

an introduction to
DEVOTIONAL LOVE:

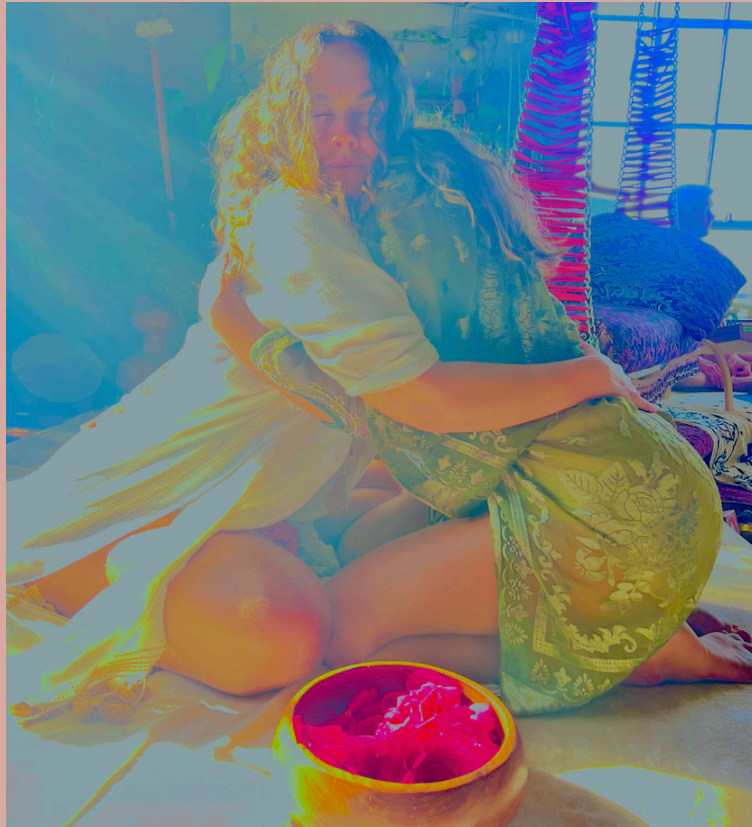
THE ART OF WORSHIP
& SURRENDER



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ENTERING THE SACRED SPACE OF LOVE & SENSUAL AWAKENING



Welcome to the beginning of a profound journey—one that invites you to step into the sacred, awaken your senses, and remember the divine essence of who you truly are. This e-book is your guide to reconnecting with your body, heart, and spirit through the timeless practices of sensuality, devotional love, and intentional worship.

Awakening Sensuality and Devotional Love

Sensuality is a portal to the divine... a deep awareness & appreciation of the physical and emotional experiences that connect us to the world & to each other. Its power lives in its ability to bring us fully into the present moment, engaging all our senses to experience life in a rich, embodied way.

From a quantum perspective, one could say that sensuality is akin to the observer effect. Just as observing a particle in quantum mechanics influences its state, fully immersing ourselves in sensory experiences transforms the quality of those experiences. It deepens our connection to the moment and, in turn, to the universe itself.

Sensuality allows us to be fully present in our lives, engaging with the world not just with our minds but with our entire beings. It's a way to touch and be one with the sacredness of life through the beauty & pleasure of our senses.



Let the beauty of what you love be what you do” ~ Rumi/Molana

This speaks to the idea that when we approach life with a sensual awareness—appreciating the colors, textures, sounds, and feelings around us—we align ourselves with love, the fundamental force that binds everything together.

Embracing sensuality means allowing yourself to experience life with the innocence of a child... with openness and curiosity. Whether through the taste of food, the feel of a loved one's touch, the sound of music, or the sight of a sunset, sensuality invites you to slow down and savor each moment. This practice can lead to a deeper understanding/innerstanding of yourself, greater empathy for others, and a stronger connection to the world around you.

In this way, sensuality becomes a form of spiritual practice, a way of connecting to the divine through the physical, much like love is the invisible force that connects all things in the universe.

Devotional love expands this connection further. It is an act of allowing yourself to be a sacred vessel for which divine love and infinite Source energy can flow freely and limitlessly without conditions. Devotional love, both for yourself and others, is the practice of recognizing and honoring the divine essence within all beings, including yourself. It's a love rooted in reverence, humility, and the understanding that every soul is interconnected and sacred. This form of love transcends mere affection or attachment; it is a state of being that aligns with the higher truth of unity and oneness.

