

A GUIDE TO LOVING SELF-EXPLORATION

A WOMAN'S ROADMAP TO SELF-KNOWLEDGE
WRITTEN BY ANNA SCHEER

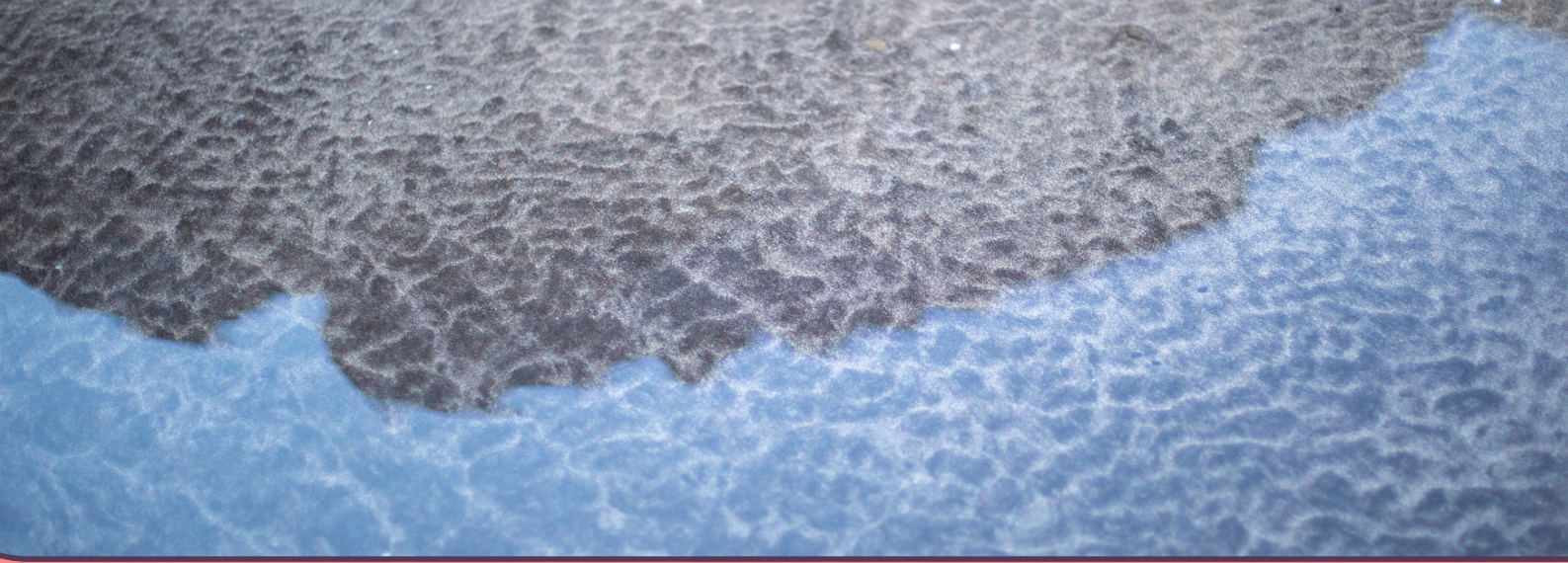
the more
we touch -

the more
we feel.



EDUCATOR & COACH
ANNA SCHEER

My name is Anna. I am a sex & art educator, artist and certified as a Bodysex® coach. As a passionate educator I see the need of sex education for empowering women to build a healthy connection to their bodies and rekindle uncompromising pleasure. The right education breaks down barriers, removes body shame, builds confidence and entitles women to pleasure.



WELCOME

In a world that often pulls us in a million directions, it's easy to lose touch with our own body. Imagine a space where you can slow down, breathe, and rediscover beautiful sensations that exist within you.

My unique program is designed by women, for women, and is dedicated to guide you through the art of self-discovery as a pathway to self-love and deep connection to your body.

Through a gentle practice and a loving approach, you'll learn to see your body in a new light, understand its unique needs and wishes, and respond with kindness and compassion.

Cultivate a sensuous awareness that ignites your passion for life and adds a new depth to experiencing intimacy with yourself.

