

*Extatica* <sup>®</sup>  
THE WAY  
TO AN  
EROTIC, ECSTATIC LOVE LIFE

On the VoiceAmerica 7<sup>th</sup> Wave Network

**Episode #12**

**Show Title:** The Healing Power of Conscious Sex

**Show Date:** December 11, 2013

**Guest:** Shantam Nityama

## Extatica: The Way to an Erotic, Ecstatic Love Life

2013

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### Show Description:

Discover how you and your partner can come together for conscious healing through sex. Also learn how to become in tune with your internal flow of energy in order to facilitate healing of emotional and spiritual wounds.

We'll also explore how to stay in touch with your innermost being during sex so as to awaken your spiritual consciousness.

Shantam Nityama, Reiki master, chi gong energy worker, tantra and spiritual teacher, explains how the way to opening a woman's heart differs from that of a man and the different methods to facilitate this. And he'll address these questions: How can you help your partner become comfortable with their nudity? What is the difference between romance and love? Why does a man come to a woman? How does one create conscious love making in committed relationships, in open relationships, in same sex relationships?

### Guest Bio:

Shantam Nityama is a Reiki master, chi gong energy worker, tantra and spiritual teacher. He has led Tantric workshops internationally for the last 16 years. Nityama is also a master body-worker with 27 years experience in numerous healing modalities.

His diverse background includes, Reiki Master, Polarity Therapy, Body Talk, Advanced Medical Qi Gong, Bowen Technique, Sex to Super Consciousness Training, Neuro-structural Integration Technique. He was also a disciple of Tantric Master, Osho for 25 years. He co-facilitated workshops with Deborah Anapol, author of the book "Love Without Limits" and Founder of the Sacred Space Institute in San Rafael, CA., for six years before going solo. Nityama also leads a successful private practice in San Rafael, CA., where he offers sessions for men /women/couples, mentoring programs for men, and powerful energetic phone sessions for women.

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2013

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*Welcome to Extatica: The Way to an Erotic, Ecstatic Love Life. Your host is Ellen Eatough, the Soulful Sex Coach. Our program will take you beyond the sex you have been experiencing and open up a whole new world of intimacy. You've got a lot to learn today, so let's get started. Here is Ellen Eatough.*

**Ellen Eatough:** Are you ready for a more erotic, ecstatic love life? I am.

Today's show is about the healing power of conscious sex. You're going to discover how you and your partner can come together for conscious healing of emotional and spiritual wounds through sex, and we'll explore how to awaken your spiritual consciousness during lovemaking.

How does one create conscious lovemaking in committed relationships, in open relationships, or in same sex relationships? How does the way to opening a woman's heart differ from that of a man? And what are the different methods to facilitate this? How can you help your partner become comfortable with their nudity? What's the difference between romance and love? And why does a man come to a woman?

You'll hear the answers to these questions and more from my guest today, Shantam Nityama, Reiki master, qigong energy worker, tantra and spiritual teacher.

Welcome, Shantam Nityama.

**Shantam Nityama:** Hello, Ellen. How are you?

**EE:** I'm great. I'm so glad to have you here.

**SN:** I'm glad to be here.

**EE:** Yeah, good. So before we get started I want to just say a little more about your background so folks will know the perspective that you're coming from.

So besides being a Reiki master, qigong energy worker, tantra and spiritual teacher, Shantam Nityama has led tantric workshops internationally for the last 16 years. He's also a master body worker with 27 years experience in numerous healing modalities. His diverse background includes being a Reiki master, Polarity Therapy, Body Talk, Advanced Medical Qi Gong, Bowen Technique, Sex to Super Consciousness Training, and Neuro-Structural Integration Technique.

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## Extatica: The Way to an Erotic, Ecstatic Love Life

2013

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So you do a lot there, so it's fascinating stuff.

**SN:** Yeah. And I want to make one correction to that. I'm actually in L.A. now rather than San Rafael.

**EE:** Oh, you are? Oh, okay. Well, okay, he's in Los Angeles, California.

**SN:** Yeah.

**EE:** You got away. You moved away from where I'm located.

So let's dive right in. Now, I experienced the healing power of conscious sex, but can you speak to why conscious sex is so healing and not just sexually but physically, emotionally, and spiritually?

**SN:** Well, first of all, it's really important to realize that conscious sex is the only sex that's healing because unconscious sex means that there is no connection between the two people. They are just in the sport of sex.

