

The Relationship Center of Colorado

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Sacred Sexuality Unraveled

by Pam Babbitt, S.I.

Does the term Sacred Sexuality intrigue yet confuse you? Are you open to inviting rituals, new techniques and a spiritual practice into your sex and love life? The good news is: You can enjoy sacred sexuality on any level of experience and dedication, and all rituals, techniques and exercises can be modified for solo practice or same sex couples. Select those that you enjoy and weave them into your current practice. You will experience a deeper richness of life, health and appreciation for yourself and others.

Sacred sexuality is a 5,000 year old tradition with roots in various cultures. Tantra is from the Hindu culture, Taoism is from the Chinese culture and the Native Americans practice Quodoushka. The Kama Sutra, a document legendary for its illustrations, originated in India during the fourth century C.E. All paths practice sexuality as a conscious meditation, a gentle flowing together of mind, erotic body and spirit, and all paths celebrate the union of masculine and feminine energies.

The sacred sexual journey starts in our own Heart. We are guided in our own healing to embracing self-love and authenticity. Our heart expansion deepens our current relationships and is a powerful magnet for attracting others. We become more empathetic and less judgmental. We acknowledge our connection with all beings and welcome the love that the Universe has waiting.

If you are currently practicing “conscious lovemaking” you are probably already incorporating some basic sacred sexual techniques. Some lovers practice a more attentive, conscious, slower paced version of “regular sex” adding sacred sexual techniques such as ritual, eye gazing and partner breathing.

More dedicated practitioners incorporate many of the traditional rituals, exercises and positions that stimulate a heightened state of bliss. The techniques may include conscious breathing, sound, movement, massage and meditation. We use sensuality to expand and moderate our sexual pleasure as we enjoy more prolonged lovemaking sessions. Additional techniques assist in retaining and recirculating sexual energy allowing for ejaculatory choice and full body orgasms for men and multiple orgasms and ejaculations for women.

More good news: Sacred sexual philosophy is non-judgmental, accepting of all experiences. Every experience, including lack of arousal, is viewed as an opportunity for growth; nothing is viewed as good or bad. We also learn to trust the wisdom of our body and do not forcibly try to re-direct our experience.

And the best news is: A sacred sexual practice can deepen and prolong our relationships as the love and sexual passion are heightened and sustained. Can you remember falling in love with the partner of your dreams? You were on cloud nine, energized, sexually supercharged. You had “chemistry” which typically fades when familiarity sets in, usually between 3 weeks and 3 months. Sacred sexual practice is one path to transform that chemistry into “alchemy” - a deep and rich mind, body, spirit connection which actually strengthens as the years pass. Sacred sexuality also enables us to develop alchemy with a partner with whom we have not experienced that initial chemical high.

As an energetic art sacred sexuality creates balance, within ourselves and with our lovemaking. Our subtle (energy) body becomes clear providing an unobstructed pathway for sexual energy. We access both our feminine and masculine energy, or yin-yang, and share it freely in our lovemaking. Men often become more comfortable receiving pleasure (Yin) and women may be more adventurous and initiating (Yang). Hmmm...

Focus on performance or orgasm as a goal will hinder our bliss potential. We chose to allow our bodies to float gently into a “being” rather than a “doing” state. If you currently practice yoga or meditation you are probably familiar with floating into relaxation and reaching inner consciousness – significant building blocks for sacred sexual practice.

The ancient tradition of sacred sexuality flourishes today. There are many schools, many teachers and many interpretations. I honor all paths of integrity and invite you to explore and embrace what resonates with you. Information and experience can be obtained from books, videos, the internet, workshops and from private sessions personalized for individuals or couples. I wish you bountiful bliss!

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