



TOUCH

Wake up your body

Find your juice!

Design your personal Touch-map!

Connect with your body.....

Color your most delicious areas

Write on it

*Make it your very own special and unique blueprint
to remember, to inspire, and to share*

Design your personal Touch-map!

This guide will help you to wake up your 'juice' again,
and your Self-Love

Congratulations to you! You've just downloaded a wonderful offer for yourself.

By designing your Touch-map, you'll have a complete, beautiful, personal and unique overview you can share with your intimates. And you know what? This is such fun to do! You will learn more about yourself, you will feel pleasure.

If you have a partner, great - but that's not the most important thing. What IS important, is that you can only win - for a current relationship, for a future one, or just for yourself. Just be curious!

The way you can get the best experience of this map is:

1. Watch the video below
2. Follow the next steps on the following page



Design your personal Touch-map:

- 1 Choose a map and print it**
Get some colored pencils/paint and a pen or use a painting program on your device.

Find a comfortable place to be on your own where you can sit, stand or lay down.

Take off as many clothes as you like

- 2 Listen to your free Touch Meditation Audio Series**
You'll receive the five audio's every two days by email. While listening you can try out given suggestions right away. This will help you to connect with your body and all the sweet spots. Connect with named areas on your body and focus on what kind of touch is really special to you and what makes your juice flow. Imagine how you love it to be done to you exactly (as explicit as possible).

What kind of touch do you love most? On what occasion? What sensations does it evoke? What particular area reacts immediately? What area surprises?

- 3 After doing the meditation, sit down with yourself, your map, and your pencils.**

Write down and color all your discovered treasures. Lay down next to your bed or in your living room, just for the occasion and to keep yourself inspired and juicy.

For inspiration, watch my personal Touch-map on the next page!

I chose naked bodies, but please use a clothed pic if that's more appropriate for you. Add, remove or change body parts as much as you like.

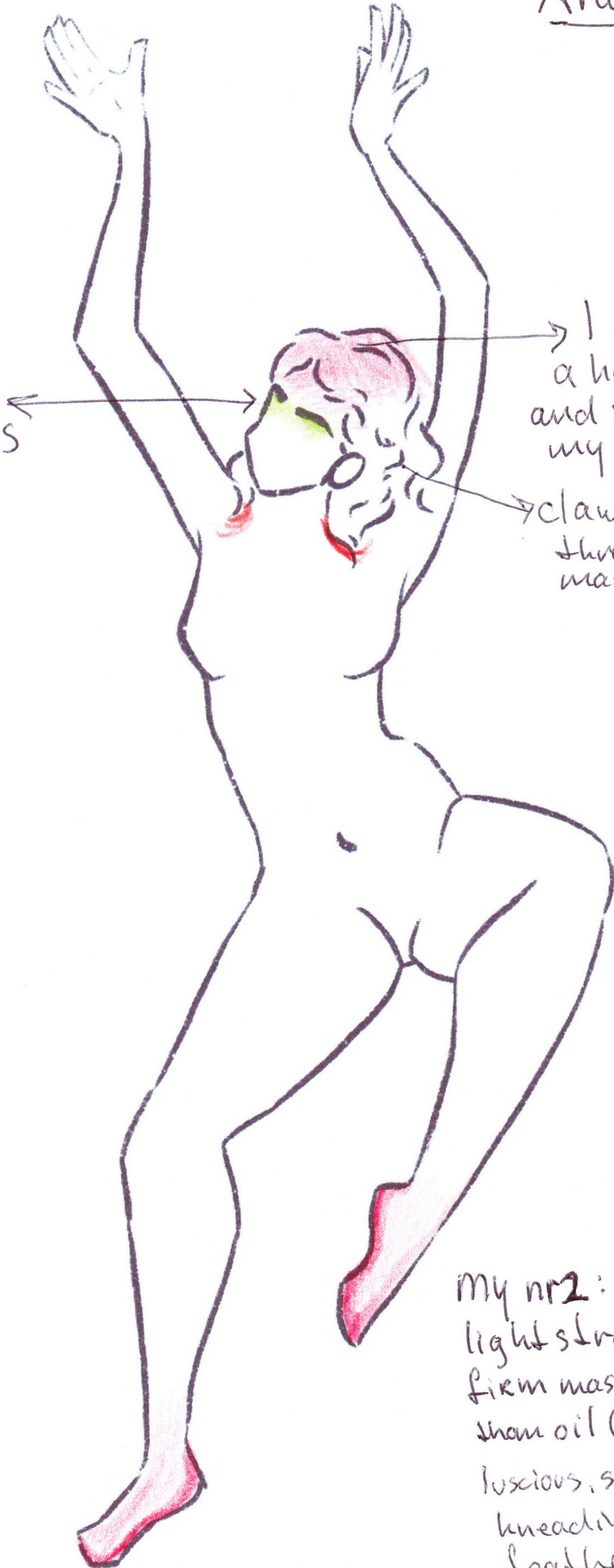
If you want to explore the Touch-map with your partner or a friend, of course, that's possible too!

