



OPEN UP to *healing pleasure*



Delve deep into the spiritual world of sexuality, with bodyworker
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There is a myth about romantic love being somehow pretty, but in reality, however wonderful it is, it is also sometimes demanding and messy. It takes attention, effort and maturity to create a relationship. Sex can be an important part of that relationship and here we look deeply at the spiritual side of any sexual relationship. So get ready for a mind-blowing read!

Delight in mysteries

The way in which we have sex is often a limited version of sexuality. Many of us sense that sex holds untold mysteries,

delights and opportunities, and that we have mostly tasted only surface froth. We are collectively hungry for more, having been collectively repressed for decades and centuries, if not millennia ...

Sex and intimacy require of us an extreme vulnerability and trust, both in the other person and in our own sexual response. Each of us responds in a unique way, unlike anyone else. We may all have similar sexual parts, biology, physiology, psychology and desires, but these are organised in our own highly personal way. We are all beautifully, amazingly normal and, at the same time, quite different from each other.

Attune to sensation

Yet we all have the potential to be a cracked-open, heart-blasting body attuned to sensation, our head silent. At one with delightfulness. We can be fully and deeply with ourselves and with another. A communion of two unified beings. An experience of unity, consciousness and pleasure, emptiness and fullness, genitals and heart, person to person, is possible.

The body is where it all starts. Someone who is alive in their flesh, awake to themselves and not just themselves, is very attractive. Someone who is at home

in their own body is a turn-on! That is what we all really want – not prettified or muscled vacant zombies, who look good but ‘taste’ bad!

Surprise yourself

We are often surprised by who we fall in love with. We can have mental ideas and even lists of what we think we want – but this is often not the same as our bodily and soul’s response to somebody’s smell, shape, colour, texture and movement. Attraction is a specific response to this physical person now. After all, touching flesh that is unoccupied and unresponsive is not much fun. Far more pleasurable to touch flesh that feels, senses and responds, that is sensitive.

The physical body is a temple for devotion to our own experience, the other and beyond, where pleasure and

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