



# Becoming a Sensation Scientist

*Dancing through life*



## Awareness of Touch Worksheet

### *Researching Pleasure and Pain*

Pleasure is a gift of the body. Choosing physical pleasure is a way to consciously and lovingly touch your body from the inside out. Use this chart to become aware of the parts of your body touched by levels of pain and pleasure. Witness what you do that causes discomfort or comfort. Slightly alter or “tweak” what you do to feel less pain and more pleasure.

Research These Body Parts	Pain Scale			Pleasure Scale		
	Slight	Moderate	Acute	Slight	Moderate	Acute
Feet						
Calves						
Shins						
Knees						
Thighs						
Hamstrings						
Hips						
Abdomen						
Low Back						
Mid Back						
Upper Back						
Rib Cage						
Chest						
Spine						
Neck						
Head						
Shoulder						
Upper Arms						
Elbows						
Forearms						
Wrists						
Hands						

## *The Voice of Pleasure* is a poetic exploration of the sensation of pleasure.

*I am the Voice of Pleasure, an inner charge, a stimulation and an excitation available to all living organisms. My job is to help you maintain motility, the charge of life perceived as the movement of energy you need to survive. Alive, and not bound by space or time, I am independent and accessible by all who choose me. I am the force that vibrates molecules, cells, organs, tissues, and organisms into motion.*

*Ecstasy is my highest song, and I make being alive a sacred, great and grand experience. I reorganize your relationship with the body so that living becomes an energetic connection to love, joy, and to choosing pleasure.*

*You will find me moving about under the envelope of your skin, a protective blanket filled with nerve endings that integrate and regulate pain and pleasure responses. Your ability to sense great pleasure is directly tied to a willingness and openness to feel all feelings, even pain – for without the awareness of pain you cannot notice pleasure. I am the voice inside of you that beckons you to jump with joy. The spontaneous messenger who encourages you to use what naturally creates a healthy environment and basic for feeling from within. You cannot fool me, as I know when you are feeling true pleasure. When you feel pleasure the energy field around you changes. I see around you the intense color blue, and an expansion of your energy body, the aura.*

*You sense me as increased rate of pulsation that moves through you, a life-force with the power to transport you from this earth to the heavens. I make sensation, sight, and thinking something that magically and unconsciously transforms you. Slow down and go inward, and you can perceive my presence as deeper breathing and as involuntary vibratory movements – a quivery, a shudder, a shake. I am the dream-weaver who lights you up and who takes you on a life-ride of endless bliss where waves of pleasure splash over and through you.*