

What are ways that we discover and create pleasure that don't involve money exchange?

reading and sharing information

Bath, sun, reading, tea, connecting with friends

time with loved ones; time in nature

walking in nature, spending time with family, or meditation.

Listening to birds singing

Self-touch and movement

Sharing ones heartsong

walking in nature

Food, hugs, flowers, herbs, fresh air, hiking a hill

What are ways that we discover and create pleasure that don't involve money exchange?

Care taking/receiving care, cooking for people, long late night conversations, creating art, nature, sex, quality time

Taking naps

slow-cooking with loved ones

helping others when they ask for our help

being in nature, making music, making art, laughing together

Singing together! Long walks, hikes, cooking food together, listening to each other.

Growing things. Touching things that feel nice. Doing things that feel nice.

checking in moment by moment- does this bring me joy/nourishment spending time near a body of water listening to my kids laugh dancing sharing ones heart and being heard

communal activities - the pleasure of relating well with others - dancing, games, improv, singing together, etc

What are ways that we discover and create pleasure that don't involve money exchange?

taking walks

Silence. GOLDEN

smiling, smelling, feeling,

sunshinebreathworkconnectionwitnessing beauty in nature,
in others, in ourselves...

dancing

nature

Breathing techniques, sitting to enjoy your own breath and
be in the moment

snuggles and hugs, nature time, gardening, bedtime sharing
(stories and heartspeak)

creating through voice and body, becoming one with the
song and dance of atabey herself

What are ways that we discover and create pleasure that don't involve money exchange?

Cooking food

observe nature, watch the birds

Taking walks, drinking tea

Being outside with plants in different contexts.

singing or humming--something about using the body to make melody is somatically pleasurable

Eating fruit, being outdoors, sitting in the sun, singing, reading poetry aloud, writing, eating dark chocolate, being on the farm, spending intimate time with your partner, breathwork, dance

sharing seeds and plants from our yards with neighbors

unhurried exploratory conversation

singing

What are ways that we discover and create pleasure that don't involve money exchange?

being creative

sharing space with friends in nature

Walking in nature. Watching a good TV show

Dancing with people, the collective energy in concerts

sharing fun gifs or memes

nature walks, feeling the sun on our skin, moisturizing skin,
being in the presence of ppl we love

eating, cook for others, painting, taking care of my skin
(whole body), touch animals

Who is a 'pleasure role model' for you, and why?

friend and teacher

One of my first herbalism teacher - showed me how sensual food is and how important is to enjoy it.

Grandma

The Taurus archetype. (My chart is very watery)

My mother was always the first to start dancing at the beginning of a party and the last one still dancing at the end!

I have a friend who loves to dress up and only eat really delicious food and it's always baffled me but i think this is what they are to me!

My friend Jackie who unapologetically puts herself first regardless of what others think and say to her and about her.

those aunties who live their best life. Tracee Ellis Ross!!!

When I see someone doing something and I think "They are doing exactly what they were put on this planet to do"

Who is a 'pleasure role model' for you, and why?

My friend Molly, who completely, unconsciously, inhabits her body. Also my dog!

my friends and lovers who support me in truly unplugging, letting loose and having fun in my downtime

Anais Nin the writer because when I read her first journal it opened my eyes to the importance of pleasure

alexis pauline gumbs- one of the first voices i felt this wide invitation to pleasure and ceremony, interspecies relationship, prayer, sensuality, presence...just leaning all the way in to our real YES's

checheluna, my grandma, my friend Maria Angelica, writer and activist adriannemareebrown, and of course my CAT

my abuelita

Any musician

My children. They remind me to find and appreciate the sensation of pleasure in all they experience.

queer & trans sex educators who taught me how to transform my shame and my relationship to my own body

Who is a 'pleasure role model' for you, and why?

My Gma's friend/Auntie

My partner. He is a healer and deeply connected to nature like me. He embodies his pleasure and is able to express, speak and lean into his pleasure in such delectable and sensuous ways. He shows up very powerfully like this.

I have several friends who model different aspects of pleasure in their lives so beautifully. Some have great work/life boundaries around pleasure, others really lean into taking care of their physical selves, some are wildly generous with abundances

My sea-stir soulmate Ahlam, my mom Marie, and my cat Pipa are my pleasure models. They all understand indulgence and pleasure in the best ways and ENJOY it without giving a f*** about others

Myself 😊

my nieces

my 4-year-old son- he immerses himself in sensory pleasure
my friend Aisha- she prioritizes things that bring her joy, like rock climbing and travel
my cooking club- making food for the sake of enjoyment- living to eat, rather than eating to live

Rupi Kaur

Allison holistic She created a space for group meditation, yoga, and sharing a meal. She showed me that my interests are shared and rewarding.

Who is a 'pleasure role model' for you, and why?

my community, and grandmother earth. I am blessed to be in community with such strong individuals, who tend to their life with thick luscious boundaries. I watch them in awe, with what they are capable of doing just so in love-