

# Let Your Sex Life Fly



The Fundamentals of Conscious Sexuality

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What every woman needs to know for  
her physical pleasure to soar

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**NADINE PIAT**

Interviews

**Stephanie Phillips**

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# HEALTHY YOU HEALTHY LOVE

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# Let Your Sex Life Fly

**Nadine:**

Hi, it's Nadine Piat here from Healthy You, Healthy Love and it's a pleasure to have you here with me today. I'm very much excited about my guest. I have a fantastic expert and the topic that we're going to be covering together is actually something that supports the SOS Simple Orgasmic Secret program.

So for many of us we are really, really good at wanting to run before we can crawl and walk. We get impatient and somehow we just don't want to or we don't find the time to learn the skills that allow us to run freely, and even fly in life, and this is something that you can relate to our sex lives and our orgasmic bodies...

So today with my guest, we're going to talk about the key fundamentals that we as humans can overlook that can really enhance our sexuality, and once we understand this, these fundamentals allow us to fly in the area of orgasmic pleasure.

So, Stephanie Phillips is my guest today and she's from TantricSynergy.com.au and together we're going to explore those fundamentals and really help you to experience the kind of pleasure that you deserve - because our bodies are designed for amazing pleasure and I don't really think that women, men and humans in general really understand that this is the case and that there is so much scope. So welcome Stephanie to Healthy You, Healthy Love.

**Stephanie:**

Thanks Nadine, it's great to be here.

**Nadine:**

So Stephanie, tell me, what got you into exploring sacred sexuality and teaching conscious sexuality?

**Stephanie:**

Well over 20 years ago, I saw a documentary about tantric sexuality and in it they were exploring couples in

this deep connection and intimacy - there was opening of all their channels; opening their hearts, opening their throats and opening vocally with unimpeded pleasure and deep connection. It was this expression of life and love between the couples that just stayed with me and I've never forgotten it...

In the meantime I brought up children as a single mom for many years and by the time my kids grew up, I still hadn't forgotten about this resonance that I felt from this documentary. So I explored it and I've been a massage therapist for many years and I found myself training in this area and the training continues; it's a life long journey.

**Nadine:**

And it's really interesting because I think a lot of us know that there is more. And we may have had moments in our sexual history or with previous partners where sometimes sex with one person is better or sometimes we feel more comfortable and sex is slower, or faster, or more athletic, or sometimes it doesn't work at all. I was like that, I was one of those people that did have little moments where I thought, oh wow, why is that so fantastic now, but now with this person or in this situation, it's not?

So what is sacred sexuality, or as other people call it conscious sexuality, what is this?

**Stephanie:**

Essentially, it's about your relationship with yourself. Yes, I understand that you can resonate in different ways more deeply with one partner and perhaps another partner is different. But essentially this is a journey to yourself and into your own connection with your life-force energy, which to me is the same as your sexual energy; being able to move this energy through your body, embracing yourself, engaging with your deepest connection and your authenticity.

So to me that is what sacred sexuality actually is: it's about coming home to one's self and then being able to of course share it with another.

**Nadine:**

So where did this sacred sexuality come from? Some people say it comes from China others India. Where does it originate from?

**Stephanie:** Well tantra comes from India; although there's the Taoist in China... Actually, I guess this resonates in all cultures. If we go back far enough, we find this kind of connection to source and to sexuality or spirituality through sexuality in every culture. But to me, it's really just about spirit and it's about our whole being...

I believe that we're actually programmed energetically to move this sexual energy or move this spirit energy through us and it's innate within every single person. So for me, I don't go back to any lineage. I think it's essentially part of our makeup; it's part of our energetic field to be open in this way.

**Nadine:** We spoke earlier this week and I shared with you that I wanted to call one of my chapters *Feminine Flow* and I changed the name because I didn't want it to sound like a menstrual cycle. Now we had a conversation about this and the chapter is actually called *Feminine Flame*, but I'd love your take on this and I would love you to share this with my listeners.

**Stephanie:** Well yes, feminine flow...

**Nadine:** We were talking about the shame and the embarrassment that a lot of women experience, even ever so mildly.

**Stephanie:** Yes. Flow I guess has this connection to the menstrual flow and we've associated in our culture that there is some kind of shame or something to be hidden around the menstrual cycle. Yet in ancient times, women were revered in their cycle. Blood was sacred, the menstrual flow of a woman was sacred and it was a sacred time, it was something to actually honor in a woman...

