

THE PORN DETOX: WEEK 2

- Feeling pleasure is an art. Based on our belief systems, we all have a level of pleasure that we are "comfortable" with. Being able to expand your experience of pleasure is all about allowing yourself to feel and expand ALL emotions.
- The way to do this is to welcome, accept and allow the things that feel uncomfortable. To feel into the sensations of pain and fear. When you separate the story from the sensation, you realize that the sensation itself is actually no big deal.
- This is how we change our relationship to what we feel. Whatever you resist persists. Welcome what you feel with open arms. Say YES to it and what will happen is that you will not only be able to experience the hard stuff from an empowered place, but you will also expand your capacity for pleasure. As Berne Brown says, "When you numb the dark, you numb the light." Allow yourself to drop into those dark places. Feel them fully. Explore them and be curious.
- Think of pleasure as being like a bank account. You want to deposit more than you take. How much pleasure do you have in your account now? How much can you deposit? Training yourself to sit in pleasure and not rush to climax allows you to deepen your consciousness and expand your capacity for pleasure and nourishment.
- Sexual "dysfunction" comes from fear. Fear is a protection. It also comes from the lack of love for the self. It is true that you can only attract and experience the kind of love you have for yourself. Self pleasuring is an act of self love. If you are used to mixing it with criticism, now is the time to begin welcoming that voice and treating that voice with love and compassion. "Yes, yes yes. I hear you. I know you are trying to keep me safe, but I choose to expand my self love and expand my capacity for pleasure." Smile, welcome it into your heart and keep going.
- The three ingredients of orgasm: Pleasure, expansion and surrender. Nourishment is oscillating between pleasure and expansion. Feel more pleasure by expanding, sit with that pleasure. Expand it even more, sit with that pleasure. Carry it around with you. Put it in your pleasure bank account.
- Porn "addiction" comes down to the idea that you are not worthy or deserving of love.

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Some key points to remember this week:

- Start masturbating in new positions. Break the old habit of doing it the same way every time. If you normally lie on your back, self pleasure on all fours. Break up your normal routine. This is one of the best ways to create brand new neural networks.
- Understand, accept and welcome what you fear.
- No porn or fantasizing this week.
- If you have strong urges this week, try the following: A cold shower. Cold water will not only break the thought loop, but it will regulate your nervous system. Keep your phone away from your bed if you are used to watching porn in this way. Plug it in somewhere else. Don't expect your porn habit to change overnight and be kind to yourself during the process. The more you beat yourself up - the harder it will be to create a new way of being. Remember: Criticism withers, praise flourishes. Celebrate the small wins and let them snowball.
- Increase your oxytocin. Work out, meditate, having loving and deep conversations with people you care about, speak to yourself with love and respect, eat healthy.