



Kimberly Johnson: How To Have Sex That Changes The World



Kimberly Johnson, a Certified Sexological Bodyworker and Somatic Experiencing Practitioner moves us through how sex maps onto the nervous system cascade, coupling and uncoupling the threads in the tangled knot of sex, and how to heal sexual trauma at the intersection of personal + collective trauma.

TOP EMBODIMENT TIP: Value your own experience and unravel your own experience. Embark on the journey with curiosity and courage. Start with communication and really knowing yourself, your own genitals, your own life. Have courage.

Trauma: **Trauma has been described as ‘too much, too fast, too soon’.** Too much for your system to handle: surprise.

- The reverse is to slow down. We tend to have an urgency to want to solve and sort it out - **when this impulse kicks in, slow down. When we work with sex we work with power.** Translates to how we connect with others.

The Central Nervous System:

- The first level of the nervous system is the social nervous system (Porges). **When we feel safe, we feel like we belong.** This also applies romantically - we feel confident enough to express discord and remain connected.
- Afterglow (in terms of sexual act context) is linked to the social nervous system which was developed for oxytocin - the mother/baby bond. Partner selection would live here too - do I feel safe with this person? Where am I drawn?
- **When we don't feel safe in our social nervous system** (which was developed for maternal bonding - primates and mammals) **we camouflage** (withdraw, don't stand out, Karl Popper Syndrome) **OR** (as a physiological impulse) **fawning impulse** - approximate the threat and turning to it; 'I better be nice or I will be hurt' / 'it's easier to have this close than unknown'. These are oestrogenic traits due to the maternal mapping behind it. **We all go through these cycles at different times and at different levels.** recognise the mechanism from a felt sense, and adjust.

Sympathetic System:

- Flight side is being able to see multiple outcomes and staying present with it.
- When we feel safe in our sympathetic system, our fight side is a healthy energetic drive and initiation.

Parasympathetic System: **When we feel safe, we rest.**

- **When we have a 360 degree perspective, we don't need to look behind us,** as we know what is there - perception helps us to locate in space. Parasympathetic arousal = pre-ejaculate/lubrication/dilation in birth.

Sex That Changes The World: Where we don't owe anyone anything/non-routine.

- Most sexual studies are based on white male studies, shaping our perception of sexual arousal. Kimberly ran through **aspects of the female sexual anatomy and the female orgasm that are counter to this.**

Resources:

- ❖ **Books:** *Call Of The Wild: How We Heal Trauma, Awaken Our Power, And Use It For Good.*
- ❖ **Website:** www.magamama.com
- ❖ **Social:** Magamama podcast
- ❖ **References:** Porges Central Nervous System, Sherry Winston *Women's Anatomy of Arousal*



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