And you know it's so sad that in our culture, we're actually shamed for bleeding. Our blood comes from our womb, which is the creation of life - that's where life is created and so there was a time when women were honored and worshiped for their ability to manifest life and give birth. And so in those ancient times, a woman's womb was seen

as the universe. The creation of all things happened in the universe in a woman's womb and it's such a tragedy that now, it's been reduced.

**Nadine:**

We wear tampons, we hide it and of course there will be no wearing of white jeans. (laughs) And of course dropping a tampon out of your handbag onto the ground in public is something most women would get embarrassed about...

**Stephanie:**

That's right, that's right, women put them selves away and even men are often sort of a bit turned-off making love with a woman while she's got her period. And yet if you actually really worship that woman and what that blood's about he would actually revel in it and know it to be a healing blood.

**Nadine:**

I just love that. Everyone who is listening to this, whoever has that "ick feeling," "Ugh, I've got my menstrual cycle," or "Ugh, it's that time of the month..." it would be helpful to actually shift that and say, "Wow, this is a beautiful thing..." and to embrace it and I think my cycle is very healthy and really good for me. I personally don't have a lot of unhealthy thoughts around my cycle, yet this is a great reminder and a beautiful way of looking at it. It's helpful. I love that, so thank you for sharing.

**Stephanie:**

I just wanted to say one more thing because if we honor our cycle and our cycles through life, we're able to then become more tuned in to the rhythms in a woman's life. For example, the Luna, you know the phases of the moon, when we tune into that. Before we have our period, we become much more intuitive, much more sensitive, much more in tune with our own feelings, our intuitive sense, insights, and also we give ourselves the chance to tune in to the elements like the earth, the moon, the water, and the flow of the elements around us. Unfortunately, we've been shut down so much in our culture that we don't give it that much attention but it's there, it's part of our makeup as women.

**Nadine:**

I really like that. So now that we're talking a little bit about sacred sexuality, consciousness of love making, understanding our body and embracing our cycle. In the sacred world, they call vagina and penis different names. So the vagina is a yoni and the penis is a lingam. Can you explain what that means and why that's the case?

**Stephanie:**

Well the yoni in Sanskrit means 'sacred garden' or 'sacred temple' and as we've touched on already, in ancient times the feminine was revered and worshipped, she was the goddess. So no one would enter the sacred temple without the goddess's permission. And so the yoni is the entrance to the womb, as we said before, the womb is where the universe is created. And so it has a reverence, it is sacred and so the yoni has the name of the gateway to the sacred temple, which is so beautiful. The lingam is Sanskrit for 'wand of lights'.

**Nadine:**

Wand of lights... sounds very magical...

**Stephanie:**

It's the wand of light and most men love that. So you sort of start having flashes of Star Wars and the laser light thing going off everywhere but in fact when you look at that, the wand of light or the lingam is the center of a man's consciousness...

So when he stops using his dick like just a tool and unconsciously uses it for friction based sex, where they get just a superficial high, his lingam becomes the center of his consciousness. And so if you think about it, when in sacred sex, there is penetration of the lingam inside the yoni, we have a man's consciousness come in contact through the sacred temple to where the universe is created. Now if you can hold that thought for just a moment and take yourself inside your sense of that, it is truly a beautiful reverent place and that to me is what love-making can be and we are all actually designed energetically to have that in our lives.

**Nadine:**

That's very powerful and anyone who has a partner here, just somehow have this playing in the background when he comes home so he can learn about it because so many

men really don't understand. They get so caught up in performance and arousal and erection and keeping an erection, and men are typically very insecure about their penises a lot, not all but many. And then women with their yoni, a lot of women because they're not thinking of it like a yoni, they're thinking of it like a vagina: it has all these superficial aesthetic limitations and ideals that are really shutting women down. Because from my experience, I think that if a woman is not confident with the physical, the aesthetics of her vagina and also in men, I think that takes them out of that conscious sexuality and it stops them from actually being confident and at peace with themselves. I'd love to talk about that. Is there anything you can share?

