

Want Better sex? Make it a spiritual experience.

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Like the double helix of a DNA strand, spirituality and sexuality are most complete when they are connected, but not fused. The act of sex is the closest physical way you can connect to another human being. Sometimes it is done for simply the physical pleasure, or strictly the power of procreation. Many times, it is a way to connect deeply to someone else not only physically, but mentally, emotionally, and spiritually. That's when it looks like the double helix.

Bridging the gap between spirituality and sexuality

Know what spirituality is. Although religion can be a path to spirituality, spirituality is not religion. Spirituality can simply be an indepth awareness of one's self, the world around you, and everything in it, seen or unseen. It is connectedness. Get to know your personal definition of spirituality.

Go deeper. Our sex drive inately moves us to desire contact and touch. If we are connected to our own psyche, our spirit, if we know ourselves, our sexuality allows us to share our deepest self with another an allows us to experience someone else on such a level.

It's okay to walk on the wild side. This is not to say that sex must be missionary, or always "making love". Sometimes sex allows us to explore our primal, wild nature. That does not mean that our spirituality is missing from the sexual experience.

The formula for spiritual sex. We are spiritual when we are authentic. Our authenticity is not one static state. We are muti-faceted, we are fluid, both literally and figuratively. Sex is like ice cream, one day you might be in the mood for vanilla

and your partner might be in the mood for chocolate. Make it a twist!

Kiss and Tell. Share your preferences with your partner. Depending on your level of comfort, you can ask directly for what you want or you gently guide your partner to action with no words at all. Ask your partner to do the same.

For more resources on enhancing intimacy and healthy sexuality check out www.wellrelate.com you can also visit with a qualified clinical sex therapist. If you are having trouble finding one in your area a national list can be found on the website of the American Association of Sexuality Educators Counselors and Therapists at www.aasect.org