

Celebrating Sex

Sex and orgasm should be a healthy and natural part of a woman's life. In fact, we are intended for pleasure – but so often this message is not heard...



If you to believe in Genesis, human relationships started in paradise with Adam and Eve. This idyllic innocence ended with Eve seducing Adam to eat the apple.

It seems that from the beginning of time, the sexual aspects of seduction, power, consequences, responsibility and shame were allocated to 'Woman'. There may be many understandings and interpretations to the 'apple affair' – but this is my personal view.

There is a good reason for controlling, regulating, or tabooing sexuality around the world, with various practices for this seen in most cultures and religions.

Sexual orgasm provides us with the deepest source of physical and emotional pleasure, and elevates us into an altered state of blissful consciousness. It is not surprising that we would like to experience more all the time.

On the flip side, sexual intercourse also may result in procreation, and social control is needed to keep order over parental responsibly. Since the arrival of safe contraceptives, female sexuality has been significantly liberated.

But despite our modern and sexually open society, many women seek help from sex therapists to treat distressing conditions like low libido, lack of sexual interest, and anorgasmia. Many of these women report they have never had an orgasm.

Occasionally these complaints have physical or hormonal origins and require medical intervention, but they mostly stem from emotional origins, literally going back to Adam and Eve.

We can trace suppression of female sexuality in patriarchal societies back to at least a time when major religions emerged around the world.

Female sexuality was almost feared by men, with females being

'unclean' because of menstruating, having the power of seduction, and a biological ability of turning sexual pleasure into responsibility with conceiving and birthing children.

Even in our modern time, assertive sex education is almost unheard of. We might receive some sexual teaching connected to reproduction, but we receive little or no knowledge to prepare us for fully ENJOYING the essence of our sexuality and relationship in its purest form.

We do not learn that sex and orgasm is a healthy and natural part of our life for the purpose of pleasure. We do not often hear that sex is sacred and divine.

A learned and deeply instilled feeling of shame about sexuality holds us back from assertively talking about our sexual needs, or acting out our very personal sexual desires and fantasies.

Old authoritarian voices from our childhood past and collective history may talk in our head, reminding us of behaving proper, warning us of the dangers of letting go and indulging in our pleasure too much, accusing us of being promiscuous. "Good girls don't do this!" For the most time, we might not even be aware of our sexual shame, but this shame is mostly responsible for holding us back.

I am not saying that women need to become 'bad girls'. Sex is naturally good. But I am saying we need to acknowledge our inherited memory of sexual shame. We need to get in touch with our body, recognise and accept our physical and emotional needs, celebrate our sensuality and sexuality and free the sexual beauty within. **40**

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