

## Pleasing & Performing Sexually

■ Pleasing and performance is counterproductive to fulfilling and nourishing sexual experiences. Engaging in this way depletes the energy available to men and women. Pleasing and performing are conditioned ideas which come from the mind and provide limited opportunity for real connection and intimacy.

Man has been conditioned by the porn industry and stories from teenage years that he needs to perform like a stud to satisfy a woman. This creates a lot of pressure and may lead to disconnection from the penis, in which case sex becomes very mind oriented. If man directs his energy internally, he will feel greater arousal, more sexual energy coursing through his body without effort and a higher level of sensitivity in his penis.

Tantric practices are incredibly beneficial for supporting a man to connect with his penis. Alex, 43, says "Breathing into my lower abdomen and genitals, I feel my body become fuller, my consciousness is stronger in my body and it has a lasting effect. It changed my perception of sex, there is no pressure or anxiety; it takes intimacy to another place. Because there is more of me available, I can feel more of her. Women respond instinctively."

This is a simple exercise for

men: cup your penis & testicles with both hands and take slow deep breaths down through the body for 5 minutes each day. Many men have reported increased sensation as a result of this practice. Men say this leads to a deeper experience of lovemaking as they become more engaged in their own energy, with a greater capacity to be present with women.

Woman has been taught from an early age that she must please a man. This includes making a man feel powerful sexually. To achieve this she may fake pleasure through movements and sounds, leading to fake orgasms in order to excite the man. In this type of interaction woman leaves herself behind and will often feel empty, unmet and dissatisfied afterwards. Women often say "He doesn't see me or connect with me." In this situation, woman needs to ask herself "Am I allowing him to see me? Am I being real?"

In order to create the intimacy and connection that woman longs for, she needs to learn to redirect her energy internally, to relax in the body and allow the vagina to open and become receptive. If woman is creating tension in her body, it is more difficult for man to connect with her.

If she is directing her energy in-



wards to her own opening, letting feelings and sensations move through her body, then the sexual interaction becomes more natural. Julie, 40, has noticed the effect this has had on her interactions with men. Julie says, "By going inward with myself and energy, I am more open and receptive and men are totally into that. I feel like I have shared myself intimately, there is more connection and it feels very loving."

To begin making the transition towards her own internal energy, woman can spend 5 minutes each day cupping her breasts and paying attention to breathing and feeling into her body. Many women report that just after 2 weeks of this practice, they feel softer and more connected to themselves and able to offer more of their true selves to the men in their lives.

If you long for intimacy and loving experiences, try the practices offered here and notice how you begin to feel more open and connected to your body and how this flows into your sexual interactions. Real connection arises when man

and woman direct their attention inwards to feel sexual energy.

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.tantricrossoming.com](http://www.tantricrossoming.com) or phone 02 9398 2806.