**Stephanie:** Oh, there's so much there. How long have we got? I guess the very first point I want to make is that conscious sexuality is not about performance. When you're able to relate with your lover in this way, all your ideas about achieving something or pressure to perform just floats away. So for many women, they're trying to achieve an orgasm and for men, he's trying not to orgasm or ejaculate. We'll talk about that difference another time. So she's trying to get there, he's trying to hold off and there's this whole genital focus on just a small part of themselves without actually just dropping open and opening your heart and being with what is, being present in the moment and just allowing a connection through the whole body; opening the heart, connecting through the eyes and just being together. And you know it drops all that performance anxiety away and that really is the first thing to un-condition. Get away from all the conditioning that sex has got to look like a certain thing. It doesn't; it's just about a connection.

**Nadine:** So for the women listening who find it very challenging to orgasm with basic sort of penetration sex, I know that a lot of women can orgasm themselves whether it's with their hand, vibrator or whatever they use. And then there's also a very small percentage of women, but it's a big enough percentage worldwide, that have said that they've never experienced an orgasm.

What do you say to those women that are challenged to orgasm on their own, I think they make up 10% of the population, and also to the women who don't really experience orgasmic pleasure with normal, basic sort of sex? They can orgasm yet not through penetration.

**Stephanie:** For the women, it's often about opening. Relaxing the body enough to just allow pleasure through the body and spending enough time on your own to allow your body to relax and experience pleasure. We're so shut down and so constricted that we're not even allowing pleasure through the body. We're certainly shut down so that we can repress our anger, repress our fear, repress our rage, repress all of those negative feelings that we don't want to express and we shut those down. Unfortunately with that suppression, we shut down our joy, and our ecstasy, and our orgasm, and our pleasure. So for a woman, it really is about allowing yourself the time and the place to move in and open up to the feelings that are moving through the body. Get out of the head and drop in to the body and allow yourself to be in your body and experience pleasure and anything that's uncomfortable and allow it to move through and be okay with that. With a man or with a lover, a woman really needs to be feeling safe for her to open. So these days, a lot of women aren't feeling the trust and safety that they really need to allow their bodies to open to pleasure with another person.

**Nadine:** And why do you think that that is such an issue now? Is it because people are having sex too soon and people aren't valuing that union as much as it's become more of a getting off mentality? Is it because obviously people aren't educated in it? I mean I think if you've met someone who has a sacred sexuality, has a conscious way about understanding their sexuality and connection, then you're going to be able to achieve that whether it's in a committed relationship or something a little bit more relaxed. But, I don't know, it's really tricky because there are women in relationships who don't feel like the man's committing to them, they don't feel safe. There are women in a relationship with a man, that they think the man's selfish and they're not necessarily asking for what they

want, therefore the guy doesn't know and the guy asks and they don't share what they really want. So I think it's challenging to know what's really going on and how to get these men to work with us and how to feel safe. It's a big topic I think and it's not an easy answer but I would love to hear your perspective.

**Stephanie:** Yeah, there's so much in this again and I think the first thing is that a lot of people are making love or having sex with just genital friction. And so when you fuck like that, you're not required to open your heart. So let's say it's a man and he's just going for that genital friction, he can have that stimulation and go for that sort of superficial peak experience, ejaculate, and then roll over and go to sleep. A woman can also do that and she does that through clitoral orgasm. A clitoral orgasm for a woman is very similar to an ejaculation for a man. She can get that general friction and get a peak, have her orgasm and then roll over and go to sleep. And we're able to do that without opening our heart. And so yes, we can have sex and we can get a release without actually opening to anything that's vulnerable. But what we deeply yearn for is to be revealed; to reveal ourselves to another. We really yearn to have a deeper connection. If we were all honest with ourselves, that's what we're missing in our lives often, that's what we're looking for in our lover, for that lover to see us.

**Nadine:** So what's the easiest way or what's a way to start engaging your sexual partner. I mean obviously it will depend on the relationship but what is a way to introduce a man into more conscious loving or love making?

