



EMMA EIRENE

**UNF\*CKWITHABLE**

---

ACCOMPANYING

RESOURCE

PACK

## THE UNFUCKWITHABLE WOMAN

This book is for the woman who remembers. Who's done being quiet, small, or nice. Who's ready to be fully *alive*.

It's for the woman who's been the good girl, the caretaker, the achiever – and who's finally brave enough to ask:

*"What if my pleasure is the point?"*

It's for the one who's done performing power and is now devoted to *embodying it*. For the one who's tired of chasing worthiness and has decided to claim it instead.

For the woman whose body speaks in goosebumps, whose soul speaks in laughter, whose truth hums in her bones.

For the woman who follows the spark. Who chooses joy over judgment. Who lets her "too much" be her medicine.

It's for every woman who's been told to tone it down – and chose to turn it *up* instead.

For the wild ones, the sensual ones, the soft, the fierce, the sacred, the messy, the magnificent.

For the woman who knows now that her pleasure isn't a distraction – it's her direction.

And for the woman reading this right now – the one whose heart is pounding, whose skin is tingling, whose soul is saying *yes* – this is your reminder:

You were never broken.  
You were never behind.  
You were never too much.

You were simply waiting for the moment you remembered  
– you were *always* unfuckwithable.

# CHAPTER 2

# RESOURCE:

## 5 PLEASURE PRACTICES TO BEGIN UNLOCKING YOUR PLEASURE CODE

### 1. Touch

#### Exercise: Sensual Scan

- Lie down, close your eyes, and slowly trace your body with your fingertips.
- Notice where you feel tension, warmth, or tingles.
- Whisper to yourself: *"This body is mine. I get to feel."*
- Optional: add a soft lotion, oil, or textured fabric to amplify sensation.

### 2. Movement

#### Exercise: Dance Like No One's Watching

- Put on a song that makes you want to move.
- Shake, sway, shimmy – exaggerate it, laugh at yourself, moan if it wants to happen.
- Let your hips lead, not your brain.
- Bonus: jump on the bed, spin in circles, or sway in front of a mirror – yes, you'll feel deliciously alive.

### **3. Affirmations**

#### **Exercise: Morning Turn-On**

- Pick 3 affirmations that light you up.
- Examples: *"I am magnetic. I am irresistible. I deserve pleasure."*
- Say them aloud in the mirror while placing your hands on your heart, belly, or wherever your body wants contact.
- Notice how the words start to feel in your body – that's the magic.

### **4. Environment**

#### **Exercise: Pleasure Space Upgrade**

- Walk around your main living or working space.
- Pick 3 small tweaks that make your environment feel sensuous or playful: a candle, a favourite scent, a bold colour, music, or clearing clutter.
- Move through the space slowly, noticing what feels good.
- Optional: treat yourself to a new item that excites your senses – a scarf, a candle, a soft throw.

### **5. Erotica**

#### **Exercise: Fantasise & Journal**

- Write a short, private paragraph about a scenario that excites you – no one else needs to read it.
- It could be a memory, a fantasy, or something completely invented.
- Notice what parts of your body respond as you write.

- Optional: read it back to yourself in a seductive tone – your body *will* remember it.

**Your reminder:** Don't overthink – pleasure is your body's guidance, not your homework. Notice what *feels good* first, the rest will follow.

# CHAPTER 3

# RESOURCE:

## EMBODIMENT PRACTICE: FOLLOWING THE YES

Alright, my love, let's get out of your head and into your body:

### 1. **Pause + Breathe**

Close your eyes. Take three slow, deep breaths. Let your shoulders drop. Let your jaw soften. Let your belly expand.

### 2. **Ask Your Body**

Whisper to yourself: *Show me a YES.*

Notice what happens. Maybe it's a tingling in your chest, a flutter in your belly, an expansion, a spark, a smile. Your yes is yours alone – trust it.

### 3. **Now Ask for a NO**

Whisper: *Show me a NO.*

Notice the shift. It might feel like heaviness, tension,

a clench, a pulling back. Again – trust what you feel.

#### **4. Play With It**

Think of something small – like “Should I drink tea or coffee today?” or “Should I take a walk after this chapter?” Ask your body. Feel into the yes/no.

#### **Anchor the Feeling**

Place your hand on your heart or belly and say: *I trust my body. I follow my yes. I release my no.*

# CHAPTER 12

# RESOURCE:

## TANTRIC PLEASURE PRACTICE: THE ART OF BEING FULLY ALIVE

*A 5-Minute Ritual to Reconnect You to Your Aliveness*

This isn't about technique. It's about *presence*.

It's not about chasing climax – it's about courting life itself. Set the scene: dim the lights, light a candle, play music that makes your hips want to move. This is your sacred space – your temple.

Now, follow this slow, luscious ritual.

