

SPRING 2012

spearhead



Issue 37

Empowering men to live their true potential

Tantra and Relationships (Men and Women Are Different)

She says: *"I want more love and understanding. I want you to talk about your feelings."*

He says: *"I want more sex. I'm already talking too much about my feelings."*

Translation in relationship talk:

She is saying: *"I love you and I want a deeper connection."*

He is saying: *"I really do want more sex. That's how I feel connected to you."*

These statements reflect the fundamental difference between the masculine and the feminine and it plays out in most relationships. This polarisation between love (feminine or yin energies) and sex (masculine or yang energies) is a two-edged sword. The power of the attraction of these opposites can bring a deep union between man and woman. It can take a relationship beyond our personalities, beyond what we learned is right or wrong, good or bad; or a relationship can get stuck in this polarisation, fighting and blaming each other.

My couples training (Mirror In The Heart) helps couples realise what they bring into relationships as men and women. It gives couples an opportunity to really see, hear and acknowledge each other as men and women, then open deeper into love. This training is for couples who want a passionate and honest relationship, however long they have been together. My main focus is on communication and what is needed to keep a relationship sexually and spiritually alive. Not to mention having a lot of fun together.

There is a heart/sex disconnection in society. Women have often learnt as young girls that 'nice girls don't have sex' or if they rebel, they might be acting out 'I have a lot of sex because this is how I get love' or 'I have a lot of sex but I feel nothing, I go numb.' For men, this disconnection, can lead

Continues on page 20

Continued from page 19

them to believe that 'strong men don't cry and don't show feelings'. Some men also get the message from women that there is something wrong with them for wanting sex. And some men can be on the hunt for more sex because they never feel as though they're satisfied.

Healing this fundamental cultural wound is a major focus of my workshops. I also do workshops including single people including Living Tantra 1 at Easter which is my core course, as well as a one day bi-monthly workshop where single people can meet called Meetings Without Masks. My overall aim is to restore the harmony and connection between heart and sex, both as women and men individually, and in our relationships. Understanding and appreciating the differences, the polarity between masculine and feminine - are also the keys for bringing both back together again like a powerful magnet.

The traditional meaning of Tantra is "bringing together" or "weaving together" all that is – nothing is left out. By addressing this split we're re-awakening the physical body and all that it feels - bringing the body alive. This happens through dance, breath-work, meditations and touch.

Touch happens on many levels. We touch each other constantly with our words, through our eyes, body language and emotional expression, and of course we can touch each other through our skin. When we touch each other, we feel. Participants are invited and encouraged to embrace everything they are feeling. For men this process might often start with "I don't feel anything".

It becomes important for us to learn that we have boundaries and that we can say 'yes' or 'no' to any touch. We do not ever have to be touched. By touching each other physically we inevitably experience touch that feels uncomfortable, not right, is too much, is too hot, not enough, is not allowed or judged. This, in itself, can be a great learning.

Whatever emotions are stirred up in these moments, it could be anger, shame, guilt, excitement, fear, blame, I encourage participants to make friends with these feelings because this is their truth right then and there. By allowing these different feelings and expressing how it is, we become more alive. By embracing what we have disowned, we feel more acceptable and accepted.

Touch is after all the ultimate source of pleasure. Our skin is exquisitely sensitive once the feeling is awakened and the layers of amour have been released. So learning to sense and be able to feel whatever pleasure and pain is touched is fundamental to our well-being.

Through this conscious touch work, men and women can reclaim their own sexual nature, emotional body and heart. They also learn to be really present. To be present is to step into the power of being man, being woman, and becoming whole again. It is like a spiral, being present is being alive again, being alive is breathing deeper, breathing deeper gives room for dance and movement and that leads to feelings and to the heart, and its natural expression.

The woman can then open her heart to the man and say: 'I am afraid of loving you, because I could lose control. I feel so much when you touch me and some of that is hurt so I need you to go very slowly'.

And the man can also speak his truth: 'I love you so much but I feel devastated because I think you don't like my penis and I want to love you with my penis.'

It's this kind of brave communication that enables real intimacy and love. As we come more into connection with ourselves, feel and accept the life moving within us, we can be present with ourselves and accept our partner. There is no need for blame but instead we can appreciate our differences.

When we talk to each other like this, the masks drop away, and a new space opens up. It means we can really talk and listen to each other. There is safety, trust and true loving connection.

Grounding in everyday life is an important aspect of my work. Tantra is not just for the bedroom. Tantra offers us a way to live differently, to be more connected to ourselves, to our lovers/partners and to the rest of the world. We don't have to close down in the face of difficulty, instead we're able to BE WITH whatever is happening and this makes us more effective parents, lovers, friends, work colleagues. We can really inhabit fully what it is to be human.

- I run "Meetings Without Masks", a one day workshop for singles which happens bi-monthly in London.
- I also run introductory workshops like "Inviting Intimacy" and "Embracing The Beloved".
- "Living Tantra 1" happens every Easter and is the pre-requisite for the training and other Living Tantra modules.
- There is an 18 month "Living Tantra Training" closed group which starts every June.

Do ring me for a chat on 0208 123 9831 or jan@janday.com
 Websites: www.janday.com and www.meetingswithout-masks.com

Jan Day