



# SEXUAL SHADOW WORK BOOK

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Illuminate your limiting beliefs & deepest desires for  
presence, pleasure, and purposeful relating.

[WWW.TALKTANTRATOME.COM](http://WWW.TALKTANTRATOME.COM)

*with Leola*

THIS WORK BOOK  
BELONGS TO...



# RE M I N D E R

When you abandon your shadows, you are not only withholding forgiveness and compassion from yourself...

You are robbing others of the opportunity to love these unique qualities that make you a whole human.

**You are blocking yourself from receiving unconditional love.**

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*shine baby!*



## *intimacy in the shadows*

Do you feel let down by your sex life? Or do you feel like it controls you? Do you feel there's gotta be something more? There is. And it's in your shadows.

**Sexual Shadow Work illuminates your limiting beliefs & deepest desires for presence, pleasure, and purposeful relating.** It addresses deeply rooted limiting beliefs, shame, guilt and fear around sexuality and our bodies imposed by society and institutions. Shining light in your shadows empowers you to reclaim your eroticism.

The magic ingredient in bringing light to the shadows of our subconscious is intention. Intention allows us to acknowledge how deeply embedded trauma and conditioning shapes decision making process and reaction. **Repeat after me:**

**I attract opportunities & experiences to illuminate to my shadows.**

Downloading this workbook serves as a key stride in evoking intention! **By completing these pages, you are sending a very powerful energy into the universe indicating that you are ready to create a life you love by loving all you are!**

TO MY YOUNGER SELF...

*what I wish I would've known.*

*Write a letter to you before your first sexual experience. What do you wish you would have known about your body? About the energetics of intimacy? Were you confused about mixed signals from your sources (or lack) of sex education? Give the wisdom and love you have now to the child you were then.*

# trigger

*/ˈtrɪgər/ noun*

An invitation to heal. An opportunity to gain new perspective or clarity. Potential awareness of how to love and accept yourself more fully. An initiation into your highest self.

# TRANSFORMING TRIGGERS

*3 things that used to intimidate me, but now I enjoy or feel neutral towards...*

1 .....

2 .....

3 .....

*3 things out of my comfort zone me that I'd like to know more about...*

1 .....

2 .....

3 .....

*3 things I've tried that are simply not for me...*

1 .....

2 .....

3 .....



# *Setting boundaries is an act of love.*

It is to say, “I am worthy of love so I create space for my safety and soul expression.” And “you are worthy of knowing my boundaries, so you can love me in the way that will give you the most joy – because I will feel safe to receive it.”



Getting clear on boundaries before going into an intimate setting allows us to feel safe to be fully present in the moment. Some boundaries are fluid, meaning they may change depending on how we're feeling and how well we know someone. Other boundaries are more strict.

Consider your current relationship status and how you communicate boundaries with your partner or potential partners. What boundaries feel fluid (ex: I don't want to try anal penetration today, but let's leave it on the menu.) and which feel strict (ex: I never want to be blindfolded)?

Extra credit: *Share your boundaries (and desires!) with your partner before your next intimate encounter.*

PLEASURE IS MY  
BIRTHRIGHT.

MY SEXUALITY IS A  
CELEBRATION OF  
MY HUMANITY.

I AM TURNED ON BY  
LIFE ITSELF.

# SEDUCE YOURSELF BINGO

CROSS OFF WHAT YOU'VE DONE THIS WEEK!

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*get up and  
dance*

*candlelit  
dinner*

*take a  
hot bath*

*buy yourself  
flowers*

*wear  
something  
sexy*

*self-pleasure*

*take a  
cheeky  
selfie*

*drink from  
fancy  
glassware*

*sing your  
favorite  
song*

# FROM SHAME TO SHADOW WORK

Describe your "dirtiest" fantasy or fetish - the one that you feel guilty and ashamed about. The one that makes you clear your search history after getting off. The one that gives you a pit in your stomach, makes your heart thump, and your loins moisten. This doesn't leave your workbook!

Meditate on this imagery as an objective observer. Do a body scan to see where the judgment is living in your body. Breath into it and let it go. Then give yourself permission to fully enjoy this kink - acknowledging you are in a safe container to do so. Then ask yourself - where this desire might have come from? Maybe the adrenaline rush excites you... maybe the idea of being out of control... maybe the sense of full surrender to receive... think on it!

If you're still feeling possessed by the kink after your meditation, consider one thing you can do to bring it into reality. To go deeper in a safe container - maybe its a trip to the sex shop... or a nudist colony... a retreat... maybe its sharing your desire with your partner... a sex therapist... or sacred intimate. How can you give yourself permission to love your darkness?

# MIRROR MASTURBATION



If I had a dollar for every time some guru or life coach or self-help book told me to take a good hard look at myself in the mirror to get all the answers, I'd be a millionaire.

And what do you know... they were on to something.

**If you are in the market to fully love yourself, in shadows and light, there is no more direct route than by looking at yourself in the eye (and genitalia) whilst you make love to yourself.**

Mirror Masturbation fosters self-confidence, body acceptance, and empowers you to take ownership of your pleasure. It allows you to soul gaze with your flawed, human self and your inner-divinity simultaneously.

# *As above, so below.*


Our inner world is composed of thoughts and patterns creating stories in our mind, some of which we are conscious of, but most of which we unconsciously allow to control our ability to see the world in presence and neutrality. It is the human default to react to the world around us based on the stories in our subconscious, instead of being fully present to consciously take action based on our highest truth.

WHY DOES THIS KEEP HAPPENING TO ME?!

## *from victim to conscious creator*

*Write out a quality that you dislike about your current partner or a partner from the recent past. List out all the times you've seen this quality in your current partner and past partners. Finally, look back at your childhood and write out why you suspect that you attract this quality.*





THERE ARE DEPTHS OF  
EXPERIENCE WAITING TO BE  
DISCOVERED, AS SOON AS YOU  
DECIDE TO DO "THE WORK".

Our dreams are FOR US - why wait to claim them? Our  
intimate shadows and the landscape of our subconscious  
manifest our reality.

When we work through these opportunities and challenges  
related to the most powerful energy in our bodies, we begin  
to see each element of our lives evolve grandly... our  
problems become our greatest tools for self-remembrance.

*go deeper 1:1 with Leola*

# *Hi, I'm Leola.*

And I am turned on by life itself. My mission is to inspire others to see an integration of sexuality and spirituality in their relationships with themselves and their partners. I guide individuals and couples in discovering how life-force energy moves in the body; and more importantly, how to harness this inner-power for a pleasure-filled life that begins with our most intimate relationships and extends to our livelihood and our worldview. I am here to help you remember how to heal yourself with your own divinity.

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visit me online for upcoming events, programs, &  
opportunities to connect 1:1