### **Step 1: Breathe.**

- ❖ Close your eyes and bring one hand to your heart, one to your womb.
- ❖ Inhale deeply through your nose, letting your belly rise.
- ❖ Exhale through your mouth with a sigh – a sound that releases, opens, softens.
- ❖ Feel your body start to hum beneath your skin.
- ❖ Do this five times.

### **Step 2: Awaken Sensation.**

- ❖ Run your fingertips over your skin – your arms, your collarbones, your thighs.
- ❖ Not to turn yourself on, but to wake yourself up.
- ❖ Notice texture, temperature, tingle.
- ❖ Whisper: *“I am safe to feel.”*

### **Step 3: Move with Your Energy.**

- ❖ Let your body move however it wants – a roll of your hips, a sway of your shoulders, a soft arch of your spine.
- ❖ Let your breath guide the rhythm.
- ❖ This is your body speaking the language of life.
- ❖ No choreography. No performance. Just you, melting into your own flow.

### **Step 4: Feel the Current.**

- ❖ As energy builds – warmth, pulse, electricity – don't rush it.
- ❖ Let it circulate.
- ❖ Imagine light moving from your pelvis to your heart, to your throat, and up through the crown of your head.
- ❖ This is sexual energy becoming *creative* energy.
- ❖ This is Tantra – the fusion of earth and spirit.

### **Step 5: Anchor It.**

- ❖ When you feel complete – soft, open, radiant – place both hands over your heart.
- ❖ Whisper:
- ❖ *“I am life. I am love. I am creation.”*
- ❖ Sit in that stillness for a few moments.
- ❖ Let the energy settle.

- Let the afterglow become your new baseline.

This is how you start to *live* Tantrically – not by adding another ritual to your list, but by turning your everyday moments into sacred connection.

The way you shower, breathe, eat, or touch can all become portals to presence and pleasure. Because Tantra isn't about sex positions or red candles... it's about remembering that your body *is* the divine.

Every sigh, every shiver, every spark of turn-on is proof:

You are alive.

You are powerful.

You are the embodiment of pleasure in motion.

## LIVING TANTRICALLY IN THE EVERYDAY

*Bringing the Sacred Into the School Run, the Zoom Call, and the Supermarket*

Here's the thing:

Tantra isn't something you *do*. It's something you *are*.

You don't have to sit cross-legged in silk robes chanting ancient mantras (unless that's your vibe). You just have to bring *presence* – the art of being here, fully – into everything you do. That's living Tantrically.

Tantra is the practice of making the ordinary *ecstatic*. It's not about escaping your life; it's about worshipping it. The

laundry. The emails. The school drop-offs. The business launches. All of it becomes sacred when you meet it with breath, awareness, and a little sensual mischief.

Here's how that looks in real life:

### **When You Wake Up – Breathe Before You Scroll**

Before you reach for your phone, reach for yourself.

Place a hand on your heart, another on your belly.

Breathe.

Ask: *"How do I want to feel today?"*

That one minute of connection sets the tone for your entire day – calm, open, magnetic.

### **When You Eat – Make It a Ritual**

No rushing, no multitasking, no guilt.

Eat slowly. Taste everything.

Let the textures dance on your tongue.

This isn't "mindful eating" – it's *sensual communion*.

It's saying, "I'm here. I'm alive. I'm grateful."

Every bite becomes a prayer of pleasure.

### **When You Work – Turn It Into Foreplay**

Yep, even business can be sexy.

Before you sit down to create, *turn yourself on*.

Light a candle, move your hips, breathe into your power.

Then pour that energy into your words, your offers, your work.

When your energy is turned on, your audience feels it – that's what magnetism really is.

## **When You Parent – Let Them See You Alive**

Your kids don't need a perfect mother.

They need a present one.

Let them see you dance, laugh, cry, rest, say no, say yes.

You're teaching them emotional regulation, embodiment, and self-love just by *being real*.

When they see you honour your energy, they learn to honour theirs.

## **When You Rest – Make It Ritual**

No collapsing into bed with exhaustion and guilt.

When you rest, *really rest*.

Soak in a bath with oils that make you feel delicious.

Lie naked on clean sheets.

Play soft music.

This isn't "doing nothing" – it's recharging your power grid.

Tantra teaches that stillness is as sacred as movement.

## **When You Love – Slow Down and See**

Whether it's your partner, your friend, or yourself – look them in the eyes.

Breathe together.

Touch with presence.

Let the moment stretch, deepen, breathe.

That's connection – and connection is the essence of Tantra.

## **Living Tantrically Is About Choice**

Every breath is an invitation.

Every task, a temple.

Every moment, a chance to return to your body.

Tantra isn't about perfection – it's about *presence*.

It's not about how much time you have – it's about how deeply you choose to feel within the time you've got.

