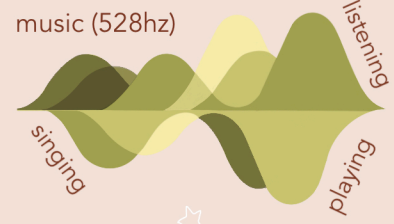




yoga and breathing



kindness empathy



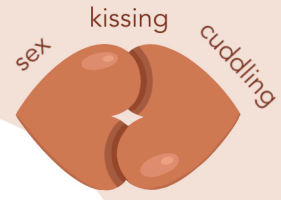
music (528hz) singing listening playing



nipple tweaking



gather those that support you



sex kissing cuddling

sunlight



warmth

vitamin d

Oxytocin triggers

FOR BIRTHING AND BEYOND

heart coherence meditation



thoughts of gratitude, compassion, love



self touch



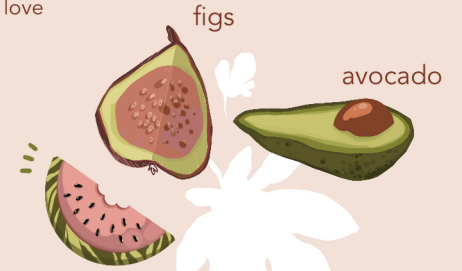
cacao (phenethylamine)



petting your animals



massage and touch



watermelon

figs

avocado



love and hugs