**EE:** Right. Nothing wrong with that, but it's a whole different thing, yeah.

**SN:** Nothing wrong with it. Nothing wrong with it at all and there are moments when they may be totally appropriate. But because of the lack of real connection, the possibility of the healing aspects are lost.

So by conscious sex what I mean is two people coming together and actually engaging with each other where they are totally present to feel everything that is happening. The woman is there to receive the energetics of the man as he is entering her and being with her, and she's also responding back to him to let him know that she is receiving and actually registering the things that he's pouring into her. And for the man, it's coming into the woman without attempting to perform but with being completely aware of where she is energetically and connecting with her in such a way that she can continue to relax and keep opening deeper and allowing herself to feel the things that need to be healed and to be able to name them out so together they can actually transmute these things for her greater clarity internally.

**EE:** And what about for *his* healing?

**SN:** A lot of times for the man, his healing comes about with him just going through whatever he needs to go through internally to be present with the woman. A lot of fear comes up for a lot of men, so they've got to face that fear in order to really totally stay present with her, in order for her to do her clearing work, and in order for him to be there to help her in the process of transmuting. So in that process, he's going to come up against his own impatience. He's going to come up with his tendency to get bored with being present for a woman. He's going to come up against fear of being engulfed by her powerful sexual energy. All of the things

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## Extatica: The Way to an Erotic, Ecstatic Love Life

2013

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that he needs to face will come up in the process of him committing to be present with her.

**EE:** And as he faces these things, do you recommend just allowing it, just feeling it being aware of those things coming up and just present with it.

**SN:** Being aware of them and staying present to them. In the very process of acknowledging that this is going on inside of himself and him committing to stay there in spite of the fact that that's going on, he is actually in a moment burning through the things that are there for him that need to be burned through in order for him to do his own internal healing.

**EE:** Yes, which, of course, then I would imagine spill over to the rest of his life because those things like impatience --

**SN:** However you make love is how you live the rest of your life.

**EE:** Absolutely.

**SN:** And vice versa.

**EE:** And then for the woman, what kinds of things most typically do you find come up for her?

**SN:** Lack of self-worth, self-loathing, fear, pain, disappointment, anxiety, impatience with herself; all of these things arise for her. Anything that she has experienced in her life that is unlike love in most cases will be lodged in her vaginal area; and if it's lodged in some other part of her body, there's a trigger point for it in her vaginal area. So as the man is making love to her, he is constantly triggering all the places that need her attention. So for her is to stay present with that and allow herself to name those things when she comes up on them internally so that the man and the woman can both have a pair of conscious as own whatever it is she's working with.

**EE:** So first of all, when you say there are these trigger points, I'm guessing it's somewhat like reflexology so that there's a reflection of all the points in the body and the feet as well in the vagina, right?

**SN:** Exactly. The whole thing is that the body is a hologram, so everything is everything. So you can find a reflex point for everything and everything else. So there's a trigger point in there in her body for her back in her vagina. And as a man is in there with his penis, it's almost like a spotlight or a spiritual probe that's touching on the different points. And if the woman is really present and honest, she will feel it triggering different things.

Normally, the woman will just attempt to play over it and get him to move to another spot that's more comfortable, and I'm saying no. When you hit a spot that's

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2013

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uncomfortable, take your consciousness in there. Ask what it is. The moment that you get what it is, name it out loud to your partner so the two of you can bring conscious attention to it and then keep making love. Bring to the head of his penis so the energy coming out of his penis can start the transformation process or the transforming of that energy into the pure energy that it was before it got qualified in that way.

**EE:** Yes. You know, I want to go a little more into this, but I want to say that my view and I'm guessing yours maybe too that what keeps us from having conscious and totally ecstatic transcendent sex is only -- it's not like a lot of new techniques necessarily. It's getting rid of all the stuff that's in the way of just the natural response.

**SN:** Well, here is the thing, Ellen. Most people are talking about making love, making love. My question is what are you making love out of? In other words, if you're making a cake, you could tell me the ingredients. People are always talking about making love and I ask them in workshops and otherwise, what are you making the love out of? What are the ingredients you're using? And nobody knows.

So how do you make love if you have no idea what the ingredients are that go into it? And the answer to that question is you make love out of all of the things that have transpired in a woman's life that were unlike love. You take all those things, those ingredients, transform them into love. So all the pain, all the different places that she's been in, they need to be clarified in her in order to take the energetic qualification, all energetic qualification of the energy so that it's just pure available energy, which pure available energy is love.