As you learn to appreciate the beauty of your body and the sensations it can experience, you will naturally feel at home in your body and radiate that confidence out into the world.

YOUR GUIDE

This guide is designed for you to gain basic knowledge about the female sexual anatomy. Every woman can have an orgasms with the right support and education. Right now, this is about making the first steps and learning about your sex organ.

Further along you find a guided practice termed as "Vulva Gazing" with the intention for you to lovingly discover the delicate nuances of your vulva in a cozy and well lit space. Don't miss out on understanding, seeing and feeling every little beautiful part of your unique flower. The diversity of vulvas is infinite and each one is perfect exactly as she is.

Integration is a very important asset to this work. I invite you to journal about your experience. I listed a few question for you to reflect on.

As you are doing the practice there is a mantra I want to give to you. Do every little step of this journey so it feels best to you. You are the expert of your own body and your pleasure. Do it how it feels best to you!

Enjoy your practice!

CLITORAL EDUCATION

A brief introduction into the anatomy of your clitoris.
You will gain basic knowledge of your clitoral system.

SENSUOUS SPACE

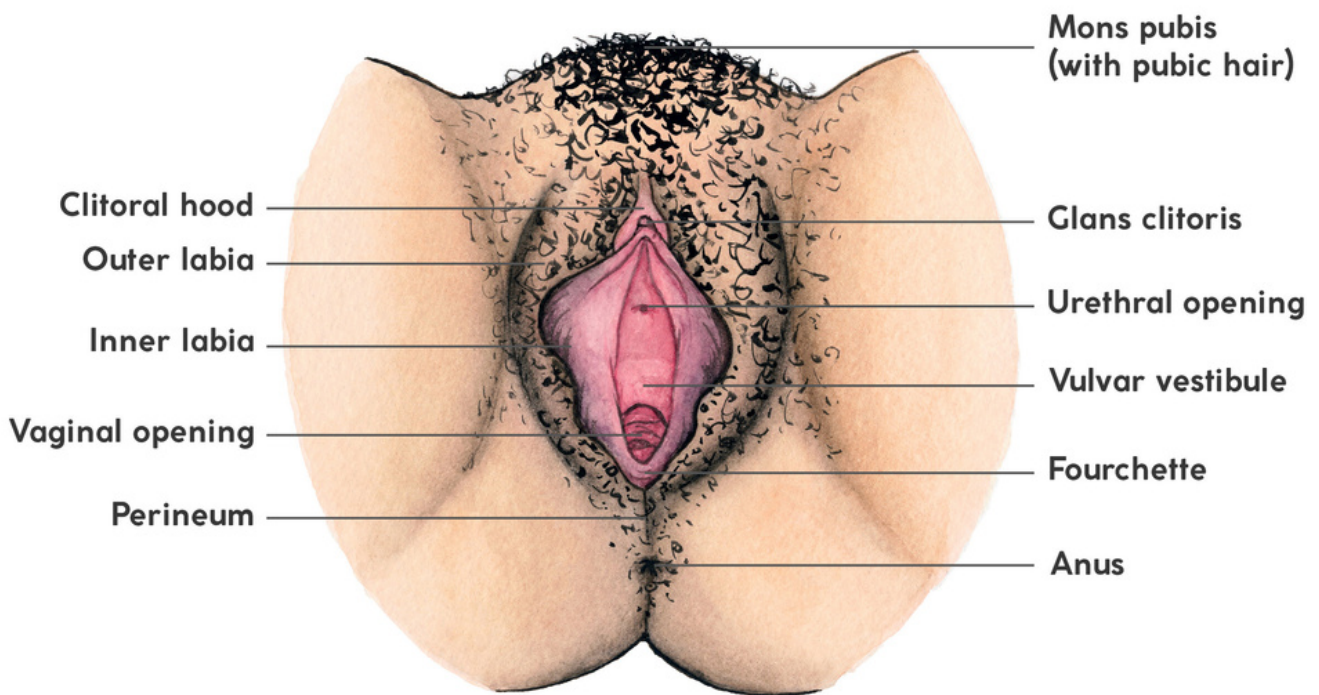
Creating a calm and soothing environment is essential for self-care.
Here are some steps you can follow to get really cozy.

