



Jessica Graham: Sex and The Spiritual Path



Jessica Graham is an author, speaker and a guide for couples. She has a great passion for exploring sexuality and helping others heal, evolve and awaken sexually. She is the author of *Good Sex*. Discover how embodied self pleasure can shine a light on ignored aspects of the self and help your spiritual growth.

TOP EMBODIMENT TIP: Pleasure Awareness. Everyday, notice three things that are pleasurable and write them down.

Introduction and Resource Practice:

- Talking about sex can be triggering and activating so foundation of resource (finding safety) is extremely important.
- Self is described as a combination of auditory and visual thinking and emotional experience. The speaker invites us to be aware of what comes up for “the self” as we practice.
- We are in our minds mostly, certainly during sex for reasons like; insecurities, old trauma, doing the right thing.

Mindful Masturbation / Embodied Self-Pleasure Practice: **Reacquainting with Pleasure Throughout the Whole Body**

- Create time and a space that feels comfortable and safe. Get some privacy.
- You can use lube. Leave out any toys, porn or fantasy. Set a timer (10-15 mins.)
- Explore your body, don't go right to the genitals. Focus on pleasure! When you get distracted, bring yourself back to the physical sensation. The goal is not climax, it is feeling the experience in your body.
- If emotions arise, do the resource practice or pause, don't push through, practice self-compassion.
- Do the practice a few times a week.
- Journal afterwards your thoughts and feelings.
- Bring these principals into sex: Being connected to your body will make you more connected to your partner's body.

How Does this Practice Help our Spirituality? **Conscious Sexuality is Fruitful Ground for Awakening**

- Witnessing the self with clarity and acceptance changes the experience of being “me”.
- When one is conscious of their expression of sexuality and romantic relationship, old mechanisms like getting a fix/high won't work.
- A new paradigm becomes available with love, pleasure and connection - strong medicine for awakening and having more amazing sex.

Resources

- ❖ **Books:** *Good Sex*
- ❖ **Website:** [Wild Awakening](#).
- ❖ **Social:** [@jessicacarkgraham](#)
- ❖ **References:** *The Fourth Trimester* by Kimberly Ann Johnson, Pelvic Floor Physical Therapy, Imago Dialogue



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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