



from
perfectionist
to pleasure
expert

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Hey There Cutie,

Before we get into the good shit, I wanted to take a moment to celebrate you, it may seem like no sweat, but taking the time to download and read this E-Book

shows that you are committed to yourself and to your transformation. YOU GO, BOO! I can tell that I like you already, you badass mo'fo! (Side note: if you hate cursing, this is your time to RUN) In my world, we celebrate ourselves- so drop and give me 3! Seriously, pause this reading for a second and mentally give me three celebrations about yourself. This could be big, medium or small.

It can be as big as you closed a huge deal to as small as you brag that you did your laundry today. In my world, the little moments make up life, and it's a damn shame to not celebrate yourself on the way.

We want big RADICAL transformation, and yet, so often we forget to look back and see how far we have come. Think about it, so often when we bond with our friends we go to the negative and end up complaining. We are hesitant to bring up our wins because we were taught it's tacky and rude to have a healthy relationship with bragging on ourselves. But what really ends up happening, is we end up dimming our own light AND our loved ones. I dare you to change that; ask your friends any wins they may be experiencing. Create celebration and healthy bragging in your relationships opposed to bonding through nagging. Now, I am not saying "always be positive" fuck that, what I AM saying is create a place where your loved ones and friends feel it is safe to be confident in your presence... and vice versa!

So if you haven't already,
drop and give me 3! Oh and
by the way, celebrating
yourself is like your new
medicine. Do that shit
everyday, ESPECIALLY on
the days where you feel like
a
demon from hell and you
really rather not brag on
yourself.

TIME TO
CELEBRATE

I
Brady....



If you are reading this guide, I
am going to guess
that you are HUNGRY. Hungry
for more pleasure in your life,
sexual freedom,
confidence in the bedroom to
the boardroom and deep
embodied self love. Right
now, you may be like “yeah
bitch, that sounds great. but I
can’t have that
because _____” As bad as
you want it you may feel you
CAN’T because of a past
trauma, a deep shame from
childhood, body hate or just by
living in a society
that profits off of your pain.

You see, the sex and beauty industry are racking in BILLIONS, maybe even trillions of dollars a year. You feeling stuck, unworthy and wobbly about sex, love and intimacy means more green for them. Until now, bitches. I am deeply committed to help you reclaim your radiance, have a deep relationship to your pleasure, sexuality and sensuality and have the confidence to date like the damn SNACK that you are.

I AM
WORTHY



*I am
sexy
AF*

Since you are now on the journey to
become a
#pleasureexpert, I thought it would
be important to get clear before we
jump
in. According to google dictionary
(sorry Webster), pleasure is a feeling
of
happy satisfaction, enjoyment and
sensual gratification. Sounds pretty
fab,
right? Yet, we know that this little
word can cause so much shame and
pain. As we
discussed before, the society that we
live in thrives on making us feel bad,
dirty and wrong about this little
word. Now, can you apply this guide
and pleasure to all
things sexuality? Of course!! I
encourage that shit AND part of the
reason that
I created this was so you have a
relationship to pleasure, anytime,
anywhere;

This is because I insist on pleasure oozing
into every
area of my life: the mundane, the
outrageous, the norm. It's easy to get our
groove on when the pleasure is around sex/
sensuality. Yet, I see clients of
all backgrounds squirm when asked where
they can inject more pleasure into
their mundane. I am going to make you
stop,
drop and feel right here. Do me a favor,
write down on a sticky note, in
your phone notes, as a timed reminder
“what
will make this moment more pleasurable?
Am I currently turned on by life or feeling
pretty crusty?" Seems like an easy peezy
assignment right? Mwaha just you wait. I
dare you to keep asking yourself this,
over and over again.

At the DMV, when doing work
that stresses you the fuck
out, everything. You see my
friend, we have trained our bodies
to get so
accustomed to pain and misery.
We are taught that blood, sweat
and tears is the
only honorable way, and I say NO
NO BITCH, NOT ANYMORE. I
want to shock you
with a little fun fact: more
pleasure can equal more of your
dreams. You may think
that you will become lazy if you
lean into pleasure, but I am here
to be a myth
buster on that bad boy. When we
lean on pleasure as a primary
foundational
piece in our life- it opens doors.

Lets add some pleasure to the working grind. What happens?

You are happier and way more successful. Why? because pleasure lightens the mood, allows you to breathe, be creative, allow movement into your life. That flow allows you to work smarter, to work with more joy and play.