When you live Tantrically, your life stops feeling like something to manage – and starts feeling like something to *make love to*. Because the divine feminine doesn't rush through her day – she dances through it.

And when you start living that way? Everything – your relationships, your work, your body, your bank account – starts to move in rhythm with you.

That's the real magic.

That's Tantra in motion.

That's you – *fully alive, wildly present, and completely Unfuckwithable.*

# CHAPTER 15

## RESOURCE:

### THE WORTH RECALIBRATION RITUAL

*For when your self-worth starts getting tangled in your Stripe account.*

**1. Ground into your body:**

Sit or stand tall.

Take a deep breath in through your nose, exhale through your mouth with a sigh.

Feel your feet on the floor.

Feel your hips, your belly, your heart.

This is *you* – the woman, the soul, the essence. Not the entrepreneur. Not the brand. Just **you**.

**2. Separate the energy:**

Place one hand on your heart and one on your solar plexus.

Say out loud:

“My worth is infinite. My business is my creation – not my identity. I am safe, whole, and worthy – no matter what happens.”

Feel the energy in your body shift. Imagine a soft golden cord connecting you to your business –

beautiful, alive, but distinct from *you*. You can nurture it, love it, and even step away from it without losing yourself.

### **3. Anchor into pleasure.**

Take a moment to do something that feels good *just because*.

Roll your shoulders. Stretch your spine. Run your fingers through your hair.

Remember – pleasure brings you back to presence. And presence is where power lives.

### **4. Declare your energetic boundary.**

Whisper or write:

“I share my gifts, not my worth.

I sell my work, not myself.

I am the creator, not the creation.”

Feel the difference? That’s your power untangling from performance.

### **5. Bonus (for the brave and cheeky):**

Before your next launch, sale, or post – dance for two minutes to a song that makes you feel like a rich, radiant goddess.

Move your hips, shake your hair, remind your nervous system that showing up isn’t a threat – it’s an expression.

### **Remember:**

Your business is a mirror – it reflects your energy, but it does *not* define your essence.

When you embody this truth, you stop chasing success and start *attracting* it.

Because nothing – and I mean *nothing* – is more magnetic than a woman who knows her worth is unfuckwithable.

# CHAPTER 18

## RESOURCE 1:

### FROM DESIRE TO EMBODIMENT

#### *Turning Your Pleasure Into Power*

Desire is the spark. Pleasure is the portal. Embodiment is the point where it all becomes *real*.

You've just explored how pleasure can collapse time – how it lets you *become* the woman who already has what she wants, instead of waiting for it to arrive. Now it's time to ground that energy into your body. Because manifestation without embodiment is just daydreaming – but when you feel it in your cells, it becomes inevitable.

#### **The Pleasure Identity Activation**

Find a quiet space where you can move, breathe, and *feel*.

#### **Step 1: Meet Her**

Close your eyes.

Picture the version of you who already has the love, the success, the overflow, the freedom.

Notice how she stands.

How she breathes.

How she speaks.

How she moves through the world.

### **Step 2: Feel Her Frequency**

Where does she live in your body?

Is she in your heart? Your hips? Your smile?

Breathe her in until you can *feel* her.

Notice the sensations – warmth, tingles, openness.

### **Step 3: Anchor It With Pleasure**

Now, let your body move in whatever way feels good.

Sway. Stretch. Dance. Touch your skin.

Let pleasure become the anchor that locks this version of you into your nervous system.

Whisper to yourself, *“She’s not coming – she’s already here.”*

### **Step 4: Act From Her Energy**

Before your next decision – whether it’s sending an email, setting a boundary, or saying yes to something delicious – pause.

Ask, *“What would my embodied self choose?”*

Then do that.

That’s how you rewire your reality – one turn-on, one truth, one choice at a time.

### **Journal Prompts for Integration**

What does “being her now” feel like in my body?

Where have I been waiting for something external to give me permission to feel successful, loved, or worthy?

What daily pleasures make me feel most connected to my

powerful self?

What beliefs or stories am I ready to release that keep me chasing instead of receiving?

How can I create one tiny act of pleasure-based embodiment today?

### **The Reminder You'll Need Again and Again**

You are not becoming her – you're *remembering* her. She's been here the whole time, waiting beneath the noise, beneath the 'shoulds', beneath the striving. Every time you choose pleasure over pressure, you bring her closer. Every time you embody joy without needing a reason, you magnetise your next level.

So don't just think about her.

Live her.

Move her.

Breathe her.

Be her.

Because when you *become* what you desire, life can't help but deliver it to your doorstep.

# CHAPTER 18

## RESOURCE 2:

### THE PLEASURE FREQUENCY MAP

*Tracking Your Turn-On Energy & Calibrating to Magnetism*

Let's get something straight: your energy doesn't lie. You can fake a smile, post the perfect quote, even say "I'm fine" through gritted teeth – but your frequency? It always tells the truth.

