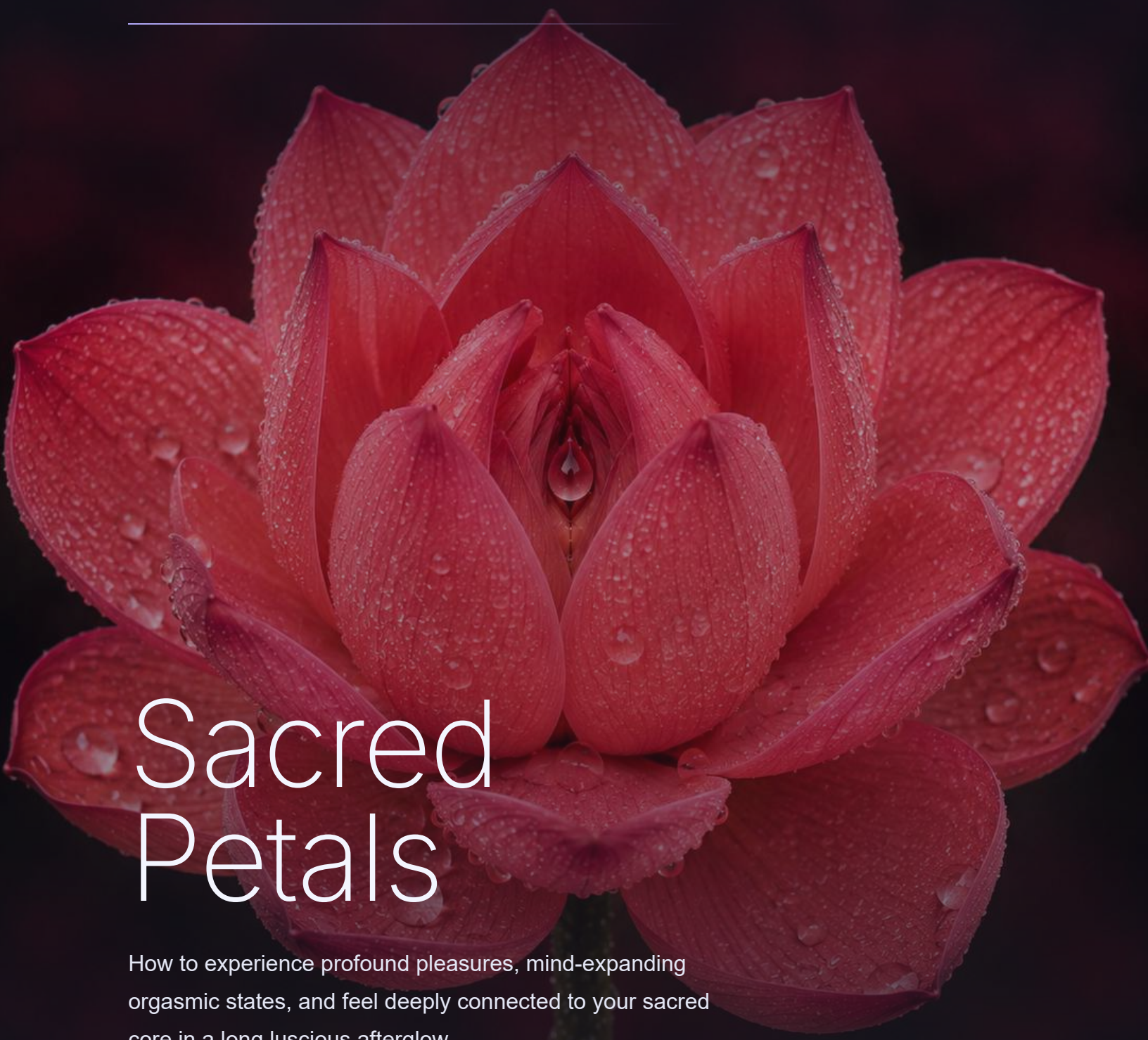
LIMITLESS PETALS · ALL OF THEM SACRED



Sacred Petals

How to experience profound pleasures, mind-expanding orgasmic states, and feel deeply connected to your sacred core in a long luscious afterglow.