Devotional Love for Yourself

To love yourself devotionally is to see yourself as a reflection of the universe, worthy of care, honoring and compassion. It's not about ego or indulgence but about acknowledging your intrinsic value as a part of the divine whole.

Loving yourself devotionally means trusting in your infinite potential and treating your body, mind, and soul as sacred.

- Quantum parallel: Just as particles are waves of infinite potential until observed, you are a field of limitless possibilities. When you focus your intention on loving yourself, you “collapse” into the reality of your highest self.
- Sacred assignments: Start each day by looking in the mirror and saying, “I honor the divine within me” and singing to yourself the mantra “all I get to do is love you.” at least 3 times each, continue on for however long you feel inspired to and notice the difference of how you feel.
- Treat “mistakes” and “problems” as opportunities to grow and expand your perception, like quantum leaps toward greater awareness.



Devotional Love for Others

Loving others with devotion means recognizing their inherent divinity and seeing their struggles, joys, and existence as part of the same cosmic dance you are in. It is a love free of judgment, rooted in empathy and compassion. Loving others doesn't mean holding onto expectations, attachments or past hurts. True devotional love is unconditional, just like the laws of nature that allow things to change and grow naturally, without interference or force.

- Quantum parallel: Think of quantum entanglement, where two particles remain connected regardless of distance. Similarly, devotional love transcends space and time, connecting souls through an invisible thread of unity. The same thread which weaves through, animates and connects all of life.
- Sacred assignments: Reflect on someone in your life and silently repeat, "You are light, just as I am light. You are love, just as I am love."
- Offer acts of kindness without expecting anything in return, this strengthens the bond of love within you and your connection to others.

The Power of Devotional Love

Devotional love is transformative. It dissolves the illusion of separation, aligning you with the fundamental force of existence from which **all of life** sprung fourth—love itself. When you inbody this love, you become a sanctuary. A safe haven for everyONE around you to come home to themselves... home to love. You become a living inbodyment of heaven of earth.

Sensual vs. Sexual

In our modern world, sensuality is often confused with sexuality as we haven't been taught the difference. Sensuality is a more expansive experience and depth of connection that is available to us in every moment. It is the ability to delight in the delicious texture of life, to experience the beauty all around you, and to be fully present in your body. Sensuality is a journey inward, a way to experience the divine in the ordinary, seeing every moment as an opportunity to connect to your essence and the world around you. While sexuality focuses on physical attraction, desire, and the act of sex, sensuality is about the awakening and appreciation of all the senses. It is a way of being fully present in the body and the world, engaging with life on a deeper, more intimate level that often transcends sexual expression. True intimacy isn't in the external act but in the connection of souls—something that moves beyond just sexuality.

Sexuality

Sexuality is typically focused on physical desire, reproduction, and the biological or emotional aspects of sexual attraction and connection.

- Societal view: Modern society often reduces sexuality to an act, performance, or identity. It's commercialized, objectified, and tied to external validation.
- What it lacks: When isolated from deeper connection, sexuality can become a shallow expression of intimacy—focused on the act rather than the essence of connection.

Reclaim and Recognize Sexuality as Divine Energy

Sexuality is the creative energy of the universe, the sacred force that brings life into being. Without which, none of us would be here. Sacred sexual union, when approached with love and intention, becomes a bridge between the physical and the divine, a sacred act that honors the unity of all existence.

Quantum Connection

Sexuality is an energy transfer at a quantum level—it is a powerful exchange of life force. When approached with presence, devotion and reverence, it creates complete heart coherence, amplifying love and connection in ways that ripple through the cosmos and transform the collective consciousness. From this space of deep intention during sacred union, we can harness life force energy to create sexual healing and sex magik, sending waves of limitless, divine union love through the noosphere, reshaping our collective reality.

In this container, we are very intentionally taking sex completely off the table, allowing you to explore the richness of sensuality and the purity of unconditional love flowing through you. This is a space of presence, sacredness, and divine connection—where you can let go of expectations and surrender to the magik & mystery of the present moment.

