

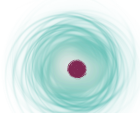


Artwork by Rose Hewartson

The Pleasure Map Workshop

with Michelle Payne

A reflective experience and mapping tool for
women ready to invite more joy, ease, and
connection into their lives.



An Embodied Life

www.anembodiedlife.com.au



The Pleasure Map

A map to measure your pleasure.

In everyday life, how much pleasure are you having, and how much are you honouring?

The Pleasure Map was created as a tool to help women see the truth of their current reality: how much pleasure they're allowing themselves to experience each and every day.

In each moment, this map helps you see the truth around:

- Receiving pleasure
- Deserving pleasure
- Communicating your pleasure
- Feeling and experiencing pleasure through your senses
- Attracting pleasure into your life
- Learning and educating yourself more deeply about pleasure
- Connecting with pleasure
- Inviting playfulness into your life

Ask yourself as you move through the map:

- Where have I opened more fully?
- Where am I still holding back?
- Which areas feel alive and which ask for more attention?

The Pleasure Map helps you celebrate your growth, recognise the truth of your current experience, and gently expand your capacity for joy, ease, and aliveness.

As we move through the map together, stay present with what you feel, not what you think. Notice the sensations, emotions, or memories that arise. This is where the truth of your pleasure begins to reveal itself.

Pleasure is not something you earn, it's something you allow.

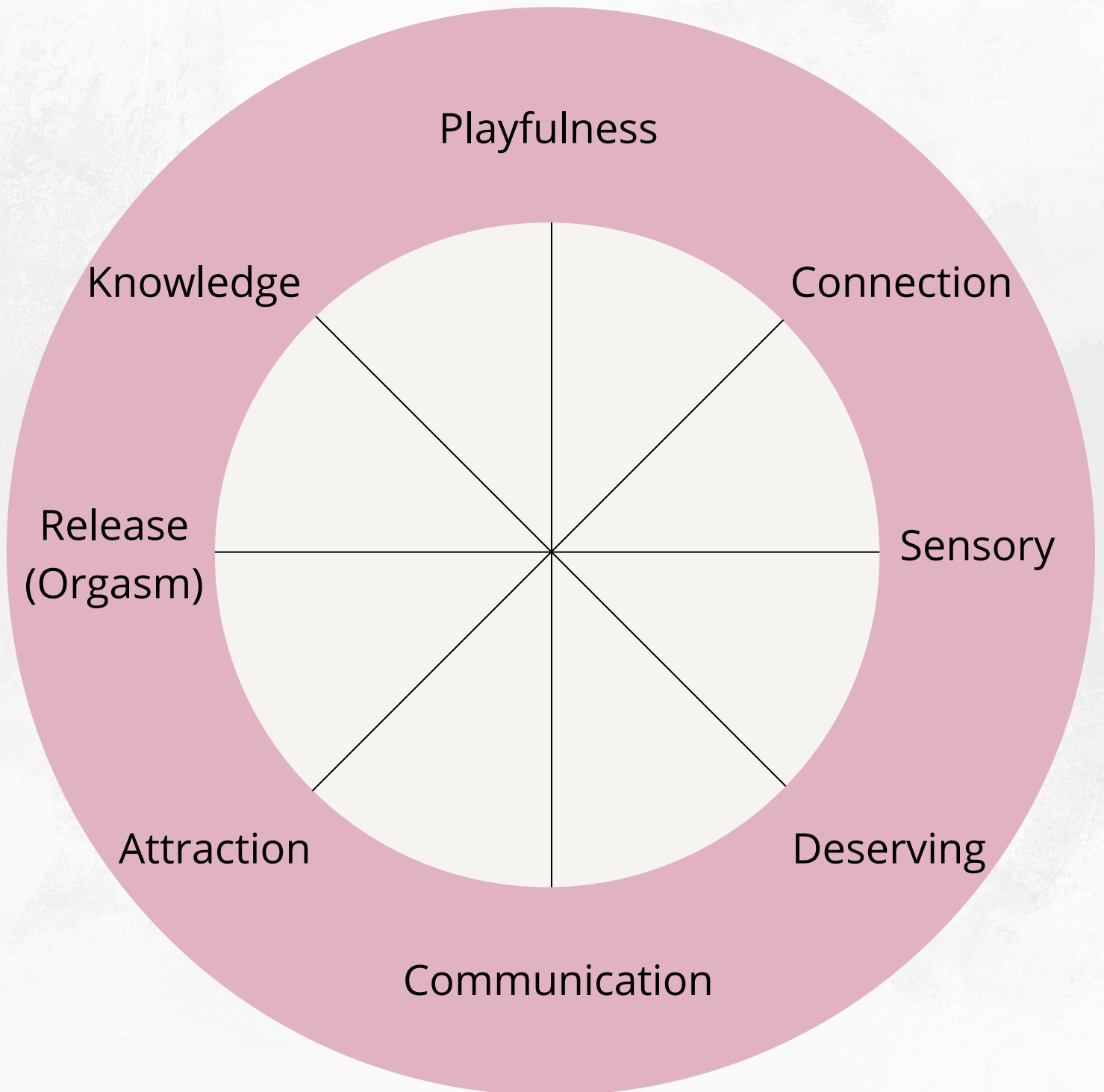


Michelle Payne

The Pleasure Map

artwork by Rose Hewartson

A map to measure your pleasure



Michelle Payne



Connection

Connection is the first spoke. It begins with awareness, what truly connects you to pleasure?