Coworkers

become less annoying, you meet your monthly goals with ease and you show up

differently. You don't allow that poor me victim to survive. You take your life

if your own hands and make it fucking magical, even if nothing magical or special is happening. You become a conscious creator.

If you are still a little hesitant, I
wanted to give
you some more evidence why pleasure
rules.

-We know stress is a huge piece of the
health equation
and yet, we feel helpless about what to
do. Let me introduce pleasure: a free
way that your body, nervous system
and mind can take a significant
amount of
stress away and actually have your
body ease and relax

-When in pleasure, you make choices
from an aligned
place and not from a place of fear and
scarcity

-When playing with pleasure, you learn what
you like

and dislike sexually and also across the board. I
am talking foods, places,
movies, the works... you get to really know
yourself on a deeper level

-When steeped in pleasure, your confidence will
skyrocket. You are less focused on the anxiety
and more focused on “what will
feel good”

-When a student of pleasure, you will live a
happier,
more fulfilling life

-When practicing pleasure, you are more
PRESENT to the
here and now. Pleasure happens in the present
moment, so you are really aware and
attuned to all of your senses.

-With pleasure, you work
smarter

-Pleasure teaches self care

-Society likes you feeling
stuck, miserable and
uncomfortable; so, if you
are a bit of a rebel, fuck
with pleasure. *Pleasure is
truly an act of radical
acceptance and healing!*

**The list of benefits goes on
and on...**

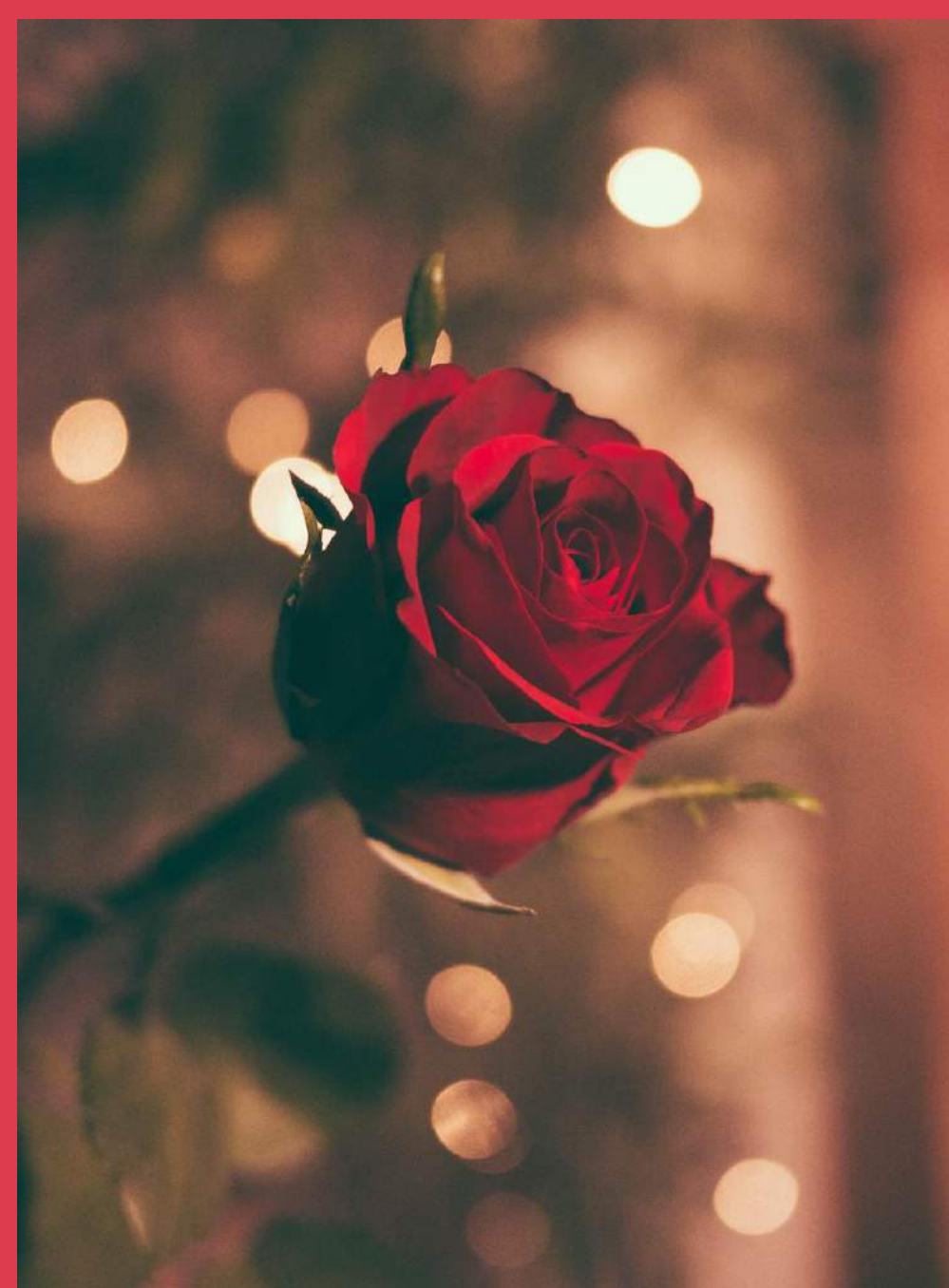
Disclaimer: To be completely transparent, when I started writing the last page, I was cranky and in the opposite of pleasure- I felt like I was trying to squeeze a pimple that wasn't ready to pop. I committed to putting the work down for a hot minute, come back to pleasure and later to the task at hand. Now, writing this has been easy and truly a JOY.

