

FUNSHEET THE SUBTLE ART OF BEING **TURNED ON**



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



THE SUBTLE ART OF BEING TURNED ON

What is the subtle art of being turned on in life?

Being turned on means being

- 'extremely relaxed & intensely involved'.
- An essential state of happiness.
- The antidote to your helplessness, anxiety and fear.
- A tool or a mechanism that can help you reclaim your mental balance while doing everyday mundane things.
- It is a sensual experience. Not restricted to a sexual experience

What turned you on?

Take a minute and pull out an incident from your memory bank when you felt genuinely 'turned on'. It need not be a sexual experience. You can be turned on by high speed driving, a baking experience, attending a live concert or even a scuba diving expedition. Just time travel into that moment.

Now tell me, no matter what others thought of that moment, were you extremely relaxed and intensely involved?

Two conflicting needs as per Esther Perel:

Need for safety , dependability, predictability, and continuation	Need for adventure, novelty, mystery and risk.
Extremely relaxed	Intensely involved

People with low self worth can fall into an unending loop of self doubt. Being turned on or high on life is an art. It is a subtle art of giving a lot of attention! Like any other great art, it needs authenticity, involvement, practice, passion & patience.

To all my anxious friends, I have a small request to make. Do not dismiss the questions I am going to ask you. You may protest by saying Aditi in my day filled with overwhelming emotions, where will I find moments to feel relaxed and involved? Please look carefully. A slight crack is enough for the sunshine to enter.

To the others who wish to live on the edge and really feel their foodgasm or any form of orgasm by having an immersive experience in music, food, dance, poetry, writing, yoga, painting, baking, cooking or anything else. **Learn these 5 steps to enhance the intensity of your turned on experiences.**

Step 1: Recognise your companion on the journey

Pick an activity that you can explore. **What is that one thing that puts you in a relaxing zone and still makes you feel really engaged?**

Pick at least 5-7 activities that put you in the zone. Give it a shot again. Do not operate from past references. Does it still excite you?

	Pick an activity	Extremely relaxing (Y/N)	Intensely involved (Y/N)
1			
2			
3			
4			
5			
6			
7			

Step 2: Ask - Can you be even more relaxed than you are?

What can you do to be more relaxed physically, mentally and emotionally? What makes you feel relaxed?

We can induce a calm state of mind with a graphotherapy stroke, called the '*flow of thoughts*'.

I am attaching a page at the end of this funsheet of Graphotherapy practice called '*flow of thoughts*'. Graphotherapy is an act of making conscious alterations in your handwriting in order to create desired changes in your personality and behaviour. Learn this stroke by carefully watching this video: <http://tiny.cc/flowstroke> and practise it for the next 7 days.

Step 3: Can you be even more involved?

Body is the key. Everything the body can do is potentially enjoyable. If you learn to train and program your body as an efficient tool, then it can turn into your superpower. Yet many people ignore their body's capacity.

All 5 senses can lead to intense involvement if you choose to open your sensory experiences. Yes. It does require training. You need to pay close attention. Try this - When you are cooking or even eating you must be involved with all 5 senses.

E.g. look at the food you're eating closely. It's colour, texture. Don't *swirl* but still feel the texture of your food. *Sniff*. Yes take a moment to inhale the appetising aroma of your food. Now taste and savour. *Savour* all the flavours that you didn't even know your regular meal had to offer.

Describe your sensory experiences:

1.

Sight		
Hearing		
Touch		
Smell		
Taste		

2.

Sight		
Hearing		
Touch		
Smell		
Taste		

Step 5: turn up the heat

Now this is an upgrade. If you have found your moment of relaxed involvement, increase the challenge level. Remember what we spoke about: **the need for safety and the need for adventure**. we do not feel involved in anything if it doesn't hold our attention. Making things challenging is the hack here.

Think of 3 ways to level up your deepen your experience

1. _____
2. _____
3. _____

If baking is your thing, then mastering a new recipe by getting exactly how you like it can become your pursuit. If running is orgasmic for you, then aim to outperform your previous record. **Pursuing excellence** is a skill worth nurturing.

When you are in this orgasmic zone, it can be a sensual experience without necessarily being a sexual one. People who are turned on to live are, are known to be more playful, helpful, kind people. **In these moments of being turned on, you will realise that some sort of flow happens and time stands still. You become completely connected with yourself and your activity.** I wish your day is filled with many moments like these.

#COVID INITIATIVE

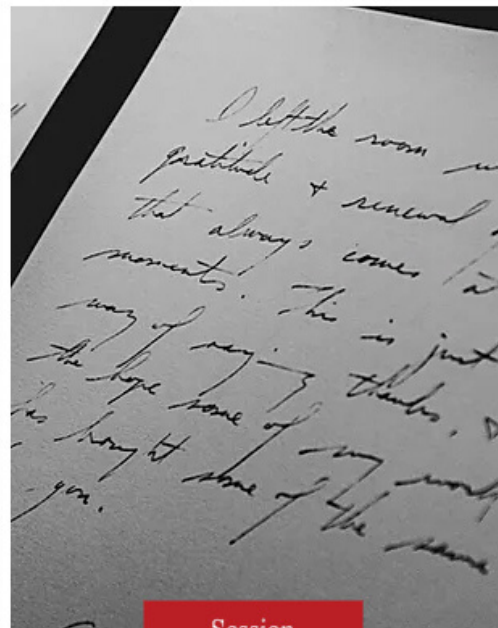
Lockdown is not a breakdown. Let's deal with anxiety together.



Journal

Journal Write Now

A 21 day free anti anxiety journaling workshop that will help you be more equipped to deal with your challenges, stress & anxiety.



Session

Written Gift

A free handwriting analysis session with Aditi, everyday till the lockdown continues in India for whoever wishes to connect, speak and resolve something.

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