

HAVE SEX LIKE A GODDESS



MODULE FIVE:
A NEW APPROACH
TO SEX

BY
SARAH J. KENNEDY

LIVING A SEXUAL EMPOWERED LIFESTYLE

Review of the 6 Step Healing Method

1. Make healing your relationship with sex and your pleasure your priority.
2. Taking time to heal: if you are currently sexually active, stop doing anything sexually that you don't deeply and thoroughly enjoy.
3. Get support to release past traumas and blockages.
4. Filling up: open up your sexual energy. your feminine fuel and fill up on it.
5. Learn a new approach to sex
6. Living a sexually empowered lifestyle

A NEW APPROACH TO SEX

Most of us are having formulaic, goal orientated sex and that type of sex doesn't work well for women. It may appear that it works for men, but it really doesn't

When most of the kind of sex you have had, has been formulaic and goal orientated, your body will shut down

sexually. Formulaic, goal oriented sex drains you as a woman instead of filling you up and nourishing you.

Your body is doing an intelligent thing by starting to shut down on you sexually. It's responding in an intelligent way. It's shutting down sexually in an attempt to stop you from having sex that drains you.

We have a cultural story that it's normal for women to not be interested in sex, and normal for men to be sex obsessed.

But, it's not true. Women just don't like the kind of sex that is on the menu. So, we stop wanting it and having it.

A FEMININE APPROACH TO SEX

Letting Go of the Goal

In a masculine approach to sex, we approach sex with a goal. In a feminine approach, we approach sex like play.

Most of us, when we are having sex, have a goal in mind, and that goal is to have a climax.

Goals are masculine energy in nature.

What happens when we have a goal to have a climax, is that during sex, we are either working to have our own climax, or working to have our partner have a climax. The

energy of “working” is not good for sex.

Instead, we could be playing and losing ourselves in the moment to moment experience.

In goal oriented sex, we feel disappointed if the goal doesn’t happen, like we failed.

This kills true turn-on and seriously dampens the amount of sensation that is available to us during sex. We get in our heads worrying about climax, instead of being in our bodies feeling sensation.

For sex to feel good, we need to be in our bodies feeling sensations.

I often hear women describe sex as feeling like work, a job, or a chore. I often hear men talk about the pressure to perform during sex. The pressure to get it right and please the women.

All of this kills sensations.

Goals are great for things you want to accomplish in life, like, starting a business, fixing your finances, exercise goals. But, goals are not great in the bedroom.

What’s great for the bedroom is to approach sex like play.

What if you let go of the goal to climax, and bring the feminine qualities of playfulness and flow into your sex life?

Sex is not meant to be a performance, or feel like work. It's meant to be a deeply nourishing experience.

When I talk about this men and women usually have two different types of reactions. Not always, but usually.

Women feel a sense of relief and men often will feel a sense of dread or fear. This is because masculine energy is very goal focused, and most men have been conditioned to "do it right". When a woman has a climax he feels like he has "done it right."

Letting go of the goal in sex can often be confronting for a man.

If you are in a relationship with a man and he feels confronted by it, please have a lot of compassion and patience with him. You are asking him to undo a lot of his conditioning and unravel a part of his ego.

One thing I have found that can really help men get turned-on to this idea of goal-less sex is Orgasmic Meditation (OM).

In the practice of OM, there is no goal. I've seen many men who have taken on the practice, over time, dismantle inside

them the idea of a goal in sex. When they do that, they start to actually see and feel how much better sex gets for everyone. Not just the woman, but him too.

Forget Foreplay

I know that might sound like a surprise, because most of the information out there says foreplay is important for women.

I'm not suggesting you forget play in sex, I'm asking you forget the idea that there is foreplay and then there is intercourse.

Calling it foreplay gives the idea that what happens before penetration is less valuable, and just a build up to this more important thing called intercourse.

It again, goes back to a goal. The end goal of foreplay is intercourse.

For women, when we feel there is an agenda or a goal to our sexual intimacy, it's a turn off.

Putting our sex lives into compartments is a masculine energy approach. Approaching all of sexual intimacy as play with no agenda, going with the flow, is a feminine energy approach.

It works better for our bodies. It allows us to let go of pressure, relax, knowing that whatever happens or doesn't happen is totally OK.

If you are sexual active now, and if when you have sex with your partner it usually ends in intercourse, I'm going to invite you take intercourse off the menu for a couple weeks.

It will give you the chance to rewire your brain around this idea that intercourse is the end goal.

This also can be a confronting idea for men, so again have compassion and patience.

Practicing Sensation over Obligation

So many of the women I talk to tell me that they have sex or engage in sex acts when they don't want to out of a sense of obligation. I totally get it, I used to do this too.