**EE:** Absolutely, yes. And so thank you and back to the reflexology points, would you say the same points would be on the man's penis, right?

**SN:** They're going to be slightly different. First of all, they're reversed. And secondly, those are the major big points that normally you see in a book. And I'm saying that there are finite points. There are very specific points throughout the vagina. So depending on how the man is making love, if he's making love consciously, like if I'm making love to a woman and I hit a place, I can almost -- my penis head is intelligent, so it will register what frequency or the energy that I just touched actually is.

So sometimes the woman may actually -- it may go unnoticed by her, but I will say to her, "Hey, come back to that place that we just hit just there. Go in there with your consciousness and tell me what that is. I feel something there. I feel a numbness. I feel a deadness. I feel you slightly reacting and wanting to get off of that point. So let's go back there consciously, and I want you to go in there with your consciousness and ask, what's happening right here?"

**EE:** And then she might say, for example?

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2013

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**SN:** "Oh, my God! It's all the times that I had sex with me and that I didn't even want to have sex with." And I say, "Okay, that's beautiful. Bring that to the head of my penis. Keep making love and let me assist you in burning that up or transmuting that into actual love."

**EE:** Beautiful. So I'm just trying to take the perspective of listeners possibly. So one of the anxieties or fears that a man may have is maintaining an erection or ejaculating too soon or all those, whatever it is about not being right for his partner. So sort of like this is a two-part question. One is what do you with those concerns? And then two would be can you do this kind of work manually if you don't have the erection to sustain long enough for the process you've described?

**SN:** Well, first of all, you have to ask yourself, why is it you have no erection? I mean, you know, that's something within itself that needs to be explored. The body, generally speaking, will get erect unless there is some kind of psychological or some kind of, I say, lifestyle issues that are prevalent that --

**EE:** There may be, yeah.

**SN:** Yeah. Then the man needs to look at that. If I'm --

**EE:** So if he's 70 years old and he's just not able to keep the erection that he used to.

**SN:** Seventy years old is no reason to no longer be able to keep an erection.

**EE:** I know but...

**SN:** So again, I still would have to come back to what's the lifestyle and what is the lifestyle being? And is the individual willing to visit those places and take a look at how his lifestyle is counter to what he would like to be able to do in his life at that point?

**EE:** Good point. And then, what about the concern about premature ejaculation? I mean I know that's a big issue but...

**SN:** Well, you have to be aware of the fact that most men have absolutely no patience for being with a woman. They've never developed it. So therefore, they come to the situation with the anticipation of quickly having an ejaculation and being done. Well, if you come to the experience with that type of expectation, then you're going to premature ejaculate. Energy follows that. All energy follows that. So if a man comes just as a routine practice of being able to ejaculate and get off with a woman and being done, then number one, he's in no way approaching that situation from a place of being of healing assistance to the woman, number one, and secondly he's disinterested in whether she genuinely enjoys herself.

**EE:** Hmm, okay. Well...

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**SN:** So you've got to look at selfishness. You've got to look at impatience. You've got to look at whatever kind of issues that you have going on with women where you got slight amount of disdain towards them, but you want to use them sexually still. So there are many, many issues that a man may need to look at if he's having premature ejaculation. Some men have premature ejaculation just to get back at women for being the way that they are in ways that he dislikes.

**EE:** Okay. Well, we will discuss this a little more after a show break. This is Ellen Eatough and my guest is Shantam Nityama.

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[ Commercial Break ]

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**EE:** Welcome back. This is Ellen Eatough, the Soulful Sex Coach, with my guest, Shantam Nityama, energy worker, sexual healer and spiritual teacher discussing the healing power of conscious sex. And before we resume, I'd to offer you a free gift. My 69-minute audio and e-book called Beyond Orgasm: How to Have a More Deeply Connected Sexual Experience. You can get that at [beyondorgasm.com](http://beyondorgasm.com).

So Nityama, before the break we were talking about men and premature ejaculation, and I just wanted to ask about men who feel that they're developed kind of a triggered response maybe as a result of growing up and masturbating or porn and all those things. What do you suggest for men for whom that's an issue?

**SN:** First of all, there's something that is important for everyone, both men and women, to understand about premature ejaculation. If a man is inside of a woman's vagina that has no energy in it, meaning that the woman is in her head and disconnected, then for all additional purposes that man is masturbating in that woman; there is no connection. So when a man is inside of a dead vagina, he has to work hard just to keep an erection.

