

SEXUALITY

Sex = not just an act, but Self EXpression in action

Take a look at the word sex. It is a noun (we say that we “have sex” and we talk about the “act of sex”) but we don’t use the word “sex” as a verb or action word on its own. (ie. we don’t say “to sex someone”) Broken down into its letters and on a more personal level however, we could read the word SEX as “S” = Self “EX” = EXpression – in other words Self EXpression in action.

Why do I play with these words? Because if you reframe sex as the expression of yourself at any moment in time and focus on that rather than an “act” you partake in now and then, then you can relax more into being YOU – enjoying your body, yourself and your day to day life even more.

The act / performance

Sex is an act of love and can be enjoyed as the ultimate connection on many levels of your being. However, there are many people who are too tired, unwilling, unavailable, or simply quite turned off having sex. They may see sex as something separate to themselves that “gets done” and are pleased when “it’s all over” or perhaps even avoided at all costs. For others sexual addiction helps dull the pain of emotional issues or unhealed wounding.

Sex can also be seen as an act of something else – obligation, force, availability, expectation or even role. The contexts of the act of sex vary from a committed relationship or a torrid love affair, lust or experimentation or it can be in the context of abuse and violence. For others, it is more functional - confined more to procreation, rather than recreation or it may be clouded by fears of having babies or contracting sexually transmitted infections.

When viewed as an act, the initiation of the act can evoke strong feelings and therefore strong reactions. Some people will indulge in it with intensity and passion. Others lose themselves in the act and some will “perform” the act regardless of what their own heart, mind and emotions are saying. Others may experience anxiety or even fear.

Like film or show critiques, the act of sex is often performance or satisfaction-based ranging from “That was out of this world” to “Was I good enough?”, “Did that feel alright?” or “She just wasn’t that into it”. That performance rating is often taken as a judgement on yourself however this “judgement” is not a true reflection of who you really are.

The acting / performing / embodying of the character

There is another way of looking at sex. Rather than seeing sex as an act that occurs some time, somewhere with someone, why not begin to see it as Self EXpression in action – a bit like an actress embodying a character? Sex is not just something to be accomplished with a start and end point in mind. Sex (or sexuality) is instead a continuous way that you express and be your own “character”. It may be the way that you sit, touch, stand or the speed or way that you move. It can be in the softness, volume or use of your voice, fluidity of your body movement or use of your eyes. You can express yourself in playfulness or spontaneity or through the clothes or adornments you wear. Express yourself as the actor developing his/her repertoire as a persona, rather than focussing exclusively on the act or play. How do you embody and express your character?

Sole performer

Sexual pleasure need not only happen in the context of someone else. Yes you might be thinking masturbation which indeed is an option, but again that focuses on the “act”. Sex however seen as sexual expression rather than solely the act of sexual intercourse makes being on one’s own not

necessarily a time of denying one's sexual nature, but being without a partner can be quite liberating in terms of developing one's own sexual essence and self expression. In fact as I write this, it becomes clearer to me that solitary time can indeed be a powerful pivotal point and valuable opportunity to be complete in yourself – including sexually, rather than thinking you will be “complete” only within the context of relationship or sexual intimacy with another. How much better is it then when you enter a relationship complete in yourself rather than half-full?

Sexual expression and attitude of the audience

Often the way you express your sexuality is an offshoot of your upbringing and the attitudes of those in your circle of influence or “audience” – more often than not your immediate family, friends and people with whom you have shared past relationships. Your attitudes play a huge part in the way you relate to sex and also in the way you express yourself.

I was brought up in a conservative family with many unwritten, but loudly obvious “Thou shalt nots...” when it came to anything sexual. Attitudes were loud and clear surrounding sex before marriage, contraception, sexual orientation, relationships and masturbation. Such family attitudes directly and indirectly impacted my own attitudes not only towards sex, but to how I expressed myself as a young woman. I remember the very moment that I swallowed my first contraceptive pill—knowing full well that I had been taught, in no uncertain terms, that I was not to have sex before marriage. Did that have an influence on my experience of sex, intimacy and self expression? For sure it did. Guilt and shame can be huge dampeners! As a 40 year old having left a marriage, I took the opportunity to review whose attitudes I was living, and could then make new choices of how I would relate to sex and my own Self EXpression.

