

SEXUAL ENRICHMENT FOR WOMEN

(This tape seems to start in the middle of a sentence.)

YOU HAVE A GREAT LOVE FOR AND A FULFILLMENT
in life. People love you for it. You are loving,
generous, and expansive. You allow love to flow into
your life and to flow out again whenever necessary. You
allow people to love. You accept the love, approval,
affection and acceptance that others have for you. You
are a free and open channel for the expression of love.
You now attract loving people into your life. You now
forgive everyone who has ever hurt you in any way. You
deserve to be happy and you rejoice in the happiness of
others. You are loving and you are lovable. You now
claim your natural birth right to love and be loved. You
are filled with the magnetic power of love. You are now
attracting the friends and lovers that you have been
waiting for. You deserve love just for being alive. You
are becoming the right person. You can survive with a
man or without a man. You are learning to please yourself.
Your creative thought and action attracts loving people
into your life and they nourish you. The love inside you
now flows outward in a natural and easy way. You now
know that you are not responsible for any other person's

survival. And no one person is responsible for your survival. You easily develop warm, affectionate and intimate relationships. You openly state your feelings, rather than judging the feelings of others. You are equal to your partner. And your partner is equal to you. You know there is an abundance of lovers who are just right for you. You are now secure about the dependability and the duration of your relationships, for your relationships last as long as you want them to. You know that ending a relationship frees you to discover new and nourishing relationships. You now easily develop loving and harmonious relationships with men. You can now have sexual relations for fun and recreation. You use each relationship for your own growth and expansion. You are comfortable with yourself when you are alone. The more you can enjoy being alone, the more you can enjoy being with other people. You know that being alone enables you to make decisions. You achieve self awareness through being alone. Your creativity is enhanced when you are alone. When you are alone, you become intensely aware of your intuitive connection with creative intelligence. You can now be alone as much as you want to and you can stop being alone any time you want to. You realize the less dependency you feel, the more love you get. You give your partner freedom of choice and he loves you for it. It is okay for you to have the desire to expand

yourself through other relationships. You approve of yourself, whether you have only one lover or many lovers. You take responsibility for your own choices. It is okay for you to choose to be monogamous. It is perfectly all right for you to choose to have just one lover. When you are in a sexually exclusive relationship, you are aware that you can change your mind at any time. You can be totally nourished and satisfied by just one lover. And you choose what is right for you. You allow others their freedom of choice. You accept the fact that sexual loving is natural and healthy, it feels good, and it is good for you. Sexual loving makes you feel alive and fulfilled. As you deal honestly and creatively with your sexuality, you liberate energy to use in your work, your play, and in your daily living. You are always an enjoyer in sex. You are never a performer. A performance requires a performer and an audience. Sexual intercourse is simply two persons sharing an experience. The more sex you enjoy, the better you feel. The more you allow pleasure in sex, the more energy, vitality and love you gain. Sexual pleasure is a divine gift and the more you enjoy sex, the more spiritual you become. You are powerfully interested in sex. You are fully aware of your sexual desires at all times. You now give yourself permission to find great pleasure in sexual loving. ~~You~~

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loving. You desire sex chiefly for the wonderful pleasure
you get from it. Everyday your erotic appetite increases
You are willing to reveal your sexual desires to others.
You are now filled with a healthy, sexual appetite and desire
and you take responsibility for being interested in sexual
loving. You now have total freedom to enjoy sexual fantasies
and you could share your fantasies with your partners. Your
sexual fantasies are always normal for you and are always
okay. It is good, creative and healthy to fantasize during
sexual activity. You love your body - every part of it.
You love your genitals and the pleasure you feel in them.
~~The shape and size of your breasts is perfectly okay for you.~~
Your bodily secretions are acceptable to you. ~~Your menstrual~~
~~flow is natural, normal and you feel totally comfortable during~~
~~it.~~ You enjoy being nude, and you enjoy being seen when
nude. You now know that intercourse and orgasm are not
always your ultimate sexual goals. You take good care of
your body. If your body responds easily to sexual stimulation
you are being more and more aware of the sensations in your
genitals. Your vagina lubricates easily and fully whenever
you are sexually stimulated. The nipples of your breasts are
sensitive and bring you great pleasure. Its perfectly all
right for you to feel very aroused, very excited, very
sexually hot. You can continue doing whatever is exciting
you. You no longer need to compete with anyone. You enjoy

