



# SacredSEXUALITY

with MARTINA HUGHES

## Creating Real Intimacy Part 2

Intimacy is about being present and available to feel your feelings, to express yourself, and to allow the energy of your feelings to move through you physically and spiritually. Real intimacy comes from knowing these experiences within you. When you have intimacy with yourself, creating real intimacy with another can flow more freely.

Last edition, we looked at ways of creating intimacy with yourself, through acknowledgement of your values, taking time to listen to your breathing and responses in life and being grateful for everyday moments. Now, we are going to have a look at how you can create greater intimacy with your beloved partner, friends or family using the below suggestions.

### Eye-gazing

A few minutes of eye gazing can create intimacy, however many people find it awkward to look into each other's eyes. I have worked with couples who have been married for many years and find it difficult to look into each other's eyes. During lovemaking most people close their eyes to avoid the deep intimacy of really seeing each other.

Begin gently; sit in a non sexual position and spend 5 to 10 minutes looking into each other's eyes. This is an opportunity to practice being present in your own body whilst being present to the other's feelings and experience. What do I mean? Tune into what you are feeling in your own body, notice feelings of warmth, coolness, sensations of numbness, buzzing, whilst also feeling your partner. Are they relaxed, connected, are you able to receive their energy whilst experiencing your own.

Have your eyes soft and gentle - drinking each other in (it's not a staring competition). Feel yourself ab-



sorbing your partner's energy through the eyes. You can look and feel deeply into someone through the eyes, when you drop the mind's inclination to label and judge everything it sees.

Take the experience of eye-gazing into lovemaking - spend short periods of time with your eyes open until you can comfortably stay with the intensity of the energy - moving in your own body, receiving from your partner, whilst sharing the feelings and vulnerability through the eyes.

### Learn to listen

Become a great communicator by learning to listen. It is my experience that many people are great at talking but find it difficult to listen with presence and an open heart. Ask your loved ones - family, close friends, lovers to share from the heart what is happening in their life - what is creating joy and what is creating challenge. Give the gift of listening lovingly, staying connected without the mind racing off somewhere else. We all know the difference between when someone is fully in the room with us or they are planning what they are going to say or do next. Your loved one will feel fully received, when you know how to listen without judgement or placing your own agenda into their experience.

### Touch and be touched

Touch is incredibly valuable for bonding as it releases feel good hormones, which promote connection and open heartedness. There are many ways to enjoy touch.

I like to hug my friends and family each time I say hello and goodbye to have that feeling of connection and body meeting with them. In my hugs I like to breathe, relax and feel the other person and enjoy an exchange of energy.

Stroking someone's back can be incredibly soothing - whether for a partner, family or friend. If you want to feel connected - take turns to stroke each other's back. Other alternatives for non-sexual touch which create connection include a head massage, hand massage and foot massage.

With your lover, you may choose to engage in sensual massage as part of your sexual play. With any of the touch activities, let the other person know what feels really good with sighs and sounds of appreciation. It will help to create a complete experience for both of you.

### Learn how to give authentic compliments

Notice the way your lover's body moves when he walks or when she dances, let your friend know that you enjoy her soft tinkling laugh or her

the other person wondering whether you really meant it. When you are feeling it, the other person feels appreciated and they know that their gift was shining in that moment.

Also important, when you are on the receiving end of compliments to learn how to receive and allow the gift of the acknowledgement in, if you are unable to receive a compliment, you will block the flow of energy between the two of you.

Be loving, patient and compassionate with yourself and your partner, family and friends on this journey of deepening intimacy. Most of all, enjoy playing with new tools and finding new ways of connecting with each other!

**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.tantricroblossoming.com](http://www.tantricroblossoming.com) or phone 02 9664 1110.**