YOUR SELF-DISCOVERY

Ready to embark on this intimate voyage of self-discovery?
Engage in a gentle practice of self-awareness incredibly empowering
and valuable for personal growth and well-being.

REFLECTION & GRATITUDE

Journaling can be a powerful tool for reflection.
Express gratitude to yourself for setting aside this time for self-care.



© Illustration by Hilde Atalanta – The Vulva Gallery

THE COMPLEX CLITORAL SYSTEM

Take a few minutes to study this beautiful drawing depicting the vulva by Hilde Atalanta from The Vulva Gallery.

Do you know the map of your vulva?

Women have quite a complex sex organ. The internal clitoris refers to the clitoral gland (Glans clitoris) which has 8,000 nerve endings.

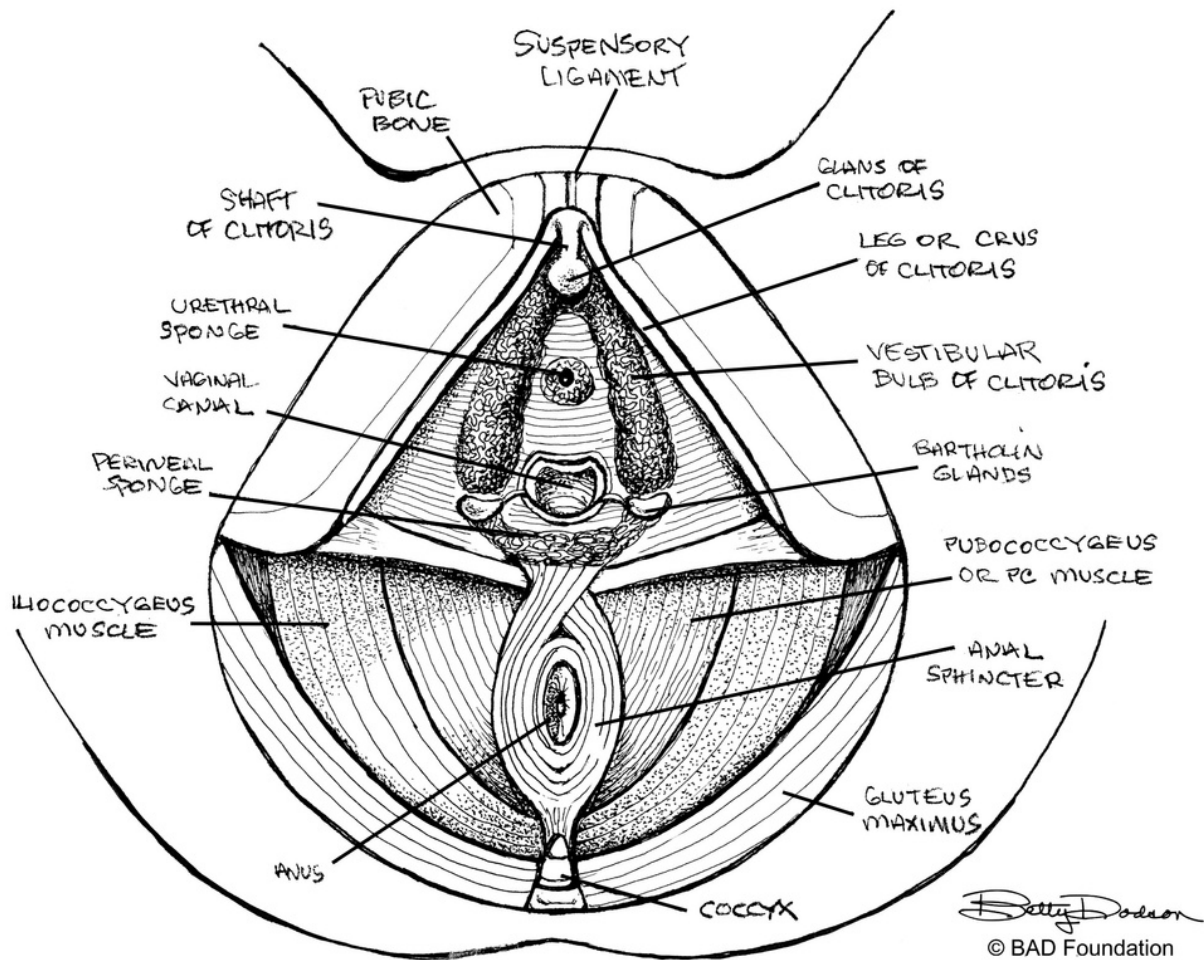


Illustration by Betty Dodson

In Betty Dodson's illustration you can see the clitoral system which is devoted purely to sexual pleasure!

The clitoris is an erectile organ which has the same embryonic origin as the penis. The clitoris fills up with blood upon sexual arousal and becomes erect - so yes indeed, if you have a clitoris, you have erections too!

The clitoris consists of the clitoral glans, the shaft, the two legs and the vestibular bulbs. Only the glans and part of the shaft are external, the rest of the organ is under the vulva and sits around the urethra and the vagina.

YOUR PRACTICE



CREATE YOUR OWN SENSUOUS SPACE

You can easily turn a space into a pop-up sanctuary for your practice. Here are some tips of how to set it up.

Choose a room where you feel undisturbed, comfortable and relaxed. All you need are some cozy blankets and pillows. Cleanse the place from any clutter that takes your mind elsewhere eg.: work related things and washing, clothes, etc. Make sure the room temperature is warm, so your body can relax.

Turn on soft, calming music. Use essential oils in a burner or diffuser for a therapeutic and soothing effect on your nervous system.

You need a hand mirror with a stand or you can use pillows for fixing its position. Prepare a bottle of sweet almond oil or lube and tissues.

Turning off the "offs"

Take care for your needs first. Drink water and use the toilet, so once you start with the practice check you are relaxed and focused.

Start your practice by lighting a candle and setting an intention. Think of something along the lines of gratitude, love and connection.