I wish you an amazing experience!

Touch-map
Example

Arati's basics

My nr1:
connecting eyes



I love feeling
a hand on my head
and something heavy on
my forehead

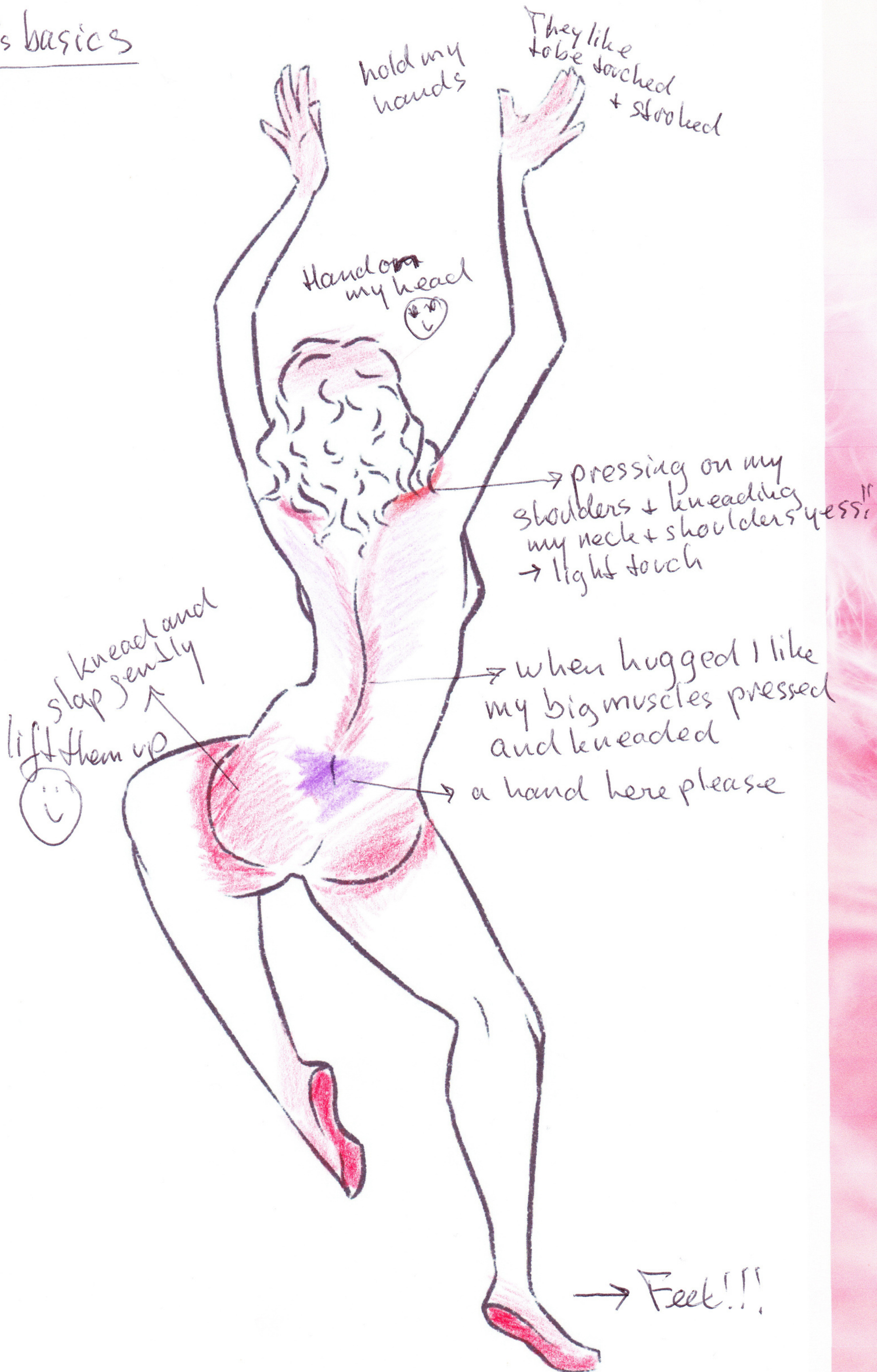
claws on my head
through my hair
massaging softly my
head.

