

Unleash the Sex Goddess Within!

By Aluna Michaels, M.A.

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When you think of a spiritual leader, what image comes to mind? Do you think of a nun? A fire-and-brimstone preacher? Perhaps an old bearded man meditating on a mountain top? Hmmm...not exactly sexy images!

Contrary to popular belief, spirituality and sexuality are not mutually exclusive. You don't have to keep your sexuality at a "safe distance" from your spiritual growth, as if they were feuding sisters! These two parts of yourself have more in common than you suspect. You can develop your spirituality and sensibility simultaneously. In fact, spirituality can greatly enrich your sexuality. To prove it, myself and two like-minded friends have created a doctrine that aims to help others reach their spiritual and sexual potentials.

- **The Sex Goddess Doctrine's Authors**

Jennifer Jolicouer, 29, is a happily married mother of a two-year-old daughter. Jennifer co-owns Athena's Home Novelties (877-ATHENAS or www.athenashn.com). Her business is a successful "home-party" company, featuring high-quality adult novelties, lotions and massage products. For the past decade, she has counseled over 750,000 women about their sexual fears, body concerns and resulting attitudes. Jennifer educated and enlightens women about the benefits of a healthy sex life and sexual self-esteem in the comfortable environment of their own homes.

Alec Evason is a fun-loving guy from London, England, who now lives in Kansas City. He has been teaching Tantra sexuality workshops for the past five years. Like Jennifer's work, these seminars are conducted in a safe environment, with clothes on. He helps people to establish positive relationships and teaches women how, in his words, "to behold the goddess that you are." He has also written a book entitled, *One Heart Date to Be Pleasured, Empowered, and Transformed by Your Divine Heart Center*, which is available at (816) 313-6580 or by logging onto alec@sound.net.

Then there's me. My compassion for people who are stifled by sexual fears made me want to become a sex therapist. As life would have it, I ended up as an astrological counselor, which on many days is actually the same thing! So along with my sex-positive spiritual attitude, I enlisted the assistance of my two like-minded friends. We've pooled our professional experience together and designed a way to release the goddess within, based on the following principles.

- **Your Body is a Temple for Your Inner Goddess!**

Years of conflicted thoughts about sex can make your body feel more like a dingy sin-den than a glorious temple. These limitations can stem from negative messages in your family or unhappy adolescent experiences, or insecurities about your shape or size.

“Society has put away too many boundaries around a woman’s sexuality,” says Jennifer. “When teens experiment with sex, boys are labeled ‘stud’ while girls are branded ‘sluts’. Many women carry that early shame into adulthood. It interferes with their sensual enjoyment and keeps them from celebrating their bodies.”

Another major step in viewing your body as a temple is to stop viewing yourself in separate pieces. You’re not a mixed-bag of body parts you either like or don’t like. You are a whole and wonderful being!

“Sexiness is about the spark of energy that flies off a woman that makes her sexy,” says Alec. “Healthy, happy relationships are about exploring what happens when one divine spark gets together with another.”

- **Goddesses Come in All Shapes and Sizes**

Your body doesn’t care if you’re a size 12 or a 6 – or that you’re a AA-cup or DD. Your body merely wants to delight in being alive, in being touched and in being kissed.

Physical fitness is a strong element of sexiness, yet there’s also that mysterious “something” that radiates from certain women that is sexier than fitness. “Some women are outwardly beautiful, but you can tell that they don’t *feel* beautiful,” says Alec. Developing that “inner beauty” will greatly enhance your sexual pleasure.

“The most powerful sexual organ is the brain!” says Jennifer. “We need to allow our minds to think we’re sexy.”

Sexiness isn’t about how your body looks (exterior); it’s the energy you exude (interior). Being a sex goddess doesn’t mean wearing certain clothes and make-up. It doesn’t even relate to the amount or types of sexual experiences you’ve had. Being a sex goddess means freely expressing yourself with confidence and passion. Care for your body temple, but don’t be obsessed with it. And remember: Monitoring your self-love is much more important than monitoring your weight.