See, the erection and the keeping of an erection is really on the woman. It's in no way on the man. If a woman is completely present and in her vagina and feeling, then she can keep a penis erect in her for three days if she likes. But if she's there thinking about what she's going to do tomorrow and this and that and she is just doing the man a favor, then there's no energy there. What happens is that the man has to move faster and do all kinds of things just to keep his penis erect, but this also brings on ejaculation.

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So a lot of men come to me and they think they have a problem. But the moment that they are with somebody other than that woman that they're having a problem with, all of a sudden they have no problem.

**EE:** Interesting. Okay.

**SN:** So a lot of times when people have been together a long time, they get disinterested in one another. The woman is just there because she feels obligated. Well, that's in no way real sex. That's like pity sex. I have pity on you so you can come on and masturbate in me for a few minutes. But I hope you hurry up and get it over with.

**EE:** So you've spoken now about the dead vagina and about a woman in her head.

**SN:** A penis can be dead too.

**EE:** Right, right, right. So --

**SN:** If a man never visits his penis, then his penis has no real energy in it, and the woman will know the difference between a man that has energy in his penis and a man that has not.

**EE:** And he's just doing her a favor, huh?

**SN:** Maybe. He may be doing her no favor at all if he ejaculated within three minutes. I would never call that a favor.

**EE:** So let me ask you this. You just talked about a woman -- and this is a common problem, women who do have their mind to, you know, the curtains need to be straightened or they're going to their to-do list or the next thing that they want to get to or they're concerned about whether they're going to have an orgasm or not. So you often have spoken about how a woman -- the path to a woman's heart getting out of her head and into her heart and body. So let's talk about that.

**SN:** Well, first of all, it's important to realize that contrary to popular belief, the vagina is in no way the seat of a woman's identity. It's her breast, her nipples, up the front of her chest, up her neck to the back of her mouth. That's her positive pole. That's where she makes real connection with herself. And as the energy around her head, she's stimulated by a man having intelligent conversation or intelligent things to say to her that stimulate her and also his ability to speak to her heart and stimulate her heart, the moment that her heart becomes full of energy, it overflows naturally into her vagina, and her legs open by themselves and then she will want penetration; in fact, she will hurt you if you fail to complete the process.

So understanding that, then you understand how, knowing how to interact with a woman's breast and her mouth and all these areas of her upper body are of ultimate

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importance in order to open her in other ways so that she's actually ready for sex. Most women, because they're never approached properly, they're actually joining in a mild form of their own rape.

**EE:** Wow! You said "approach properly." Can you speak a little more about the proper approach?

**SN:** Well, I'm saying if her heart is never open, then you just went straight to her vagina where there is no energy and starting a forced entry.

**EE:** Right. And women understand what you're saying. So can you speak a little more --

**SN:** I know they do, but they need to communicate more directly and honestly with the man that they are with and stop joining in to allowing people to force themselves on them before they're ready.

**EE:** Right. So women talk about they want more foreplay, more kissing. But can you speak a little more about what they really want and what men can do to get them out of their head and into their heart? You've spoken about how the mental energy often gets lodged at the base of our skull. But you talked about approaching a woman. Can you speak a little more for men like, okay, what should you be doing? Because foreplay isn't just tweaking nipples and massaging the clitoris. We know that, but they want to --

**SN:** Here's the thing, first of all, it is important for a man to -- if I'm touching a woman with my hand, then all that exists in this world is my hand and the place where I'm touching this woman. That's it. Nothing else exists for me. So therefore, she feels me being present with her body in that place.

**EE:** And that's very powerful.

**SN:** And that is very powerful. So if I'm just laying my cold, clammy hand on her and I'm thinking about something else and I'm just hoping that the way I tweak her nipples with my cold, clammy hand is going to turn her on, I'm very mistaken. I haven't really even connected with this woman. So therefore, she's in no way responding to me and ready for penetration because I haven't made contact with her yet. So part of it is coming to a point where you genuinely know how to be in your mouth, be in your tongue, be in your hand, be in your lips when you're making contact with a woman's body so that she feels your presence. It's your presence with her that she wants to feel. It makes no difference to her about how many hands are on her. If they're all dead, then it's a dead experience.