Mare Simone

YOUR SACRED PLEASURE GUIDE · CERTIFIED TANTRA EDUCATOR

AN INVITATION

Your pleasure is not a sin. It is your salvation.

Your body is a sacred place to be honored. Your voice is a song the universe has been waiting to hear.

This book is dedicated to every woman who has ever worried that she is “too much” or “not enough.”

> To the woman who was told her desire was inappropriate.
>
> To the woman who was shamed for the shape of her body.
>
> To the woman who was praised for her mind but ignored for her heart.
>
> To the woman who has built her own path but still longs for a place to rest, play, and be fully received.

This is for the woman who has silenced her own voice to keep the peace. Who has given and given until she forgot how to receive.

This book is a key. It is a mirror. It is a reminder.

May you remember. May you rise
in love. May you bloom in beauty.

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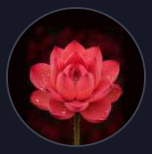
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Bringing the sacred petals together · a practice to return to

Expanded orgasmic pleasure is not some rare gift given only to the lucky few.

It is not reserved for the wild, the fearless, the endlessly orgasmic, or the already healed. It is your pure nature. It's your divine birthright.

And yet so many women and men live only on the surface of what is possible. They go through the motions. They chase sensation. They settle for brief moments of pleasure while quietly aching for something deeper, truer, more nourishing.

If you have ever felt like something was missing, if intimacy has ever felt dull, flat, disconnected, rushed, numb, or painful, you are not alone. Nothing is wrong. More likely, parts of you have been hiding, not yet fully awakened, or felt safe enough to relax into a loving relationship.

> Expanding pleasure is not just about sex. It is about aliveness: the way your life-force moves through your body, your heart, your mind, your breath, your voice, your senses, and the world around you.

It is about learning how to open enough to feel more. To receive more. To hold more. To become more connected to the great current of love and life force: the divine power of creation moving through you.

Over the years, I have seen repeatedly that the deepest pleasure does not come from performance, pressure, or perfect technique. It comes from presence, from safety and surrender, from knowing how to work with the intelligence of your body.

What follows are Sacred Petals, gateways into that intelligence. There is no fixed number of them, for pleasure itself is limitless. But four foundational petals, Mindset, Breath, Movement, and Expression, open the way.

As you read, watch the flower on each page slowly unfold, bud to full bloom, just as your own pleasure will.



Let this be a new beginning.



MINDSET

Clearing the Inner Landscape

Expanding pleasure does not begin in the genitals. It begins in the mind.

Your mind is not separate from your sensual experience. It is shaping it at every moment. The thoughts you think, the beliefs you carry, the fears you brace against, the stories you have inherited about your body, worth, sexuality, and desirability. All of it influences how much pleasure you can let yourself feel.

Many people are trying to open their bodies while their minds are still armored. They want to surrender but are mentally gripping. They want deeper pleasure, but are tracking whether they are doing it right. Often this is a result of unresolved issues or traumas of the past.



BEGIN YOUR LOVELY RE-FLOWERING.

Whether you are connecting with yourself or sharing with a partner, begin by setting an intention. Intention is powerful. It helps bring your awareness into the present moment and invites your body into a more conscious experience.

SACRED INTENTIONS

“I am open to feeling more.”

“I choose to soften, not strive.”

“I breathe pleasure into every cell.”

“I release pressure and return to presence.”

I like to light a candle while I state my desire out loud, to deeply imprint the field. Then every time I see the flicker or feel its warm glow, I’m reminded of my intention which becomes more infused as my mind and body synchronize.



RELEASE ANXIETY

Anxiety is one of the great pleasure inhibitors. It can show up as overthinking, trying too hard, rushing, worrying that something will go wrong, or silently monitoring whether enough is happening.

