

## Sensuality/Creativity Exercise

Brought to you by Jenean Jessen



Today, I invite you to take a break from the holiday hustle and bustle to devote some time within. Let your loved ones know you need some “me” time. I encourage you to devote at least one hour for this exploratory exercise. Prepare a cup of hot tea, light a candle, and put on some sensual meditation or relaxing instrumental music. Pick out your favorite art materials, crayons, paint, colored pencils, scissors, glue, magazines, whatever you feel drawn to express yourself with. This could be considered a vision board exercise or journaling activity. Ask yourself these questions:

“What is the essence of my sexual/sensual expression?”

“If I could express my highest sexual self, what would that look like?”

“How do I want to express my creativity and love in the world?”

Use only imagery for this exercise. This is yours to keep or share with whomever you feel safe and close to express this part of your essence. Have fun and ponder who you are!