

HAVE SEX LIKE A GODDESS



MODULE TWO: SEXUAL BLOCKS

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We live in a world that has shamed, repressed and flat out demonized authentic expression of female sexuality for about 5,000 years.

As a result, we all have some sexual blocks. I think it's impossible for any woman to grow up in this culture unscathed around sexuality.

COMMON SEXUAL BLOCKS AND HOW TO HEAL

BLOCK ONE: SHAME

Many of us grew up being shamed for our bodies and sexuality. The amount of shame that society puts on sex is incredibly sad. If you carry shame about your body, genitals, and sexuality this creates major blocks in your system to feeling your sexual energy and enjoying an amazing sex life.

Two tools that can help you move through shame.

TOOL ONE SHAME

When you feel shame, notice that the shame doesn't actually belong to you. It's a feeling that has been superimposed on you from family, church, society, etc.

It's not your feeling.

Think back to when you were a baby:

Did you feel shame about your body and genitals?
Did you feel shame about how chubby you were?
Did you feel shame when someone touched your vagina during
diaper changing?

Shame is not a normal human feeling that we born with it. Anything
you are not born with, does not belong to you. It's not yours.

It's a feeling that has been superimposed on to you.

But, we act like and use language that suggest that the shame is
ours.

The shame that you feel is NOT your feeling.

When you recognize that the shame does not belong to you, it will
create some space around the shame.

EXERCISE RELEASING SHAME

Think about something you feel shame about. Feel into and get
familiar with the shame, allowing it to be there.

Either out loud or in your head say: "This shame does not belong to
me, so I let it go".

Notice what happens.

When you release shame that is not yours, your sensual and sexual
energy can begin to flow.

TOOL TWO

SHAME

Shame can only live in the dark. The things you feel shame about are things you try to hide.

For example, if you feel shame about your thighs, you don't show your thighs. If you have a sexual desire you feel shame about, you don't tell anyone about that desire.

Shame is like a mold, it festers and grows in the dark.

What you can do instead is bring a celebratory attitude to what you feel shame about.

EXERCISE CELEBRATE THE THINGS YOU FEEL SHAME ABOUT

Have a trusted friend, lover, partner, coach or therapist celebrate with you the things you are ashamed of.

Tell this person all the things you feel shame out, and celebrate them instead.

When you share out loud the things you feel shame about, it brings them out of the dark. This deeply alchemizes shame.

BLOCK TWO: FEAR OF LOSING CONTROL

Do you like to be in control?

I get it, I do too! But, not being able to surrender and let go of control is a major block to opening up sexual energy and having deeper orgasms.

The roots in the fear of losing control stem from childhood.

As children we were very free, spontaneous beings but our free alive nature was usually intimidating to the adults in our lives. So, they spent years attempting to control us.

We learned that we had to be controlled and inhibited for mom and dad to love and approve of us. And, it worked. We forced ourselves to learn how to control ourselves and in the process became very inhibited.

We really have no idea how deeply inhibited we are.

We inhibit our voices, emotions, desires, truths, authentic selves, animal nature, sexual energy, creative expression, impulses, and intuition.

We really have no idea who we would be if we were truly uninhibited.

How can we begin let go of control and tap into our uninhibited primal nature?

TOOLS FOR LETTING GO OF CONTROL

TOOL ONE LETTING GO OF CONTROL

In the “filling up” section we will get to later in this course, I will give you a powerful somatic practice to help you let go of control, so make sure to watch for that.

TOOL TWO LETTING GO OF CONTROL

Dream Work.

I’m a big fan of dreams, and I spent almost three years working with a teacher who uses dreams as a gateway into both exploring the inner workings of our psyches, and tapping into our full potential.

The parts of us we have shut down still live inside us.

Your uninhibited aspect of self is still available to you, it’s just tricky to get in contact with because your mind and ego like being in control and will do everything in their power to block you from accessing your uninhibited self.

What’s so amazing about dreams, is that dreams emerge directly from the subconscious mind, so dreams bypass your conscious mind and ego.

In the dream world you can get in contact with parts of yourself that have been locked away in the sub and unconscious mind.

Here is a simple process to use your dreams to get in contact with your uninhibited self.

EXERCISE DREAM PROCESS

1. Write on a piece of paper:

Dear Dream World (or subconscious, higher knowing, or whatever works for you),

Please give me a dream that will show me my uninhibited self.

Thank you,

Your Name

You can ask this question about anything, not just inhibition. Some examples are empowered self, orgasmic self, joyful self.

