

FREE GUIDE



Becoming a sensually awakened woman by
turning pressure into pleasure!



01 What is your Sexual Energy?

Much higher orgasmic pleasure is the domain of all women. Understanding that sex is sacred can be like an initiation, a passing of feminine knowledge to each other.

If we have facets like a diamond, then sexual energy circulating through your body is like the light that makes you shine.

Thus, sexual desire is about so much more than pro-creation, or that momentary bliss of pleasure. When done right, it can be very much about healing and ascension.

When you KNOW your energy, you give yourself the permission to slow down and cultivate your pleasure, without being rushed by your partner. That is a power move in itself. You have the sovereignty to receive, slow down and ask for what you need. Holding the sex act sacred is the domain of the feminine. It's where we lead... but you need to get there first.

Sacred sex means building erotic energy and circulating it through your body, then passing it to your partner's heart and down through his body, which he then passes back to you. This is the cycle of cultivation. Take the time to build this up and enjoy it, without release. This alone can be a supremely potent practice. Sexual energy and creativity, intuition are all linked. So by cultivating this energy, not only do you bond deeper with your partner, you also become more awakened. And yes, you can practice Tantra solo.

02

What is blocking your flow?

1. We don't have spaces and women's circles to teach this work anymore.

3. A lack of mainstream mentorship and mastery around sacred sex.

5. Personal trauma and conditioning, leading to sensory numbness.

7. Repression of pleasure in medicine and religion. Witch-hunt on orgasmic women.

9. Living through masculine yogi practices - such as sending the energy to the crown.

11. Non- Intentional love making, going through the motions, checking out

13. Negative or disconnected relationship from our vuvlas / yoni.

15. Technology - screens and blue light sap our chi. Nature regenerates it.

17. Internalised trauma of the witch hunts - and so we protect ourselves by being good girls.

2. Societal trauma, confusion and misinformation about sex.

4. The stresses of technology and modern living - YANG, not YIN .

6. The SACREDNESS and ceremony is missing from sex and intimacy.

8. Goal-oriented orgasms (the masculine model)

10. Not being in your body, checking out during sex, due to a subtle stress response.

12. Feeling blocked and sexually confused from formative sexual experiences.

14. A fast paced life where we're rushing through experiences.

16. Being a product of conditioning that separates us from our powerful, potent truth.



03 How to *awaken...*

The mind is such a small part of who we are, and yet we are trying to run the whole world with it. It's like trying to squeeze a camel through the eye of a needle.

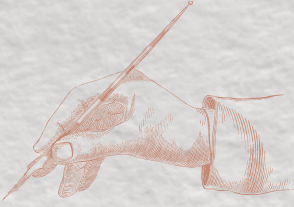
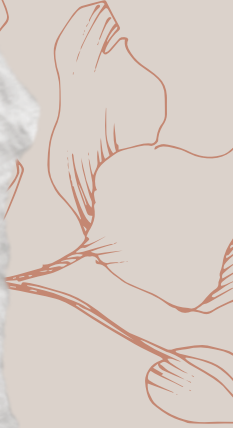
Our subconscious mind - which is the wisdom that is in our body and cells, is SO much more potent, in terms of magnetism, processing speeds - and yet we don't know how to access its symbolic power.

Yet when the body awakens, you feel more - and that is exactly how you access more of your subconscious. You become more sensitive to your inner world. When there is stored trauma in the body (and this can be very subtle), we become numb and shut down as a form of protection; reverting into our thoughts where fantasies keep us safe.

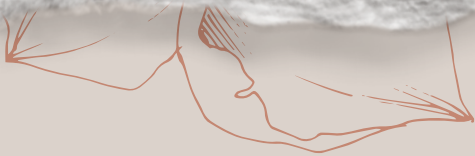
Tantric practice can release stress from the body, leaving you with more room to receive energy, sensitivity, and the sensation of pleasure. To begin, start to breathe deeper and relax into feelings of discomfort. Think of it as a sensual yoga, where you soften into the sensation. As you stay with it lovingly and consciously during love making, the waves of sexual energy and your breath will release that blockage and allow that energy to flow again, supporting you to feel more deeply.

Thus, a partner you trust and feel safe with is imperative. You can achieve a similar experience through solo exploration, in an experience known as de-armouring.

Reflection Page



Any other notes....





- The breasts and hips are portals to power. In the heart and womb there is no fear or control - only power and love.
- Regularly place a hand over your womb or vulva to, communicating love and appreciation to that part.
- Open your hips!! Shake and dance them. Squat!
- Exhale 10 times with a loud sigh. Your voice will open your whole body with its vibration!
- Gently bounce your sacrum against the floor for a minute a day to activate your Kundalini energy.



- Make love in a way that celebrates your inner Goddess
- A woman can widen the range of what 'good sex' is and educate her lover/partner in learning skills of lovemaking that focus on pleasure for pleasure's sake.
- it's important to train one's mind to remain in the present, not anticipating the moment when you are to be satisfied.
- "Keep attentive on the fire in the beginning, and so continuing, avoid the embers in the end."
- Literally make LOVE and put more love frequency into the world through your hearts.