**EE:** So what is the way to opening a man's heart?

**SN:** Be a woman and really show up and bring to the planet what you came to the planet to bring. The woman is to be the embodiment of love. If she is the

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embodiment of love, a man naturally comes to her and wants to have sex with her or make love to her in order to get to his heart. It is through having sex with a loving woman that a man comes to his heart. This whole thing where women are asking me and "I want you to get in your heart first, da, da, da, da, da," well, this is like taking a man and saying, "I want to make a homosexual out of you so I will be comfortable never having to go to my heart."

**EE:** Interesting.

**SN:** Allow the man to be a man. You receive him. Bring him to your heart. He learns love through you. You can't tell him about it out of your mouth. That is your male approach to attempting to connect with a man. But what's to be gained from you being a man trying to get a man to connect with you? You need to be a woman. You need to be receptive. You need to be vulnerable in your field when a man is being with you and it's through that, him feeling that coming from you, him feeling you penetrate him out of your heart into his heart just like he penetrates you in your vagina with his penis. But most women are never penetrating a man out of their heart, into his heart, so therefore there's no possibility of him learning love because the person that brings it is in no way willing to go there.

**EE:** And in that moment of loving conscious sex, that energy from his penis and that connection actually flows up to his heart, right?

**SN:** Up to her heart first. See, the energy comes into the man's penis. It goes up to the woman's heart. She is to pull that energy up to her heart and then out of her heart into his heart and back down to his penis. It's a circuit.

**EE:** Yes, yes.

**SN:** So he's not trying to pull it up to his heart. He allows you to pull him to his heart by you penetrating him out of your heart. But the catch into this is that very few women go to their heart in lovemaking anymore. So therefore, they never penetrate the man. So the man comes and gives his life force to the woman, and he leaves having never received anything. And part of that is he's to blame because he never pauses to wait and go into receptive mode in his heart to receive what the woman brings. So it's just a lack of understanding all the way around. And as a result, both suffer.

**EE:** So do you have any recommendations for people who get so distracted by their fantasies or pleasing their partners at the goals of orgasm or whatever tip?

**SN:** They only get distracted by their fantasies because they're constantly playing with fantasies.

**EE:** Right. So how do you recommend they tune into their internal flow of energy in order to facilitate this healing?

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**SN:** Well, first to fall, stop playing with the fantasies. It's obvious. And then, secondly, come to the point of really connecting with another person so you can feel what even goes on. If you're busy in your head, you're in no way connected to anything energetic. You're connected to your mind which is a whole different thing. Sex is of the body. Sexuality and fantasy is of the mind. And most people are just engaged in sexuality and fantasy, a mental thing.

**EE:** So can you speak of using sex to facilitate the awakening of spiritual consciousness?

**SN:** Well, the moment that you're making love to another person and you're really present, you're really taking your time, you're really feeling everything that is going on, then at that moment what starts to happen is that you start to connect with your spiritual frequency or the spirit in you which is different than physical. When you go deeply into sex, it starts to become more of a meditation. The moment that it starts to take on the quality of meditation, if you keep going deeply in it, it stays totally present, other things start to open internally and you start to see more of who you actually are. The subtlety starts to come into play. You start to become aware of aspects of your consciousness that previously had gone unnoticed by you.

**EE:** I know. And if people could just get that, it's so exciting and it's so fulfilling and expansive.

**SN:** Well, it means being very slow in delivery. It means staying with the beginning all the way to the end. You're in no rush to go anywhere. You're just lingering with one another in the sweetness and seeing what arises, what starts to happen, what starts to emerge in this delicate place, just being together. This is no sport. This is in no way a competitive game that you're playing. This is more of communing with no goal, no objective, nowhere to get to.

**EE:** Yes. And when you do that, the sexual energy just arises and carries you.

**SN:** It arises naturally and carries you. The main thing for both people is to somehow get back to being natural, simple, innocent, unpretentious, no performing, just being together.

**EE:** And for those who think that might sound really soft and not active, it's not the case. It may carry you into a very wild ecstatic experience.

**SN:** You could be very active and very passionate and all those things and still be conscious.

**EE:** Absolutely. I just want to make that clear that it could still end up being wild and active. You just never know. You never know.

**SN:** The depth of it is, of the thing to remember, should I say, is never go faster than you have the ability to stay present and conscious.

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**EE:** Ooh, that's a good one. Yeah.

**SN:** Because the moment that you go run off and leave yourself, you run off and leave your partner.

**EE:** Okay. So with that, we're going to take our last break.

This is Ellen Eatough with Shantam Nityama on Extatica: The Way to an Erotic, Ecstatic Love Life. Stay tuned for more on the healing power of conscious sex.

