

# 21 DAY TO EMBODIED SENSUALITY

MEHER MALIK

DAY-5

ENGLISH





# THE LANGUAGE OF TOUCH

*A Sacred Practice Card to Reconnect With the Body*

## **Introduction: Reclaiming the Language Your Body Speaks**

Your body has been speaking to you all your life through tingles, aches, warmth, numbness, and longing. But somewhere between conditioning, shame, and survival, you may have stopped listening.

Today, we return to that conversation. Through touch, we remember the first language we ever knew - *sensation*.

Touch isn't only physical; it's energetic. The way you touch yourself reflects the way you love, accept, and allow life itself to move through you.

When you touch yourself with presence, you are not only healing your skin; you are rewiring how your nervous system receives love, pleasure, and safety.

This is a **practice of reunion** - of coming home to your own hands.

## **PART 1: Preparing Your Sacred Space**

Before beginning, set the tone for this ritual. You are about to meet yourself intimately - body, heart, and soul.

### **Create your touch sanctuary:**

- Dim lighting or candlelight
- Soft music or silence whichever your body calls for
- Natural textures (silk scarf, cotton fabric, oil, or lotion)
- A mirror (optional, for witnessing your own beauty)
- A warm, quiet space where you will not be disturbed

Take a few deep breaths.

Gently whisper:

“I am safe to feel. I am safe to touch. I am safe to receive.”



## **PART 2: The Touch Exploration Practice - Mapping Your Body**

This practice is not about arousal - it's about awareness.

You are not performing for anyone. You are remembering yourself.

### **Step 1: Meet your body as a friend.**

Begin by placing your palms over your heart. Feel the gentle rhythm beneath your skin. Whisper softly: "Hi, I'm here. I've missed you."

### **Step 2: Explore with curiosity.**

Move your hands slowly to different parts of your body. You may choose to begin from your **face** (meeting yourself gently) or your **feet** (grounding into earth energy).

Use these three styles of touch:

1. **Loving Touch:** Light, tender strokes. Like you would comfort a child or beloved.
2. **Compassionate Touch:** Firm, grounding contact. Like saying, "I've got you."
3. **Sensual Touch:** Slow, circular, lingering movements. Like savoring connection - not sexual, but alive.

Let your body guide you - not your mind. Notice where your hands want to linger... and where they hesitate.

### PART 3: The Body Map of Forgotten Lands

As you explore, notice your body’s natural reactions - tingling, warmth, numbness, resistance, tears, or relaxation.

Use the space below (or your journal) to note your discoveries.

Body Area	What I Felt	What Emotion Surfaced	What My Body Needed
Face / Scalp			
Neck / Shoulders			
Chest / Breasts			
Belly / Solar Plexus			
Hips / Pelvis			
Legs / Feet			
Back / Spine			
Arms / Hands			

Notice if certain areas feel “numb,” “shy,” or “unavailable.” These aren’t wrong - they’re simply waiting to be reintroduced to love.



## **PART 4: Touching with Intention**

Every touch carries energy. You can touch your body to **control, to numb, or to awaken.**

Here's how to infuse intention into your touch:

1. **Love** - "I am worthy of tenderness."

→ Feel your hands as extensions of your heart.

Touch to comfort, not to fix.

2. **Compassion** - "Even my pain deserves gentleness."

→ When resistance arises, pause. Breathe. Whisper: "I see you. You're safe."

3. **Sensuality** - "I am open to the aliveness in my body."

→ Let your hands move slower than your mind. Let sensation lead the way.

This is how your body begins to trust you again.



## **PART 5: Reflection Journal - Meeting Myself Through Touch**

After your exploration, rest your hands on your heart. Take a few breaths and reflect on the experience through these prompts:

1. What did I discover about my body today that I hadn't noticed before?
2. Which areas felt alive, and which felt closed or disconnected?
3. What emotions came up as I touched myself - guilt, joy, grief, longing?
4. How can I bring more intentional touch into my daily life (when applying lotion, showering, or dressing)?
5. What would it mean for me to become my body's safest touch?



## **PART 6: Closing Affirmation Ritual**

Stand or sit upright. Place both hands over your heart and whisper these affirmations slowly - let your voice vibrate through your body:

- I am safe to feel.
- My touch is sacred.
- My body is not my enemy - it is my home.
- I honor the wisdom in every inch of me.
- I am reclaiming my sensual self, one touch at a time.

Take one last deep breath, exhale fully, and rest in the silence that follows.

That silence is your body whispering *thank you*.

Your body has been waiting for this - to be touched not for performance, but for presence.

Every time you place your hand on your skin, you remind her:

“You are not forgotten. You are loved. You are mine.”

Return to this practice whenever you feel disconnected, numb, or craving love. Let your hands become your own healing medicine.