

Awakened Intimacy

**REFLECTION WORKBOOK
FOR MINDFUL TANTRA & SELF-CONNECTION**

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Certified Sexologist

Welcome, beautiful soul.

This is your sacred space to explore tantra, connect to your body, and deepen your awareness through journaling, breath, and reflection.

Use this guide before or after watching the YouTube video, or whenever you want to come back home to yourself.

- ✦ Write freely*
- ✦ Take your time*
- ✦ Let it be a ritual*



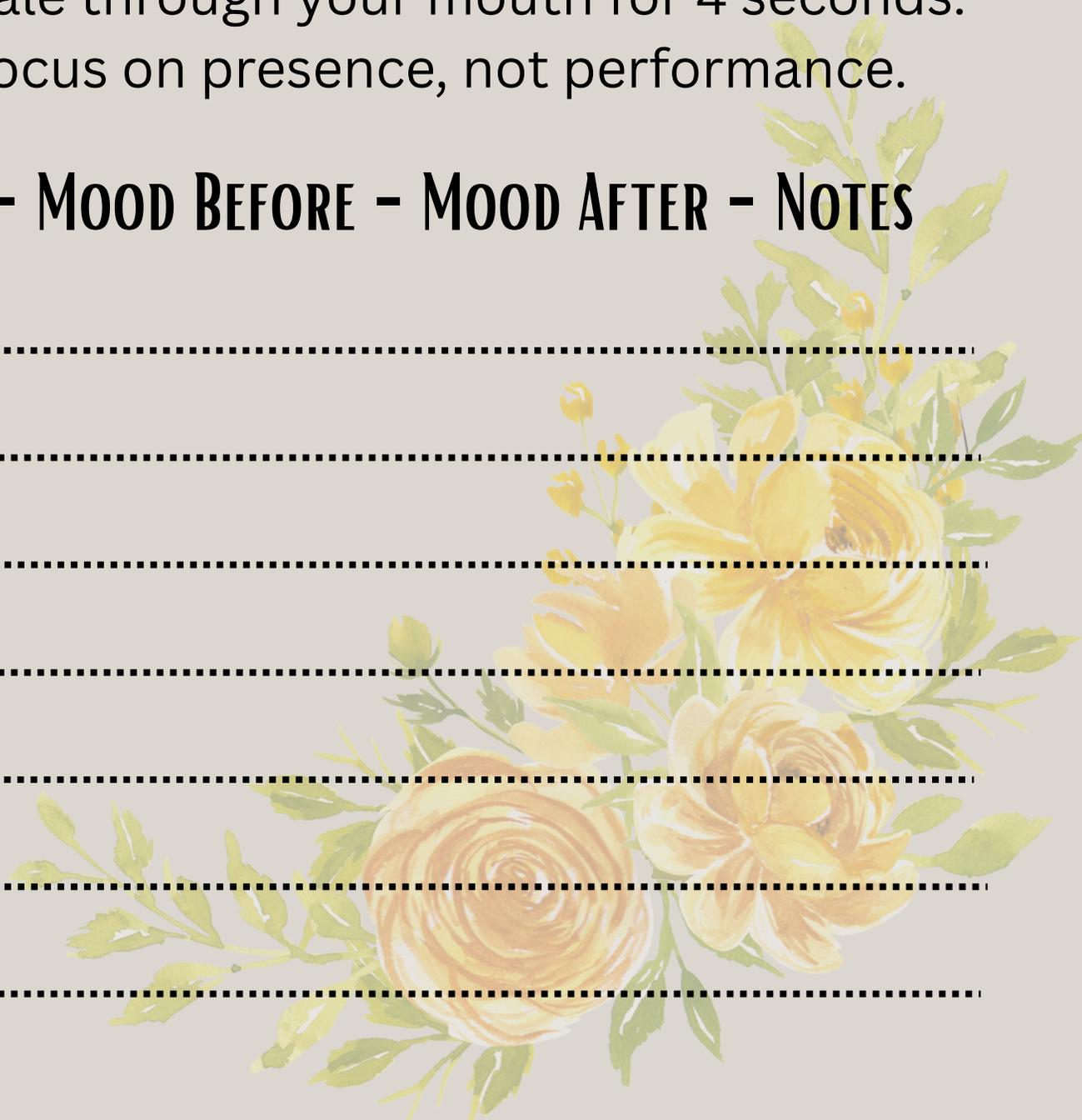
TANTRIC BREATH PRACTICE

Practice the 4-4 tantric breath daily for 7 days.