- **The Pleasure Spirit**

It’s interesting to note that in Western culture, orgasm is perceived as an event. In the East, however, orgasm is understood as the underlying current of all life. It is the basic energy of the universe and of all creation. In the Eastern Tantric opinion, if you’re not feeling some level of orgasmic experience, you’re not tuned into the life force. Tantra believes the goddess is in you when you are in the flow of orgasmic energy. This doesn’t refer to the physical event, but to the spiritual connection with the bliss of life.

This spiritual view of sexuality expands far beyond the realm of sex itself. As you become more open to ecstasy, you feel blessed being in your own skin. That sense of peaceful, yet energizing joy affects everything you do. You will find pleasure in all aspects of your life!

“Spirituality and sexuality are each a pathway of expression for your natural beauty and divinity!” says Alec. “When you take delight in the pure enthusiasm of existence, there’s less of a tendency to look outside yourself for validation and pleasure. In fact, you will notice that pleasure draws to you. Less judgment of yourself attracts relationships and experiences that are joyous and fulfilling.”

- **Hands on Healing**

Once you make peace with your divine right to feel bodily bliss, you can truly explore the delectable delights of the flesh. Begin to see every body part as a potential pleasure center. Remember, you are a completely sensual being! Spiritual sexuality means that your genitals aren't separate from the rest of you. Your whole body is worthy of sensual worship. Each and every cell is on fire with life, and is capable of passionate response!

Explore your body – either alone or with a lover. Investigate sensations in “non-sexual” body parts – your wrists, your scalp, ankles, the insides of your elbows. You'll find that as you get more in touch with various sources of pleasure, the more pleasure you'll gain from your “sexual” parts. The more full-body erotic energy you feel, the more you will be what Tantra refers to as a “whole energy woman”.

As sexual excitement builds, try not to breathe quick and shallow, since that will constrict and limit what you feel. Instead, breathe deep into your lungs to expand the sensations.

- **Share Your Bliss!**

Since love heals judgment and criticism, you will notice your negative body image, personality flaws, “issues” and old hurts will begin to fall away. You will be amazed how your newly found goddess energy transforms you. You'll become radiantly self-confident, with the ability to give more love and receive more love, all of which are very sexy traits! You will be happier, and so will the people around you. No matter the nature of your relationship, people will benefit from the bliss that radiated from you. People will want to be near you because you just make them feel good.

Continue to explore your sexuality and expand yourself. Take control of your body and your sexual destiny. Release pointless shame. Break free from society's limits and let your goddess out! Fear-based myths and boundaries do not have to apply to you. Go wherever you want to go!

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Astrological Goddess Gifts

Every sign has a sexy blessing. Use this information as a springboard to self-empowerment!

Aries: You are uninhibited and have an open, natural attitude toward sex. Your ability to quickly shift into a sexual mode makes your love feel desirable!

Taurus: You love nudity – your own and that of others! You are basically comfortable in your body, and your earthiness puts others at ease in theirs.

Gemini: You are great at communicating your sexual needs, fantasies and emotions. You also encourage your lover to communicate openly with you.

Cancer: You have a way of making your lover feel safe, relaxed and centered at all times – even during wild, raunchy sex!

Leo: To you, sex is a fun and playful romp! You help your partner honestly enjoy him/herself during sex – and your warmth makes him/her feel special and loved at all times.

Virgo: You remember precisely how, where and when your lover likes to be touched and made love to. No one has to tell you twice!

Libra: Your eagerness to please your partner allows him/her to easily reciprocate with pleasuring you, which makes you want to pleasure him/her more, etc.!

Scorpio: You are an intense and on-going mystery. Every sex session with you reveals something new to your partner and yourself!

Sagittarius: You are free from hang-ups! Your carefree adventurous attitude can loosen up the most prim or fearful lover.

Capricorn: You've got tremendous sexual endurance and a capacity for powerful multiple orgasms. Not only that, you become more passionate and responsive the older you get!

Aquarius: You are unshockable and entirely accepting. You find a lover's physical imperfections and unusual sexual desires endearing. Any previous shame or shyness they harbor is healed by sex with you!

Pisces: Your ability to be swept away by bliss is contagious. Sex with you is like a magic carpet ride to another time and place. Also, you love to act out all sorts of fantasies.