

101 ways

to invite

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JOY

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into your life





1. Be present with yourself ~ like you would a friend

2. Set up a temple for yourself in a cosy corner of your house

3. Write down your top 5 most shameful secrets. Share them with yourself, with a friend, with a therapist or with the moon and the stars. Shame dissolves when shared.

4. Pleasure yourself (try a bit of orgasmic meditation) – just play with pleasure with no need for any result

5. Buy yourself flowers

6. Sit in a cosy spot and read a good book

7. Take yourself out for morning tea

8. Lie on the floor ~ get horizontal once a day

9. Stop your work sporadically (get your workmates in on this) and do your favourite yoga pose

10. Say kind words to yourself

11. Play a board game

12. Play spin the bottle

13. Play Mr Squiggle ~ this is my family's favourite

14. Have a dance party. Play musical statues or bops

15. Rearrange your bedroom and de-clutter

16. Let the kids decide everything you do today

17. Go on a rollercoaster

18. Serenade the family with a collection of your favourite songs

19. Have a family picnic in a forest

20. Look through old photo albums

21. Put make up on everyone

22. Hold a family meeting ~ have a speaking stick and pass it around

23. Watch bugs

24. Watch the sunset

25. Sit and watch water lapping

26. Go outside and find evidence of life in any form

27. Plant something ~ get your fingers dirty





28. Create a posie of twigs, grasses, and flowers from your garden

29. Get your feet on the Earth

30. Find some mud and squish your toes around in it

31. Immerse yourself in lovely aromatherapy oils ~ my favourite at the moment is Melissa

32. Roll on your back, your front, your side or down a hill

33. Climb a mountain

34. Go for a swim ~ in the creek, in a pool, in the sea, in the middle of winter or even with your clothes off

35. Pray ~ ask for what you want

36. Vision the life of your dreams and let yourself revel in the sensations of it. Soak in it

37. Ask for help

38. Lay out your intentions and state them every morning as you set out on a brand new day

39. Hold the space for all of yourself ~ the dark and the light

40. Immerse yourself in the oneness, in yourself as a spirit, in knowing yourself as the light that you are in this moment and let the story of who you are just slip away

41. Immerse yourself in the duality ~ noticing how you interact and what others bring out in you

42. Explore your relationship with yourself, grab a journal / meditate

43. Notice what makes you uncomfortable and push into the edges of it ~ pleasure comes from expanding in to new territory

44. Be seriously honest ~ Start in your journal

45. Ask for joy

46. Say today ~ I'm going to notice all the great things about my life

47. Start the day with a smile ~ feel your organs smiling

48. Define pleasure for yourself

49. Start a daily ritual

50. Ask your heart what it wants and give it

51. Make a vision board for pleasure

52. Buy yourself your favourite magazine





53. Do the routine things differently ~ drive to work a different way, eat your cereal upside down, write with your left hand

54. Jump on a trampoline

55. Get yourself all turned on then breathe the energy into your day

56. Climb a tree

57. Lie on the earth and notice what an insect would notice

58. Hang out at the weekend markets ~ find a new one to check out

59. Do some finger painting

60. Paint a rock

61. Start a martial art like Brazilian Jiu Jitsu

62. Start a creative project with your friends or your children ~ do a mosaic, make some greeting cards

63. Dress up like your inner bitch for the day and let her shine

64. Dance with a blindfold on

65. Put on clothes that make you feel good

66. Tickle your favourite erogenous zone with a feather

67. Wear flowers in your hair

68. Get together with your soul sisters

69. Do a sidewalk chalk drawing

70. Blast some old time music and sing and play air guitar

71. Do a collage using old photos

72. Stand up, breathe in, stretch your arms up high, tense all your muscles as tight as you can and then as you breathe out, let go and make a big sigh or moan to let go of all the tension.

73. Blow up a balloon and fill it with all your anger, guilt, shame, pain or frustration ~ let it all build up and then pop it

74. Do strong exercise. Lift weights, do boxing, go to Zumba

75. Ring a friend and ask them to tell you their most embarrassing stories to you

76. Gather friends and family around and share embarrassing stories ~ like when you wet your pants at school

77. Go on a swing really high

78. Go to Karaoke





79. Give someone a nice surprise

80. Leave little love note messages on everyone's desk at work

81. Bake a delicious cake and then eat it and share it or give it away

82. Hug a tree

83. Talk to the birds

84. Give thanks to the Universe for your life ~ Imagine you are a thousand miles up in the sky, looking back down at your life and see how awesome it really is

85. Write in your journal with the knowing that no-one is ever going to read it. Be as truthful and honest as you can possibly be

86. Start a facebook group or a club that embraces your unique interests and loves and see what happens

87. Do a laughing meditation

88. Test drive a really expensive car

89. Get up early and see the sunrise

90. Go outside at night and star gaze

91. Give and receive a foot massage

92. Tell someone you love them

93. Show yourself love

94. Start noticing the cycles of the moon, the stars and the sun and how they affect you

95. Have a dress up party

96. Spontaneously invite friends for sunset cocktails/mocktails

97. Hang out with a dog or cat

98. Do something you have never done before

99. Dedicate to your pleasure

100. Write your heart a love letter

**101. Commit to self-love**







# 6 key principles of Pleasure

Pleasure is an experience in your system. These are my keys to creating the conditions to hold the charge for the pleasure experience.

## 1. Everything good is within

This is a response to EGO - Everything Good is Outside. This EGO idea makes us believe that our happiness exists out there somewhere. That in order to be enough and find happiness we have to do is get stuff, buy stuff, achieve something, have someone. Our culture, schools and society encourage us to believe this, but it doesn't work. It is making us anxious. It leaves us feeling powerless, as even if we have everything just perfect, something might change and then where are we?

