

Embracing your ME after our conscious kink Xperience!

Thank you, lovely soul, for your trust and all that you brought into our space with all your body, your mind, your emotions, your energy and your spirit.

After such an emotional intense and intimate encounter with the SELF it is especially important to take good care of your precious you.

Thus, we have thought of collecting some inspirations for you to integrate this Xperience as best as possible into your being.

For the BODY

1. Water wash it out

Please drink a good amount of water, to purify and to cleanse your body. When we go into this strong energetic work, stuck energies may release and we can help to rinse old stuff out of our system by drinking a good amount of water. Recommendation: 3-4 litres the day after

2. Rinse it off

When we play on such an intimate level with many different energies, we mingle with them. To come back to our natural flow of energy in your system it is always good to rinse the energy off with a good long bath (preferably in nature) or a shower.

3. Breath with sound

Don't forget to take a moment (best every day) and take some deep breaths in with the sound "aaaaaaaah" on the exhalation, to calm down your nervous system and land in the receptive energy. Connecting body, mind and soul.

For the MIND

1. Journaling

Sit down and grab a paper and a pen or your diary. Go back to the experience of our BliXX and listen into your heart and being.

Guiding questions that can be reflected upon are:

- What parts of me did I explore that I haven't been connecting with before?
- What is my biggest realisation? And what does this tell me about my personal and spiritual evolution?
- Was there something that brought up a fear or triggered me? If yes, what was it, why did I get triggered and how can I raise my level of awareness¹ for me in future?

¹ Levels of awareness: (Ananda Kumar, Vighian Bairav Tantra Teacher)

Level1: I am aware after I do something

Level2: I am aware while I am doing it

Level3: I am aware before I do it

Write down whatever comes up, without judgement on where you are. Accept whatever is moving in you and through you.

Remember there is no right or wrong, this is just where and how you are right now in this moment. There is nothing to go or do to accomplish in order to become more whole. It is about accepting all that you are right now. Acceptance and allowance will bring future transformations.

2. Reflection with a friend

You can also call your best friend or your evolutionary ally and share your experiences with him/her/them. This will also lead to deeper integration, when we allow ourselves to show our deepest and most intimate self to someone else.

For the SOUL

All is interconnected, of course, what nourishes the body and the mind nourishes the soul. Still, there is an awesome exercises we would love to share to integrate these experiences through roughly.

Eye gazing with the higher self

Sit naked in front of a mirror and start taking some deep breaths with the sound “aaaah” on the exhalation. Start to look in your own eyes in the mirror. Gaze deeply into yourself. See your soul, observe what comes up. Whatever you experience, let it move through you while gazing into your eyes and seeing the divine being that you are. You are made out of stardust.

While you are sitting there and eye gaze with the divine you in the mirror you can tell yourself:

I am an orgasmic being. Breathing love, living love and being love.

All of me is welcome here.

Believe omnipresent, omniscient, pervading.

(Vighian Bairav Tantra Sutra)

If you need any support in your process, please reach out to us, we are here for you or join our Facebook group and share with BliXXstars around the world. We are in this together!

<https://www.facebook.com/groups/BliXX/>

**Kinky blessings,
Queen B and Priestess A**

Stay tuned:
Instagram: Xperience_BliXX