

21 DAY TO EMBODIED SENSUALITY

MEHER MALIK

DAY-17

ENGLISH





PLEASURE MANTRA

Affirmations for Pleasure & Sensuality

A Daily Practice to Embody Radiance, Receptivity, and Sensual Aliveness

INTRODUCTION: The Language of Pleasure

Pleasure is not indulgence. It is **presence**.

It is the body saying - *I am safe enough to feel good now*. It is the energy of life moving freely through you - through your breath, your senses, your skin.

When you affirm pleasure, you teach your nervous system that it is safe to open. You reprogram centuries of conditioning that taught women to dim, to please, to hide.

Every time you speak a mantra of pleasure, you are rewriting your cellular memory - turning pain into permission, suppression into sensation.

These affirmations are not meant to motivate you. They are meant to rewire you. They are a frequency - a vibration you return to again and again until your body begins to hum with it naturally.



HOW TO USE YOUR PLEASURE MANTRA

Think of each affirmation as a sacred mirror - a love note from your higher self.

Here's how to weave them into your daily ritual:

1. Morning Activation

Each morning, before checking your phone, pause. Breathe deeply into your lower belly and heart. Ask:

“What pleasure truth wants to guide me today?”

Choose an affirmation or intuitively choose one that calls to you. Read it slowly. Out loud. Let the words touch your tongue. Feel them enter your body.

Repeat 3-5 times. Each repetition should drop from the mind into the body - from words → to emotion → to embodiment.

2. Body Integration

After reading your chosen mantra, move for one minute. Let your body express it. If your affirmation is “I am safe to receive pleasure,” place your hands on your chest and hips, breathe, and sway. If it’s “I glow from within,” roll your shoulders, lift your chin, and feel your radiance expand.

You are no longer saying the affirmation - you are becoming it.



3. Evening Reflection

At night, revisit the same mantra. Ask yourself:

“Where did I let pleasure find me today?”

“Where did I resist her?”

Write a few lines. This helps anchor the frequency deeper into your subconscious.

4. Creating Your Own Pleasure Codes

Once you begin to feel a resonance, add your own mantras in the blank spaces provided. Your soul has unique pleasure codes waiting to be expressed in your own language. Example: “My laughter is holy.” or “I bloom when I am witnessed.”



PART 1: THE PLEASURE MANTRAS

Below are 21 affirmations you can include or rotate daily. Each one is designed to touch a specific energy center in the body - from grounding and safety to sensual openness and ecstatic expansion.

ROOT & SACRAL ENERGY - SAFETY, BODY TRUST, ALIVENESS

1. My body is my safest home.
2. I am allowed to feel good for no reason.
3. Pleasure is my birthright, not my reward.
4. My sensuality is sacred energy.
5. I trust my body's yes and my body's no.
6. Every breath I take awakens more life within me.

SOLAR & HEART ENERGY - CONFIDENCE, RADIANCE, SELF-LOVE

7. I am magnetic when I am authentic.
8. I radiate warmth, confidence, and joy.
9. My heart opens easily to receive.
10. Love flows through me like golden light.
11. I deserve tenderness as much as I give it.
12. I honor the rhythm of my own blossoming.



THROAT & THIRD EYE ENERGY - EXPRESSION, INTUITION, DESIRE

13. My desires are divine guidance in disguise.

14. My voice carries the vibration of truth and beauty.

15. I speak my needs with softness and strength.

16. I trust the wisdom of my body more than the noise of my mind.

17. I am guided by pleasure, not by pressure.

CROWN & WOMB ENERGY - ECSTASY, CREATION, UNION

18. Pleasure is how the Divine touches me.

19. My sensual energy creates worlds.

20. I am both softness and power, both fire and flow.

21. Every cell in my body vibrates with sacred aliveness.

PART 2: WRITING YOUR OWN PLEASURE MANTRAS

To create your personal mantras, begin with one of these openings:

- “I am safe to...”
- “It turns me on when...”
- “My body feels alive when...”
- “Pleasure for me is...”
- “I choose to...”

Now, write freely without censoring or making it poetic. Write what feels true in your bones, not what sounds spiritual.

Examples:

- “I am safe to be seen as sensual.”
- “It turns me on when I take up space.”
- “Pleasure for me is being fully present in my breath.”
- “I choose to let softness be my strength.”

Leave space for 5-7 personal mantras that will evolve as your journey deepens.

PART 3: THE BODY AS A PORTAL OF AFFIRMATION

Each mantra activates a location in your body. You can make this part of your practice:

Mantra Theme	Body Focus	Practice
Safety	Lower belly / Womb	Breathe deeply into this space while repeating the mantra
Radiance	Heart / Chest	Expand your chest, feel light pouring from your heart
Expression	Throat	Speak the words softly, then louder, until it feels embodied
Intuition	Third Eye	Close your eyes, visualize light at the center of your forehead
Creation	Entire body	Move freely, let your hips and hands guide the energy

This embodiment step helps rewire not just your thoughts - but your *nervous system*.

PART 4: THE PLEASURE FREQUENCY RITUAL (5 Minutes Daily)

1. Sit in stillness.

Close your eyes. Place one hand on your heart, one on your womb.

2. Whisper your chosen mantra.

Let it echo in your inner ear like a lover's voice.

3. Breathe into the words.

With each inhale, imagine the mantra glowing brighter inside you.

With each exhale, imagine it dissolving old patterns of guilt or numbness.

4. Move or sway for a minute.

Let the mantra translate into motion.

5. Smile softly.

Whisper:

“I am the vibration of pleasure.”

PART 5: CLOSING REFLECTION

After a week of working with these mantras, journal on:

- What sensations arise in my body when I speak affirmations of pleasure?
- Which part of me still resists feeling good?
- What new version of me emerges when I live from this frequency?
- How does pleasure change the way I create, love, and connect?

INVOCATION

“I am the sacred pulse of life itself.
My pleasure is not a distraction - it is devotion.
Every breath, every sigh, every touch
is the Divine remembering itself through me.
I am alive, radiant, and free.”