

# THE INTIMACY VAULT

## BY KIMBER ROSE AROUSAL MAPPING GUIDE

A SOMATIC EXPLORATION OF PLEASURE, SENSATION, AND YES

WELCOME TO YOUR BODY'S INNER TERRAIN.

THIS IS NOT ABOUT PERFORMING. THIS IS ABOUT REMEMBERING.  
WHERE DOES AROUSAL LIVE IN YOUR BODY? WHERE IS YOUR "YES"?

THIS GUIDE WILL HELP YOU DISCOVER THE SUBTLE AND NOT-SO-SUBTLE WAYS YOUR BODY COMMUNICATES PLEASURE,  
SAFETY, AND DESIRE.

### MAPPING YOUR "YES"

Use your fingers, breath, sound, or gentle movement to explore each area. Ask yourself:

- Does this area feel... awake, numb, tense, open, curious?
- Is this a YES, NO, or MAYBE spot right now?
- Can I meet this spot without needing to change it?

Map areas like:

- Ears
- Neck
- Lips
- Chest & Breasts
- Belly
- Inner arms
- Lower back
- Inner thighs
- Yoni / Lingam / Pelvis
- Feet, toes, scalp...

Leave space for intuitive discovery, too. Arousal isn't always sexual; it's aliveness!

# YOUR PLEASURE LANGUAGE

Let these questions guide you inward. There are no wrong answers—only truth in the body.

- I feel most awakened when I am touched with \_\_\_\_\_.
- My arousal deepens when I hear \_\_\_\_\_.
- I crave more \_\_\_\_\_ in my intimacy.
- Arousal, to me, means \_\_\_\_\_.
- I feel safest in my body when \_\_\_\_\_.
- My body says “yes” when \_\_\_\_\_ and “no” when \_\_\_\_\_.
- I feel most connected to my sensuality when I \_\_\_\_\_.
- When I release the need to perform, what I discover is \_\_\_\_\_.

## GENTLE REMINDERS

A loving guide to honoring your body’s “yes,” “no,” and “maybe”



- ✓ Explore with breath, sound, and curiosity
- ✓ Let your body lead, *not your expectations*
- ✓ Revisit areas on different days to notice changes
- ✓ Go slow... slower than you think
- ✓ Offer loving presence to numbness, not judgment
- ✓ Remember: your yes today might be a no tomorrow, and that's sacred too

- ✗ Don't push through discomfort just to “feel” something
- ✗ Don't try to make it sexual; let arousal *arise naturally*
- ✗ Don't compare your body to how it used to be or how you wish it were
- ✗ Don't make this about a goal or a climax; it's a journey, not a performance
- ✗ Don't ignore resistance; it's full of wisdom