



The Erotic Guide to Life in 5 easy steps*

***Just kidding your steps maybe different**

**A guide written by Jessica Jolie Badonsky
for Private Parts of Wellness**

Step 1: Define what the erotic is for you.

Living an erotic life begins with understanding your personal definition of erotic. People often associate erotic with bumping uglies, whispers in the dark, and gentle caresses, but it actually doesn't stay in the bedroom. Identifying the erotic only with sex is actually limiting. According to Audre Lorde, in her essay *Uses of the Erotic: The Erotic as Power*, the erotic is a feeling that drives a person's power, their purpose. As Beyonce tapped into Sasha Fierce's fierceness or Bruce Banner connected to The Hulk, the warrior knows how to tap into the depths of tenderness, and that is erotic power.

Recognizing the power of the erotic within our lives can give us the energy to pursue genuine change within our world, rather than merely settling for a shift of characters in the same weary drama.

Audre Lorde, *Uses of the Erotic: The Erotic as Power*

If you look carefully, you will find that the erotic exists in every aspect of your life, not just in the bedroom. But you need to realize its existence beyond the bedroom in order to recognize it.

Do you feel it when a song plays? When talking to loved ones? When exploring a big idea? In the work you do? When getting your hair washed?

Our erotic knowledge empowers us, becomes a lens through which we scrutinize all aspects of our existence, forcing us to evaluate those aspects honestly in terms of their relative meaning within our lives.

Audre Lorde

Step 2 : Mindfulness

Being present to everything is a way to observe the erotic in any circumstance. Meditation is the answer for some, while movement is the answer for others. I have ADHD, so it took me a long time to meditate, to sit, to stay put, and to be okay with my wandering mind. Many people find meditation feels like a nightmare if the silence makes them recall their traumas.

You'll see that I am always looking for the most painless way to do things, because if the assignment is to sit and meditate for 40 minutes two times a day and only wear white in my sacred corner, then it isn't going to happen.

You might find mindfulness in reading the descriptions of a few dishes on a menu and thinking, oooh, ginger is so good, cilantro is so fresh, my mouth is watering. You're mindfully tapping into the erotic right there.

Meditation/mindfulness contributes to getting perspective around circumstances because of its erotic component, resulting in clarity and action. It can be as simple as square* breathing, listening to binaural beats while you focus on your breathing, or finding a guided meditation, all free and as short as you can tolerate. You should know that meditation can lead to a kind of climaxing experience. Meditation is both hot and enlightening at the same time.

**Square breathing is you create an equal pattern of breathing. Inhale for a count of 4, hold for a count of 4, exhale for a count of 4, hold 4 count without breath. Then start again.*

Step 3: Movement & Rest

If you live in a city like I do, then movement seems to be a form of rest. It is almost stressful not to move, not to create, not to expand. When you combine that with a career focused on others, whether you're a healthcare worker, entrepreneur, or stay-at-home parent, action produces satisfaction. Moving forward becomes a habit, and for many of us, it becomes an activity without a focus.

The key to cultivating erotic power is to take action that is aligned with desire and purpose without "shoulding" on yourself. In step 2, I mentioned movement as a form of meditation. This can be yoga, or walking in nature, like the bamboo forest in the Bronx, yes bisssh bamboo in the Bronx. By flapping your arms even for 3 minutes, you can bring your focus to the body and out of your head. Clearing your mind for erotic insight. I mentioned motion can be perceived as rest. Rest can often feel like laziness, and only a place to make a list of what needs to be done unless the body has been exhausted. Allowing time to rest, learning to rest, allows our guidance to be heard, allowing your erotic wisdom to guide you.

Unlike the Ben Franklin's quote, "There will be sleep enough in the grave", I prefer Tracee Stanley's call to action in her book *Radiant Rest*, "Now is the time for us to learn how to sleep and awaken to our power."

It is the power of rest that fortifies the power of erotica.

Step 4: Creativity & Gratitude

Creative expression is more than writing a poem or creating a picture. It involves cultivating an exciting energy and using it to make something new. It's fucking lemonade!

To cultivate gratitude, sometimes you need to be creative. One day I needed a quarter, and I found two. In an age where there seems to be a shortage of coins, I don't get it, but whatever, I was excited to find 0.50 cents, I literally thought "how cool is that". Gratitude doesn't have to be an "at least..." it can be an "if and more".

Gratitude is noticing "what is" and then moving on to "what could be", which is an expression of your erotic power or even an investment in it.

Step 5: Recognizing Limiting Beliefs

What did these last 4 steps bring to your attention?

(Decades ago) a former mentor stated that "Can't lives on Won't street".

Almost all of us resist change, even when we are attracted to it and it "feels right". Maybe you can recall a few foods or even sex acts that you may have thought were "gross" until you realized they were delicious.

The point here is that when you feel a spark to explore, to change and you hear the conflicts, the old voices listing all the logical "No's," I believe those messages are worth exploring. Are they false beliefs that limit your progress, keeping you stuck? Limiting ideas may promise to keep you safe, but actually they keep you from realizing the erotic in everything, erotic wisdom.

Observing this disconnect with your deepest desires and trying to fit into a mold that may not be yours buries that erotic wisdom. Many of us have buried that wisdom for a long time.

Now you have the chance to uncover it.

**The steps above are just the tip of the erotic iceberg.
Let's go deeper.**

Are you curious but unsure where to begin?

Getting to know each other better is the first step.

With a discovery call, you are able to examine what could be, uncover your erotic wisdom while getting support to explore without judgement.

*Discover your erotic purpose.
Embrace your erotic power.*

**To book a discovery call check out
Privatepartsofwellness.com**