Sit or lie down in a comfortable position. Put the mirror between your legs, so that you can see your vulva. Add extra light - it's magic when you get to see the fine contours, colours and textures!

Start by taking a generous amount of lube or oil on your hands. Rub your hands and give your vulva a hug by softly resting your hands on her. Allow your body weight to drop into the floor, taking a few deep breaths, and slowly surrendering to this loving connection. Feel the warmth underneath your fingers, where skin meets skin.

If you don't feel at ease and this is difficult then simply remember whatever you are feeling is valid. We are here to rekindle the relationship with yourself. Take your time, be patient and keep the connection.

Stay present and be curious, open and loving during your self-discovery. Use the mirror to look for the different parts. Locate your clitoral hood, clitoral glans (you might have to pull up the hood to see the glans), inner labia, urethral opening, vaginal opening and outer labia.

Most important - make your self-exploration feel good to you. This is for you. Be kind to yourself.

AFTERCARE

Once you've completed this introspective journey, take a moment to pause and breathe. Begin by asking yourself a few questions:

Have you discovered something new about yourself and your vulva?

Do you notice any shifts in your feelings or perceptions after engaging in this self-exploration?

Consider dedicating a few moments to journaling about your experience. Write down any thoughts, feelings and insights that arose during this journey. Journaling is a powerful tool for reflection.

Remember, this journey is a step towards building confidence through a self-love practice. Embrace your newfound insights and continue to nurture the relationship you have with yourself.

Express gratitude to yourself for setting aside this time for self-care.

REFLECT



CONGRATULATIONS ON FINISHING THE GUIDE

Taking the first steps can be the most difficult ones and at the same time very rewarding. Well done for taking the time for yourself and discovering the beautiful details of your unique vulva.

Should you find that certain thoughts or questions linger, please know that my support is available. If you're interested in discussing your experience further or seeking guidance, feel free to book a free discovery call.

I'm here to provide a safe and understanding space for any questions that may arise.

Yours,
Anna Scheer





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