**Stephanie:** So the first thing is building the relationship with yourself; it always comes back to the self. So while you're "training" your man – is that a bad word to use? But you know, while we're sort of evolving ourselves and asking our man to step-up into his masculine power. We're also developing our own internal masculine, which is something else we can talk about. We all have an internal masculine and feminine within us and these need to step-up and become more healthy. Setting that aside for the moment, when it

comes down to you and him in love making, set the time aside. Don't just try and have sex late at night when you both had a huge day and you just crash into bed and you go okay this is it, we're going to go for it. It's not necessarily going to be great. So put it in your diary, set the time aside, set the space aside that is for love making and that love making doesn't actually have to be about penetration. That love making can be connecting just with the eyes and the breath and opening the heart and being authentic with each other in that moment. And there's very often a lot more resonance and intimacy that happened just in that than there is having that friction based sex, where you're both off on your fantasy in different worlds and there's a kind of a mutual masturbation going on because your genitals are connected; you know there is a big difference. So time and space.



Well in the SOS Program, there are exercises in there that I really encourage the ladies to practice with themselves and also with their partners. But as Stephanie has said, it's making that time and not always having the goal to actually have sex, having the goal to just feel like you can connect. In my Unlock His Heart Program, I do express to women that men are so yearning for intimacy and to connect. So it's not just the woman wanting it, men do want it. But as a woman and as human beings, as you said you, you got to build that relationship with yourself - because if you can't be vulnerable with yourself and if you're also fearful of being vulnerable, being rejected or being hurt, then you're never going to be able to connect with a guy.

So it's allowing yourself to be vulnerable, even if he doesn't respond. I mean having an expectation or wanting him to respond in a certain way is going to set you up for failure basically, and to be disappointed. So going into it in: "I'm just going to try this," "I'm just going to see how it goes" and it may not work this time, but it may next time and he's uncomfortable, he's not sure but I can guarantee you, men do want this. And because you've worked with a lot of men – what's your understanding of men, because I think that we underestimate men's wants and desires on that deeper level as women?

**Stephanie:** Absolutely. The men I've worked with, they want the connection. They really, deeply want to have that connection and intimacy. And you know one thing I'd really like to say and this jumping ahead a little bit but I'd love more women to realize that a man does not need to ejaculate to feel satisfied in bed and this is something that I guide men into becoming multi-orgasmic. A lot of my work is to assist men in this way and so they start to feel this amazing energy through their body and they open their heart. And then when they get into love making, they say, "Well, but she wants me to ejaculate and she doesn't understand..." So I really implore everyone, the women to really get that love making doesn't have to end in ejaculation. A man can be fully satisfied without that ejaculation. And yes, he does yearn to open his heart, he wants to feel you and a woman deeply wants to feel her man feeling her.

And so yeah, the other thing to do is to truly be authentic in yourself. So in love making, when a woman can actually say, "Can we just stop? Stop. I'm feeling a little frightened and I feel like I had actually just left my body. I'm not in my body anymore, something's just happened. I don't know what it is, it's not you. Just stop and hold me. Just for a moment, let's just stop and pause and hold me." And you know, in that moment you're being authentic because how often do we as women, we're going sort of into the love making and then something shifts and something happens and you're kind of dropped out of it but you continue anyway. So there's this kind of tolerating that goes on. In that tolerating, we've actually shut something down in our own lifeless energy, in our own sexuality. So we've become inauthentic, we've left our body so that we can continue with the act and we're not being authentic in that love making. And it's a big one because we're so conditioned to just follow through sort of saying to keep things okay, but in fact if you're being really authentic and really conscious in your love making, you need to call it.

**Nadine:** I think that's really important.

**Stephanie:** Yeah, it's huge, it's huge. A conscious man or a man who's working on this sort of healthy masculine in him, a healthy

masculine can hold space no matter what's going on and he would love the opportunity to hold space for his woman.

**Nadine:**

I really like that. You know there have been times when I would have loved to have known that because anyone who's bought my program knows a little bit of my personal story. I've had some great sex in my life and I've also had some average sex. Sometimes yes...I have gone along with it. How often do we just go along with it? This is so important.

Bringing this back to the fundamentals - I want to talk about feminine and the masculine... the gender roles, the yin and yang and these other things in a moment. But right now I would like to talk a little bit about this: I know that a lot of men and a lot of women find it very hard to open the heart and body, be vulnerable and uninhibitedly make sounds and eye contact during sex.