Pleasure does not
blossom under pressure.

When anxiety is present, the nervous system contracts. The breath becomes shallow. The muscles tighten. Sensation narrows. Begin by acknowledging what is there. Breathe. Slow down. Let your body know there is time. Often giving yourself permission to go slower changes everything.

THINK SURRENDER

Expanding pleasure asks for deep receptivity and surrendering to sweet subtle feelings. Not collapse, or passivity, but a willing openness to be moved by sensation rather than needing to manage it all. When you surrender, you become available to surprise, to wave after wave of sensation, to subtleties, to energy, to the pulses within the pleasure.



REFLECTION · MINDSET

Sit with the mind that shapes your pleasure

What story about your body did you inherit, and whose voice is telling it?

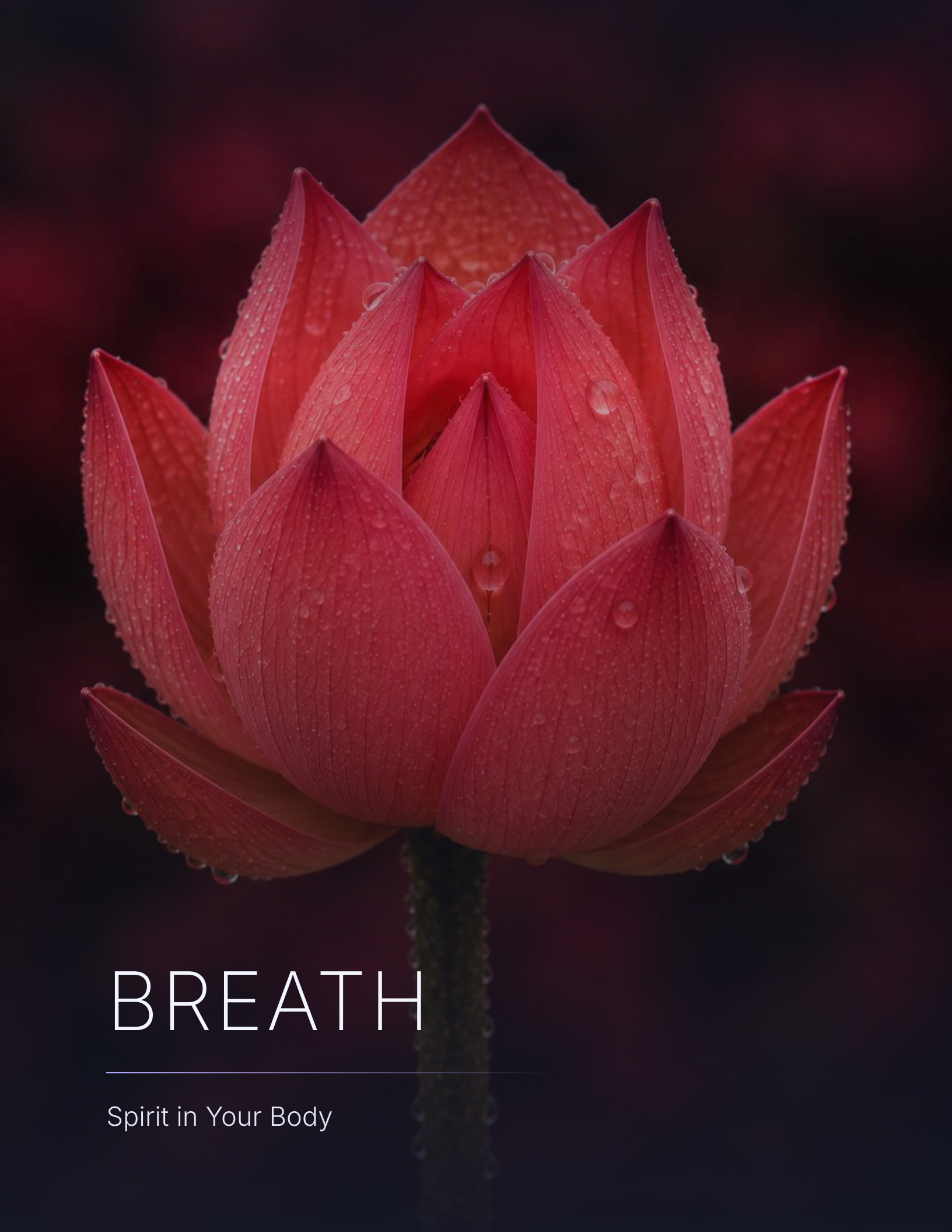
Where in your life are you striving when you could be softening?

