

Intimate Nights ~ Melbourne

An account by Tony, 48

Friday Night: Surprising how easy and natural it felt being naked. Elation. Freedom. Nudity very quickly became irrelevant. A sea of beautiful naked bodies dancing from the heart. Seemed easier to see each person's essence and connect at a deep trusting level. Men and women connected easily while dancing. Exercises were similar to Tantric Nights, with one deep connection after another. I was surprised by a general absence of erections despite being naked and being with beautiful naked women, and the presence of a different kind of sexual energy, running through the whole body. I noticed a different sensation in the penis – being connected to myself without driven to act. Some other energy surprises: a really strong buzzing/pulsating sensation in the hands. Energy rushing up my spine from sacrum to head when lovingly touched. The bliss of an open heart when gently touched (energetically) on the space in front of my chest. An open heart is D E L I C I O U S !!

Saturday Afternoon/Evening: We all arrived feeling subdued and kind of hungover energetically. My body wanted to stretch all night in bed. We began sharing from the heart. Again seeing each other's essence was easy, this time the fact that we were clothed was irrelevant. Time stood still. As people shared from the heart, not always in words, I remember thinking "Shit, I'm out of my depth" and "What will I say without sounding like an inarticulate idiot?" As time went on, I found myself resonating with, and my body responding to what others shared. At one point, several people seemed to resonate with each other at a deep, vulnerable level, and I found myself on the floor with emotions flooding through my body. When it was my time to share, the right words came with clarity about what I was feeling and why. Healing. Loving. Sacred space. Saying goodbye was surprisingly easy. We had shared deep love and vulnerability. We would see each other again. No clinginess.

Sunday: Feeling very vulnerable, like I'd spent all night having deep, emotional sex. I spent the day resting. Napped in afternoon and my body occasionally stretched, moved and shuddered of its own accord. Big sighs and feelings of love and tenderness.

Monday: Woke up having slept like a log. Felt a little vulnerable at first. A few waves of emotion bubbling up. Noticed something different about women on the street and at work - I could feel their essence! Bodies yummy, but I could see beyond. On the way home I was flooded with images and feelings of the weekend. I was alone breathing deep and full, I allowed energy to flow through me. Big sighs. Bliss. Multiple orgasms. Breathing itself was orgasmic :)

Tuesday: Had a crazy day of self-disclosure with work colleagues. A fun & silly day. Felt more connected and human.

Wednesday: Feeling more open and loving towards others. I am still reflecting on the previous weekend. It was full of sexual energy and charge creating an incredibly loving and intense dynamic. The group energy reached a climax late Saturday afternoon and

tapered of to a calm, post orgasmic, blissful stillness when we were all complete in our sharing. At Intimate Nights, especially Saturday, it felt like a higher force was operating, and Martina (in fact all of us) knew exactly what needed to be said and done.

Thursday: Finding women (including strangers) are actually responding to my presence, returning eye contact and even breaking into warm smiles. Instant trust. Wow! Still very aware of bodies, but seeing beyond that.

Friday: I had lunch with a friend, who shared deeply of herself, at one stage crying. I felt a nice connection with her. She said she felt freedom to be herself. My wife has said similar things this week. I feel very happy and satisfied with myself. More silliness and self-disclosure.

Here's to breaking out of repressed conditioning and discovering the power of one's own life force! (Sexuality = Life force)

Thanks again Martina. I am looking forward to seeing you and people from Intimate Nights next year. How will the next Tantric Night feel when we have fully integrated this beautiful experience??