[ Commercial Break ]

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**EE:** Welcome back. This is Ellen Eatough on Extatica, discussing the healing power of conscious sex with Shantam Nityama, energy worker, sexual healer and spiritual teacher.

So before we went to break we were discussing really being present and allowing whatever unfolds to do so. And I was remembering and, Nityama, you may know this, I'm sure, there's I believe a West African tribe, maybe there's many, for whom the word for sex in their language is interpreted as going on a journey together. And I don't know if that's exactly accurate, but I thought it was so beautiful because it so well described it.

**SN:** I don't know of that tribe. I have no knowledge of it.

**EE:** Okay. Well, no worries. I still like it.

**SN:** It sounds great. That is definitely what you're doing.

**EE:** That's right. And I often think of that beforehand. So now, coming together in this conscious way, is there anything that people should know about or might be different for people who are not necessarily in committed relationships or might be an open relationships or same sex relationships?

**SN:** Well, being conscious and being aware is the same for everybody. So even if I were a man and I'm in just a one-off experience with a woman, I still want to leave her like better off than I found it before I appeared. So therefore, I'm going to bring her all the presence and everything that I have acquired the ability to maintain in my life. I'm going to bring that to her if I'm going to be with her at all. Otherwise, I'll just leave her alone.

**EE:** Right. We want you to educate all the men out there who are dating.

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## Extatica: The Way to an Erotic, Ecstatic Love Life

2013

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**SN:** I mean it makes no difference whether you are married or whether you are dating. It's still an encounter with a woman. So I want to have deep respect and honoring of all women that I encounter. Otherwise, I'm degrading myself and her and mainly myself if I come to her and I don't have her best as an intention.

**EE:** So what about same sex relationships? You talked about the masculine and feminine flow of energy. What about when people are the same gender?

**SN:** It really makes no difference if they're the same gender in the sense that somebody still has got to assume what I'm going to call the receptive mode and somebody in the active mode. So the polarity is going to have to somehow be achieved in some kind of way. So even if it's same sex or if it's heterosexual, they're still a positive and a negative in any given moment. Now, they may even switch who is positive one day and other one is negative, and they then switch it the next day. But still, the polarity has got to be there in some way or really nothing happens.

**EE:** Absolutely. And I know a number of -- from time to time, women tell me or men tell me that in their relationships, heterosexual relationship, even the woman tends to be more of the active giving energy and the man is often more the receptive or feminine kind of energy.

**SN:** A woman generally will be okay with that for a while, but that will never allow her to really experience the depth of her femininity.

**EE:** So at some point they got to get that reversed, huh?

**SN:** Or he is risking getting left. If a real man ever comes by and shows interest in her, she's gone.

**EE:** Interesting. Okay. Can a person do any of this alone? I mean so many people are not partnered. And what can they do for themselves relative to conscious self-loving and healing?

**SN:** For one thing, it's going to require a person really becoming very aware of their own male and female energies inside, because we have both; as an individual, we have both. So a woman can be with herself interacting with herself sexually and be very masculine about it, or she can be very feminine about it. So if she's being very feminine about it, then she will be having a tendency to open and fall deeper into her femininity, her softness, her receptivity. Or she could be very aggressive about it and in which case, even if she gets with a man, her polarity is going to be sort of confused so she's going to bring all that aggression to attempt and to interact with the man which is going to really confuse the whole situation.

**EE:** So would you say that if a woman is wanting to attract a man but she's wanting to keep her sexual juices flowing and while she's on the search so to speak, that she should take a more feminine approach to herself?

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## Extatica: The Way to an Erotic, Ecstatic Love Life

2013

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**SN:** Yes, of course. Why make a man out of yourself while you're alone and then hope that some man is going to be interested in the man that you created?

**EE:** Right. So would you say that the more masculine approach is just masturbating to orgasm with clitoral stimulation and not really using anything to stimulate herself inside and not really going deep inside and taking a slow ride and going within with her awareness?

**SN:** Yeah, I would say that to do it on the surface just to get off is more masculine.

**EE:** Right. I do want to get to a couple of the questions we promised in the beginning. So how can you help your partner become comfortable with their nudity? I mean most men are more comfortable with their nudity than women are, but I guess it could go both ways. But how can you help your partner with this?