Every day, your body broadcasts your energetic state to the world like a radio signal. It's the difference between people leaning in when you talk or scrolling past your offer. It's why some days money flows easily, and other days you're shouting into the void.

The good news? You can *track* it. You can *tune* it. And most importantly, you can *turn yourself on* to the frequency of everything you desire – intentionally.

That's where your **Pleasure Frequency Map** comes in.

**Your Pleasure Frequency: The Five States**

Think of your energy as a spectrum – from contraction to expansion, from resistance to radiance. Your job isn't to "be high vibe" all the time (ugh, no thanks). It's to *notice where you are* and use pleasure to shift what needs shifting. Here's how to spot where you are on the map.

### **1. Numb / Disconnected (The Void)**

#### **How it feels:**

Heavy. Flat. Overwhelmed. You're running on autopilot, saying "I'm fine" when you're anything but.

#### **Body clues:**

Tight jaw, shallow breath, tension in your shoulders.

**Shadow belief:** "I don't have time for pleasure."

**Pleasure cue:** *Pause.* Slow everything down. Breathe. Touch your skin. Sip your coffee like it's sacred. Even tiny doses of sensual presence start to wake you up again.

### **2. Resistant / Reactive (The Push)**

#### **How it feels:**

You're forcing. Trying to make things happen. Comparing, overthinking, overdoing.

#### **Body clues:**

Tight chest, fidgety energy, pressure behind your eyes.

**Shadow belief:** "If I don't push, nothing will happen."

**Pleasure cue:** *Soften.* Stretch. Go for a walk. Do something just because it feels good – not because it's productive. Pleasure dissolves resistance faster than logic ever could.

### **3. Neutral / Grounded (The Reset)**

#### **How it feels:**

Calm. Clear. Balanced. You're not buzzing, but you're not

spiralling either.

**Body clues:**

Steady heartbeat, deep breathing, relaxed posture.

**Shadow belief:** "This is too simple. Shouldn't I be doing more?"

**Pleasure cue:** *Stabilise*. Light a candle, breathe, journal, dance slowly.

From here, you're primed to choose what lights you up next – consciously.

#### **4. Turned-On / Creative (The Flow)**

**How it feels:**

Inspired. Juicy. Magnetic. You're creating, connecting, and everything feels aligned.

**Body clues:**

Open chest, tingling skin, movement that feels effortless.

**Shadow belief:** "Can I really let it be this easy?"

**Pleasure cue:** *Amplify*. Follow what feels expansive – pleasure, play, connection.

This is where magnetism hums. Stay here as long as you can, but don't force it. Flow, don't cling.

#### **5. Overflow / Radiant (The Field)**

**How it feels:**

Electric. Limitless. Deeply at peace yet wildly alive. You're the embodiment of abundance – the woman people feel even before you speak.

**Body clues:**

Goosebumps, full breath, warmth spreading through your chest or hips.

**Shadow belief:** "This won't last."

**Pleasure cue:** Receive. Soak it in. Celebrate. Express gratitude. Overflow is meant to move through you, not away from you.

**How to Use the Map****Check-In Daily:**

In the morning or evening, pause and ask, "*Where am I on my Pleasure Frequency Map?*"

Rate yourself from 1 (numb) to 5 (overflow).

**Shift With Pleasure, Not Pressure:**

If you're low on the scale, don't shame yourself.

Pleasure isn't about fixing – it's about feeling.

Pick one micro-pleasure that helps you soften, ground, or expand.

**Celebrate Every Shift:**

Every time you move even one degree closer to expansion, you're rewiring your nervous system for more receiving.

**Your Frequency Formula**

*"Energy flows where attention goes."* – James Redfield, *The Celestine Prophecy*

But here's the secret: *Pleasure multiplies where presence grows.* When you start tracking and tending to your frequency, your energy stops leaking into worry,

comparison, or “what if.” Instead, it recycles into magnetism, creativity, and abundance.

Your Pleasure Frequency Map is your compass. It shows you where you are – and the next most delicious step forward.

Because the point isn't to stay high. The point is to *stay aware*. To stay connected. To stay alive.

That's what makes you magnetic.  
That's what makes you *Unfuckwithable*.

## UNFUCKWITHABLE NEXT STEPS:

### ***Take The Pleasure Archetype Quiz:***

[www.emmaeirene.com/quiz](http://www.emmaeirene.com/quiz)

### ***14-Day Pleasure Challenge:***

[www.pleasurecodeacademy.com/courses](http://www.pleasurecodeacademy.com/courses)

### ***Join the Pleasure Code Academy:***

[www.emmaeirene.com/academy](http://www.emmaeirene.com/academy)