**I told you this
shit works!**

5 SENSES

Notice. Notice. Notice. Open your damn eyes. Do you ever experience moments where you realize that you totally blacked out? You hear yourself saying things like, “Omg I had no idea...I wasn’t paying attention.” I am not suggesting that you need to be harsh on yourself to be present 24/7, but there are some magical moments we tend to miss out on, so let’s get present to them! Our thoughts, social media apps, anxiety and cell phones are all major distracters to the magic. I mean our egos are brilliant. They’re like, “Let me think all of these thoughts to distract you from the gorgeous flowers that have just bloomed!!!!”

What would it be like to take a breath, put your damn phone away and actually NOTICE the beauty that has been right in front of you all along? Let me tell you this magic may come into all different forms; such as: a child's contagious cackle, a painting that moves you, a Billie Eilish song that gives you all the fucking feels, a food gasm, a piece of clothing that makes you feel like a total rockstar. Put the distractors away for a hot second and just surrender to the juiciness available to you just by being.. ENGAGE ALL OF YOUR SENSES!



One of my favorite bonuses of living a pleasure filled life was my changed relationship to the 5 senses. I don't know about you, and I could probably write a whole other book about this, but my relationship to food has always been warped. Pleasure has truly transformed that relationship. I know I now truly can enjoy my food and be present. Also, my cravings completely changed.

