

SENSUALITY & EXPRESSIONS OF SEXUALITY

Sensuality is relating, feeling and expressing the senses of the body.

The feels
The surroundings
The tastes
The sounds
The smells

When we drop out of our mind and into our senses we are able to be so much more in the feeling of the present moment.

We are ALL sensual beings!

The feminine part of us is extremely sensual – your senses want to be dropped into and expressed.

Sensual dancing is so powerful, practices being with your senses: tickling, licking cacao, yummy foods, smelling essential oils, massaging, listening to music to help drop you out of thinking / being in the head

Now to drop into presence and feel more into sexual experiences, it's by dropping into your senses. It is powerful to have essential oils, incenses, smells that bring pleasure. Music that helps you drop in, an aesthetic space (this might just be a clean room if you struggle with mess) or candles lit, being present with how you feel and what is activating internally through the massage, tickling etc.

Are you holding shame around being sensual? Do you judge yourself for wanting to be or being sensual? Do you stop yourself from sensual dancing or sensuality because you see it as 'wrong' 'bad' 'slutty' 'shameful' etc.

If you find it difficult to express – I invite you to begin dancing sensually as a weekly practice.

When you can drop into your sensuality you will come home to another part of yourself.

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Expressions of sexuality

There are different types of sexual expressions and different beings enjoy different types of sex

Women are mainly sensual but they can of course also be connected to other types

Animalistic – people who just want to go straight to penetrative sex & are turned on by anything sex based

Some people thrive off taboo – so cheating or doing something they 'shouldn't be doing', However this is often people just getting off on shame which I don't recommend. If this is happening and there is an addiction to always only focus on sexuality and taboo, then shame & over sexualizing wounds probably needs to be cleared deeper and deeper

However, if people aren't addicted to taboo / shame and they are just looking for excitement/kink. This is where role play is great. Dressing up. Creating really exciting scenes etc. to meet their kink needs

There is a quiz; The 5 Erotic blueprints that you can read more here;
<https://goop.com/wellness/sexual-health/how-to-find-your-erotic-blueprint/>

However I do believe again, there are shadows to this and they need to be explored. If someone is animalistic only for example – do they have difficulty feeling and intimacy ? If so then they need to work with these wounds etc.

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Sexual blocks in relationships

Sex is a RESULT of disconnect/ blocks in the relationship it is not a cause. When there is a sexual block in a relationship, there is probably disconnect in intimacy, emotional blocks, not feeling heard, not feeling seen, not feeling valued, resentment towards each other, not expressing truths to each others & more.

intimacy

Time present together in relationships, feeling each other, seeing each other, expressing vulnerability, sharing and expressing truth IS
ESSENTIAL.

Make time for no phone activities together
Have monthly check ins of sharing vulnerability
Hearing each other
Give each other massages and genital massages
Make NO GOAL sex dates

Pleasure profile ;

We all feel pleasure DIFFERENTLY we are SO UNIQUE!