If you want to dive deeper into sex magik and the sacred ritual of divine union, I invite you to explore my courses and offerings. However, for this specific experience, I encourage you to refrain from engaging in sexual connection during the practices in this eBook. If, after the exploration, you and your partner feel inspired to move into a sexual space, please take the time to communicate openly and ensure it is a mutual desire. Then, with intention and awareness, move into that space outside of this eBook's invitations. Thank you for honoring the depth of intention held within this container and for bringing your presence, care, and love into these sacred practices.

The Power of Presence

When we allow ourselves to be fully present—truly here and now—we tap into a profound sense of peace, bliss, and connection. From this state, we release past hurts, future worries, and the distractions of the outside world. We open ourselves to the divine love that is always available, flowing through us like a gentle river, guiding us home to the perfection of the neverending moment. This presence, when practiced intentionally, can transform the way you experience every aspect of life, creating ripples of love, joy and a profound ecstatic experience of liberation and orgasmic ONEness.



Transformation Through Connection

This eBook is an invitation to come home to yourself. Through the practices shared here, you'll begin to reconnect with your body, awakening it as a vessel of pleasure and aliveness. You'll open your heart to experience the boundless power of love and allow your spirit to guide you into a deeper relationship with the divine.

The transformation you experience here will not stay contained within these pages or these practices. It will ripple out into every area of your life. You'll notice more presence, deeper connection in all your relationships, more ease, grace and bliss in your body, and more pleasure in your daily life. You'll begin to experience life as a sacred dance, full of beauty, magik, and miracles.

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Your Next Steps

If this eBook resonates with you, and you feel called to explore these practices on a deeper level, I invite you to journey further. My courses are designed to guide you into an even more profound experience of transformation, pleasure, and divine connection. These offerings provide a sacred container where you can fully immerse yourself in this life changing magik, supported and lovingly guided every step of the way.

For now, simply allow yourself to be here. Give yourself space to slow down and fully be with every word as you explore these practices. Let this be an act of devotional love to yourself. You are worthy of love, beauty and a pleasure-filled life in love... that is your birthright. May this e-book serve as your doorway into a life of deeper connection, devotion, presence, and true bliss.

With infinite love, blessings & blissings,

Damiana Loves You,

The Orgasmic Oracle



The Four Pillars of the Temple of Love

The Four Pillars of the Temple of Love—Trust, Surrender, Open, and Receive—are the foundation for reconnecting with your body, heart, spirit and creating the life of your dreams. To be the original Temple—the Temple of Love—is to inbody divine presence, worshipping at the sacred altar of YOU, where you **open** to receive the infinite and all-encompassing love of the divine. These pillars are not just abstract concepts; they are a way of living, a pathway to alchemizing pain into pleasure, disconnection into intuitive KNOWing & divine flow, and numbness into radiant aliveness. As we explore each pillar, I'll share some of my story and inbodyment practice to help you ankor them into your being.



1. Trust

The first and most vital pillar. It is the foundation upon which everything else rests. Trust starts in knowing your body's innate wisdom, trusting your emotions as messengers, that you're safe and at home in your body, and trusting that the divine is always guiding you, even in moments of pain and uncertainty. It's about releasing control and allowing life to unfold in ways far beyond what you can imagine.

When I was in the throes of excruciating, debilitating pain from endometriosis, my body felt like a battleground. I remember one transformative moment, when I was curled into a tight ball, clenching my jaw, squeezing my arms to my chest, and contracting every muscle in resistance. The pain consumed me, and in that moment, I felt completely powerless. But then, amidst the chaos, I heard a clear voice within me, whispering: "There is no where to go. The only way through this is IN. And the only way in is to *trust and open*." In that moment, I made a choice to trust my body. I stopped resisting and started breathing deeply into the sensations, trusting that my body was guiding me to something I couldn't even imagine possible.

Mini-Practice: Grounding Into Trust

- Sit or lie down in a comfortable position
- Place one hand on your heart and the other on your womb space/lower belly
- Give yourself a deep inhale, feeling your belly rise and your chest expand
- On the exhale, whisper the word "Trust" and imagine your body softening
- Repeat for 5-10 breaths, allowing the feeling of trust to land fully into your being

2. Surrender

Surrender is the act of letting go and allowing yourself to be guided. It's the deep knowing that everything is being orchestrated for your highest good, even when it doesn't feel that way. Surrender is not about giving up; it's about giving in—to the flow of divine love and the intelligence of life itself. It is the ultimate act of trust and the greatest expression of love—for yourself, for life, and for the divine