Write your own sacred intention, in your own words. Then say it out loud.





Expanding pleasure, when the mind says yes, is like blooming a sacred garden.



BREATH

Spirit in Your Body

Breath is one of the most powerful and overlooked keys to pleasure.

We breathe all day long. But most people are not breathing in a way that supports expanded sensation. During intimacy, breath often becomes restricted, shallow, or unconsciously held. This limits how much energy can move and how much pleasure the body can actually receive.

Breath oxygenates the body and brain. It regulates the nervous system. It softens tension. And when used consciously, your breath becomes a bridge between sexual arousal and full-body pleasure, the kind that leaves you glowing long after.

> If you want to deepen your pleasure, deepen your breath.



TAKE LONG, CONSCIOUS BREATHS

Long, slow, deep, conscious breaths invite spaciousness. They help you drop out of your busy mind and into your feelings. Rather than straining toward more sensation, breathe as though you are receiving its sweet blessings with each breath. Let each inhale welcome life. Let each exhale release resistance. Pleasure loves space to blossom.

BREATHE TO EXPAND YOUR SEXUAL ENERGY

Pleasure does not have to stay localized. It can spread and radiate throughout your chest, your belly, your throat, your spine, your limbs, your fingers, and beyond. As sensation builds, imagine your breath carrying it through the whole body. Let it circulate. This is where pleasure becomes energy. Presence. A full-bodied state of being.

RELAX MORE DEEPLY WITH EACH EXHALE

The exhale is a doorway into surrender. With every outbreath, let go a little more. Relax your jaw, your neck, your shoulders. Relax your belly. Relax your pelvic floor. Release the effort to get somewhere. When you soften, you feel more. When you express the exhale, you invite your whole being into a more profound experience of pleasure.



REFLECTION · BREATH

Follow your breath to where it stops

Where does your breath stop in your body? Rest a hand there and stay a while.

What is your exhale ready to release today?

Describe a moment when pleasure spread beyond where it began.





MOVEMENT

The Dance of Awakening

Pleasure is not static. It is alive. It wants to move.

It encourages expansion. Movement awakens energy. It stirs sensation. It opens channels. Sometimes people are waiting for pleasure to happen to them, while the body is quietly asking to be moved, rocked, opened, stretched, undulated, or caressed into fuller aliveness.

TAKE IT SLOW

So many sensual experiences are rushed. But your body has intelligence. It has layers, rhythms, a language that speaks more clearly when things slow down.

Going slowly is not about withholding pleasure. It is about savoring pleasure, letting each sensation blossom more fully.

Slow down enough to feel the ripples of pleasure. Slow down enough to hear the subtle yes echoing inside. This is a portal to profound pleasure.



BUILD YOUR INNER MUSCLES

A responsive, awake pelvic floor can support greater sensation, more circulation, more presence, and more pleasure. Bring awareness to your pelvic bowl with reverence. Learn how to engage and relax, pulse and soften. The more conscious you become in this area, the more alive and responsive your whole erotic system can become. Strong yet supple is the key.

USE YOUR HANDS

Your hands are sacred instruments of awareness, messengers that can guide energy, invite sensations, awaken dormant areas, and help the body feel loved into greater opening. Use your hands to stroke, soothe, circle, cradle, and guide sensation.

