

The Intimacy Journal



The Intimacy Journal

Of Sensuality, Sex & Self

Edited by Tash Doherty



Made with love
in Mexico City



*To all my teachers and lovers alike,
and to wondrous nights.*

“If the desert is holy, it is because it is a forgotten place that allows us to remember the sacred. Perhaps that is why every pilgrimage to the desert is a pilgrimage to the self.”

Terry Tempest Williams

Sensuality

The enjoyment of a sensation, usually associated with one of the five senses of taste, touch, smell, sight, and hearing.

Sexuality

The experience and expression of attraction of a sexual nature, towards oneself or another person, through behavior, appearance, and feelings.

Welcome

Intimacy is the root of our joy and shame, yet most of us have never dedicated time to thinking about it. Writing gives us the power to change that.

This journal is your invitation to explore these sacred topics. Each chapter features a poem by a female author accompanied by writing prompts. The order in which you complete the prompts is optional.

This journey is about getting comfortable and compassionate with yourself. Throughout the process, enjoy rituals like drinking tea or lighting a candle; even a few minutes of intentional writing can give you insights.

For structure, pick one prompt per chapter and write for 20 minutes. Repeat this for 20 days. Otherwise, choose your own adventure. If you get stuck, pick your favorite line from a poem, or simply start with “I remember...”

It has been an honor to create this book for you. I hope the voices here speak to you as they have spoken to me.

Your humble steward,

Tash Doherty

P.S. If you feel called to share your writing or want to read others' work, scan the QR code on the back page.

Contents

Exploration 13

Deviance 19

Discovery 25

Infatuation 31

Play 37

Desire 43

Indulgence 49

Complexity 55

Fantasy 61

Shame 67

Pride 73

Ecstasy 79

Longing 85

Obsession 91

Reversal 97

Devotion 103

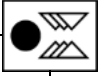
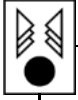
Safety 109

Awakening 115

Nostalgia 121

Evolution 127

Afterthoughts 133



Discovery

Our boats row out into the bright spring sun, And water drops from the oars like scattering petals.

— Murasaki Shikibu, *The Tale of Genji*



RUNNING WATER

Yes, I move, I live, I wander astray—
Water running, intermingling, over the
sands.

I know the passionate pleasure of motion;
I taste the forests; I touch strange lands.

Yes, I move—perhaps I am seeking
Storms, suns, dawns, a place to hide.
What are you doing here, pale and polished—
You, the stone in the path of the tide?

Alfonsina Storni (1892 – 1938)

She was a Swiss-Argentine Modernist poet, teacher, and playwright. She was among the first women to find success in the male-dominated arenas of literature and theater in Argentina.

Translated by Muna Lee (1895 – 1965)

Create a guide with specific directions for a lover on how to give you pleasure.

“I know the passionate pleasure of motion;”

Take each of your senses and pair them with your favorite places or experiences.

“I taste the forest; I touch strange lands.”

Write about what you are seeking in life, bodily experience, or connection.

“—perhaps I am seeking / Storms, suns, dawns, a place to hide.”

Write about someone who got in your way. Did you stand up for yourself?

“You, the stone in the path of the tide?”

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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The Intimacy Journal
at tashdoherty.com*