my personal touch map

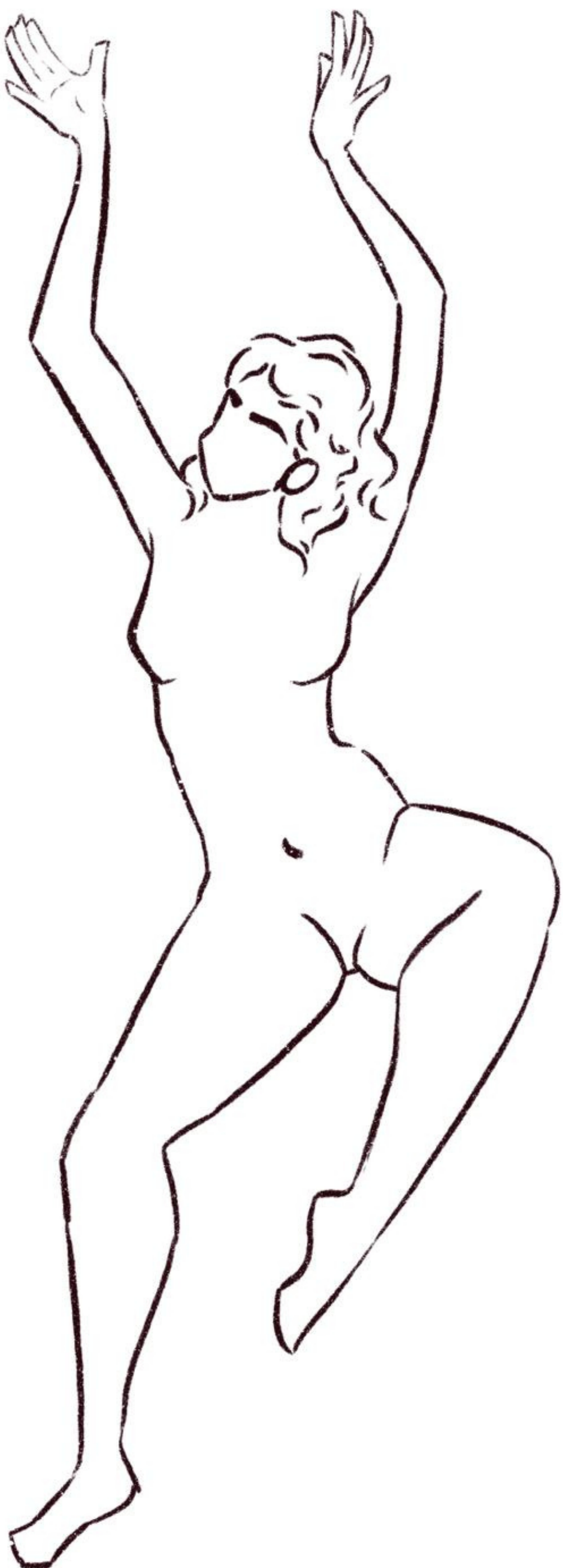
My nr2: Oh yes my feet!!
light strokes
firm massage - pressing points
sham oil 😊 kneading
luscious, slow, connected
kneading mixed with
leather light touch ♡

