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Will Smith's tantric sex will have helped him and Jada become 'deeply orgasmic', says expert

After temporarily splitting with actress wife Jada, Will Smith turned to Tantric sex and an open marriage, here an expert explains the benefits...

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By **Susanna Galton** Health & Real Life Editor, Magazines

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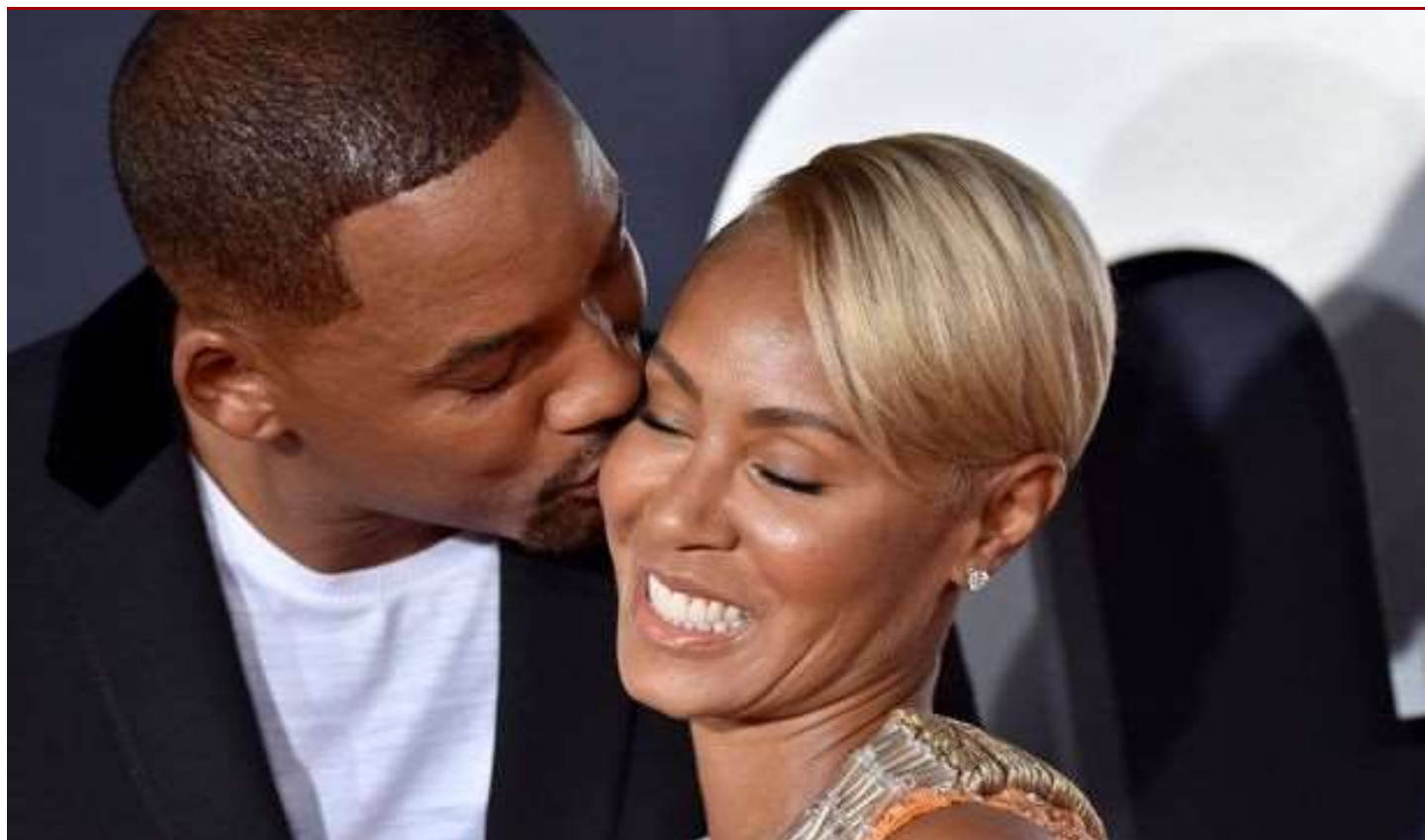
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Hollywood star Will Smith's searingly honest new memoir, *I, Will* reveals all about the breakdown of his marriage to Jada Pinkett Smith, and how the work he did on himself subsequently has helped strengthen their bond.

