



AWAKEN YOUR SENSUALITY THROUGH TASTE

8 tips on how to eat the sensual way
+ orgasmic chocolate meditation

by Sabrina Abhai Joti

There are various gateways to unleash your sensuality. This ebook particularly works with your sense of taste. Your chakras, the energy centers within your body, are related to the five alchemical elements of the natural forces which are linked to your senses. Your erotic nature which is your original state is home in your womb.

Your womb – regardless of your gender – is the seat of your creative potential and your innermost wisdom. This is the place you want to awaken in order to get your sexual energy flowing, to feel alive and birth your unique creations on Planet Earth. The corresponding chakra is the sacral chakra – Svadhishtana – which is situated a few inches underneath your belly button. This chakra is linked to the water element and to your sense of taste. Thus, expanding your experience of taste can be a fun gateway to awaken your erotic nature, to accelerate your sensual way of being as well as to feel more alive.

Eating is a huge part of the daily life. Becoming more conscious with it, makes it even more enjoyable. It deepens the relationship with your physical body – the temple of your soul – which in turn heightens your ability to sense the bliss of life.

TIP NO.1

CHOOSE YOUR FOOD AS AN ACT OF SELF-LOVE

Right now, there are many different nutritional concepts swirling around in the atmosphere and it is easy to get confused on what to eat. Fact is that there is not one form of eating which is suitable for every single human being on Planet Earth at this point in time. We are all unique – and so are your constitution, your ancestral line and your lifestyle, as well. Different circumstances are in need for different nutrients your body requires. The climate zone and season you are in, your workout routine, your health background, your stress level and so much more factors play a role on how to feed your body in the most nourishing way. Therefore, it is important to get in touch with your intuition again. To check in with your body, to get to know it better and listen to its needs. When you begin to recognize your body as your temple, you automatically would want the best for it. It is an act of self-love to care for all your organs, your skin, your blood and every body part. It is quite a journey to deprogram from all the concepts existing in the external, but it is worth it. Your body will reward you with vibrant health and a great feeling of well-being.

TIP NO.2

EMPHASIZE THE QUALITY OF YOUR FOOD

Bringing awareness to the quality of your food means that you no longer see yourself separate from what is happening on our planet. You recognize the interconnectedness between Mother Earth and all her beings. Every destruction and pollution of nature shows up as a discomfort or even a disease in the human body. If you really want to change something in our life, you need to wake up to the bigger picture and act upon it with every step you take. This is an invitation to do your best to find organic, locally grown and seasonal food. You will feel a difference in your heart, when you consume consciously and carefully chosen food with a cruelty-free background. It nourishes both your mind and your body in a loving and satisfying

way. Your sensuality is not separate from what is happening around you. The purer the food you eat is, the more you feel connected to nature and the less your body has to put energy into the digestion and elimination process.

TIP NO.3

P R E P A R E I T W I T H L O V E

Every time you are about to prepare a meal, step into an inner space of love and create the food from your heart. Visualize how you want your body to feel nourished and imagine how love is coming from your heart, flowing from your hands into the food and then entering your body. Your hands and arms are the elongations of your heart. Let the energy flow from your heart through your arms into your fingers. Touch each ingredient consciously and feel the love pulsating in your fingertips. You can also chant a mantra while cooking. All the energy will be part of your creation, of your meal. Every emotion you feel will energetically affect the vibration of your food. When you become aware of the importance of putting all your love into it, you will taste the difference and feel a higher state of well-being in your body. Feeling comfortable allows you to access your sensuality more effortlessly.

TIP NO.4

C U L T I V A T E G R A T I T U D E A N D B L E S S I N G S

The feeling of gratitude is one of the highest frequencies you as a human being can vibrate on. Bringing yourself into this state day by day, is a beautiful way to raise your vibration and bring peace into your heart. A way to start with this practice is to close your eyes and bring your hands together in prayer pose in front of your chest. Take three deep breaths deep down into your belly, your collateral ribs and your chest to widen and relax your digestive area. Still with your eyes closed, imagine where the

food came from. Visualize how it grew on the fields or on a tree, how it was taken care of by the farmer or yourself, how you chose it at the market, and eventually, how there was put love into it while preparing. Honor the whole process consciously and feel gratitude towards Mother Earth. Finally, put your hands with your palms facing down in a little distance above your food and imagine white healing light flowing from the universe out of your palms right into your food. Bless it with your own hands and visualize that it will nourish your body in its most loving way. Sat Nam.