> Let your touch say: *I am here. I am listening. I honor what is present.*



REFLECTION · MOVEMENT

Let the body lead, slowly

What is your body quietly asking to be moved, rocked, or opened?

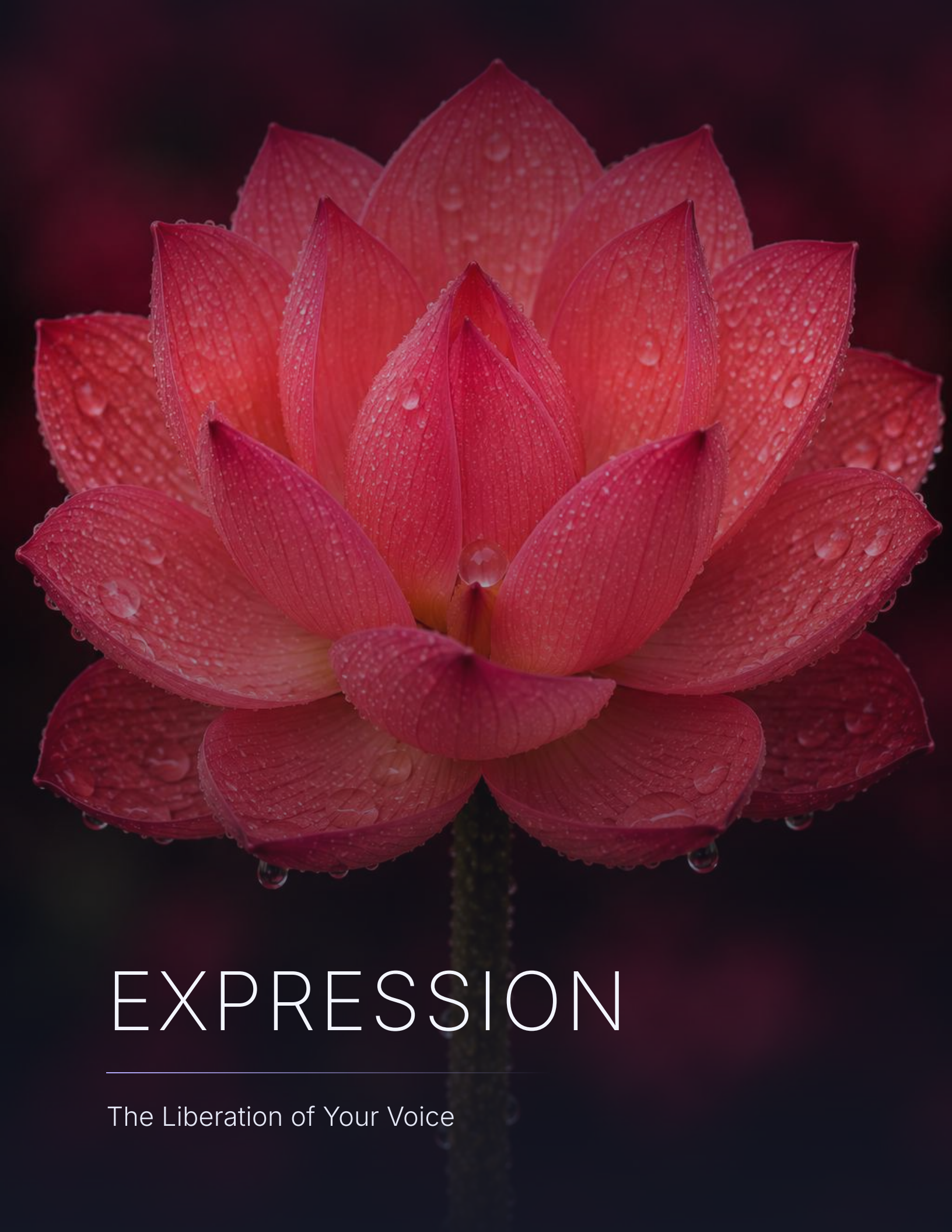
Where are you rushing something that deserves savoring?

