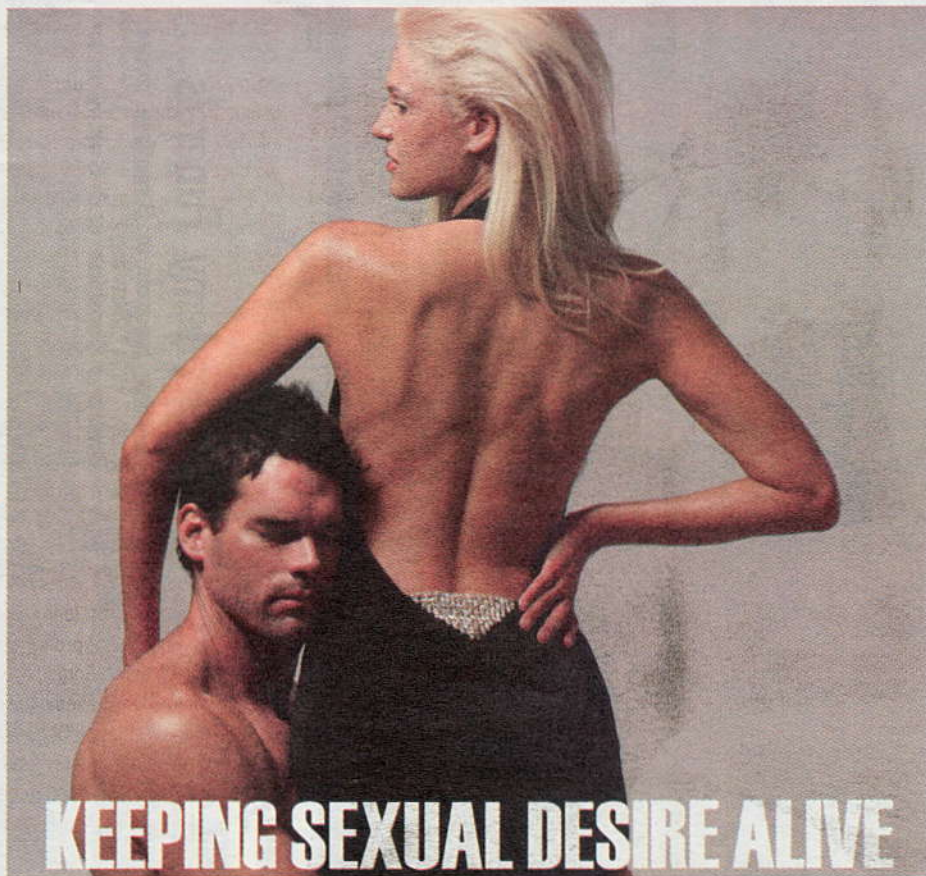


CONSCIOUS SEXUALITY



Sexual desire is our innate longing to connect intimately and sexually with another person. Often we shut down our sexual responses due to the conditions we put on ourselves.

For example, if I restrict myself from feeling sexual energy during the day when I come into contact with anyone other than my lover, then the message I give my body is that it is not okay to feel sexual. Over a period of time, the body becomes

programmed to switch off the sexual desire. So when I come into contact with my lover, the body finds it harder to connect with the sexual energy because the more consistent message has been to switch it off.

The solution to this situation is to give yourself permission to feel your sexual energy, wherever you are. Feeling sexual energy does not automatically mean that you are going to have sex with some-

one; it simply means that you are ALIVE and able to enjoy and experience ALL the sensations moving in your body. Sexual arousal can arise spontaneously in any situation; walking down the street enjoying the wind in your hair, driving your car and singing to the radio or shopping at the supermarket. In these moments, give yourself the psychic space to feel and breathe into the body, allowing your energy to move and enjoy

the sensations and feelings. Even though it may not be appropriate to externalise your feelings, you can still enjoy the experience internally.

In relating with your lover, you can begin to reignite desire by lying down and breathing together without touching, gazing into each other's eyes and feeling sensations and movements of energy in your body. Often in situations of real intimacy we attempt to hide our pleasure and / or pain from our lovers and close our eyes or remain poker faced to avoid feeling vulnerable, which inhibits real desire. Starting to connect with your partner in a way that is free of expectations, agendas and attachments, will pave the way for a new experience – this includes allowing the other to really see and feel you, and has the added benefit of increasing your desire for each other. You will begin to feel the sensitivity of your true being and connect with each other in a new way leading to increased intimacy, deeper lovemaking and extended bliss.

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 9398 2806.

Would you like to feel more sexually vibrant and alive?

Tantric Blossoming offers workshops and sessions for **INDIVIDUALS** and **COUPLES** to transform your sexual