being female. You like being a woman. You love having sex as a woman for you are a wonderful, loving woman. You can initiate sexual loving and be confident about it. You can be dominate or passive. Many positions are fine if it feels good. It's all right for you to have an *
orgasm. It's okay for you to reach climax. Your orgasm is simply and intensely enjoyable pleasure. ~~You love it if you are free to frolic in pleasure.~~ It is completely *
safe for you to fully let go as you approach orgasm. It helps you to experience estatic feelings more intensely. You take all the time you need. You thoroughly enjoy your orgasm. ^{SKM} You are willing to surrender fully - the more orgasms you experience the more pleasure you get to enjoy. You could now take all the time you need to reach your orgasm. You could now give yourself pleasure in masturbation. You masturbate in front of your partner. Since you know your body best you could now show your partner exactly what gives you pleasure. You can have as many orgasms as you want and you could have them freely at any time of day and night. It's perfectly all right when you have an orgasm and you are okay when you don't have an orgasm. You feel free and willing to love your body and to bring pleasure into it. You allow yourself time and privacy to bring pleasure to yourself. You get tremendous pleasure from loving your body. You are free to use your own hand or the hand of

another to bring pleasure into your body. You are free to use a vibrator or any device that increases your pleasure. You have a natural right to enjoy your own body. You reach out and touch others. You like being touched by a man. You are warm, passionate, loving and affectionate. You completely approve of your sexuality. You trust your partner with your intimate feelings. You welcome gentle, generous and effective foreplay. You deserve all the foreplay you can get and so does your partner. You take responsibility for being fully stimulated by foreplay before being penetrated. You always have time for sexual loving. You now fully let go. You have fun in orgasms and your relationship grows more secure. You have the right to enjoy intercourse abundantly. You really like making love. You love sexual intercourse. You love to be loved and give love. Your sexual loving is natural and spontaneous and you look forward to it. The more sexual loving you allow yourself the more you can love and be loved. You are thrilled and excited when you enjoy oral sex with your partner. You reserve the right to say no to any part of sex that you don't want. You now forgive every man who has ever hurt you and you now forgive your father for hurting you. You forgive your father for failing to love you in the way you thought was best for you. You now realize that other men are not your father and you do not need to act as if they were. You now forgive yourself

for every mistake that you ever made. You are now free of old sexual guilts of your past. You could now let men love you sexually as well as every other way. Your love and self-esteem have overcome your old fears. You reward yourself and your partner by fully, completely enjoying sexual loving. You find so much pleasure and so much fulfillment in sex you no longer care about controlling, getting even, or feeling resentful toward men. You are as naturally sexual as you allow yourself to be. Your body is yours to use and enjoy as you please. You now forgive your parents for withdrawing and withholding love from you when your behavior displeased them. You are now free of childish attitudes about sex and loving in your own body. You now revoke, reverse and fully expel any negative ideas about sex in your body that were given to you by others in your past. You now forgive yourself for not enjoying your sexuality and your body in the way you really wanted to. The more you let go the more beautiful you become to your lover. Having orgasm increases your beauty. You really are more passionate and more erotic than you could imagine at this time. You now feel safe and free with men. You are poised, relaxed and at ease in front of those who attract you especially during sexual intercourse. Your old fears are now being replaced by your self-love and your self-esteem. You are now totally free of fear.

of the fear of being dominated by men. You now have a fantastic success consciousness about your sexuality for you are sexy and free. Your mind rules your body in whatever you want it to. You easily put sexual feeling into sexual words. You have the right to say no, you have the right to say yes. You are no longer a performer, a judge or a jury when you're having sex. You just relax and enjoy it. When you are receiving you concentrate totally on your feelings. You relax and enjoy yourself, and later on you could focus on your partner's pleasure. You now take responsibility for your own fulfillment and love and for your sexual well-being and pleasure for you deserve love and sexual pleasure. From this time forward you think of yourself as a potent, loving woman, for you have the right to sexual happiness and nature designed you in such a way that you meant to fully express yourself in sexual loving. Now each of these ideas has made a vivid, deep, permanent impression on your subconscious mind. Each day in your daily life you become more and more aware of the full powerful, positive, creative expression of these ideas.

I am going to slowly count from one to five. At the count of five please let your eyelids open. You are then calm, rested, relaxed, fully aware of feeling good. One, slowly, calmly, easily and gently returning to your full

awareness once again. Two, each muscle and nerve in your body is loose, limp and relaxed and you feel wonderfully good. Three, from head to toe you're feeling perfect in every way. And number four, your eyes begin to feel sparkling clear. Well, the next number now eyelids open, fully aware feeling wonderfully good in every way. Number five, eyelids open now, take a deep breath, fill up your lungs and stretch.