What does your own touch say to you when it slows all the way down?





Expanding pleasure is not in just one spot. It is a state of whole-body awakening.



EXPRESSION

The Liberation of Your Voice

Expression is the great liberator of pleasure.

Many people feel more than they allow themselves to express. They contain it. Muffle it. Edit it. Hold it in. They have learned to suppress sound, minimize movement, tighten their throat, hide their desire, or silence their truth.

> Pleasure expands through expression. When you give it voice, movement, breath, sound, and honest feeling, it has somewhere to go, circulating more fully through your body, up into your brain and beyond.



MATCH THE VIBRATION

As pleasure rises, let your voice express it. Start with a deeper breath. A sigh. A sound. A moan. A tone. A whispered truth. A movement of the hips. A softening of the face. A more honest yes. And a more honest no. Expression only needs to be real.

USE YOUR VOICE

The throat and the pelvis are deeply connected by four nerves. When the throat is tight, pleasure has a harder time flowing. When the voice opens, energy moves more freely. Your voice is powerful medicine. Let yourself sigh. Tone. Hum. Moan. Whisper. Laugh out loud. Even cry. Speak what you want. Say what feels good.

LET YOURSELF BE HEARD

True expression includes honesty. To let yourself be heard in your desire, your tenderness, your hunger, your vulnerability, your delight, your sacred erotic nature. This is one of the most intimate acts of all.



REFLECTION · EXPRESSION

Give the feeling somewhere to go

What sound have you been holding in?

Name one honest yes and one honest no you are ready to speak.

Where do you long to be heard, exactly as you are?





Expanding pleasure is not only about what you feel. It is also about your willingness to embrace and dignify feelings.

For each is a Messenger with a gift to help you rise in love.

THE BLOOMING

Bringing the Sacred Petals Together

Mindset, Breath, Movement, and Expression are four sacred petals to begin with, but they are not the only ones. Pleasure itself is limitless, and so are the petals that can open within you. Every quality of presence you bring to your body is its own sacred petal.

When these petals are present, pleasure deepens naturally. Connection becomes more real. Orgasmic states become less about chasing an endpoint and more about inhabiting a richer, fuller current of aliveness.

Be gentle with yourself and with your partner. Be honest and enjoy the journey. As you grow, you may discover petals of your own: stillness, laughter, devotion, curiosity. Let them bloom. All of them are sacred.



KEEP THIS CLOSE

Sacred Petals:
Your practice to return to



MINDSET

Opens the inner door. Set an intention. Light a candle and say it out loud. Soften, do not strive.



BREATH

Fuels your sensations with life. Long, slow, conscious breaths. Let each exhale relax you deeper.



MOVEMENT

Awakens and circulates energy. Go slowly. Engage and soften the pelvic bowl. Use your hands.



EXPRESSION

Allows pleasure to expand and become embodied. Sigh, tone, moan. Speak your honest yes and no.

Expanding pleasure is not something you can force. It is something you learn to open to.



Beloved,

I hope these Sacred Petals have begun to softly awaken something beautiful inside you.

There is more. A powerful, mystical current is rising. I've been guided to create a sacred container, the *Reflowering Ritual*, a woman's rite of passage.
It is an invitation for women to remember their sexual energy as a force of healing, creation, and magic.

If this calls to you, reply and let me know what you're feeling.
Stay tuned for more info -- coming soon!

Yes, tell me about the Reflowering Ritual

Holding space for you,

Mare Simone

ABOUT THE AUTHOR

Mare Simone

ADVANCED CERTIFIED TANTRA
EDUCATOR · SACRED SEX GUIDE



Mare Simone is a sacred sex guide and Advanced Certified Tantra Educator with over three decades of experience helping women, and men, open to the profound pleasure, healing, and aliveness that is their birthright.

Her work is rooted in the understanding that pleasure is not separate from purpose. It is the very current that keeps your life-force flowing and your gifts glowing in the world.

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May you rise in love.
May you bloom in beauty.

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