Surrender is the Greatest Act of Love

Surrender requires courage. It asks you to release the need to control and trust that life is holding you, guiding you, and loving you unconditionally. When you surrender, you show love to yourself by allowing your body and spirit to soften and rest in the safety of the divine. You express love to life by trusting its flow, even when it takes you into unfamiliar territory. By choosing to surrender in the depths of the mystery, we show life/God/Source that we TRUST fully and that we are ready to let go & let life live through us. You embody love for the divine by becoming a vessel for its energy to move through you. Let yourself be a conduit for the divine. Ask yourself, how does life want to live through me? How does love want to live through me? How can I liberate life and love in every moment?

In that same moment of unbearable pain, as I trusted my body's wisdom, I realized I had to surrender completely. I stopped fighting the pain, stopped resisting, and instead allowed myself to be fully present with it. I surrendered to the knowing that I was being divinely guided, that this pain had a purpose in my life. With every slow, deep breath, I gave myself permission to feel it all, letting go of control and surrendering to the flow of life moving through me.

Mini-Practice: Surrender Visualization

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- Close your eyes and imagine you're floating on a gentle river
- Feel the water supporting you, carrying you effortlessly
- Whisper to yourself, "I surrender. I am held. I am guided. All is well."
- Allow any tension in your body to melt away as you feel the river of life flowing through you
- Mini-Practice: Full-Body Opening

3. Open

Opening is the moment you let go and create space—space in your body, your heart, and your mind—to allow divine energy to flow through you. It's about softening, even in the face of pain or fear, inviting and embracing the fullness of life's experiences. Opening is the doorway to transformation. When we open, we become a conduit for the divine to channel through us.

As I trusted and surrendered, the voice within me urged: "Open, open, open." At first, my mind resisted. How could I possibly open in the midst of such intense pain? But then, I let go of the resistance and began to open everything—my body, my voice, my breath, my channel. I spread my legs, opened my arms, let out primal screams, and allowed the energy of the pain to flow through me. In that opening, something miraculous happened. The pain alchemized into waves of pleasure. I started crying out sounds of orgasmic bliss instead of excruciating pain. That was the moment I realized that opening is the key to unlocking life's greatest powers and miracles.

Mini-Practice: Full-Body Opening

- Stand with your feet hip-width apart
- Give yourself a deep breath and stretch your arms wide, opening your chest
- On the exhale, release a sound—any sound that feels authentic
- Imagine your body opening like a flower, soft and expansive
- Repeat for several breaths, focusing on opening your heart and body



4. Receive

Receiving is the ultimate act of devotion. It is about allowing yourself to be in full receivership of life's blessings—receiving divine guidance, the pleasure of the moment, and the love that flows endlessly through the universe. It is through this act of receiving that we become vessels of unconditional love, able to flow this energy into all areas of life.

As I trusted, surrendered, and opened, I felt a flood of divine energy rush through me. It was as if I had become a channel for God-consciousness, for pure limitless love. I let go of all resistance and allowed myself to fully receive the medicine, the miracle, and the pleasure of life. In that moment, I realized that living in full receivership is what allows us to experience and embody heaven on earth, to be a pillar of the Temple of Love.

Mini-Practice: Receiving Meditation

- Sit in a comfortable position with your palms facing up
- Close your eyes and receive a deep grounding breath in
- Visualize a stream of golden light flowing down from the heavens into your crown, pouring down all over your body
- With each inhale, imagine yourself receiving this light fully into every part of your being
- Whisper to yourself, “I am open to receive all the love and miracles life has to offer.” “I trust, I surrender, I open to receive.”





Living as a Pillar of Love

These Four Pillars—Trust, Surrender, Open, and Receive—are the keys to living in devotional love. When you inbody these pillars, you allow yourself to flow with infinite, unconditional love energy. This sacred state transforms not only your relationship with yourself but also the way you experience life as a whole.

If these teachings resonate with you, and you feel called to deepen your practice, I invite you to explore my courses. They are designed to guide you further into these pillars, helping you unlock your full potential and live a life of love, pleasure, and divine connection.

This is your time to step into the Temple of Love and awaken to the miracle of this heavenly life. Are you ready?

