

A WORKBOOK FOR

SACRED SEXUALITY

RECLAIMING YOUR
INNER SUMMER FIRE



Wise Body
Counselling

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SACRED SEXUALITY

Only the united beat of sex and heart together can create ecstasy.

~ Anaïs Nin

Have you ever considered sex as a sacred path?

This book isn't a manual promising "8 Steps to Better Sex." The word "sacred," signifies the mystery at our hearts' center.

Let's acknowledge it: the word "sex" carries a powerful charge, and "sacred" is no different. These words evoke conscious and unconscious memories, feelings, and associations shaped by our personal experiences and influenced by our collective beliefs.

If we were to adhere to the standard messages we've been taught we'd think that "great sex" would be an act between bodies that might require the agility of a gymnast, the endurance of a marathon runner, the meditation experience of a monastic or the skillset of an exotic dancer. It might even feel like something meant for someone else.

In truth, sexuality is inherently intertwined with our basic humanity, encompassing not only physical desires but also emotional, psychological, and spiritual dimensions. The imperfections and complexities of our human experience can enrich our understanding and expression of our sexuality, making it a deeply personal and multifaceted aspect of life.

Viewing sex as a sacred path means directing your attention to nurturing your own inner fire.

Discovering deeper meaning in sexual energy and experience does not require any kind of esoteric knowledge or spiritual mastery. It's a shift in perspective toward holding one's erotic spark inside the frame of reverence—whether it be a thankfulness for the gift of pleasure, personal growth or a renewed sense emotional intimacy and trust.

Sacred sexuality can be shared with a partner or cultivated independently.

It involves practices such as self-awareness, self-acceptance, mindfulness, and exploring one's own desires and boundaries. By nurturing a deep connection with oneself and honoring one's own sexuality as sacred, we can experience a profound sense of fulfillment and empowerment.

Ultimately, embracing the imperfections and complexities of our humanness is integral to cultivating a meaningful and fulfilling sexual life.

In essence, when we live with the awareness that our relationship with sexuality begins from within, we start weaving an inner tapestry of dignity, honour and bliss.



My intention for this e-book is to remind you that your sexual energy is a direct gateway to your unique and special purpose here on Earth.

We are socialized to oversimplify the topic of sexuality. For instance, upon hearing that someone is a sexual woman, we often form a mental image of her appearance, behavior, and the type of people she is attracted to.

Let's set aside any messages we've been spoon-fed about what it looks like to be "Sexual". This isn't about being the best. And, it's not about being anyone else.

Instead, let's explore what it truly means to feel the wholeness of our inner being.

"The Summer Solstice is not a time for modesty.

The wild world is not shy about its beauty and gifts.

Plants and creatures are engaged in a no-holds-barred life-fest of blossoming and flourishing, each according to its unique essence, place, and purpose in this glorious weaving of Mother Earth."

– The Path of She, by Karen Clark



SENSUAL ENERGY

Sexual energy is a sacred life-force rooted in sensuality, nourishing us and aiding in the transformation of the old into something new.

In ancient cultures, where erotic goddesses were revered, figures like Lalitha Devi and Aphrodite exemplified a spiritual philosophy centered around pleasure.

JOURNAL PROMPT

How do you honor your sensuous, erotic inner current and embrace the sensuality of life? List 3-5 ways that you consciously integrate pleasure into your path:



SELF-LOVE CHECKLIST

Here are some ways to consciously cultivate a deeper connection with your sensuous self and embrace pleasure as a meaningful path of self-discovery:

- **Sensual Delights:** Enjoy the aroma and taste of indulgence like a soothing caramel tea or your favourite gourmet dish.
- **New Tastes:** Enjoy the flavours and textures of foods that appeal to your senses, such as indulging in a piece of dark chocolate or sipping on fine wine.
- **Self-Adornment:** Wear clothes or accessories that make you feel decorated and attractive.
- **Aromatherapy:** Use essential oils or naturally scented candles to create an ambiance that stimulates your senses.
- **Mindful Touch:** Practice self-massage or take time to appreciate the sensation of a warm salt bath.
- **Erotic Literature:** Read erotic stories or poetry that peak your interests and fantasies.
- **Creative Expression:** Engage in artistic activities that connect you with your eros, such as painting, dancing, or playing music.
- **Nature Connection:** Spend time outdoors and immerse yourself in the sights, sounds, and textures of the natural world.
- **Solo Sensual Play:** Experiment with self-pleasure techniques that prioritize your enjoyment and connection with your body.
- **Conscious Breathing:** Practice deep, slow breathing exercises to heighten awareness of your body's responses and sensations.

A PRACTICE

"The more separated we become from the Earth, the more hostile we become to the feminine. We disown our passion, our creativity, and our sexuality. Eventually the Earth itself becomes a baneful place. I remember being told by a medicine woman in the Amazon, "Do you know why they are really cutting down the rain forest? Because it is wet and dark and tangled and feminine".

~ Alberto Villoldo

Take out 2 pieces of paper and fold them both in half:

- *At the top of the first paper, write the word "Woman" and jot down any social roles, gender norms, and personality traits that you were taught or observed as a child about what a woman should be.*
- *On the other half of the page, write "Feminine" and list any social roles, gender norms, and personality traits that you were taught or observed as a child about what it means to embody femininity.*
- *Now go through the list and consider how much you resonate with that you've written down.*
- *Take the second paper and at the top write "Woman." List the traits and qualities that you associate with your womanhood and that you would like to cultivate.*
- *On the other half of the page, write "Feminine" at the top. List the qualities and attributes that you would love to develop more of. These qualities do not need to correspond in any specific way with the list you wrote for "Woman."*
- *Be as creative as you'd like in defining these terms for yourself.*





My hope is that you enjoyed the journey of engaging with intentional sensory experiences and creating a sacred space within, guided by this workbook.

For homework I suggest that you *allow yourself to explore your erotic fantasies without judgment*. Embracing the freedom to explore your erotic fantasies privately allows you to discover what truly excites and motivates you, providing a foundation for more vibrant and passionate living. Like gold in the treasure trove, bringing curiosity to your erotic fantasies can often uncover new ways to energize and enrich your life.

If you'd like a sex therapy session or you have anything at all that you'd like to share with me regarding the ebook, I welcome you to email me at angela@wisebodycounselling.com

*Turning towards feminine bliss grounds me and gives me hope and direction in challenging times.
I hope you gained something from this brief journey in reclaiming your sensual, feminine power.*

WOULD LOVE TO CONNECT,

Angela
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