

5 Tips to Awaken Your Sensuality

A Free Ebook
by
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Sensuality has always been a hot topic surrounded by fascination, doubt,
fear, and desire.

We want it but we´re afraid of it;

We look for it but we don´t know what it means. Not really;

We wish to feel more sensual - in our dance and in our life - but we don´t
know how or what that looks like.

Through the Art of Egyptian Dance and the years I worked and lived in
Egypt, which allowed for an intense immersion in the Egyptian Culture, I
´ve come to discover Sensuality in a very unique, healthy, and empowering
way.

In this Free Ebook, I'll share a bit of that life-long discovery, or rediscovery, in the format of 5 Tips I know, for sure, will awaken your Sensuality.

Not the male-gaze oriented sensuality we're sold, in the East and in the West, but another kind of Sensuality - one that speaks about zest for life, joy, resilience, and the pleasure to be fully, and unapologetically, alive.

Ready to start your Journey back to your Sensuality?

Dive in.



Tip #1

Redefine Sensuality & clean the negative assumptions that surround it.

How you define Sensuality defines the way you experience it.

If you bought into the trap of believing sensuality is something nasty, naughty, ethically or morally wrong; a skill we develop to seduce someone, or everyone, you're in trouble. But, hey, we're here for a reason.

The good news is nothing is set in stone, we can shape and reshape our beliefs.

What's Sensuality, for you?

What kind of ideas pop into your head when you hear the word "Sensuality"?

Visualize yourself feeling "sensual". How does that make you feel?

Comfortable, nervous, free, anxious, good, perhaps guilty?

The first step to awaken our Sensuality is to do an internal check-up, realizing what concept of Sensuality has been installed in our system.

If you've been fed - by family, teachers, friends, religion, society - negative ideas around Sensuality, it's time to question them. And change them.

Here are a few basic facts about Sensuality I'd like you to consider:

1. Sensuality is not about the other, it's about yourself. Understanding we develop our sensuality for ourselves, not for others, is a must.

1. Sensuality is not, necessarily, a seduction ritual. I can feel sensual without wanting to seduce another person. Separating sensuality from “seduction” is an essential step in your awakening.

1. Sensuality is not something we do in specific situations, not a feeling or a sensation we get within pre-defined circumstances - Sensuality is about feeling good on your own skin and building a predisposition to enjoy life to the fullest with all it has to offer. At all times.

1. Sensuality is not something we build, copy from someone else, or force upon ourselves. It’s a natural, organic, fluid way of experiencing life.

1. Sensuality is not purely physical. It’s a multidimensional process composed of the pleasure/joy we get from our physical body as well as from our mental, emotional, and spiritual body.



Now, that I've shaken your prejudices and we've launched the bases for the awakening of your sensuality, **here's what I'd like you to do:**

Grab a notebook and a pen and sit comfortably for 15 undisturbed minutes;

Have a cup of coffee, or tea, as a companion and be honest with yourself.

Write the answers to the following questions:

1. What messages did I receive, as I was growing up, on Sensuality and Sexuality?

1. What was I told about Sensual Pleasure? Did I believe what I was told?

1. Have I ever felt pleasure in my own skin while I'm dancing?

1. Have I ever felt pleasure in my own skin while I'm living?

1. How do I define Sensuality (in my own words)?

That's it. Notice what kind of prejudices and negative assumptions you carry within in relation to Sensuality. After you've identified them, question them and see if they still make sense.

Stuff we believed as children or teenagers may not make sense to us as adults; we're continuously growing and reeducating ourselves.



Tip #2

Befriend your Physical Body.

Although Sensuality isn't purely physical, it starts with the physical.

If we deny the physical body, we deny an essential dimension of our human existence and of sensuality.

We´re composed of body, mind, heart, and soul and so is our Sensuality Awakening Adventure.

The physical body is a door to the mental, emotional, and spiritual bodies. It's not their opponent, as many Religions have made us believe, or an obstacle towards spiritual enlightenment.

See yourself as a system composed of many layers, dimensions, and sides. The physical body is one of the main layers.

What happens when I don't have a loving relationship with my physical body?

Aside from the health implications - lack of self-love leads to a lack of self-care which leads to a lack of health -, a negative relationship with our physical body will close the doors to Sensuality.

I can feel pleasure in/through my body when I embrace, love and respect my body;

I can surrender to the sensation of joy, well-being and peacefulness when I embrace, love and respect my body;

I can allow myself to go deep into the pleasures my physical body provides when I embrace, love and respect it.

The use of the 5 main senses - touch, smell, sight, taste and hearing - is conditioned by the level of acceptance and respect for my body.

Diving deep into the pleasures provided by those 5 senses; breath, movement, music, feeling, exploring and expressing can only be possible if I'm happily at home in my own body.

So, the second tip I'd like to share with you is to **BECOME YOUR BODY'S BEST FRIEND.**

Working diligently on a positive relationship with your body is a non-negotiable key to awaken your sensuality.