2. Put the piece of paper under your pillow.

3. Set the intention to remember your dreams. If you don't normally remember your dreams, don't worry! If you put intention towards remembering them, you will.

4. As soon as you wake up, write down anything you remember. Pay particular attention to any sensations you felt in the dream. If you don't have a dream that night, don't fret, just ask again the next night.

5. During the few days after the dream, revisit the dream in your mind. Allow yourself to tap back into the sensations in the dream so they can become a part of your waking life.

BLOCK THREE: FEAR OF HARM

The truth is, there has been a lot of harm done to women in regards to our bodies and sexuality. Because of that, many women have

fear that if they were a sexual woman, harm would be done to them.

The time when a girl enters puberty is a delicate time.

It's a time when she is meant to blossom open her sexual and sensual nature.

In ancient times, women were guided through the process of becoming an empowered sexual woman. In modern times, women are shamed and harmed sexually.

When you begin to transition from girl to woman and your body starts to develop, suddenly boys and even older men start looking at you different and in way you don't understand.

It might feel invasive. Not because they are intentionally trying to be invasive, but it feels invasive because nobody talks to you about this and teaches you how to handle that kind of attention.

You start to learn that you could be harmed because you have a female body. You could be sexually assaulted in some way. If you wear a short skirt or behave in any kind of way sexually, that would mean you would have been asking for it. Or you might be called a slut.

It starts to feel really unsafe to be female and even more unsafe to be a sexual female.

For some of you, assault and sexual abuse did happen, and if it didn't happen to you directly, it's likely you had a friend who experienced it.

Consequences of the Fear

- We start to fear and shut our sexual energy. The development of our sexual self freezes from fear, and we never fully develop into a healthy sexual adult.
- Out of fear, we begin to unconsciously hold our pelvis in a state of contraction and tension, especially our vaginas.

Over the years, this turned into chronic tension in the pelvis, which leads to a de-sensitized vagina.

When we have sex, we are having sex with vagina that is full of chronic tension. This is a huge block to feeling our sexual energy, deeply enjoying sex, and experience full bodied orgasms.

How to work through this chronic tension? That's something I'm going to go into with a lot of depth in a later class.

And, here are two things to start with:

Get the recommended book, *The Wild Feminine* and start doing some the exercises in that book.

EXERCISE RELAXING THE VAGINA

Lie down and take some slow breaths.

Bring your attention to your vagina and place a hand over her.

Say the word “relax” to your vagina, allowing the essence of the word to penetrate her. Tell her, “it’s ok to relax” and/or “it’s safe to relax”.

Notice what happens.

Relaxing the vagina is so important. When you relax the vagina, you can experience a lot more sensation in the vagina.

You can say other words to her as well, like: “I love you”, “beauty”, “you are beautiful”, “queen”.

She holds the receptive pole, and words we say to her impact us at a deep level.

Development of sexual self gets stunted. The transition time from girl to woman is the time when our sensuality and sexuality was suppose to blossom open and we were suppose to begin to develop into a mature sexual adult.

But, for many of us, due to the fear, our sexual development gets stunted at a certain age. For many women sexual development gets stunted around the teen years, but for some women, it’s even younger.

This results in us approaching and interacting with our sexuality at the age when our development got stunted, instead of as a

healthy sexual adult.

Here's an example of this from a client of mine.

During our first session I noticed that when she started talking about sex, she suddenly started speaking and looking like a 13 year old.

I asked her if something had happened to her at age 13. She immediately burst into tears, and told me she had experienced sexual abuse from a neighbor at age 13.

As a result, her sexual development was stunted at age 13, and she was relating to partner like a 13 year old.

I took her through a process to help her move through this, and it had an immediate big impact on her.

EXERCISE UNFREEZING STUNTED SEXUAL DEVELOPMENT

- Lie down and take a few slow breaths.
- Use your intuition to tap into ages where your sexual development got stunted. Pick one age to work on right now.
- Whatever age you working on, imagine that aspect of yourself sitting in front of you. For example, if you working on your five year old self, imagine you at age five is sitting in front

of you.

- Look at this younger part and see how she feels, is she afraid?
- Enter into a conversation with her. Find your own words, but you might say something like: “Sweetie, I am so sorry this happened to you and that you are afraid. I’m so sorry you learned that being a girl is dangerous. And I want you to know that you are safe now and that you can let this go. I’m here now. I’m the grown up that is going to keep you safe. I want you know that it’s ok to blossom and grow and it’s good to allow your sexual and sensual side to develop.”
- Then ask her if there is anything she needs to feel safe to allow this blossoming to happen.