I have found this in the past, because I dated someone many years ago and we had fantastic sex and one of the things that was such a turn on for us is that we loved looking at each other. Of course I had my first boyfriend, that was amazing and the orgasmic experience was very easy with him, but it was probably more peak orientated. Yet with this man, we just had this intense, just wanting to look at each other, we were wild for each other and yeah, it's like we never wanted to not look at each other. Whereas most men, if you gently take their face and try to bring their face to look at you, they'll kind of look at you for a moment because they kind of get what you're doing but I've noticed that they'll look away or they'll bring their body closer and their head's here (next to my head not looking at me) and your head's here and it's like, okay so he's close to me but I'm not feeling him. So, what's the best way to start getting him back with you?

**Stephanie:**

What you're asking him to do is open his heart and be present with you and this is the obstacle for many of us; women and men. As I've said before, often you can be off in your own worlds and you know you're fucking but you're in different places. So yeah, it can be a vulnerable

place to invite your man to look at you, invite your man to be present with you.

Yes, ask him, "Please look at me, look at me now. Just breathe with me, just stop. Let's just stop and just be in this stillness and just resonate together. Just hold me and just let's look." And if that's too much, maybe you start a love making session just looking at each other.

**Nadine:**

Lie next to each other in bed.

**Stephanie:**

Opposite each other, yeah separate and then just moving energetically. So you're actually not moving into physical contact or even penetration until it's actually moving organically because the energy moves that way, not just because oh *this is what we do*.

**Nadine:**

Yes. It's like you've gone from looking at each other and connecting to, now we have sex, versus, just flowing into it, so you keep that organic sensual and intimate connection.

**Stephanie:**

Yes.

**Nadine:**

And if you feel like maybe you're losing it, then slow it down again.

**Stephanie:**

Yes, because you're being authentic in the moment and you're remaining in your body, you're staying in your body; you're not stepping out or retreating up into your head space which means you're not in your body.

**Nadine:**

So I suppose if I relate that story back to SOS and the feminine flame - feeling beautiful and warm and then all of a sudden a combustion takes place and the flame goes out and it's done, the light goes out. How do I keep this flow and this flame burning nicely and beautiful and warm?

**Stephanie:** Yes and I love the way you talk like that. One of the best ways can be through breath, sound and movement. So you mentioned sound before...

Once you're able to connect with your breath, instead of blocking off the breath, you know we're so shallow breathers these days and for a man, he's going to ejaculate if he does that, in a flash. Yeah and it really is up here (touches near her chest) because he's not in his body. And it's the same for a woman, bring your breath right down deep through your heart and down into your yoni and you breathe that yoni open and you allow the yoni to open so your heart can open, or vice versa. And the breath sound, allowing sound to happen....

A lot of women can allow sound to move sound. When you make sound, energy is moving through your body. A lot of men have trouble with sound, they shut that off so the energy gets trapped and if it doesn't move through, so of course it's only got one way to go and it's down there, he ejaculates. Use breath, sound and movement.

**Nadine:** I like it, I like it.

**Stephanie:** So these things together, you know the movement, all of these things are going to move the energy. Breath moves the energy, sounds moves the energy through the body, movement, and we can be so trapped in the hips too, the pelvis. We spend so much time sitting in front of the screen or in a car or on the couch when we get home from work. We're all really tired in the hips, but you know our hips were supposed to move. So the more you can move your hips and pelvis, the more energy can move through your body. Anything to allow that flow of energy through this beautiful channel of chakras which I think you've mentioned in the SOS.

**Nadine:** So for somebody who is self-pleasuring and they're trying. They're looking at investigating...that sounds so scientific Nadine! (laughs at self) But looking at exploring the wonder of their body, so normally when they masturbate, they'll peak orgasm and anyone who has read SOS will

know all about the difference between peak and valley orgasm, I do have that quite clearly explained in there.

So when they're learning to touch themselves in a different way so that they are allowing the energy to move through their body, is there anything specific that you could [give] or some tips that would be very helpful for women as they're doing that? Because the natural probably way is to get the vibrator happening, which can desensitize the body, I do talk about re-sensitizing their vagina and clitoris and things like that, to lay off some of those things sometimes it's a good thing.... But what is your suggestion... what would you say is the best thing?

