



Tempted by tantra?

Intimacy coach, Jan Day says: “This practice is about bringing consciousness and connection to all aspects of life, including sexuality. So keep a sex diary detailing what you do in bed, how you do it, how you feel about it, whether it is satisfying, how present you are and how present you perceive your partner to be. Your partner must keep a separate diary, too.

“After a week or two, share what you’ve written with each other. Discuss a more connected vision of sex, using your combined notes as a guide. For example, you may want to make love more slowly without worrying about reaching orgasm. You might like to take more time to honour each other’s bodies with touch. You might simply want to commit to being present to what is happening in your own body. Put your desires into practice.”

Give it a go tonight!

- 1 After gentle foreplay, let your partner enter you slowly. It is better if he is not fully erect at this stage.
- 2 Once he’s inside you, both lie still. Let it be ok for him to be soft or erect and accept any changes.
- 3 Stay intertwined, paying attention to what is happening to you emotionally and sharing it with your partner. Allow vulnerability and sensitivity to develop. Treat this as a meditation, so you both agree to remain still for a specific time.
- 4 Accept and be open to feelings that arise, including sadness, passion, boredom, irritation, joy, ecstasy. Expect to feel more on an emotional level than usual.

Relaxed sex: HAVE YOU TRIED IT?

Jody Baron and Peter Beamish, authors of *Spiritual Lovemaking*, tell you how...



Breath...

Relaxed breathing awakens sexual feeling and it activates your sexual energy. It will slow you down, bring you into the present moment and awaken your senses. If you do this kind of relaxed breathing by yourself before your lover arrives, they will feel your heightened sensitivity and aliveness as soon as you come together.

... and relax

Feeling detached or sleepy is often called relaxation but it isn’t; true relaxation feels rejuvenating. When you relax consciously, you become more alert, vibrant, sensitive and receptive. True relaxation demands conscious focus. You must choose to unwind and choose to connect.

During sex, resolve to doing less and being more. Focus inward instead of trying to perform. In relaxed sex, making love is less about physical effort and more about awareness and presence. When experiencing relaxed sex, whether you orgasm or not, your life will be infused with a joyful, loving and authentic energy. **SS**

EAT SEXY

Heighten your senses with these tasty treats, says Linda Louisa Dell, author of *Aphrodisiacs: An A-Z*



● BANANA

These phallic fruits contain an alkaloid that acts on the brain to boost self-confidence, enhance your mood and possibly your sex drive. It is found in greatest quality just beneath the banana skin.

● CHOCOLATE

Eating chocolate can increase brain levels of several chemicals to produce a mild, confidence-instilling buzz. Chocolate melts in the mouth at body temperature, so it’s a sensual substance to consume.

● STRAWBERRY

Strawberries are called the fruit of Venus, after the Roman goddess of love. Their oil can be used in perfumes and baths to awaken passion.



USEFUL CONTACTS

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