**SN:** Well, it greatly will depend upon why they're having difficulty in the first place. Many people have a whole lot of different reasons for their fear of being nude. So it will be important to start a conversation with your partner about what is happening for them, why are they feeling this. And then communicating to see if there is anything that could be done jointly that would help them ease that or allow them at least to create enough space to be able to play with gradually removing more and more clothes until they reach a point where they're okay with their nudity.

**EE:** Yes. And I know, in fact, I was in a conversation with a number of women just the other evening who were bemoaning the sagging effect on aging bodies and that they're more inclined to want to have the lights down when they make love, whereas when they were young and more physically beautiful they got more comfortable nude.

**SN:** Well, see, one of the things too that you have to be aware of for women, women really need to be cultivating all through their life more and more qualities that would be endearing to a man and stop relying upon what their body looks like to the man.

**EE:** Absolutely.

**SN:** You're never going to be 20 for the rest of your life. So therefore, it actually starts to really look ridiculous on you when you're still trying to be 20 at 50. So you need to develop some qualities that a man says, "I really care less that you're 50 years old. The qualities that you bring me as a woman are so outstanding until there's no way a 20-year-old could bring those things to me, and that is what keeps you attractive to me. That's what keeps me wanting to be sexual with you." So women need to develop some deeper qualities that they're relying upon instead of relying upon superficiality as a way of keeping a man.

**EE:** Absolutely. Cliché.

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## Extatica: The Way to an Erotic, Ecstatic Love Life

2013

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**SN:** The superficial stuff is more for your girlfriends that it is for a man.

**EE:** Well, frankly, even the girlfriends don't really -- that's not what they really want either.

**SN:** I know. But that's what people -- women that come to me, they are very concerned about what they look like and are they fitting in with the latest and greatest rather than taking all that energy and actually allowing it to be directed toward internal development.

**EE:** Right. And then a lot of people probably especially women talk about how they want romance. How would you describe the difference between romance and love? Because what they really want is love. They perceive romance as an expression of love, which could be misguided.

**SN:** "Romantics," break that word down. Roman-tics, roman-tics -- these are just superficial things that mean absolutely nothing. So I'm holding a woman's hand in a restaurant. I understand energy, so I'm running energy into her hand until she has an orgasm and it's out loud. And the people next door, the man is watching, the woman is watching, they see me holding her hands so they start mimicking me; but they know nothing of the internal thing that I'm doing with the woman's hand. So now they're holding hands, but what does it mean? It means absolutely nothing because they have no clue about the other things that were going on. So now they are walking around holding hands and they're supposed to mean something between the two of them, but nothing is happening. This is for person to be delusional.

See, first of all, many people do a lot of things towards other people thinking that the gesture means something. A gesture with no energy in it is dead. I don't care how good-looking the gesture is. So the moment that you realize that romantics, roman-tics, are just people walking around mimicking things that they have no understanding of, why would you be satisfied with an empty gesture from somebody and take that empty gesture and be excited?

**EE:** Good point. You know, we really want, we really want the depth of that and people misinterpret those.

**SN:** You really want connection. You really want connection. And people are like chasing after things. He did such-and-such at the dinner table, and it just wasn't romantic. I've heard women break up relationships because a man did something that they, in their mind, determined was in no way romantic. This is a mild form of insanity.

**EE:** Well, I agree with that.

So with that, I'd like to let the people know about how to reach you and what your work is about. So correct me if I'm wrong, but you can learn more about Shantam

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2013

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Nityama and his work on his website which is [nityama.com/blog](http://nityama.com/blog). And just so you know, if you missed any of these, you can download the transcript on my website. I'll give you that in a moment.

**SN:** The phone number is also 415-259-9034.

**EE:** Excellent. So do you want to tell us for a minute, less than a minute anything about your work? You do sessions over the phone, right?

**SN:** I do Skype sessions over Skype. I do one-on-one sessions in person. I do workshops. And basically the main part of my focus at this point is assisting women through the body work that I developed to return out of and disconnect from being totally engrossed in their masculine energy and come back to feel as a direct experience in their body what it means to be feminine.

**EE:** Okay. So thank you so much, Nityama. It's been a pleasure having you on the show.

**SN:** Thank you for having me.

**EE:** Sure. So if you'd like a transcript of this show or my other Extatica shows, visit [extatica.com/show](http://extatica.com/show). Thank you for listening to Extatica. This is Ellen Eatough in support of you having an erotic, ecstatic love life.

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