Devotional Love: The Art of Worship

Devotional love is a sacred practice, a way of honoring yourself and others as divine. It's a form of love that transcends conditions, expectations, or agendas—it is pure, limitless, and infinite. When we inbody devotional love, we tap into the energy of Source, allowing it to flow through us as an act of worship. This practice is about slowing down, being fully present, and honoring the sacredness in every moment, every touch, every breath. Devotional love is both a state of being and a practice. It invites us to honor the divinity within ourselves and others, transforming the simplest acts—eye contact, touch, presence—into sacred rituals. It has the power to deepen connections, cultivate intimacy, and expand our capacity for joy, pleasure and love.

The Power of Devotional Love

- When you approach love as an act of devotion, it becomes a source of profound healing and connection. Through devotional love, we can:
 - Deepen our connection to ourselves by treating our body, emotions, and energy as sacred
 - Cultivate intimacy with others by seeing and honoring their divine essence
 - Expand our capacity for joy by being fully present in each moment, experiencing the magik and mystery of life

By practicing devotional love, you align with the energy of unconditional love. You begin to see yourself and others as divine beings, worthy of reverence and care. This shift in perspective changes how you experience life, opening your heart and inviting more love and connection into every area.



Practice: Cultivating Devotional Love Through Presence and Touch

This practice will guide you in reconnecting with yourself through presence, breath, and the power of your healing hands. It is a beautiful way to honor your body, your energy, and your heart while cultivating the flow of devotional love. Start this practice with yourself first and then explore with a partner if you desire to do so.

Prepare the Space

- Find a quiet, comfortable space where you won't be disturbed
- Light a candle or incense if it feels nourishing for you
- Sit in a comfortable position or stand in front of a mirror if you are practicing with yourself



Ground Yourself with Breath

- Close your eyes and receive a deep inhale through your nose, allowing the breath to fill your belly fully
- Hold the breath for a moment, feeling the fullness and aliveness within
- Exhale slowly through your mouth, visualizing the energy grounding down into the earth
- Repeat this deep belly breathing for 5-7 breaths, imagining the energy flowing up from your belly, through your crown, and circling back down to the earth in a continuous loop

Eye-Gazing: Honoring the Divine Presence

- If you are alone: Open your eyes and look into a mirror, gaze deeply into your own eyes, seeing yourself as a divine being
- If you are with a partner: Sit facing each other and gaze into their eyes, recognizing the divine essence within them
- Hold this gaze for 2-3 minutes, allowing yourself to soften and connect

Activate Your Healing Hands

- Rub your palms together at your heart center, creating friction and warmth, as you do this, focus on the energy building between your hands
- Whisper or silently affirm, “These hands are vessels of pure, unconditional love”

Sacred Touch and Energy Activation

- Place your warm hands over your eyes and gently press into your face, feel the energy radiating from your palms as it begins to move and activate within you
- Slowly, with intention, begin to caress your face, moving down your cheeks, your neck, and to your heart
- Allow your hands to be intuitively guided to different parts of your body that desire your love and attention, imagine your hands infusing pure, unconditional love to every space you touch

Clearing and Transforming Energy

- With gentle, brushing motions, use your hands to sweep away any stagnant or heavy energy around your throat, heart, or anywhere else that feels tight or contracted
- Visualize this energy being transformed into light and dissolved into the earth, giving these energies as sacred offerings

Honoring Yourself

- With every touch, affirm to yourself: “I honor you. I love you. I see your divinity.”
- Imagine every part of your body being transformed by your loving touch, becoming radiant with love and vitality

Close with Gratitude

- Place your hands over your heart, feeling the warmth and energy you’ve cultivated
- Whisper a word of gratitude to yourself, to your body, and to the divine energy that flows through

The Ripple Effect of Devotional Love

When you practice devotional love, you reconnect with your true essence. This sacred connection doesn't stay contained; it ripples out into every area of your life. You'll notice yourself showing up with more presence, love, ease and grace in all your relationships. You'll find joy in the most simple, ordinary moments of life. You'll embody the energy of unconditional love, radiating it outward and creating a world where love and reverence become the new normal. Devotional love is your birthright. Let these practices guide you to the divinity within and the infinite love available to you in every moment.