Arati's basics

my personal touch map



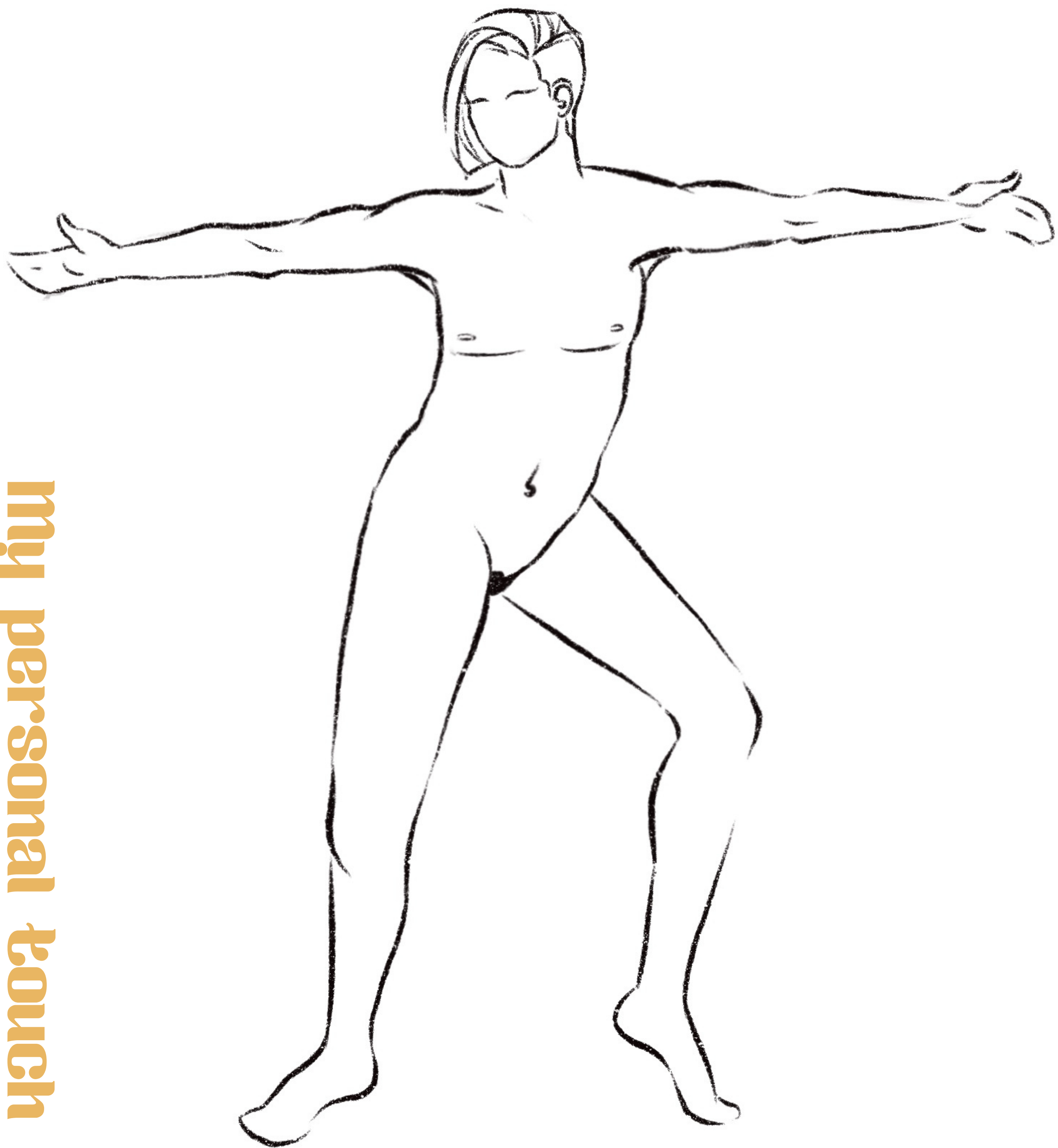
my personal touch map



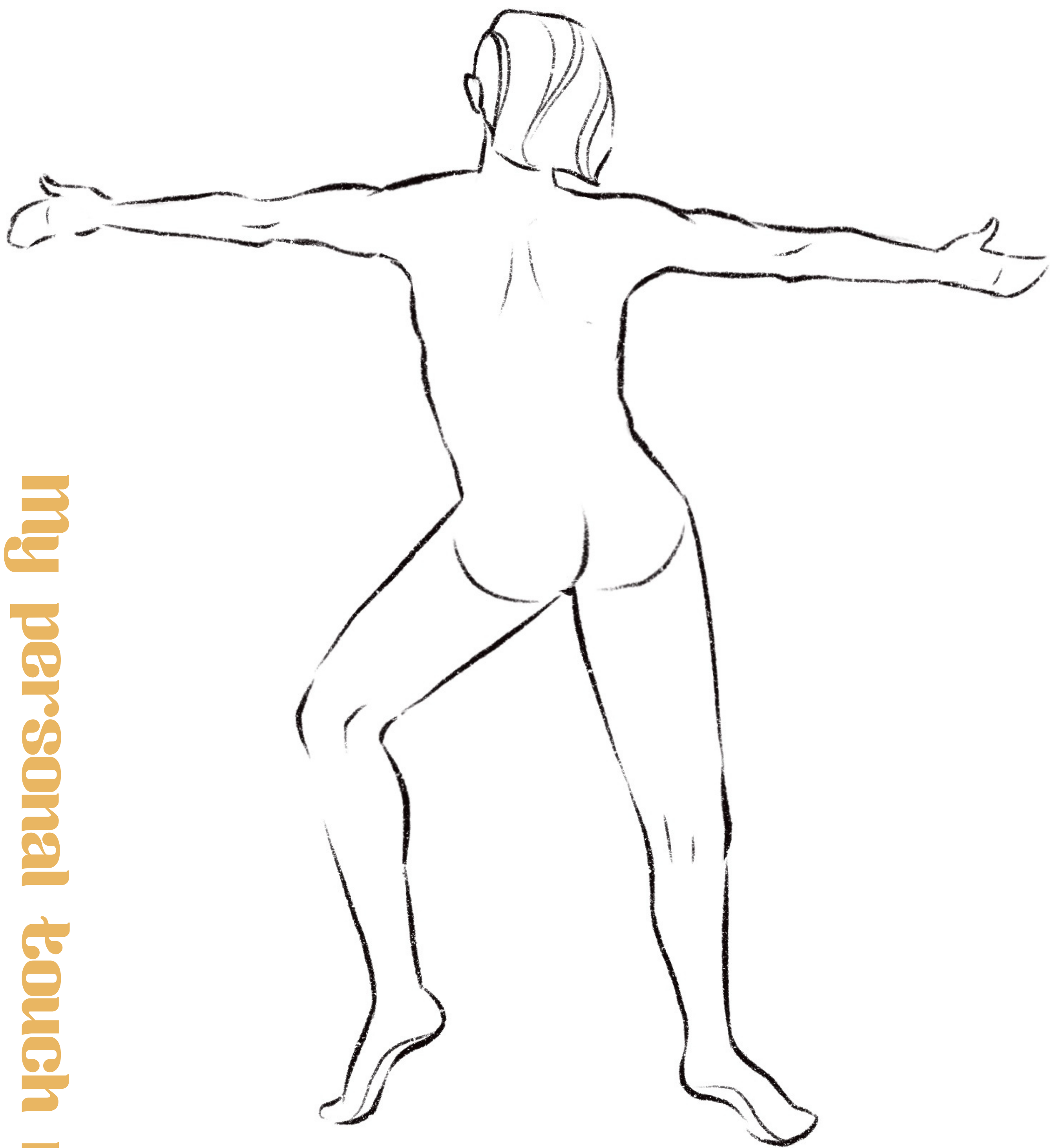
my personal touch map



my personal touch map



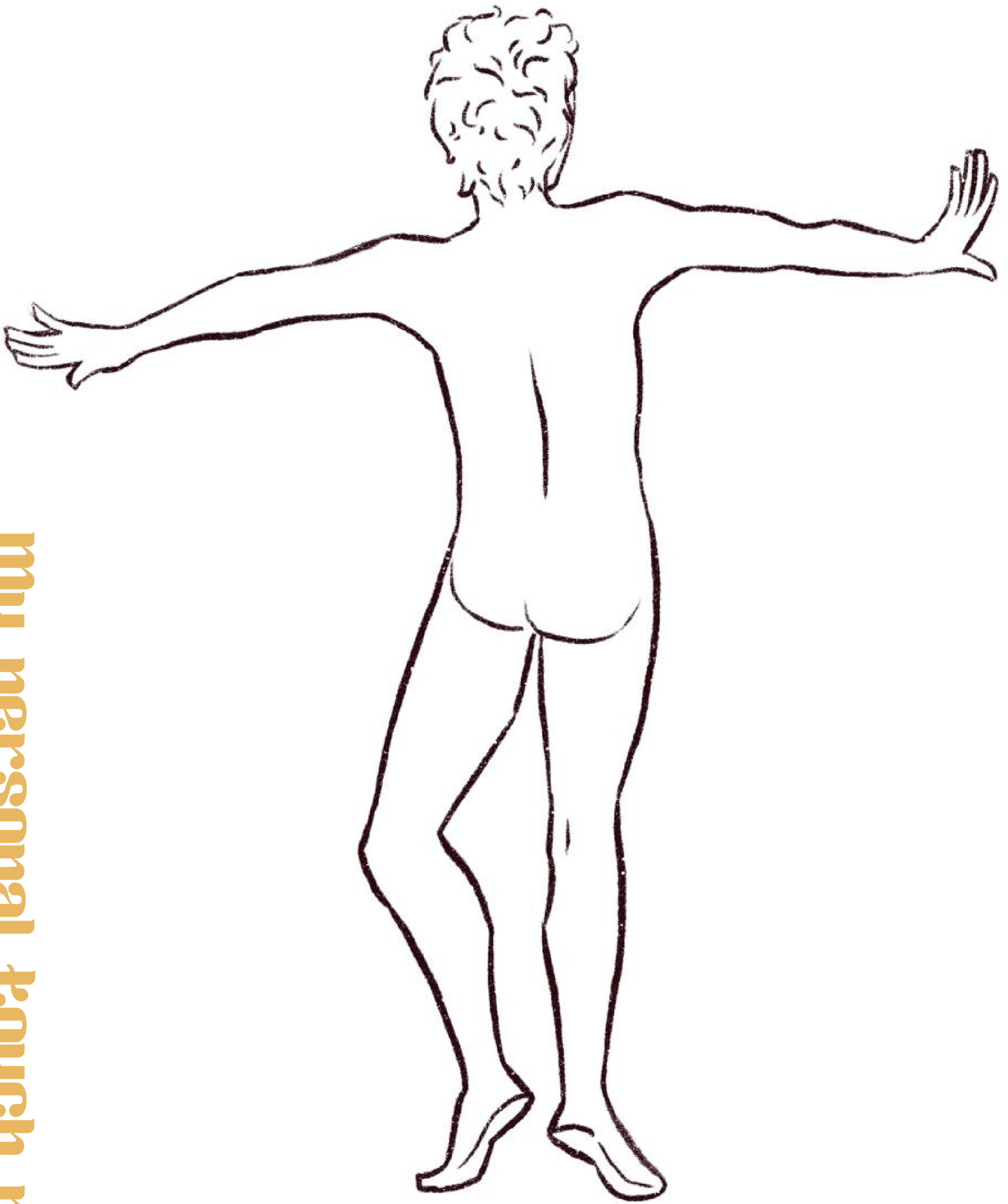
my personal touch map



my personal touch map



my personal touch map



Thank you for exploring this Touch-map

I hope you enjoyed it and had as much fun as I have had to create it. I really love to play with touch!

I hope that you became aware of the endless possibilities of how you can feed yourself, your partner, or each other. Designing your own Touch-map is truly a powerful embodied way of expanding your Self-Love.

Would you like to explore more?

I'm Arati and I'm a Somatic Sexological Coach & Trainer. I offer individual sessions (on- and offline) to people who want to transform their sex and intimate life. This often starts with exploring touch, learning to communicate with consent, and connecting with your sweet body.

If designing your unique personal Touch-map made you happy and curious, you'd like my upcoming deepening online course:

'Touch! Stop Craving, Start Receiving'

In this course, I'll take you on a journey through 5 levels of Touch, which will offer you deep experiences and amazing new insights around self-love, connecting with your body, and communication around consent. More news about this is coming your way.

Looking forward to meeting you!

Love, Arati

