

WHEEL #10: THE TRUTH ABOUT SEXUALITY

What is sacred sexuality?

- * CONNECTION
- * Expression
- * Coming from the inside-out
- * Process based (not outcome)
- * Present moment
- * Non-judging, non-striving

Fear Constricts

- * First symptom of anxiety is that your sexuality shuts down.

Pursuer-Distancer

- * We're bred on the dynamic of this dynamic, which means we're culturally hard-wired to equate love with feeling. It's the Romantic Paradigm for love, which bleeds into sexuality.
- * Sex as validation. Sexuality is used a way to manipulate how others see us. When we enter into a loving relationship, we have to re-wire how we've approached

Hormonal cycle

- * We're not taught the connection between hormones and sexuality
- * What testosterone does
- * Menstrual cycle
- * Ovulation

The Truth about Sexuality (Cognitive)

Trauma

- * Abuse
- * Past relationships
- * Date rape

Family Download

- * What did you see, both consciously and unconsciously, in your parents marriage or, if they weren't married, in their relationships - both with others and with themselves.
- * What were the messages regarding sex?
- * The most common download, especially after kids is: man pursuing sex and woman dodging

Cultural/historic download

Expectations:

- Frequency, outcome (focused on orgasm), intensity of passion, feeling desire

Messages:

- Externalization - objectification of sexuality. Sex as an achievement. Visual - porn
- Implicit message of shame because the sexuality we see isn't sacred.
- Religious shame
- Taught to hide our bodies
- Shame around the words