TIP NO.5

B E P R E S E N T

Creating an environment in which you can be fully present with your food is an act of celebrating your sense of taste. It brings you into the here and now and allows you to fully enjoy your meal. This is an invitation to turn off all your electrical devices such as your phone, the TV and your computer. It makes your eating time a meditative practice. It helps you to concentrate on all the flavors and textures. Together with your loved ones it is a very joyful celebration of life. Stay present though and sense the happiness that arises while everybody enjoys their sense of taste.

TIP NO.6

E A T W I T H Y O U R H A N D S

If you want to try something different and add the sense of touch to your tasting experience, you can only use your hands for eating. In the Western culture it is very uncommon to eat with your hands. Thus, it might occur a bit strange to you at the beginning, but very quickly you will sense how natural it actually feels. While using your hands, pay attention to the different textures and temperatures of the ingredients. How do they feel like? Which form do they have? This way of eating

brings you even closer to your food and awakens your playful animal nature within. There is literally no fork or knife separating your body from your food.

TIP NO.7

CHEW CONSCIOUSLY

Conscious and slow chewing allows you to be more present with your food and gives your body more time for the digestion process which again is linked to your overall health and well-being. The digestion already starts in your mouth. Instead of wolfing down your food, take a step back and chew each bite 15 to 30 times. Before swallowing, the food should be insalivated to help your digestion in the stomach and in the intestines with breaking it up. In this way, every element such as minerals and vitamins can be fully integrated into your cells to nourish them. Besides, you can sense much clearer when you are filled up. This practice enhances the relationship with your body. It makes you more sensitive to your body's needs.

TIP NO.8

BE STILL FOR A MOMENT

After finishing your meal, just check in with yourself for a moment. Sense your fulfillment and your satiation. Maybe you want to feel how the food affects your body, different parts of it, and your mood. Be still and observe. Nothing more.

ORGASMIC CHOCOLATE MEDITATION

Last, but way not least, I want to share with you a meditative practice to expand your outlook on how orgasmic pleasure can feel like in diverse ways. When you begin to awaken your erotic potential in your womb, you start to feel this tingling aliveness throughout your body. In all different parts of it. This vibrational sensation is not only limited to your genital orgasms. As well as the awakening of your sensuality is not only limited to sex, but to feel alive in your wholeness with everything you are. Experiencing a chocolate meditation can be a gateway to experience ecstatic bliss through your sense of taste.

Choose your favorite chocolate, break up a piece of it and put it in front of you. Sit comfortably and close your eyes. Let your body relax and breathe in and out through your mouth naturally. Become aware of your whole body. Sense its aliveness of all its cells. Continue breathing and imagine how eating a piece of chocolate would feel like in your body. Maybe you can feel some activity in your mouth, on your tongue or in your digestive organs. Open your eyes again, look at the piece of chocolate in front of you and notice its color. Use your sense of sight to melt with the deep brown color of the chocolate. Then, close your eyes again, grab your piece of chocolate and feel its texture with the skin of your fingers. Notice the form and the temperature. Bring the chocolate to your nose and smell its fragrance. Get deeply into your sense of smelling and enjoy this blissful sensation by perceiving its delicious aroma. Thereafter, bring your piece of chocolate onto your lips. Stick out your tongue and lick your lips. Maybe you can already get a bit of a taste. Then, slowly put the chocolate between your front teeth and bite a little piece of it. Be totally aware of everything your body experiences in this moment. Feel into the taste buttons of your tongue, of your palate, of the back of your throat, and watch what it does to your whole body. Sense clearly all the parts where you can feel a sensation and surrender to it. Just leave yourself to the experience. The more present you are, the more you can feel. Do so bite by bite until your piece of chocolate is finished. At the end, check in with yourself again for a moment and just observe.

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