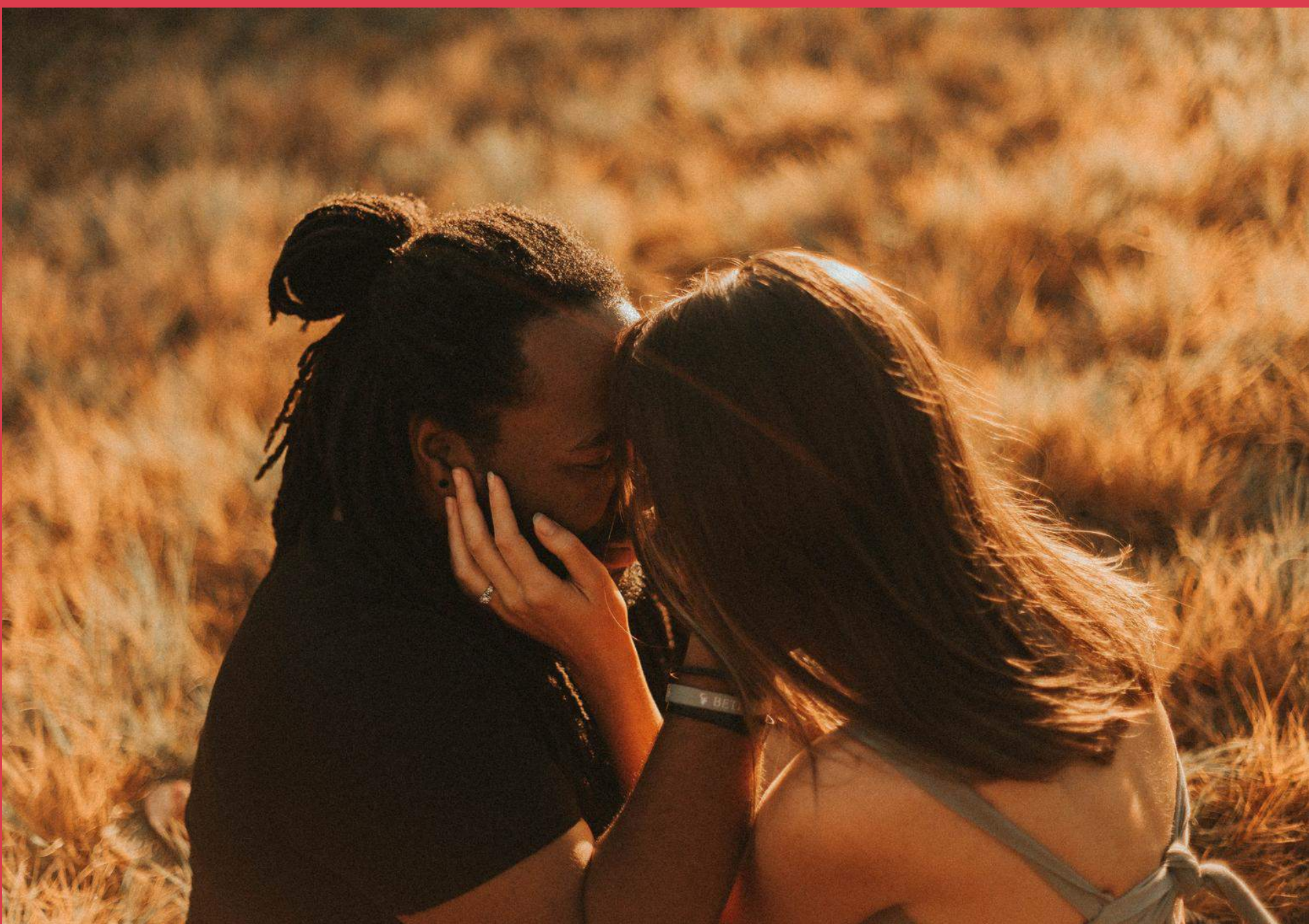
In the past the stuff I loved became eh, and things that I would never dare try became my new best friend... whaaa?! When you become immersed in your 5 senses, you have a richer relationship to your sensations aka more pleasure (especially in the bedroom) Below I am going to give you some fun, pleasurable activities to expand those gorgeous sensations.. okurrrr!

Note: if you are impaired with one of these senses, no problem! Is there a way instead of experiencing the sensation, to feel it in your body? Can you act as if and see how your body reacts? Can you also really ham up another sensation that is stronger? No rules here: just play!

Taste

I dare you to slow the fuck down and really REALLY taste your food. Do you like it? Can you taste the different flavors?

Is this bite of food worthy of a food gasp? How does your body react and feel when you focus on truly tasting?



Sound

I dare you to really listen.

Listen to your inner self, that inner voice of guidance. Listen to all the sounds around you.

Can you listen to music you love and REALLY hear the different sounds,

the vocals and instruments?

How does your body react and feel when you focus on truly hearing?



Sight

I dare you to SEE. So often we take for granted our sight. We get spoiled with nature and all visual gems. Can you really look at nature (or even go to google a look at beautiful nature pics) and see the different colors and textures? Can you stop and see the beauty around you? How does your body react and feel when you focus on truly seeing?



Feel

I dare you to FEEEEEEELLLL, my love.

Feel all the textures around you. Feel the lusciousness of that soft blanket, feel your skin- what pressure feels good? A light feathery touch or more aggressive? Again, I am going to suggest slowing down and really feeling touch and all the different pressures. How does your body react and feel when you focus on truly touching and feeling?



Smell

I dare you to use that gorgeous sense of smell! Even if you think where you are may be neutral smelling, I ask you to push it here, really focus in and what do you smell. Do you like it? What smells do you like? How does your body react and feel when you focus on truly smelling?



Double Dare Ya!

If you want to jazz these up a little, all of the senses can be applied sexually and sensual. You can use any of the above with self pleasure. Go with me on this journey.

You make yourself a personal date night. Maybe you order a delicious dinner, you get cheesy as hell and put on music and candles for the hell of it. Instead of rushing through masturbation, you make it a ritual tonight. You touch your skin and see what pressures you like. When you are really turned on, don't rush to complete like there is a finish line, you take your time to enjoy it just for pleasure's sake!

During the height of your arousal,
you can put on a song that you love.

Really

feel those sounds in your body
during self pleasure. Can you add
taste to the mix and sensually eat
and savor

every flavor? Can you smell an
essential oil or the candle near you?

