

Feeling Sex in the BODY



■ We live in a world where sexual energy has been distorted, which creates manipulation, repression and a world of people who are unaware sexually and struggling spiritually. Very few people are comfortable and natural in being able to feel sex in their body. This means that mostly sex is happening in the mind, with some sensation in the genitals, limited feeling in the rest of the body and minimal connection between the two people making love.

Most people are looking for a real experience of sex and feeling in the body and don't know how to create it, due to the limited availability of real sexual education in this society. As a result many people struggle in their relationships as they fumble sexually, creating disillusionment that leaks from the bedroom into the rest of their life, many give up on sex and shut down even further due to feeling dissatisfied or they resort to fantasy and porn to create the sensation which is missing from their inner experience.

The use of fantasy and porn is counterproductive as it takes a person further away from their body and means they are not fully with their lover, and over time they will require stronger images in order to feel anything.

The disconnection from the body and life force energy begins at an early age, due to the condi-

tioning that is handed down through the generations. Young girls and boys are given warnings and messages about sex, relating, their own bodies and self expression such as "don't touch yourself", "be a good boy / girl" and so on. This leads to the child becoming uneasy about the sexual feelings they experience in their body and to therefore, retreat from feeling.

The child begins to shut down their life force energy; the child will 'play small', leave the body and hide in the mind. He or she either looks to do the right thing for approval or rebels against the parents, in order to seek attention, all the while living from the voices of the parents and society which have by now become ingrained in the body and being.

All of these behaviours and messages accumulate as the individual grows up, creating an adult who is shut down sexually, acts out sexually, has limited life force or enjoyment of life.

Through Tantric practices you can learn how to be still and present in the body and see what needs to be cleared out from the past, so that instead of life being governed by the internalised parental and societal messages, you can be free to make your own choices in each moment, based on the natural flow of energy in your

body.

When the sexual energy (or life force) in the body begins to flow naturally, you are more easily able to discern what is real, what is yours, what belongs in the past, what serves you and what you need to release. You learn to slow down and break the habitual patterns of the body, mind and ego so that spirit and energy can move you towards a deeper expression of your true self.

Try this exercise – lie down with your partner side by side, gently looking at each other and breathing slowly and deeply, with no expectation of sexual or physical contact. You may notice that as your breathing synchronises you become aware of the other's inner feelings and everything slows down as you merge into each other through the breath. Merging together with the breath in this way can create a deeper level of awareness that is free of the past patterns and conditioning around sexual experiences – taking you to the tantric space of being and receiving each other.

Martina Hughes of Tantric Blossoming has been actively exploring sacred sexuality, tantra, breathwork, en-



ergetic 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 02 9664 1110.

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