



# FOREPLAY & AFTERPLAY

■ A lasting sexual connection and loving intimacy is about more than the physical act of intercourse, foreplay and afterplay are essential elements to the bonding between you and your lover.

Foreplay begins outside the bedroom. Sharing a hug when you walk by each other, a back rub after dinner or a foot massage just for the pleasure of touch promote intimacy and bonding between two people and at the same time, there is a release of hormones from physical touch. Moments of affection without demand for sex create openness and a flow of energy between you and your lover. The side effect of this

is an increase in sex drive, which means that your lover will feel more loving, available and receptive to you.

The time after intercourse is just as important as the foreplay for creating a mutually satisfying experience. During conscious intercourse, a deep connection and bonding occurs between your bodies both physically and energetically. So if one of you immediately withdraws, begins talking or starts to do something else, it can be felt as quite a shock to the nervous system. Take time after making love to lie together in silence, to absorb the experience and feel the energetic union that has been

created.

Women often experience this as the time when they are most vulnerable and open, an ideal time to soak in the energy and deepen the inner journey. Using this time wisely and lovingly creates increased sensitivity and transformation of consciousness.

Bringing attention to physical contact outside of the bedroom and enjoying the afterplay will increase the level of potency in your sexual interactions and enhance your enjoyment of each other, leading to a deeper, more loving union that overflows into the rest of your life.

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

