

CONSCIOUS INTENTION IN LOVE-MAKING

BY MARTINA HUGHES

Each time you touch your lover is an opportunity to open, to feel more, to expand and to bring greater love and consciousness to each other. Do you touch your lover consciously with intent to open, or are you simply seeking to gratify your own desires? Are you willing to take love-making to the higher levels where the union becomes a celebration of ecstasy shared?

At the most basic level, sex is a human need and desire – we all feel it, we all know the experience of sexual desire and lust on the physical level. Often, we are left with that gnawing feeling inside, wishing and longing for more . . . It is what we do with that feeling that makes the difference.

That feeling is your being calling you home, to be more authentic . . . to experience sex on the inner plane . . . where it becomes deeply transformative to both partners. There are 4 essential ingredients for this deep transformation to occur – relaxation, breath, awareness and intention.

Ask yourself – what is your intention in making love? Your intentions may include to feel alive, to feel safe and secure, to create a baby or to experience higher realms. In seeking to experience the higher realms, men and women can bring out the best in each other through a loving, ecstatic and conscious union. The first step is to feel inside of yourself, acknowl-

edge what this type of interaction would feel like for you. The recognition of this internally is the first step in setting your intention.

The next step of your intention is to hold it in your awareness as you make contact with your lover, feeling as though with each breath, with each point of contact, you are reaching inside offering them the best of yourself and calling forth the best of them.

For all the men, when you touch a woman lovingly and gently with the intention to open her to a higher level of bliss and feeling, that you will start to register that bliss within yourself, and then each contact with her, you are penetrating her. Hold within yourself a feeling that you are reaching into her, beneath the story, beneath the known and opening her to new places, penetrating her core. This is where you get to exercise the masculine instinctive nature, you feel into her and sense where she is opening, where she is heading to in herself, and in feeling this, you provide the support for her to feel that it is safe to open there, as you are there ready and waiting. In this way, she starts to open and surrender to the delicate and sweet experience of you holding space for her.

For all the women, when you are with a man, lovingly and gently hold the intention to offer the depth of yourself to him. It is through your pleasure and bliss that he comes to



know himself more fully as a man, your feminine surrender becomes his gateway to masculine knowing. Your body, your breath, your sounds will tell him everything he needs to know about how to be with you, if you give yourself freely and unconditionally to him. As he touches you, allow yourself to melt, for the tension to be dissolved, for all the agendas and manipulation to fall away.

Intentions can be set for specific purposes also in the love-making – you may have an intention to conceive a child or to heal and transform emotional pains or to manifest abundance in your physical lives. All of this is possible in the same way that conceiving a child is possible. Through making love and bringing presence, love and feeling to each

other, a man can plant a metaphysical seed for transformation or manifestation in the woman's womb. The woman's orgasmic energy is then used to water the seed, so that each time she feels into herself and enjoys the orgasmic wave; she is nurturing the seed and bringing to life the vision for both of you.

Next time you make love, bring your intention to your partner, so that with both of your awareness the intention can be multiplied. The power of two bodies sharing an intention is much greater than the sum of the individual parts, and then the world around you will bask in the glow of your conscious love-making.



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 or phone 02 9664 1110.

vitality - passion - life

tantric blossoming

for men & women, singles & couples

Do you long for deeper, more connected and loving sexual experiences?