Here's what I'd like you to do:

1. Check your current relationship with your body. What do you think and feel about your body? What words do you say to/about it? What goes through your head when you look at yourself naked in the mirror?

1. Reconsider your basic Self-Care Routines. What do you do, daily, to care for your body? Are you consciously choosing what you eat and drink? Are you choosing positive thoughts to deliver your body? Do you meditate and exercise regularly? Do you respect the hours of sleep your body needs in order to thrive?

1. Create a Love Letter to your Body, acknowledging everything that makes it unique and amazing.

There are no two bodies alike. Everybody is unique.

What makes your body unique? Perhaps it's the color of your hair, your eyes, the shape of your hands, the strength of your legs, your smile, or something else.

How much does your body provide, silently and efficiently, to your existence? It allows you to be alive, to work, dance, learn, love and be loved; it allows you to travel, speak, listen, feel, eat and cook; sing, cry, smile, hug, kiss, and caress your loved ones.

Become aware of how you take care of your body, how you talk to/about it, and how you can show it more appreciation.



Tip #3

Reconnect with your Breath.

Breath? What does breath have to do with Sensuality? Are you nuts?

I'm nuts, that's obvious and official, but I also know what I'm saying. Keep reading.

Breathing consciously is a game-changer on many levels.

Educating your breath can improve your health, focus, digestion, concentration, productivity, creativity, and performance; it can bring stress levels down, make you feel grounded, safe, and in flow with life; it can reduce anxiety, symptoms of depression or sadness, and overall instability. Simply put, it can make you a healthier, more creative, grounded, happy person.

These days, we live in a flight or fight mode due to the amounts of constant stress and overstimulation we're subjected to. Our breath becomes shallower, inconsistent and fast as a consequence. That results in less oxygenation of our blood, muscles, and brain. You see where this is going.

In the Kingdom of Sensuality, breath is the silent tool nobody will be able to live without. If they do it right.

Breathing consciously and deeply is a major key to awaken your Sensuality.

Becoming aware of the Inhalation and the Exhalation of the air is the first step. Notice how the air enters your body through your nose and how it leaves your body through your mouth; for a deeper, healthier breathing process, send the air to your abdomen and out from your abdomen.

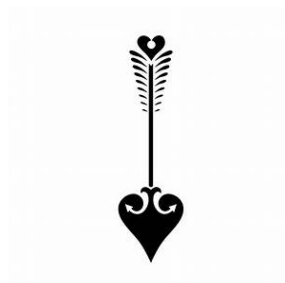
Creating what I call “breathing spaces” - in your dance, as in your life - is the second step. Slow down or/and pause so you can focus, even if just for a couple of seconds, on a deep conscious breath.

The moment you dive into your breath and you stay with it, in full awareness, a wave of relaxation and well-being runs through your Being. Not only your physical body but your entire Being feels instantly refreshed, recentered, and in peace.

That feeling of wholeness, the one you’ll get when you practice conscious breathing, will lead you to other pleasures, sensations, feelings; it’ll open the doors of perception to the visible and the invisible world.

Want more Sensuality?

Breathe more. Slower. Deeper. More consciously.



Here’s what I’d like you to do:

1. Practice conscious meditation daily. Create your own daily meditation practice, even if just for 5 minutes per day, in silence or with soft instrumental music, structured in the following manner:

Inhale through the nose in 1-2-3-4-5-6 seconds sending it to your abdominal area;

Hold your breath for 1-2 seconds;

Exhale through your mouth in 1-2-3-4-5-6 seconds, bringing the air out from the abdomen, released through your mouth.

1. Add the supra-mentioned "Breathing Spaces" to your Dance and to your Life. Reserve slots of 1 minute breathing practices throughout your day; slow down and/or pause while you're dancing so you can close your eyes and take a deep, conscious, slow breath.

I won't make a case for the importance of breath. Try it. Consistently. Check how it feels - you'll know why I consider it one of the keys to awaken your sensuality.



Tip #4

Focus on how you feel, not how you look.

Then again, you may think I'm nuts. Then again, I'll tell you I am but that has nothing to do with the truth bomb I'm about to drop on your lap.

Although we associate Sensuality with physical beauty, a certain way of looking and moving - aka our "attractiveness" quotient - the truth is Sensuality is about how you feel, not how you look.

Here's the problem: most dancers, and non dancers, are focused - no, not focused, **obsessed** is the word - with how they look. How their movements look, how their hair, face, legs, tummy, and chest look; how they appear to the outside world.

Now, hear me carefully. Bring yourself closer to this Ebook as if it was about to whisper something important into your ears. Pay attention to the following:

Sensuality can only happen when I turn my eyes inside. When I focus on how I feel, how my body - muscles, bones and joints - feel, how the music makes me feel, how each movement and moment makes me feel.

Focusing on how you look will not only rob you of your sensuality, it'll also stop you from experiencing the Magic of Existence.

Your Dance & Life thrive when you feel them, when you juice the pleasure(s) out of it, when you're present, comfortable on your skin, and open to the experience of each moment.