- "I feel pleasure and deserve lots of it!"
- "I have a wonderfully beautiful yoni that loves to be caressed."
- "I can feel warmth and pleasure in my yoni, my jewel."
- "(Your name) and my yoni are becoming better friends."
- "It is easy for me to give and receive pleasure"

Common Inhibitors to Receiving *Pleasure*

The self-destructive cycle that blocks your power



Communing with feelings



Do this when you feel blocked or in pain...

1

Is it moving or still?

2

Where is the feeling located?

3

What colour is it?

4

What temperature is it?

5

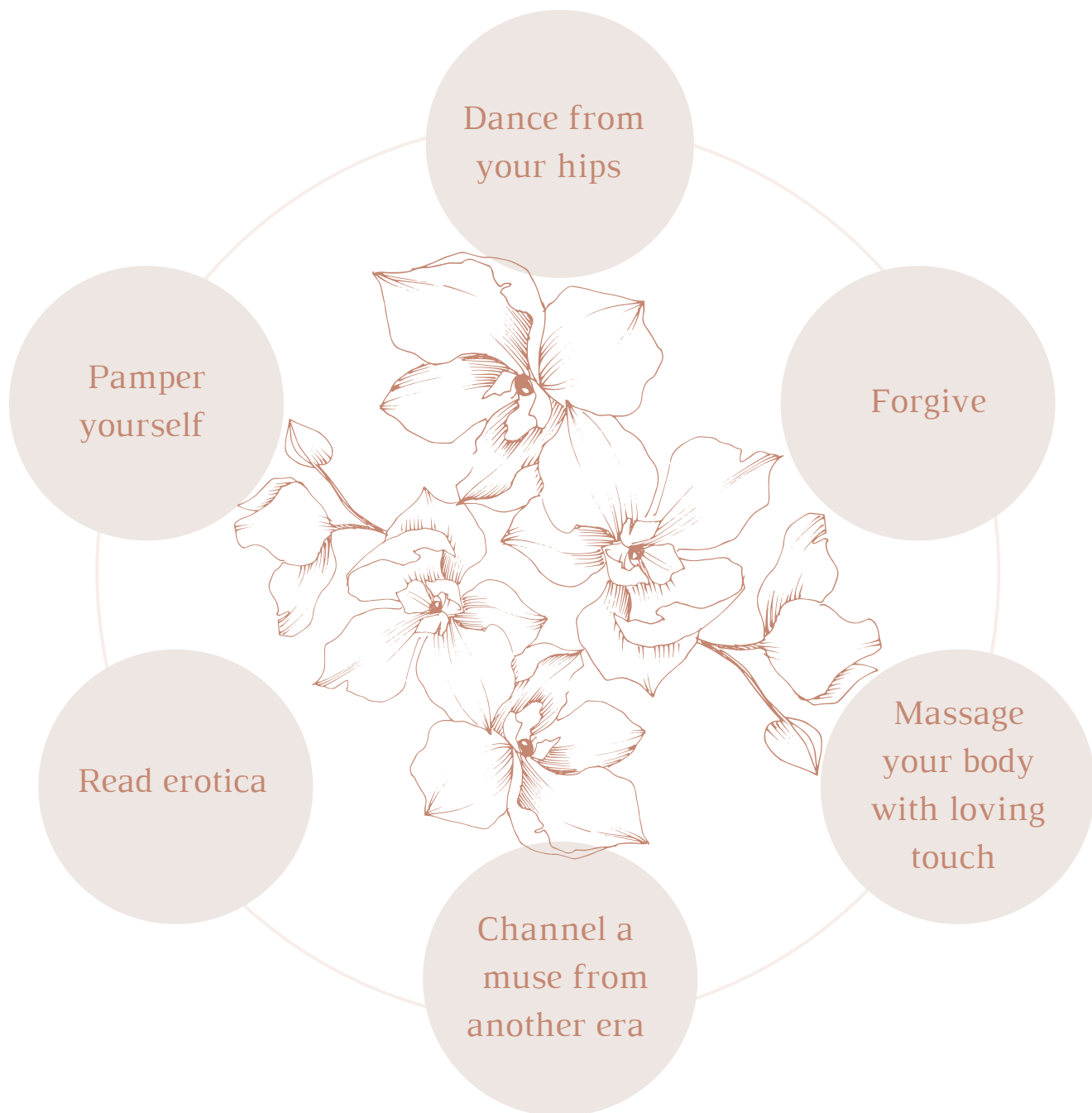
What is the texture like?

6

What shape is it?

Strategies for Softening

What else can you add to this menu?



Life Improvement Sphere

Do something positive towards each one every week





hey,
I'm Alina Rose

My DIAMOND CODES process is crafted for women who have lost that sacred connection to their inner spirit - and desire to re-establish it to experience a more full and pleasurable life!

Uses leading edge methods to work with both the logical and subconscious parts of your brain, I provide guidance and ideas for time-strapped women on how to bring more magic and power to their world through one-on-one coaching, keynote speaking, writing and group experiences.

Please get in touch if you have any questions about the materials - or would love to explore Tantric tools in your life more deeply.

I hope you enjoyed the guide!