How has your own past drama made an impression on you?

Other life events and traumas can also have an impact on your sexual expression. Experiences of being shamed, abused and guilt ridden, for example, can all affect you at an emotional and soul level, ultimately having a physical manifestation in your body – particularly in your sacral, sexual and reproductive areas. eg. menstrual difficulties, sexual difficulties, reproductive issues, eating issues and other aches, pains, discomforts or illnesses.

One of my clients was trying hard to fall pregnant. In the healing work we did, something came up about an early experience she had had “experimenting” with her body – with a girlfriend at the age of puberty. They were simply checking out what was where and what did what! The shame that she felt when she was discovered by her mortified mother was huge. My client carried that shame in her body for years and it manifested in what she described as her very “unfeminine” or “more masculine” way of looking, behaving and feeling. She chose more “boyish” clothes, she didn't enjoy make-up, she became very action and goal orientated and denied her more natural, creative, spiritual side to be unleashed. She also struggled forming relationships and being sensual and sexual, but she had never connected the dots of her shame and how that manifested. When she saw this situation for what it was and from an adult's perspective, she could change her attitude to that event and also to how she viewed her body, sexuality and femininity. Within a very short time she was pregnant and enjoying her new little girl. My belief also is that through having a daughter, she will continue to heal aspects of her own femininity and sexual expression.

New curtain raiser / Opening night

How can you more authentically express yourself and therefore enjoy the act of sex more?

- Forgiveness (of yourself and others) is incredibly powerful. Find a supportive friend or coach.

- Healing at an energetic, cellular level, without having to rehash or relive the whole ‘trauma’ again, can work wonders.
- Rituals and ceremonies are great symbolic ways of letting go of the old stuff and opening up afresh to new possibilities. eg. miscarriage loss, abortion loss, abuse, separation...
- Hone your senses – notice smells, textures, tastes, sounds and sights in a new way. Use them (in varying shades and degrees) to express yourself more creatively and sensually.
- Start defining your own attitudes – particularly sexual attitudes.
- Feminine flush*

***Feminine flush – sending your past sexual ties off your current stage**

Through the act of sexual connection, whether that be sexual intercourse or a simple sexual touch, you share yourself with others. Your energies interact. Some people may have intentionally or perhaps even inadvertently used you or even violated you. You may have also put yourself in a position that was contrary to what fits your values and comfort around sex. Also by the very nature of male/female sex, for you women, the men have entered you and have “been in your space” and have left “remnants” behind – be it sperm, semen or their “energy”.

I have helped many people clear this energy and lasting connections with people they have had relationships with. (good or bad) – a bit like cutting an umbilical cord or tie that keeps that connection going to some degree. I call it the “feminine flush”, but it can equally be a masculine flush – which allows people to let go of the past and be able to move forward in a more self expressive, energised and confident manner.

I help them visualise the people, known or unknown, remembered or not, and invite them onto a stage. Others like to invite them to energetically and figuratively stand in their reproductive and sexual space or “stage”. One by one, the person then thanks each of the people on stage for the experiences - good or bad that they had with them - and acknowledge what lessons they have learned from that experience. They then quietly, but firmly ask that person’s energy to be cut or disconnected from them. Some people like to “push” them (and the patterns of relationship) out of their body, breathe them out, or simply see the cord or tie being symbolically cut and then send them on their way with love. Others ask them to leave their life “stage”.

This can be a profound experience of forgiveness, letting go and clearing space for better relationships with self and others. I have also witnessed what can profoundly manifest in one’s body when one releases others from their “stage.” Weight can disappear quickly, fertility can resume more normally, the body clears other “debris” away, depression can lift and overall health and happiness improves.