Inhale through your nose for 4 seconds.
Exhale through your mouth for 4 seconds.
Focus on presence, not performance.

DAY - MOOD BEFORE - MOOD AFTER - NOTES

1
2
3
4
5
6
7



Design Your Daily Tantra Practice

**USE THIS TEMPLATE TO CREATE A 10–15 MINUTE RITUAL YOU CAN DO
EACH MORNING OR EVENING.**

**IT'S YOUR TIME TO RECONNECT, BREATHE, AND REMEMBER YOUR
SACREDNESS.**

- Time of day:

- Breathwork:

- Movement or stillness:

- Sensory focus (candle, touch, scent):

- Mantra or affirmation:

- Reflection prompt or journal line:

Meet Your Inner Child

DURING THE HYPNOSIS, YOU MET A YOUNGER VERSION OF YOU. THIS PAGE IS FOR STAYING IN TOUCH WITH THEM.

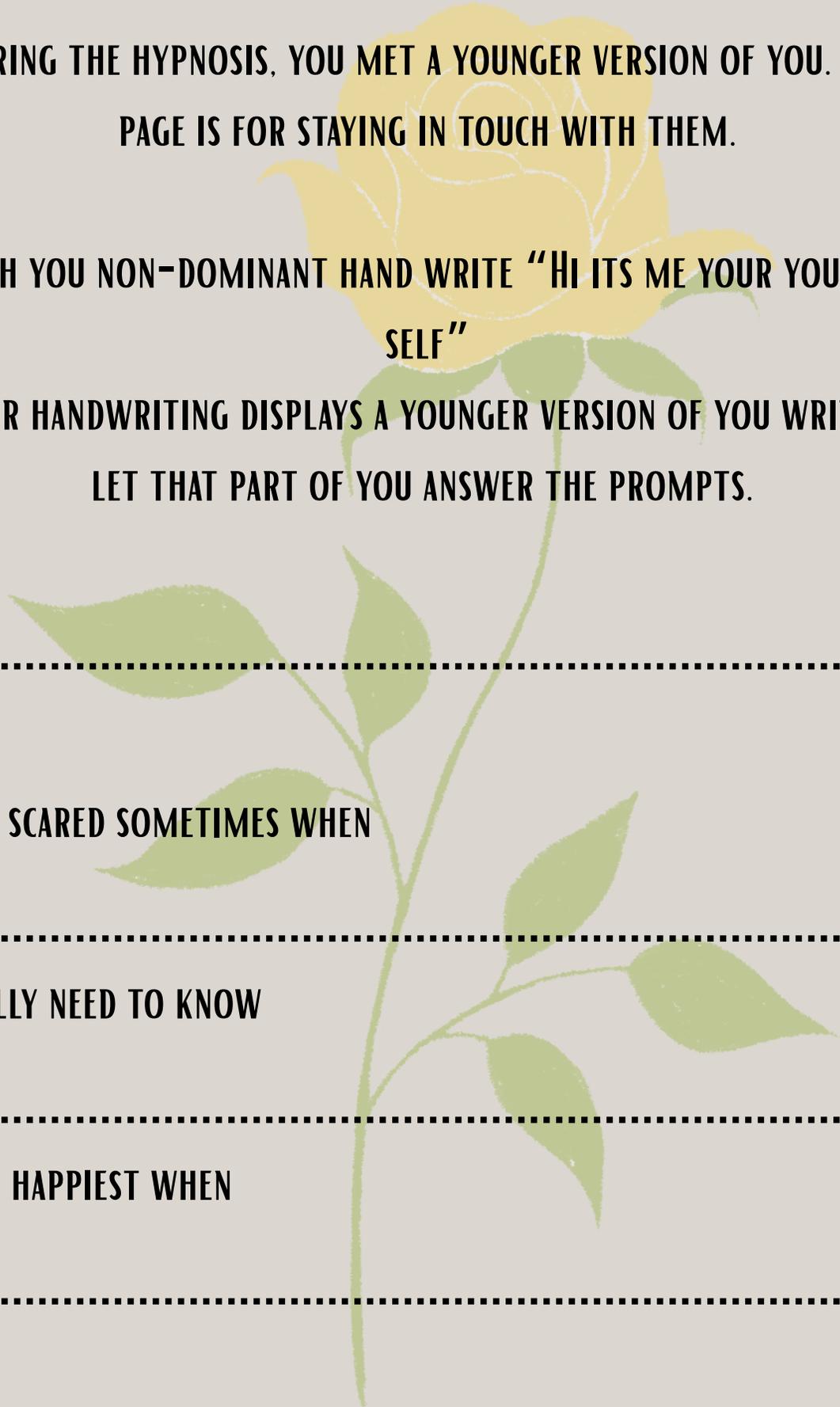
WITH YOUR NON-DOMINANT HAND WRITE "HI ITS ME YOUR YOUNGER SELF"