Finally

can you see yourself looking radiant
in a mirror as you are about to finish.

Yes, it may feel corny as hell but I
promise you it is worth it. You are
changing pathways in the brain that
are expanding your pleasure game.

Give it a

try, I promise I won't tell ;)

Now that you got on with your bad self
and started to play
with your senses, I want you to take it to
the
next level. May I introduce: **Inspector
Pleasure.** I want you to put on your
research and investigation hat everyday.
Everyday show up willing to see the
world anew, from a curious perspective.
You may be stubborn in thinking you
know what you like. But, I am daring you
here to research and try new things
and really see what comes up. So, bon
voyage captain! I wish you the most
pleasure as you investigate and try new
things!

**Inspector
Pleasure**

pleasure checklist

Below is a checklist of ideas for you to tap into when you are feeling cranky and stuck in the mundane. Add your favorites that may be missing!

-Dance Breaks Throughout The Day

-10 brags about yourself, 10 gratitudes

-FLIRT.. btw my definition of flirting is enjoying yourself in the company of others- none of that old school manipulation. This is about making you and others feel good & uplifted!

- Sensual Eating

-Sensual date adventures with yourself!

- Home Pampering Day

-Self Pleasure

-Call a friend

-Strip Tease (I know you want to kill me
for
even recommending this haha)

-Meditation

-Move your body in a way that makes you
feel
strong, empowered and sexy as all hell

I AM WORTHY OF PLEASURE

By now my love, you may feel like you have a general idea of pleasure. Yet, maybe some feelings are coming up around unworthiness and being deserving. All of this pleasure stuff sounds nice but am I really worthy of all this joy? Working with me 1:1 we go DEEP in this area, but I wanted to throw some dares your way to have you step into why **you are worthy and deserving** of pleasure. Get out your handy dandy notebook and start to journal away.

-10 reasons why you are loveable just as you are

-If you were living your life from alignment and a space of pleasure, what would your life look like?

How would you shining like a star be a service to others?

-Why are you worthy and deserving of a life you love?

-What are things about you that makes you special?

-Make a list of all your desires- small, medium and large. Now, on another page- I want you to commit and make vows to these.

First and foremost, vows to yourself, a commitment that even if there is some

self hate that you are going to stay committed to learning how to love yourself

and let more goodness into your life. Now commit to these desires- how can

you make what you want happen for you in this lifetime?

Let's Talk About Sex, Baby!

Do you ever feel broken or beaten down by your sexuality? Maybe you feel shame and self consciousness around your body, maybe you feel you cum too quickly, maybe you've never had an orgasm, maybe you have experienced a trauma or a physical limitation, maybe you don't really know what you like or struggle trusting and surrendering.

Whatever it is, the majority of people have some charge or conflict around feeling totally free in the bedroom.

Here, I want you to rewrite your sexual story. I want you to change the narrative around what sex is supposed to look like. Isn't it funny that we all have a similar visual when it comes to sex... it's because we are so fucking conditioned to think about sex one way. How limiting is that? I am going to ask you to bring out your journal once more.

Let's start with what's going on currently.

What

do you really want to heal sexually? What does thriving sexually mean for you? After

that I

want to see if you find a certain theme that feels blocked. Maybe it's pleasure, surrender, trust, body image, whatever.

Now let's create a new story around

that "block" IE- if you struggle with pleasure, maybe you can tell yourself that pleasure is your birth right, you are worthy of pleasure, it is sacred. Or if you struggle with body image maybe you can write down (even if you don't believe it yet) that you're body is sexy AF, that you are loved, people want to worship you, you are lust worthy. Make these little stories your new go to affirmations.

When that feels complete, I want you to
write down:

How do you want to feel in the bedroom,
Who do you want to be sexually, What do
you want your sex life to look like,

How can you feel safe, confident and
radiant? How can

you make sure that your relationship with
yourself and your sexuality is a

thriving one? Can you write a vow and
commit to changing your mind around the
block that you earlier claimed? Can you vow

to having a healthy relationship to
yourself and your pleasure? I want you to
feel empowered here to take back your
power

sexually. So often we give it away, or it is
robbed from us. No more. I want
you to take that shit back and really intend
to create a relationship to your
sexuality that feels fucking good. That serves
you, makes you feel safe, loved
and nourished.