Creating Sacred Space for Worship & Devotional Love

Transforming your environment into a sacred nest for worship is an act of devotion in itself. By intentionally creating a space filled with nourishing beauty, comfort, sensual delight, you invite the energy of love, presence, and magik to flow freely. Here's how to create your worship sanctuary:

Choose a Space Outside the Bedroom

- Select a cozy, inviting area such as your living room, perhaps near a fireplace or a sunlit corner. This keeps the energy distinct from the bedroom, symbolizing that this is a sacred space for intentional worship and not focused on sexual connection.
- If there isn't space outside the bedroom, create the nest on the ground, just not on the bed.

Prepare the Nest and Enhance the Atmosphere

- **Nourishing & Cozy Foundations:** Lay down soft blankets, pillows, and luxurious fabrics to create a plush, comfortable nest where you can fully relax and surrender. Choose materials and colors that feel sensual, yummy and inviting to you and your worship partner.
- **Ambient Lighting:** Utilize candles to provide warm, soft lighting. Opt for natural beeswax or soy candles with essential oils for a cleaner more healthy environment and body. Place the candles around the space for a calming, intimate glow. If you want more light than candles, utilize hue/color changing LED lightbulbs in a gentle color that's easy on the eyes.
- **Aromas:** Light incense or diffuse essential oils to infuse the air with grounding, sensual scents like rose, jasmine or sandalwood.



- Sound Tools: Crystal or tibetan bowls, chimes, flute, drum, any healing sound tools that will support in giving them a more healing experience through the power of resonance
- Massage Oil: Warm organic unrefined coconut oil, jojoba oil, or your favorite natural massage oil. If you plan to give and receive these devotional acts often, getting a small oil warmer can add an extra touch of luxury and ease.
- Blindfold: Include a soft blindfold to heighten the senses and encourage surrender during worship.





Create a Sacred Altar

Dedicate a small area within your space as an altar, a focal point for your worship ceremony that will activate and infuse the ritual space with deeper intention and prayer

- **Create a Foundation:** Lay a beautiful piece of fabric to anchor your altar
- **Add Your Tools:** Arrange all your tools for tantalizing the senses... ostrich plumes or other feathers, incense, sage, palo santo, blindfold, massage tools and any other fun sensational toys you love to play with
- **Orgasmic Eating:** Arrange a prasad (ceremonial food plate), a small plate or bowl of organic fruits such as strawberries and mango and/or your favorite chocolate (real chocolate made from cacao encouraged), whip cream, honey or another offering to feed, nourish and tantalize with
- **Flowers and Offerings:** Have a bouquet of fresh flowers, especially roses as they are the highest vibrational flower and represent the heart, womb, and yoni (aka the portal of all creation), rose petals sprinkled about, to bring beauty, opulence, and heart opening sensuality into the space. Utilize the roses as tools for gentle touch and caressing during the ceremony, you can also give a rose blessing/blissing with them
- **Sacred Objects:** Include crystals, statues, natural elements, oracle deck or other meaningful items that represent the energies you wish to call fourth. For example:
 - **Rose quartz:** To invite God-consciousness, love and compassion
 - **Amethyst:** For spiritual connection and peace
 - **God/dess or deity statues:** To honor and invoke divine energy
 - **A chalice of water** that will be infused with pure devotional love that you can drink from and receive the nectar at the end. This ritual invites you to honor the sacredness of the ceremony and supports in integration through the healing power of holy water.







Preparing Yourself for Worship Ceremonies

Just as you prepare the space, preparing yourself is an act of devotion. Here's how to step into this practice with reverence:

- **Go Bare or Natural:** Allow your natural beauty to shine by skipping makeup and embracing your authentic self (will also be helpful if you cry and allow for more freedom in rubbing your faces on each other)
- **Dress in Something Sensual:** Wear a sarong, silk robe, or a simple piece of fabric that feels soft and luxurious on your skin and invokes the God/dess in you. If you feel comfortable, you can choose to be fully naked under the fabric so nothing is constricting the flow of energy
- **Protect Your Space:** Lay down a towel or sheet over your blankets to protect them from oil during the ceremony
- **Hydrate Your Body:** Drink plenty of water the day before, the morning of, and throughout the day after the ceremony. Hydration is essential for your body's energy flow and supports the release of any stored emotions or tension that may arise during the experience.
- **Eat Lightly:** Enjoy a light, nourishing breakfast, such as a smoothie or fresh fruit, to support your body's energy without weighing it down. After the experience, feel free to enjoy a more grounding, hearty meal as your body integrates.
- **Create Spaciousness in Your Day:** Give yourself the gift of time and space after embarking on such a powerful experience. Avoid scheduling any work or demanding activities immediately afterward. Instead, create a container of calm and rest to fully integrate the shifts and sensations you'll experience. Consider going to the beach, having a nap, a warm bath, or going to nature to fully ground in the transformation.