It might be something as simple as walking barefoot along the beach, feeling the sand between your toes, or letting cool waves splash against your ankles. It could be tending to your garden, speaking to your plants, or sitting in the sunshine with a book.

Often, the things that connect us to pleasure are beautifully simple. The question is: how often are you choosing them?

Reflect:

- Do I know what connects me to pleasure?
- Am I actually doing it, or just aware of it?

Sensory

Our senses are gateways to pleasure. Sight, sound, taste, smell, and touch are all entry points to joy, but they can also pull us away from it.

The sensory spoke invites you to explore:

- Which senses bring me the most pleasure?
- Which ones easily become overstimulated or overwhelmed?

For example, if you're in a noisy or uncomfortable space, how does that affect your ability to feel at ease? Do you express your needs or quietly endure it?

Being aware of your senses, and tending to them with care, expands your capacity for pleasure.



Michelle Payne



Deserving

Deserving is deeply tied to receiving.

Many women say, "I know I deserve pleasure."

But when asked to receive, a compliment, a gift, support, they resist or deflect.

Ask yourself:

- Do I truly believe I deserve pleasure?
- Do I actually allow myself to receive it?

If your belief in deserving is high but your receiving is low, there's a gap to explore. Closing that gap is where real transformation begins.

Communication

Communication is essential when it comes to pleasure.

It's about knowing what brings you pleasure, expressing it clearly, and allowing yourself to be seen and heard, whether in small daily preferences or deeper intimate desires.

Reflect:

- Am I aware that communicating my needs matters?
- Do I feel safe and equipped to express them?

Pleasure deepens when you can communicate your desires openly, without guilt or hesitation.



Michelle Payne



Attraction

Attraction isn't just about physical magnetism, it's about how open you are to drawing pleasure into your life.

Do you believe you can attract pleasure? Do you believe you're worthy of it?

Sometimes, there's a gap between what we believe and what we experience. The Attraction spoke invites you to align your mindset with your reality.

Your brain's Reticular Activating System (RAS) filters what you notice and focus on.

When you focus on pleasure, believing it's possible and available, your RAS begins to highlight experiences that align with that truth.

Attraction, then, becomes both energetic and practical: it's about training your mind and heart to expect joy.

Release (Orgasm)

Orgasm represents release, the letting go that keeps pleasure alive.

If the word feels confronting, rename it: release can be laughter, tears, breathwork, movement, or creativity. Anything that helps you let go of tension allows more energy to flow.

Reflect:

- How consistently do I allow release in my life?
- What forms of expression help me soften, unwind, and return to myself?

Release keeps pleasure moving. Without it, energy becomes trapped and joy feels distant.



Michelle Payne



Knowledge

Knowledge is about expanding your understanding of pleasure, through curiosity, exploration, and awareness.

This could mean learning about your body, understanding your sensory needs, or discovering new ways to experience joy.

But knowledge only becomes powerful when it's lived.

Ask yourself:

- Do I act on what I know brings me pleasure?
- Where am I still holding back from exploring more deeply?

Playfulness

Playfulness is one of the purest expressions of pleasure.

It invites laughter, curiosity, and lightness. Without it, life becomes too serious; with it, joy naturally expands.

Reflect:

- How much do I value playfulness in my life?
- How often do I allow myself to drop into it, with others and with myself?

Play reminds you that pleasure doesn't always have to be deep or serious.

Sometimes it's simple, spontaneous, and full of delight.





Closing Reflections

Honouring where you are, and what's awakening within you.

Take a moment to breathe and feel into what has moved for you through this experience. You may have noticed areas where pleasure flows with ease, and others that still feel tender or uncertain.

This isn't about fixing or striving.

It's about seeing the truth of where you are, with compassion and honesty. Pleasure expands the moment you choose to notice it. It deepens when you honour it in the simplest ways, a quiet walk, a sip of tea, a kind word, a soft breath.

Return to your Pleasure Map whenever you feel disconnected or curious about how far you've come. Each time you revisit, you'll meet yourself at a new depth of awareness and ease.

Pleasure lives in presence. It doesn't wait for permission. It begins now.

Continue the Journey

The Pleasure Workshop is just the beginning.

If you're feeling called to go deeper, Michelle offers a range of ways to continue this work, from free discovery calls and Weekly Energy Circles, to The Embodied Collective membership and upcoming programs like The Relationship Reveal. Each space is designed to support women in building trust, connection, and embodied confidence in every area of life.

You're invited to stay connected, explore what resonates, and take the next step when you feel ready.



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