**Stephanie:** Being in the body is the best thing, being sensual, even just being in a place where maybe it's allowing yourself to have a bath and being sensual and, you know, self pleasuring actually doesn't even need to be genital touch, it can be all the senses. So it's immersing yourself in a bath with beautiful scents and oils, it's maybe running through a forest and just breathing in soil, after the rain you've got that beautiful nature smell, baring your toes into the sand, all of those things and really getting into the senses. When you come down to actually arousing yourself, a lot of women are able to achieve an orgasm at the clitoris, that's the first place we all discover as girls, we find pleasure at the clitoris. And of course with the porn culture, that's been sort of honed in as the place a woman gets pleasure - we can talk about that for days but let's move on.

**Nadine:** If anyone doesn't know, Stephanie knows a lot of information about porn and can talk for hours about the effect of porn on society and on sexual pleasure but we won't get into that right now too much.

**Stephanie:** Not this time. So if you're able to have a clitoral orgasm but you're missing out on a more fulfilling orgasm, you can train yourself a bit, like a man might train himself to be multi-orgasmic and maybe bring yourself to a nice, yummy place for arousal. Let's say between 50 and 70% of your arousal through your clitoral stimulation and then before you kind of go over the edge, bring that arousal internal,

so bring your pleasure inside the yoni and just explore for no particular reason, you're not trying to achieve anything, you're just exploring yourself.

So many women haven't got the mapping on the brain of their yonis because they haven't explored themselves and so it's really important for us to get to know our own yonis and know exactly where all the spots are. You know... we're able to have sex and have a penis inside us, and doctors in there doing pap smears and whatever, but for us to actually have a relationship, an honoring relationship with our own yoni, it seems to be missing a lot of the time and there's a lot of pleasure there: this is the start of opening. Also we hold a lot of tension and past experiences in our yoni so there's a lot of healing to be done there which again is another topic in of itself.

**Nadine:**

Which would be particularly important for those who've never experienced an orgasm, that would be a key factor. So if a woman who is listening to this who has never experienced an orgasm... It is possible and I've spoken to other tantra experts and I'd love your perspective... because whether it's trauma from the past, whether it's that shutting down of the yoni – it's very unusual, particularly with somebody who has done a lot of body work and sacred sexuality work, that most women that have had that no orgasm experience, can actually change that and actually end up being quite orgasmic. So is that your experience with women who are challenged with having an orgasm?

**Stephanie:**

I believe that every single woman is infinitely orgasmic. We are, just by nature, we're human beings, we have a life full energy that floods through our body given the chance. It just needs to be given the chance.

And so I haven't met one woman who isn't the most incredibly beautiful, sexual being. We're all the same, we're made with the same makeup, that same energy; it's magnificent. We just shut it down for whatever reason. We shut down our heart as children. We shut down our throats. We stop saying what we want to say. We stop asking for what we want. We stop saying how we feel. We shut down our hearts because it hurts too much at some stage.

We learnt how to survive in this place a little easier and so when we're able to open heart and open the throat and allow this energy to flood through us, orgasm will happen naturally. And I know that's easy for me to say and there are some people listening to this going, "Oh yeah, I don't believe this, not me, I'm different." It is possible. It's a healing. If you're in a safe place, if you're ever in a place where you feel safe to open and reveal yourself, then yeah, the energy wants to move.

**Nadine:**

That's beautiful. So anyone who thought that it wasn't for them, that they're never going to have that experience, don't give up and keep exploring this. And even on your Website at [tantricsynergy.com.au](http://tantricsynergy.com.au), you have a beautiful video of you working with a particular lady. And it's amazing what one can achieve once your body is open.

The breath work and the body work you do with this particular lady, I mean people need to watch that and actually see that we're just so limited, we're so narrow in our understanding about sexuality. I'm getting tingles and I'm getting goose bumps because it's so beautiful and I really encourage people to go and have a look at that because most people wouldn't have seen that and to see the body be so responsive while it's not even being touched, it's hugely eye-opening and gives women faith to expand, open and explore.

One thing we haven't covered that I'd like to cover before we wrap it up is understanding that just because we're born a female or a male, that a lot of us don't really understand this.. like we know that we are a specific gender, we don't understand the difference between our feminine and masculine and I think there's a tug of war within ourselves.. Yes, we are a mix of both, but how can being more connected to our feminine, how can embracing also our masculine and understanding that aspect of us and embracing both of them and understanding them and knowing when to engage one more than the other, what can you say to the women that are listening about their femininity and their masculinity and how understanding the difference and then knowing how to engage can help their pleasure.? That was a long question [laughs]...