By following these steps, preparing the space and yourself, you create a sacred container where the energy of worship can flow effortlessly. The sacred nest will hold you in comfort, beauty, and sensuality, allowing you to fully surrender and embrace to the magik of the experience. These loving preparations (and the ones to follow) honor your commitment to yourself (and your partner) and ensures you receive the fullest, most pleasurable experience possible



Cleansing, Clearing and Grounding Your Energy

By cleansing and clearing your energy, grounding into your heart, and aligning with the flow of devotional love, you create a sacred vessel for divine energy to move through you. This preparation allows you to show up fully in your heart, body and spirit, ready to be a channel for devotional love and the depth of connection that worship offers.

To prepare yourself energetically for worship, begin with a ritual of cleansing. This is a powerful way to release stagnant or heavy energies and create space for divine love to flow through you

Smudging/Saging Ritual

- Light sage, palo santo, or your favorite cleansing herb
- Slowly move the smoke around your body, starting at your crown and moving downward to your feet
- Use your hands to guide the smoke as you visualize it clearing away any energies that no longer serve you
- As you do this, repeat an affirmation like, “I let go of all that no longer serves me. I cleanse and clear my energy and open my channel to be a conduit for unconditional love to pour through me.”
- If you’re with a partner, prayerform this ritual for one another
- As you sage each other, set the intention to show up fully in your heart and body for this sacred practice

Breath Magik for Clearing and Centering

- Receive a few deep belly breaths, inhaling deeply through your nose and exhaling fully through your mouth, sighing out an audible exhale
- With each inhale, visualize divine light entering your body, with each exhale, let go any tension, heaviness, or distractions
- Feel your energy becoming light, clear and radiant



Grounding Into Your Heart

Once you've cleared your energy, it's time to center yourself in your heart, the seat of unconditional love. This step helps you align with the energy of devotion and prepare to channel divine love through your body.

Heart-Centering Practice

- Sit or stand comfortably and place one hand on your heart and the other on your low belly.
- Close your eyes and receive a deep inhale, feeling your belly expand and your chest rise. Exhale slowly, feeling any tension melt away.
- As you breathe, focus on your heart space. Imagine a pink rose at the center of your heart, glowing with a warm, radiant light. With every breath, the rose slowly blossoms open and the light grows brighter.
- Whisper to yourself, "I open my heart to love. I am a vessel for the divine to flow freely through me. I liberate love with every breath."
- Feel your heart expanding, softening, and aligning with the flow of unconditional love.

Partner Connection (Optional)

- If you're practicing with a partner, sit facing each other, place one hand on your heart, one hand on your partner's heart, and sync up your breathe
- As you gaze into each other's eyes, set the shared intention to be conduits for divine love and to honor one another as sacred beings



Entering the Space of Worship

As you complete these preparations, give yourself a moment to transition and honor the sacredness of what you are about to do. Whether you are worshiping alone or with a partner, allow yourself to feel the deep reverence of this practice. You are creating a channel for divine love, to flow through your sacred body temple. You are stepping into an ancient ritualistic space that will transform the way you and your worship partner experience life. What a gift... thank you thank you thank you (thank yourself, thank each other) for choosing to share this sacred space and dive in to the mystery, magik, pleasure and healing that awaits you.





Invitation to Go Deeper

You've now journeyed through the foundational concepts of the Temple of Love: Trust, Surrender, Open, and Receive. You've explored the art of devotional love, the power of creating sacred spaces, and the transformative practices of breath, grounding, sensuality, connection, self-touch, and intentional worship. These are more than practices—they are doorways into a new way of living, a way of experiencing life as a sacred, sensual, and deeply connected dance.

The immense and transformative power of these concepts is limitless. As you integrate these practices, you'll begin to notice a shift in the way you move through the world:

- Your relationships will deepen as you show up with more presence and authenticity.
- Your body will awaken to the pleasure and aliveness it's always been capable of.
- Your heart will expand, radiating unconditional love and compassion and magnetizing miracles like never before.
- Your life will feel more magikal, filled with beauty, mystery, and profound moments of complete awe.

