

Three Foundational Steps to Sexual Empowerment

Eve Marie Glimma writes about the #metoo phenomena sweeping the world as being connected to our taboos and blind spots with regard to sexual expression and power.

We can thank Harvey Weinstein.

Let me be clear; by no means am I excusing his sexual predator behavior, on the contrary, but let's be honest, we currently have a world full of unchecked Harvey Weinsteins in both male and female skin suits.

The recent online social media metoo# campaign has created a public sharing phenomenon, giving thousands of victims of sexual abuse a worldwide platform to voice their long-held stories and find some sense of healing empowerment in their telling.

This is a pivotal point in the timeline of our sexual history. We are experiencing something quite extraordinary, something we've never seen before, like the hundredth monkey effect. Our collective, it seems, is finding momentum and we are starting to hear some real volume to the communal calling of 'That's enough' to sexual abuse.

So moving forward, how can we create safe, empowered sexual experiences for ourselves? What do we have to do to minimise our risk and the pos-

sibility of finding ourselves in the role of victim? And how can we do that successfully without extinguishing the fire of our erotic desires?

For the most part, feeling safe is an inside job. Taking the time to have some deeper conversations with yourself, knowing what you are available for sexually and having the communication skills to get that across clearly, are becoming essential skills for lovers.

1. Instigating your boundaries

Everyone loves to think they are open sexually. Ask the large majority of lovers what their boundaries are and you'll usually be met with a blank stare and "I don't really have any." Meet them with a big black dildo asking for some serious anal work and most people start to realise that they do actually have some boundaries!

Why is it so difficult for us to have those deeper, intimate conversations with ourselves and know what our sexual boundaries are?

Boundaries are tricky, because they are continually changing every day, depending upon:

- 1) How we are feeling about ourselves that day and what we need or desire to honour those feelings.
- 2) Who is in front of us.
- 3) The degree of safety we feel with the person in front of us.



Eve Marie: Sexual Empowerment, Vitality and Freedom for Men, Women and Couples.

How we are meeting our sexual energy is an excellent barometer for life. These sexuality sessions are wholistic in nature, integrating many different modalities and addressing a long list of sexual and relational aspects of self.

A session may include: embodiment practices, intimacy exercises, meditation, breathwork, trauma release, exploring your unique 'sexuality map', communication skills, relationship counselling and if appropriate, the opportunity to practice connecting to yourself through exquisite full body touch, tantra massage and sexological bodywork.

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4) How much we are ready to reveal about ourselves in that moment or experience.

So what questions do we need to ask ourselves to have this inner conversation? Here are three effective questions;

- a) What would open me in this experience?
- b) What would close me in this experience?
- c) What am I available for in this experience?

Knowing our answers to these questions requires us to have the awareness to check in with ourselves. Is my head, heart, feelings, emotions and genitals in alignment? What do I need for that alignment to take place?

To do this we need to be connected to our feeling (feminine) so that we can take the action required (masculine).

2. Know your desires and how to articulate them

Finding your empowered voice and learning how to verbally express yourself to your beloved is one of the sexiest and most intimate skills to master.

In the past, “closing our eyes and hoping for the best” has been the most common unconscious approach, with random pot luck chances of success. For many lovers, asking openly in detail for what they need and desire is shrouded in hesitation, awkwardness, embarrassment, shame and even not really knowing.

It’s an empowered move to be able to let your lover know where you’re open to being touched and what kind of touch is going to open you.

The latest sexuality teachings herald a broader chapter in our education, encouraging us to dive in

to the nuts and bolts exploration of our individual arousal system and erotic blueprints. Learning how you tick erotically allows you to communicate more clearly with embodied confidence.

3. Notice when you override

Society gives us a very strong, static image of what a successful sexual man or woman should look like. That image is so embedded in our psyche that it’s almost automatic behavior for us to steamroll over our inner voice in favour of the hope of attaining the societally accepted image. Our need to be accepted and looking “normal” overrides our instincts and inner compass.

We all have an inner voice that is communicating to us what we need in each and every moment. Adopting present, moment-to-moment awareness allows us to listen to that voice so that we can unfold in our sexual experiences at a pace that honours us. Ultimately we are learning how to dance to the beat and rhythm of our own unique drum.

Instigating your boundaries, knowing your desires and how to articulate them and noticing when you override your inner voice are fast becoming essential skills in creating empowered sexual experiences for yourself. When we feel safe, we can relax and enjoy the journey a whole lot more, You are worthy!

Byron Bay is spoilt for choice when it comes to sacred sexuality teachings. You can find several leading practitioners for private coaching and sexuality bodywork, a plethora of workshops on different topics and festivals. ●●●●●●

See Eve’s ad for her Tantra work on page 21.