We often approach sex with a tit for tat mentality. For example: you gave me oral sex so, to be fair, I must give you oral sex. Or, you had a climax, now it is only fair that I have a climax. It's like keeping a score card, and this kills turn on and sensation.

This is more of a masculine energy approach to sex. Sports is a great place to keep score, sex is not.

When we engage in anything sexual out of a sense of guilt or obligation, it is another reason, besides having a goal, that makes sex feel like work instead of pleasure.

Each time we have sex out of obligation, we create a cellular memory in our body that sex is a chore. Before you know it, we start to want sex less and less.

If sex feels like a chore to you, I invite you to practice sensation over obligation. When being intimate with your partner only do what actually creates pleasurable sensations for the both of you.

When you do this, you will start to uncross the wire that sex is a chore and open up to more pleasure.

Any kind of sexual intimacy, done from a place of pleasure is exponentially more enjoyable for both partners.

We all know that receiving oral sex from someone who loves doing it, is way more pleasurable. Obligation kills sensation.

When we get so focused on pleasing the other person, we end up disconnecting from them by getting in our heads, trying to figure out how to please them.

When we are focused on what feels good to us and nourishes our body, that allows our sexual energy to open up. When our sexual energy opens up, we are way more

likely to actually want to give our partner oral sex, for example.

I used to hate giving oral sex to men, and could have never imagined that one day I would love it.

After my sexual energy deeply opened up and I cultivated a lot of orgasmic energy in my body, I was completely surprised to find a desire to give men oral sex.

Less is More

One of things that often happens between men and women is that men tend to want to use a lot of pressure during sex, and women want light pressure.

I don't mean just during intercourse, but in general men will often touch our bodies with too much pressure.

If we let that happen, our bodies begin to shut down.

This usually takes some training for men. It takes telling them how you like it to be handled many many times, without a quality of criticizing.

EXERCISE LIGHT TOUCH

If you have a partner, set a timer for 15 minutes and allow him/her to touch your skin very very lightly. Let them know exactly how light you like it.

If you don't have a partner, touch your own skin lightly and notice how it feels.

Making Changes in Our Sex Life Can be Confronting

All of the above changes, could sound deceptively simple. But, they are not. These are deeply profound, paradigm-shifting changes.

Have patience with yourself and your partner.

JOURNAL PROMPT

What do I have to let go of/heal or confront within myself to take a stand for and allowing myself to have a sex life steeped in the feminine?

For example: I had to let go of using sex to seek love. I had to confront a place inside me that wanted to stay victimized around sex. When I owned my sexual power, I had to take responsibility for all the choices I made in the past.

LIVING A SEXUALLY EMPOWERED LIFESTYLE

Most women are spending most of the day suppressing their sensual and sexual energy. Women will spend twelve

hours of the day, completely suppressing their sensuality, and then get home and wonder why they don't want sex.

It can feel dangerous and confronting to show up in the world as a sensual, sexual woman.

Examples of how to be a sensual woman in the world

1. Pay attention to your hips when you walk, exaggerate them.
2. Wear something feminine and sensual in an environment you wouldn't normally wear it in.
3. Be flirtatious.

I know you might be thinking, that if I do these things, it might draw unwanted attention.

My experience is when I do these things consciously, I get respectful attention. It's not that I don't want attention, I want respectful attention.

MAKE DESIRES YOUR COMPASS

Your desires are intelligent, and when you follow them and allow yourself to have them, you fill up.

As your sexual energy opens up, you will be more in touch with your desires. As you create a life based on your desires, you will want and enjoy sex more.

Our desires lead us to the live we are meant to live.

JOURNAL PROMPT

What are my desires? What do I desire that I'm scared is selfish or too much? What have I always wanted to do but haven't let myself?

Take responsibility for your turn-on

At every moment in our life, we have the capacity to decide to get turned-on. By using the term "turned-on", I'm not just talking about sexual turn-on, I'm talking about feeling alive, sensual, and juicy in and out of the bedroom.

Being "turned-off" by things is usually our default way of being. We've gotten used to being "turned-off".

Being annoyed, tired, resentful, unhappy, full of shame and guilt and obligation is a habituated default mechanism. So, it takes some volition to decide to get turned-on instead.

But, you always have a choice.

Example of Choosing Turn-On

You find yourself in a long line. You have a choice. You could get annoyed and impatient, or you could decide to put your attention on your vagina and send her love, enjoy people watching, flirt with someone in line, feel the sensations in your body.

EXERCISE NOTICE YOUR REACTIONS

As you go about your day, pay attention to if you are “turned-off” or “turned on”. If you are “turned-off”, make a decision to get “turned-on”.

JOURNAL PROMPT

What behaviors do I participate in that are turned-off behaviors?