This ebook is just the beginning of what's possible. If you're ready to dive deeper and expand wider, I invite you to explore the courses I've created to guide you further on this journey of remembering.

Explore the Next Steps

The Orgasmic Life Method: Level 1

A Foundational Journey into Pleasure, Presence & Orgasmic Liberation. Begin your journey into orgasmic aliveness with this foundational method designed to awaken your body, activate your sensual energy, and guide you into deep connection with yourself and life. Through a powerful fusion of breath, sound, movement, and touch, you'll unlock the Four Pillars of the Temple of Love—Trust, Surrender, Open, and Receive—allowing you to reclaim your natural pleasure, inner wisdom, and divine embodiment.

Inside this transformational experience, you will:

- Learn the essential practices to regulate your nervous system, let go of control & trust in the flow of life
- Awaken & heighten your sensual awareness, connect with your body's innate intelligence & intuition & create deep connection with YOU
- Transform patterns & programs around pleasure & orgasmic states, expand your capacity to feel, trust, express, receive & heal naturally
- Embrace emotions, seeing them as gifts & sacred opportunities for healing & growth
- Awaken the orgasmic source energy within your body temple & all of life
- Awaken the healing power of your own voice & utilize it soothe yourself & activate more pleasure & connection to all things
- Embody the orgasmic flow of life through orgasmic breath magik, orgasmic sound & sensual movement & touch
- Rewire your brain, transform the relationship with your body, with love, intimacy, pleasure & play & create a dream life reality

This is the gateway to living a life filled with magik, pleasure, and deep presence. Are you ready to step into your Orgasmic Life and experience Heaven on Earth? This course is for you.

Devotional Love: The Art of Worship & Surrender (full video course)

Master the art of devotional love, giving and receiving through sacred rituals and intentional, devotional touch. Whether for yourself or in partnership, this course will open the door to profound intimacy and sacred connection.

This course will guide you to:

- Experience deeper intimacy & connection with yourself, your partner or a loved one
- Release shame & judgment, be able to express your desires & reclaim your innate worthiness to be loved, honored & adored
- Explore the beauty & immensely healing power of **non-sexual**, intentional touch & how it can transform all relationships (including the one with yourself!)
- Open the channel to be a conduit for divine love & source energy to flow through your body, expand your capacity to receive & channel that into another being
- Cultivate an ability to give & receive love without barriers, surrendering to the divine, allowing source energy to flow freely between you & another
- Learn how to create sacred temple spaces (energetically & physically) for intentional connection & profound healing
- Transform your relationship to your body, to giving & receiving pleasure & embrace a state of reverence & love for the glory & miracles that we are
- Give & receive the ultimate gift of being seen, held, loved, honored & worshipped as the God/dess that you/we are

If you're ready to embody the frequency of love in every aspect of your life, this course will guide you there.



Your Sacred Invitation

Beloved, you've taken the first step into a world of love, presence, and devotion. The journey you've begun here is an act of courage, an act of love, and an act of remembrance. You are reconnecting with the truth of who you are: a divine being capable of experiencing and flowing limitless love in all areas of your life. If this ebook resonates with you and you feel called to explore devotional love and orgasmic state of bliss more deeply, I invite you to continue the journey with my wildly transformative courses.

Whether you're awakening your pleasure and sensuality, mastering the art of worship, or embodying devotional love, these teachings will help you transform your life from the inside out.

If this transmission has sparked something within you, I invite you to continue exploring and expanding into what's possible. My courses are sacred containers designed to guide you deeper into the Temple of Love that IS YOU, helping you fully embody your most alive, connected, and radiantly magnetic self.

The time has come, to say YESSS to YOU!! To step into the fullest expression & liberation of your being & to live the life you've always dreamed of. The time is NOW to claim your orgasmic pleasure-filled birth rite.

Click the links below to dive deeper:

- [The Orgasmic Life Method: Level 1](#)
- [Devotional Love: The Art of Worship & Surrender](#)

With love, blessings & devotion,

Damiana Loves, Orgasmic Oracle

May this commitment & devotion to YOU, be the beginning of a lifetime of love, pleasure & divine remembrance. ✨🌹✨