

Sexual Union for **TRANSFORMATION**

by Martina Hughes

We are drawn to sex for fun, excitement and pleasure, however the longing that many of us notice even when sex is satisfying is the desire for transformation,

which resides in our sexual energy. Strong or enduring sexual desire is nature's gift, ensuring our potential movement towards spiritual growth.

Our sexual life force is engaged in every aspect of our daily living, not only during love-making, so it makes sense to change your sexual interactions to reveal, heal, and enhance your overall energy.

Through subtle shifts in the approach to sex, lovers can extend the moments of bliss, inner silence and connection with self and other that occur at the point of orgasm. These experiences are the calling card of our essential selves and the key to our potential.

When allowed, orgasmic energy brings freedom from mental chatter, increased intimacy and self-awareness. It is also a path for physical and psychic healing. In the words of Tantric Master Shantam Nityama "Sex is the caterpillar and spirit is the butterfly and there is absolutely no possibility of having a beautiful butterfly without having a healthy caterpillar."

Sexual energy is our life force energy; therefore, it has tremendous healing power. By working with a few simple techniques your feminine/masculine energy will naturally begin to dissolve the places where

your life force has been tied up in accumulated patterns of unsupportive behaviour, physical tension and fear.

Our sexual life force is engaged in every aspect of our daily living, not only during love-making, so it makes sense to change your sexual interactions to reveal, heal, and enhance your overall energy. By meeting your lover deeply in sexual union you energise and magnetise your life force as individuals.

In heeding the calling of our feminine/masculine essence we are taking up our birth right to all the natural joy, exuberance and vitality that is at the center of our being. Naturally, as we begin to live in greater alignment with our true natures, our relating, communicating and daily life experiences become the deeper, richer and rewarding experiences that we originally longed for.



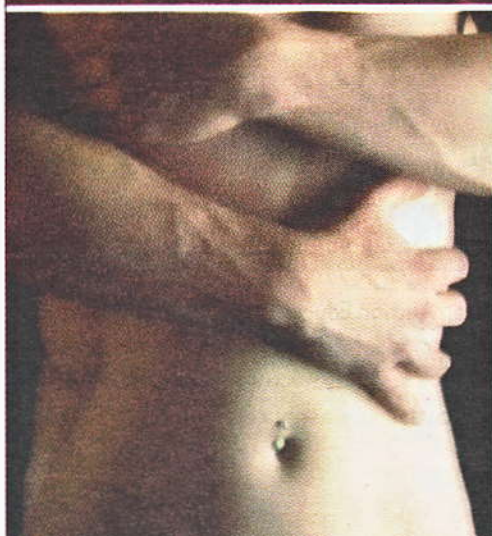
Martina Hughes of Tantric Blossoming has been actively exploring sacred sexuality, tantra, breathwork, energetic healing and shiatsu for over 8 years.

Martina's vision and passion is to inspire men and women of all ages to feel their own natural energy, joy, vitality and bliss. She facilitates a space of greater awareness, openness and receptivity for people to experience the essence and freedom of their inner being.

Martina offers mixed workshops, courses for women as well as Tantric consultations to women, men and couples to expand their knowledge and energy.

For more information, visit www.tantricclossoming.com or phone 0438 271637.

Energise your life with **Tantric Breath and Bodywork**



Would you like to feel more sexually vibrant and alive?

Tantric Blossoming offers workshops and sessions for individuals and couples to transform your sexual experience.

You can learn bodywork and breathwork techniques which will assist you to:

- feel deeper body sensations