So the first key to be happy is the **KNOWING** *the knowing* that everything good is *within*. In order for you to be happy, it doesn't really matter what you've got or how you look. All that stuff is just a bonus. Your happiness is within. When you know this you have ultimate control over how content you feel.

Access to this key is knowing yourself as the light of who you are. Practice this with your Self-Love Daily Ritual (the one I sent you) or just feeling in to the presence and feeling your energetic self.

## 2. You are safe and well

We can't really access pleasure without feeling safe. Fear makes us contract and contraction keeps us small, separate and disconnected. One thing to recognise here is that fear is a good friend of logic. It is very logical to be afraid. But this does not mean it is the best thing for us. Often "logic" comes from beliefs and perceptions that no longer serve us.

When we feel safe we can **open, connect and see things in a wider perspective**. We gain access to our higher selves or our unique essence. Instead of letting fear rule us via lower logic, if we consciously acknowledge the fear yet trust that we are enough we can access higher logic and our higher self. When we are in communion with our higher self, we are in the realm of infinite possibilities and tune in to the calling of our soul.

Access to this key is via acknowledging your fear. Allow your feelings and hold yourself in comfort and love in them.

Also try this: imagine looking down on yourself from the outer stratosphere. You are actually safe - there is no life or death threat right now - no matter what is going on in your mental realm. Take a few deep breaths here.

"Joy is what happens to us when we recognize how good things really are"

- Marianne Williamson





### 3. Pleasure is self-love

That feeling of acceptance and complete surrender to who you are is really the ultimate pleasure. When we allow ourselves to be just as we are, we access our unique essence. When we are free to be in our essence we flow

Showing ourselves love means putting our needs before pleasing others (I mean striving, over-compensating). It means being forgiving and compassionate. It means tuning in and listening. It means holding ourselves as we process our feelings.

When we offer ourselves the nurture of the Mother (the universal mother - the essence of mother energy - acceptance, compassion and care), we can interact in the world at large in a more open way. We no longer need our boundaries to be formed through barricades and defensiveness. When we have our own back our boundaries appear naturally and it feels safer allowing others close.

Access to this key is practised in the pleasure meditation.

### 4. Pleasure is openness and growth

Our nature is to grow and evolve. When we are stuck & stagnant we do not feel the joy. Our systems are wired to find joy in expansion. This means that although it is safe and warm we have to step out of our comfort zone. We cannot feel true pleasure without bravely stepping into vulnerability for the sake of growth. When we are open to expanding and growing and allowing our unfolding wherever it leads us, we access the contentment of flow. We allow the light (love, ease, pleasure & abundance) that is already there and we let it in. This key is about receiving and not having to be in control but seeing what is there and allowing it. It is about letting go of the fight.

On a physiological and biological level - pleasure is open "ness". It is in fact the effect of nitric oxide on our endothelium - an experience in which all the linings of our capillaries puff into a state of vasodilation - or openness to blood flow. Opening to blood flow feels like pleasure. On the physical level as it is on an energetic, spiritual, emotional level - when we open to what is, open and accept ourselves and open to this moment - we flow and it feels so good.

The access to this key is the affirmation "It is safe for me to flow with what is"





## 5. Pleasure is freedom to feel it all

Pleasure and pain exist in the same realm. One makes sense of the other. If there is an avoidance of one we can't access the other. Suppressions, shame and guilt are there for a reason, they are communicating some wisdom to us, they are signposts for our growth. By suppressing and ignoring negativity, we are not allowing our wholeness, we are not free. And in fact, we then need to adopt a whole bevy of control mechanisms in order to avoid confronting these emotions in our lives. It also blocks us from our natural state of growth, stagnating our energy and blocking access to our spirit. Our pain is a gateway to the pleasure of being free in our wholeness.

When we are free in our wholeness, all sensation is wisdom & growth and the preference between one or the other lessens because of the recognition of the juiciness in all experience. There is no space for a fear of pain when you are committed to growth. There is no space for holding back when you are on the path of evolving into your highest self. To access this key invite the freedom to feel all your feelings. Sit with them, journal, meditate or see your kinesiologist.

## 6. Your nature is pleasure & abundance

Your nature is pleasure. Your nature is divine. You are just like the unified field (the realm of all creation) pure potential. Sometimes we need to go back to the purity of ourselves as a child, without the judgement for the choices we have made, to find compassion for ourselves and see ourselves as enough.

The energy that we bring to every moment - our pure presence without actions or words, is the light of who we are. That energy is always with us. It is our nature. And when that is enough and we don't have to become anything else or do anything in order to be okay - we are content. The only thing covering up the light that you are is fear and doubt. Another aspect to this key is that pleasure is abundant. People often balk at manifesting their transformation with the belief that I am not that badly off, there is so much suffering in the world, who am I to complain. This attitude seems to come from the perception that there is actually not really that much pleasure going around and that if they grabbed it they would be being selfish and diminishing someone else's chances of getting some.

But actually pleasure and light expand exponentially with desire. The pleasure potential is infinite and limitless like the universe. When you tap into that you are allowing it to expand. So, you having peace, contentment & success - does not mean that someone else has to miss out, or that it must come to an end or that there will be less available. It means that you are accessing this potential for all of us. Access to this key comes in decommissioning yourself from the belief that access to pleasure is limited. A good practice for this is celebrating your friends success and happiness.

"Pleasure is opening to the light of who you are in this moment" NM