**Stephanie:** Okay, could I have another two hours please?

**Nadine:** We'll do more, we'll do more.

**Stephanie:** We have an internal masculine and feminine within us. I guess, to keep it short, what I really want to bring attention to is that yes, women have learned to become more masculine in this world but what we've taken is the immature masculine and modeled that. So the masculine that's domineering and controlling and almost brutish and reactive. That's the immature masculine. You know our model for the feminine is immature feminine. The woman in chaos, the feminine that's attaching and manipulative and wants to take and undermine, these are immature aspects of the feminine and masculine.

**Nadine:** I do sometimes call that the dark or the distorted.. so we can refer that back to what I talk about in SOS...

**Stephanie:** Distorted, absolutely. There is also within us the ability to bring forth our powerful feminine and our powerful masculine. The powerful masculine holds space. He is a protector of space. He creates a safe space for the feminine to flow, to be in her storm. The feminine in storm and that's healthy, so the healthy feminine is also compassionate and deeply powerful. So you know if we look at...you know I love your word dark, in fact to me, that's very healthy, to be in a dark powerful feminine.

**Nadine:** Like the animal, like the animal feminine.

**Stephanie:** Absolutely, yes and I'm glad we're touching on this because that's going to propel us into another conversation another time because you know we've got all this idea of spirituality which is light and fluffy and all of that...

But in fact, more and more I'm working with the deep power of the feminine which rises up from the earth almost, from the base and she doesn't want to be messed with and that's healthy. It's not manipulative or any of those other

qualities that I mentioned before; she is awesome. And so yes, we have these qualities and elements within us all that we can draw from and there within us, we don't need to go outside and find it in somebody else. We don't know to be kind of on the prowl for a man who's got that. "Oh I need that aspect so I'm going to pull him in." That's the immature feminine pulling in the masculine. So we have it all within us, when we're able to develop that within ourselves, we resonate at a higher level and therefore at that higher frequency, we relate. We attract into our lives someone else of that same frequency.

**Nadine:**

I think that says a lot for women who wonder, "Oh why am I not attracting the right guy for me." or "Why do I keep attracting this and hey, I've been there."

It's like, "Well what is it within me that I haven't healed, looked at, where am I not stepping up, where don't I have clear enough boundaries, where am I too hard, too soft, too this, too that"...

You can feel like you're going a bit crazy, like how do you work this out? But once you understand those fundamentals, it really does make a difference. And over the years, like for each individual, you may see that you've attracted different people and the men get better. Maybe that person isn't the right person yet but there should be shifts that you see as you start growing or you may attract a similar guy but you realize you don't want that anymore and you don't try and make them into someone that they're not.

I think that you can sort of see this in your relationship history, I certainly can. And so anyone who's listening to this, who's frustrated or doesn't attract the right guys or whatever it is, or who thinks they're not, then what is it that you need to learn here and what is it that you need to embrace or let go of in order to have and experience more of what you do want...??

**Stephanie:** Yes.

**Nadine:**

Well, I'm going to wrap it up but it's been an absolute pleasure. I just love this topic. Once again I'm getting goose bumps. Stephanie, thank you so much for being part of Healthy You, Healthy Love today and for those of you who want to, just go and have a look at the video at [tantricsynergy.com.au](http://tantricsynergy.com.au). And of course, we're going to be talking more and bringing more to the SOS group and to the Healthy You, Healthy Love community.

So thank you, and is there you want to share before we end the interview?

**Stephanie:**

Yeah, I really encourage people to have a look at that video. I think it does encapsulate what a woman is capable of, being that there is no touch. It's within every woman, it's every woman's right, it's everybody's natural state to open the body to pleasure and I wish that for everybody.

**Nadine:**

Thank you and Stephanie has shared some great tips and little tools so give them a go, starting for yourself - if you're single or dating someone new, that's fine. Try it with your partner and it's amazing. These little changes can move you closer and closer to the pleasure that you are deserving of and your body is designed for more pleasure. So thank you again and I'll see you next time.

[END]