BODY LOVE

We could focus on the topic of body love for 6 months alone, but I want to give you an opportunity to give that gorgeous body of yours some love. I am going to have you write a love letter to the most hated piece of your body, yes I went there. Let's say you hate your tummy, instead of castrating it and throwing shade to it regularly, can you start with just good ol appreciation for its function. IE- "Dear belly, I am sorry I have put so much hate towards you for so many years. I thank you for processing all of my food, helping me digest different emotions. Thank you for still working even when I was so cruel to you. I appreciate your softness that protects my organs. I love the color, even the stretch marks that when I look close, are actually pretty beautiful in contrast to my skin. I am willing to creating a healthier relationship with you."

Get my flow? Now this may
come as a challenge,
because we aren't used to
celebrating our bodies. The
norm is for us to
critique ourselves. So, I want to
give you this time to find ways
to celebrate
and find the beauty in your
body- even if it's
uncomfortable as fuck. You
deserve to be celebrated- now
go write that love note!



DARE:
EVERYTIME
YOU PASS A
MIRROR, I
WANT YOU TO
GIVE
YOURSELF 3X
COMPLIMENTS
... GO!!

Pleasure is FAB in theory, AND, I want you
to go

past theory to true embodiment. I'm a big
movement gal, the amount of times I
do dance breaks during the day is
embarrassing. That may not be your jam.

I'm
curious, when do you feel most in your
body? For me it's during self pleasure,
dancing, swimming and moving
meditation. For you it may be yoga, an
intense work out, when your stretching,
etc. My question to you is: what gets you
out of your head and into your body? Is it
intense movement? light? Is it
as simple as slowing down your breathing,
slowly moving your hips and feeling your
skin? What get's you present in your
body? If you don't know... now is our time
to explore.

My intention is that you walk away knowing how you can stay embodied in pleasure- no matter where you are and regardless of the circumstances. Below I have attached a sexy Spotify playlist. For me, music is a BIG pleasure activator. It helps me lock down and feel into my body.

Similar

to pleasure research, get clear on what turns your body on, and what is an easy trigger for you to get embodied. I know when I slow down to breathe and do a slow, sexy hip circle, it's game ON. I am telling my body, hey gurl, were in.

What will be your key to getting embodied?



dance break!

Copy the link for a free
pleasure playlist!

[https://open.spotify.com/playlist/4DCDByd0H8rHj8C6fxynoT?
?
si=EwwKXFd3Q5mdnNeKUHiy
9w](https://open.spotify.com/playlist/4DCDByd0H8rHj8C6fxynoT?si=EwwKXFd3Q5mdnNeKUHiy9w)

My love, as you can guess, I can talk on this topic for DAYS. Yet, I want to keep it simple. The cliff notes is: pleasure is not naughty, you won't go to hell for taking good care of yourself. Pleasure is nourishment, it is good for you, your body, brain, nervous system and spirit. You are worthy of that goodness. You can have a sex life, body love and relationship that you want... I pinky promise. As you can imagine this work doesn't happen overnight but it is possible. It is my mission to help my clients get the sex life, body love, confidence and relationships that they crave. Below I have attached my calendar for a complementary consultation. Let's continue this conversation and have you build your pleasure muscle even more. We can also chat and see if we would be a good match to work together. I am here for you as a cheerleader who wants you to get the life that you have always dreamed of.

Go to:

<https://wethelightschedule.as.me/>
to schedule your free, no strings attached call!

HOLD UP!!!! #theydontloveyoulikeiloveyou

So you have made it all the way through this E-Book. Your mind might be racing a mile a minute... What in the hell was this shit about? Is this lady crazy? Could love, sex and dating coaching really help me? Is it worth it?

I encourage you to take a deep breathe and listen to your heart. You don't need to know the answer just yet, if it feels like there is a slight yes inside of you, let's hop on the phone and discuss if it's a fit. Go to:

<https://wethelightschedule.as.me/>

It's free- why not say yes!?! If you are really ready to live in your truth and deeply love yourself, create an epic relationship to pleasure, sex and dating: you are in the right place. Feel the fear, and do it anyway baby. You were born for more than the breadcrumbs.

If it's a no for you, I celebrate your choice as well! Well bragged for getting a clear no inside of your body. You go! Whichever route you end up taking, I wish you the most delicious and abundant path ahead. I thank you for coming on this pleasure journey with me. If you ever need support, I am just an email away at:
info@wethelight.org

Love you the most in the land,
Erica Wiederlight
www.wethelight.org

Ps: don't forget; prioritize your pleasure baby



Gimme Some Sugar