Here's what I'd like you to do:

1. Develop your self-confidence so you don't define yourself, and your worth, according to the way you look;

1. Value yourself - remember you're more than the way your body looks and there's always beauty in a person who dances and lives from the heart.

1. Focus on feeling. In dance, as in life, put your focus on "how you feel", not on how you look.

1. Remember: life's short and nobody will remember if you had short or long legs; brown or white hair; a crooked nose or a small mouth. Life's bigger than any beauty standard. And so are YOU.



Tip #5

Lose control.

Ok. Joana. Jo-a-na. Come on. You´re definitely out of your mind. And you want my demise.

I hear you, sister, but no, please, reconsider; keep reading.

I'm not saying you should take to the streets naked, singing "It's Raining Men", doing the hoochie coochie and balancing ten plates on your left hand. Although that sounds like fun, I'm proposing something different:

Losing control, in the context of Sensuality, means SURRENDERING.

Surrendering to the pleasure, the pain, the sensations and the emotions we're feeling at every given moment.

Surrendering, or losing control, is allowing the heart, the womb, and our sensual/sexual energy to take over, allowing us to EXPERIENCE our dance and life without the limited lens of our rational - control freak - mind.

We're afraid of not knowing, not controlling the outcomes, not being in rational charge of what we do; diving so deep into our Unconscious that we lose sight of who we are, our name, homeland, and constructed identity.

I'm here to tell you there's a place where there's no identity, age, nationality, or any other human-made label. It's a place of peace and wholeness where we're our soul. Only our soul.

Go there. Meet me there. Most importantly, *meet yourself there*.

There's nothing more sensual than the ability to get lost in the moment, enjoying it to the fullest as it is, as it comes, as it wants to be, without controlling it with our rational mind.

There's beauty in Mystery, in the Dark, in the Unknown, in the Essence, in discovering what happens as we move forward. Allowing life to surprise you is a good thing. Believe it. Try it. Report back if you can express it through words.

“Out beyond ideas of wrongdoing

and rightdoing there is a field.

I'll meet you there.

When the soul lies down in that grass

the world is too full to talk about.”

— **Rumi**



Here's what I'd like you to do:

1. Understand there's a Rational and an Unconscious mind. Although the rational is in charge in most of our human interactions, it doesn't have to be that way if* you decide to do things differently.

1. Improvise a dance piece with your eyes closed. It doesn't need to be the Swan Lake; you don't have to be the reincarnation of Nijinsky. You just have to show up as you are and move freely to the sound of the music.

2.1. Choose a musical piece you particularly love. Close yourself in a safe space where you know you'll not be observed or interrupted; connect with your breath and the music and dance.dance.dance.

Dance some more with total disregard for how you look like, the quality of your dance, or any other external demand. It's all about the EXPERIENCE and how deeply you'll allow yourself to enjoy it, even without understanding it.

1. When you make love, surrender to the pleasure. Don't think, plot, fear, or observe. Dive in. Totally, shamelessly, in trust and in love.

1. When you eat, chew slower, more consciously; smell the food and look at it before you eat it; take time to feel the flavours and how they affect your body.

1. Start to use your Intuition as a decision-making tool. Don't throw away your rational mind - it's an essential surviving and thriving tool - but give Intuition a chance. Observe how your body feels and communicates with you when a decision has to be made; listen to the signs your body provides; reconnect to your womb, stomach, and heart - are they comfortable, tight, tense, hurting? By connecting with the "other side" of the rational mind, you open yourself up for a brand new world made of deep dives, flow, ecstatic pleasure and, alas, true Sensuality.



P.S: Would you like to go deeper into the magical kingdom of Sensuality?

If so, consider joining our pioneering Online Courses

“How to dance a Baladi Awadi” and

“How to Awaken your Sensuality with Egyptian Dance”

Discover these Courses, right HERE:

<https://www.joanasaahirah.com/joana-saahirah-online-dance-school-courses>

See you soon at Joana Saahirah’s World!

www.joanasaahirah.com



Who is Joana Saahirah?

Joana Saahirah is a world-renowned Professional Dancer, Teacher, and Choreographer (specialized in Egyptian Oriental and Folkloric Dances), Actress, and Author of the book "The Secrets of Egypt – Dance, Life & Beyond", a pioneering book, now on its 2nd edition. One of the most well-known, respected, and original Oriental Dancers in the World.

After almost a decade of Life and Career in Egypt with her own orchestra – rescuing the ORIGINS and ESSENCE of Egyptian Oriental and Folkloric Dance -, Joana Saahirah has created a style (of teaching, choreographing, and performing) that UNITES EAST and WEST; the best of Egypt and the best of western open and free mind; technique and expression; healing and art; the reconnection of MIND, the HEART, the BODY, and the SOUL.

Joana has been a constant presence – as an invited artist, choreographer & teacher – at major International Oriental Dance Festivals. She's also the founder of Joana Saahirah's Online Dance School delivering authentic Egyptian Dance, Self-Discovery & Empowerment.