Men In Black star Will, 53, wed actress Jada, 50, in 1997 and the couple have kids Jaden, 23, and Willow, 21, together. But they temporarily split in 2011.

During that time, Will turned to a tantric sex expert for help, and told her of his desires to have a 'harem' of 25 women including one-time Bond girl Halle Berry. But later he realised the fantasy was connected to the breakdown of his marriage to Jada, admitting: "If I can't figure out how to nurture and nourish one extraordinary woman, what the f*** made me think I could care for 25?"

Ultimately Will, who shot to fame in The Fresh Prince Of Bel Air to become the highest-grossing movie star in the world before he was 40, did end up getting back together with his 'soulmate' Jada. But they are not monogamous.



 Will and Jada married in 1997 (Image: FilmMagic)

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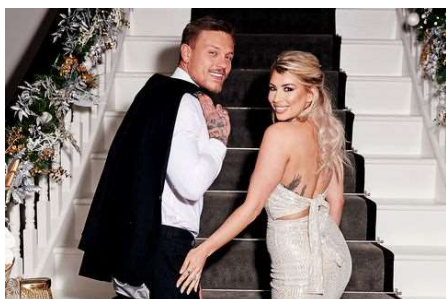
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OK! spoke exclusively to Jan Day, a Tantric expert, about what Will have learned when he turned to the wisdom of Tantra and whether being in an open relationship - as he is with Jada - is the key to their success and reunion.

Tantra.

"It's about embracing sensations, energies, feelings, and the erotic thoughts in minds, which can make a big difference to what happens with our sexuality, our sexual nature and our sexual energy. It's about our willingness to connect with ourselves fully, as well as others."

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"It sounds like Will's marriage had run into trouble because of his ego," says Jan. "Tantra would have taught him to tune into Jada's feelings and sensuality which would certainly have lead them to be more orgasmic and in touch with their full range of feelings so sexual energy can flow.

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by Taboola

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Jan believes that an open relationship - like Will and Jada's - can work, but needs care.

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"I often hear the term 'monogamish' which makes me smile," says Jan. "People do go through stages where they want more adventure and want freedom. It's fine to have less rigidity if both people are happy with that agreement. But you need some boundaries because sex is a powerful energy and people get addicted to the dopamine hit of sex with new people, which isn't healthy.

"Being 'monogamish' can mean having a committed relationship, but not 'shutting the door' to other experiences which the relationship isn't fulfilling. Which can only mean once or twice a year, it's not the same as swinging. This can be beneficial, but it's wobbly ground."



Will and Jada have two grown up children together, and Will has an older son from a previous relationship (Image: INSTAGRAM)

Jan explains further: "From a man's point of view it can be hard for him to imagine his woman having a sexual connection with another man. He might feel insecure. For a woman, they are more likely to feel threatened by their man having an emotional connection with another woman. The drive from a man tends to be primarily from his sex, whereas the drive from a woman usually starts from her heart."

"Both parties have to be secure that whatever else is happening outside the partnership, their relationship remains the top priority and what they are doing is bringing energy into their own relationship rather than taking it away," insists Jan. "I think that's actually quite rare and difficult to achieve."

"It's natural to want to experiment and be adventurous, I'm sure most of us have had some pretty wild times like Will and Jada seem to have enjoyed. But when couples work together on developing a deep connection sexually and emotionally, with honest communication and caring and heart at the centre often they end up turning their back on the idea of an open relationship."



 Jan Davis is an expert on the Tantra way of life

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"They have admitted they have hurt each other and they have come back together. They've realised that they still have a lot of love and bonding with each other, and really want to be with each other. It's quite a good sign."

At an event this week to celebrate his new book's release, Will told fans: "It's really critical suffer and to overcome adversity. The overcoming of adversity is how we gain wisdom."

Living Tantra

A Journey into Sex,
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Jan
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***Living Tantra* by Jan Day, published by Watkins in paperback on 9th November at £12.99**
. The book is available for purchase on Amazon UK [here](#).

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