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# PLEASURE

## *Salon*

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### THE EROTIC MIND

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Eroticism can best be understood as the multifaceted process through which our innate capacity for arousal is shaped, focused, suppressed and expressed.

*JACK MORIN, THE EROTIC MIND*

We are feeling creatures that think  
and thinking creatures that feel.

*ANTONIO DAMASIO, FEELING & KNOWING*

We are always in a perpetual state of being created  
and creating ourselves.

*DANIEL SIEGEL, THE DEVELOPING MIND*

(The erotic) is an internal sense of satisfaction to which,  
once we have experienced it, we know we can aspire.

For having experienced the fullness of this depth of feeling and recognizing its power,  
in honor and self respect we can require no less of ourselves.

*AUDRE LORDE, THE USES OF THE EROTIC: THE EROTIC AS POWER*

The paradoxical perspective recognizes the joys of eros  
without denying its intricacies and risks.

It recognizes that anything that inhibits arousal  
-including anxiety or guilt -  
can, under different circumstances, amplify it.

*JACK MORIN, THE EROTIC MIND*

Neurons that fire together wire together. Mental states become neural traits.

Day after day, your mind is building your brain.

This is what scientists call experience-dependent neuroplasticity.

*RICK HANSON, HARDWIRING HAPPINESS*

Recognizing the power of the erotic within our lives  
can give us the energy to pursue genuine change within our world,  
rather than merely settling for a shift of characters in the same weary drama.

*AUDRE LORDE, THE USES OF THE EROTIC: THE EROTIC AS POWER*

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For podcasts & resources on this topic, visit: [PleasureMechanics.com/mind](https://PleasureMechanics.com/mind)

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## WELCOME!

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### STAY CURIOUS

We are Co-Creating this experience together.  
Let us marvel at differences & encourage plurality.

### ALLOW GENERATIVE CONNECTION

Build on one another's ideas, speak from your own truth & expand the conversation.

### FLEX YOUR EMPATHY

Allow yourself to be moved by one another.  
Feel what you feel. Notice your responses.

### TAKE CARE

Please take care of yourself, one another & the space we share tonight. If you need support, Ask.

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## UPCOMING SALONS

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### JULY 17: FANTASY VS. DESIRE

Let's explore the crucial difference between fantasy & desire, unleash our erotic imaginations and tap into the wisdom of desire.

### AUGUST 14: JEALOUSY, ENVY & COMPERSION

We'll welcome the green eyed monster into the room and explore the value of jealousy, the lessons of envy & the practices of compersion.

ALSO CHECK OUT OUR [KINKY EVENING WORKSHOPS](#) COMING UP THIS SUMMER!

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### SEE YOU AGAIN?

Scan below or visit us at [PleasureMechanics.com/Events](https://PleasureMechanics.com/Events) for upcoming events & workshops

### THANK YOU!

Your generous tips allow us to continue to offer free, inclusive sex-positive community programming!

### READY FOR MORE?

Scan below or visit us at [PleasureMechanics.com/Sessions](https://PleasureMechanics.com/Sessions) for personalized coaching sessions



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