

## Worksheet

QUESTIONS

RESPONSES

# The LOTUS Method ~ 5 Steps to An Awakened Female Sexuality. An intuitive, creative and transformative Empowerment

LOTUS stands for:  
Love Yourself Fully,  
Open to Orgasmic Bliss,  
Trust Your Authentic Expression,  
Union with Self, Beloved and Divine and  
Surrender to Satisfaction!

Name \*Short answer text  
.....Email \*Short answer text  
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"The Lotus flower is an ancient, divine symbol. It's unfolding petals and the growth of it's pure beauty from the mud of it's origin symbolize birth and rebirth" - unknown





The first step in the LOTUS Method is to Love Yourself Fully. When we Love Ourselves Fully we accept, appreciate, admire and nurture ourselves and all our many aspects. Do you love yourself fully? Are there ways that you do not? Write some free flowing words here to express how you do and do not Love Yourself Fully. \*

Long answer text

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Self-Care is an act of Self-Love. Do you engage in self-care? If so, what are some ways that you engage in daily self-care?

Description (optional)

Ways I love to take care of myself are:

Long answer text

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Ways I would like to take care of myself but do not are:

Long answer text

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When we Love Ourselves Fully we also allow others to love us fully in the way that feels good to us. Do you allow others to love you fully? Do you engage with people who do not? Express some of those thoughts here. \*

Long answer text

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The second step in The LOTUS Method is to Open to Orgasmic Bliss. How open are you to your own orgasmic bliss? Do you feel your orgasm as a beautiful part of yourself? Write down some of your thoughts about your orgasm here.

Long answer text

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How would you like your orgasm to be? Would you like it to feel more connected to your heart? Would you like a fully-bodied orgasm? Are you goal oriented and only feel pleasure during orgasm and would like to extend that sensation? Write down some of your thoughts about how you would like that to be.

Long answer text

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How open are you? Being open can be many things to different people. It can be a heart centered experience, it can be about allowing abundance into your life. Write some words here about your experience of being open.

Long answer text

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What would it feel like to be Open to Orgasmic Bliss? How would it change your life? How would it lend to your empowerment as a Feminine being? Write some words to express this.

Long answer text

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The third step in The LOTUS Method is Trust Your Authentic Expression. What does the word Trust mean to you?

Long answer text

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Do you Trust Yourself? List some ways that you do and list some ways that you do not trust yourself.

Long answer text

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How have you given your power over to others and trusted their judgement over your own? How has this affected your life?

Long answer text

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Are there ways that you have shut down your own authentic expression because you do not trust it? Write some words to describe that experience.

Long answer text

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What is your Authentic Expression? Do you know what it is?

Long answer text

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How do you hold yourself back from your Authentic Expression and why do you?

Long answer text

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How would your life change if you were to Trust Your Authentic Expression? Be bold here, reach for the stars and let your mind be as fantastical as possible, as down to earth as possible or as creative as possible. This is your chance to dream of your life as you would like to live it.

Long answer text

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The fourth step in The LOTUS Method is Union with Self, Beloved and Divine. This can be expressed as deep self-love, a wonderful and healthy relationship to a partner, a transcendent, spiritual experience with the Universe or anything you feel it could be. How would it mean to you to have Union with yourself, with a Beloved and with the Divine?

Long answer text

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How do you nurture the Unions that you already have? How do you tend to those Unions?

Long answer text

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Would you like to experience Union in a way that you currently do not?

Long answer text

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Would you need to give up a part of yourself to experience Union with a Beloved? Are you currently giving up pieces of yourself in your Union with your Beloved? What are your thoughts about this?

Long answer text

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What would healthy Union look like with your Beloved?

Long answer text

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How do you know when your Union with your Beloved is healthy? Is there something within yourself, perhaps in your Union with Yourself, that changes when things are healthy with your Beloved? Write some words to express

Long answer text

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Have you had an experience of being in Union with the Divine? Has it been a sexual experience? Describe that. If not, can you imagine what that would be like?

Long answer text

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Do you desire your sexuality and spirituality to be connected? How has your culture encouraged that? How has it not? Do you have any judgements

Long answer text

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How would your life change if you were to have Union with the Divine during your lovemaking? Would you feel differently about yourself and your

Long answer text

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The fifth step in The LOTUS Method is to Surrender to Satisfaction. What does the word Surrender mean to you?

Long answer text

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How can you Surrender into your sexuality in ways you have not?

Long answer text

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Are you Satisfied with your sexuality? What is holding you back?

Long answer text

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What would it feel like to Surrender to Satisfaction in your sex life and your gender identity as a feminine being? Would it change how you move through the world?

Long answer text

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Do you believe that a person can truly be satisfied? If so, write about that. If not, why not?

Long answer text

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How has culture and society shaped your beliefs to either feel satisfied or not sexually?

Long answer text

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Can it sometimes be as simple as saying Yes to your life? Can sexuality be a simple Yes to Pleasure? Or is there more to it than that? Share your thoughts here.

Long answer text

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What would it take for you to Surrender to Satisfaction? What stands in the way? Share about your resistance and be as vulnerable as you can about what may be holding you back.

Long answer text

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As you put the pieces of The LOTUS Method together in these questions see if there is a theme emerging from your answers. You are the author of your own story. What is the story that you are telling yourself?

Long answer text

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If it was as simple as Loving Yourself Fully, Opening to Orgasm, Trusting Your Authentic Expression, Union with Self, Beloved and Divine, and Surrendering to Satisfaction what is the work that you need to do to be fully empowered? You are your own teacher, what is your teacher telling you?

Long answer text

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Thank you for being vulnerable and answering these questions. This worksheet will be used in designing a program for you to take you through the steps of The LOTUS Method. This is an empowerment tool and is not intended to replace any other important therapeutic work you are doing in your life. This is a beautiful addition to everything else you do to celebrate YOU. As you go through the process you will find that you are unfolding and opening in new ways. Thank you! Share any last thoughts on this exercise

Long answer text

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