

LOVE, BLISS & CHOCOLATE

MINDFUL LUXURY SALON
WITH DENISA RENSEN

DR | DENISA RENSEN
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SALON

or please
or educate

aut delectare
aut prodesse

—horace

L U X U R Y

custom, tailor-made, bespoke, personalized,

one-of-a kind, *intimacy*

high value, quality, mastery, integrity, precision, *beauty*,

excellence

transformation, *transcendence*, renewal, metamorphosis,

alchemy

expansion, evolution, amplification, enhancement,

magnification

illumination, clarification, awareness, inspiration, *revelation*

bliss, ecstasis, eros, love, peace

B L I S S , L O V E

bliss is the compass

love is the land

— r e n s e n

L O V E

lovers find secret places
inside this violent world
where they make transactions
with beauty

— r u m i

L O V E

and love says,
'i will, i will take care of you'
to anything that's near

—hafiz

L O V E

your task is not to seek love,
but merely to seek and find
all the barriers within yourself
that you have built against it

— r u m i

LOVE

THE BARRIERS

shame, guilt,
fear, anger
frustration, regret
unworthiness
unforgiveness
depression, anxiety,
despair, blame, worry
oblivion, apathy,
irritation, impatience,
powerlessness, lack

THE PORTALS

silence, pleasure
gentleness, emptiness
awareness, freedom
appreciation
beauty
listening, innocence
timelessness
being, presence
essence, quintessence
spaciousness

B L I S S

BLISS

ananda, blessedness, beatitude
non-ordinary state of consciousness, the
flow state infused with blessedness,
the yin of flow, existential inhalation

"receiving life"

deactivation of cortico-adrenal pathway, serotonin, anandamide

ECSTASIS

ECSTASIS

awe, euphoria, rapture

non-ordinary state of consciousness, the

flow state infused with rapture,

the yang of flow, existential exhalation

"penetrating life"

cortico-adrenal pathway, norepinephrine, dopamine

EROS

those tender words we said to one another
have been stored in the secret heart of heaven
one day, like the rain
they will fall and spread
and the whole world grow green with our love

—rumi

EROS

EROS

passion, pleasure, creation

intelligence, in love — innovative spark,

solar fuel to love, to the creative

existential ignition

"creating life"

reward chemicals: dopamine/anandamide

satiety/happiness: serotonin/oxytocin

EROTIC SPECTRUM

THANATOS

EROS

CHOCOLATE

Serotonin

Phenylethylamine (PEA)

Anandamide

Theobromine

Magnesium

BLISS

BREAKOUT SALONS

LOVE

pure unconditional love is inherent in you, what barriers against it do you still have up, what portals do you have wide open

BLISS

bliss and ecstasis are flow states, drop in - when was the last time you were in flow, in pure bliss or ecstasis - how did it feel, did you experience the timelessness, the selflessness, the effortlessness, the richness

what gets you into flow: meditation, spirituality, physical activity, sex, being in nature, creativity

EROS

where are you on the erotic spectrum, explore thanatic sexuality and erotic sexuality, as they show up in society and in your life

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