YOUR HANDWRITING DISPLAYS A YOUNGER VERSION OF YOU WRITING. LET THAT PART OF YOU ANSWER THE PROMPTS.

I GET SCARED SOMETIMES WHEN

I REALLY NEED TO KNOW

I FEEL HAPPIEST WHEN

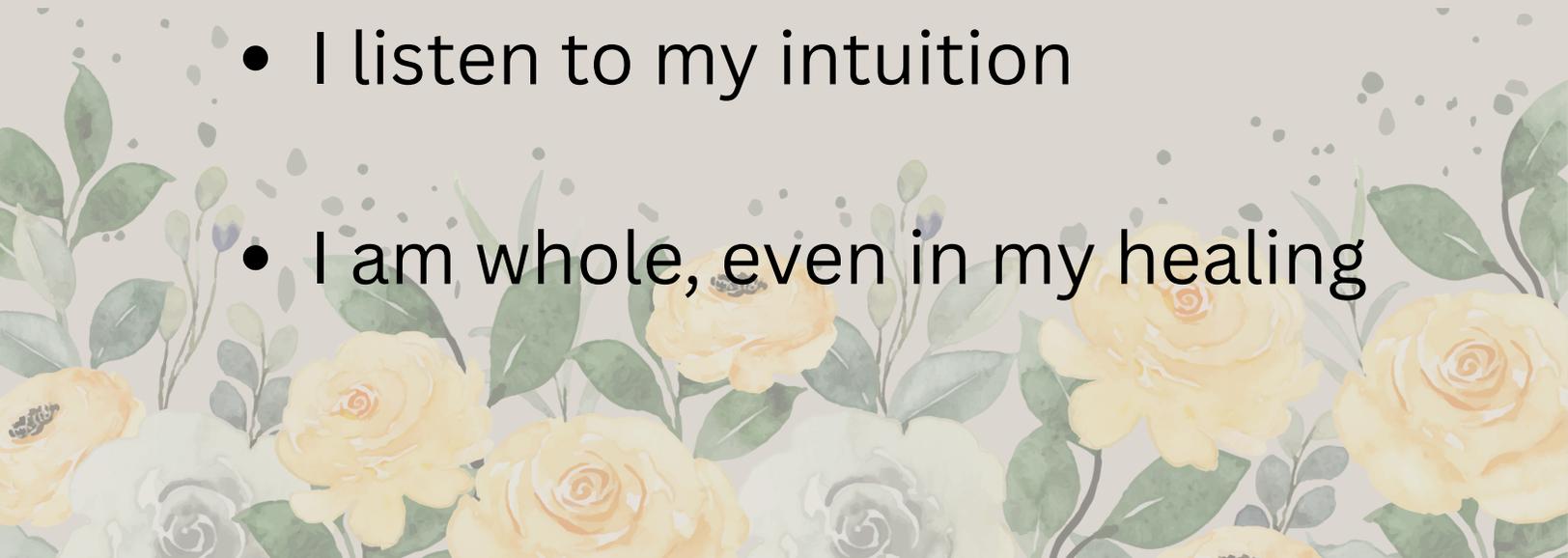


Closing Words for Your Journey

YOU ARE SACRED. YOU ARE ENOUGH. YOU ARE NEVER ALONE.

**AS YOU MOVE THROUGH YOUR DAY, RETURN TO THESE
AFFIRMATIONS:**

- I trust my body and my breath
- I choose presence over pressure
- My pleasure is sacred
- I listen to my intuition
- I am whole, even in my healing



Ready to Go Deeper?

**Visit CasaundraHope.com
for more information or to
work with me directly.**

**Use code YouTube10 for
10% off your first session**

