sounds inside the room. Just let your awareness drift to the sounds. (Pause) Notice any sounds outside of this room. (Pause) Notice any tastes in your mouth. (Pause) Notice the air filling your lungs. Keep breathing nice and deep. (Pause) Notice your heart beating. (Pause) See if you can notice your internal body, your digestion, your blood moving through your veins, the air circulating through your lungs. (Pause) Continue just to witness and observe the sensations: touch, smell, sound, taste. Notice what is pleasurable to you. Is there anything you can do to make it more pleasurable? (Pause) Allow yourself to breathe that pleasure into your body. Intensify the sensations you notice. Intensify the pleasure.