

Extatica ®
THE WAY
TO AN
EROTIC, ECSTATIC LOVE LIFE

On the VoiceAmerica 7th Wave Network

Episode #8

Show Title: Clearing Obstacles to Deeper Intimacy and Better Sex

Show Date: November 13, 2013

Guest: Ellen Eatough, The Soulful Sex Coach and host of the Extatica radio show

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

Show Description:

There are some common obstacles that people encounter on the path to deeper intimacy and ecstatic lovemaking -- obstacles that can really set you back. I've personally experienced all of them, and most likely, you have too.

So, I'm going to be my own guest on this show. And I'm going to discuss these obstacles and some ways to clear or overcome them.

Here are the obstacles I'll address:

- The Touch Trap
- Resistance to Pleasure and Connection
- Old Wounds
- The Push-Pull Dynamic

I'd love to hear your experiences with these and other obstacles you've run into, and any solutions you may have discovered.

This is also an opportunity for you to ask me your personal questions live on the air.

You can call me during the live show at 4pm PST / 7pm EST: 866-472-5795 (toll free). (For privacy, you may use a pseudonym, if you like).

If you can't make the live show, or are outside the U.S., you are welcome to ask me questions or send comments in advance by sending them to radioshow@extatica.com (NOTE: this email address is only for the radio show).

Guest Bio:

Ellen Eatough, MA, "The Soulful Sex Coach," is the founder of Extatica.com and the host of this VoiceAmerica radio show. She is a certified hypnotherapist with a master's degree in East-West Psychology, which is a marriage of western psychology and eastern spiritual traditions. Over the last 20 years she has helped many thousands of people enjoy deeper intimacy with ecstatic lovemaking and clear out the cultural inhibitions and sexual wounding that get in the way of that.

Ellen has developed innovative technologies and methods to help people connect deeply with their spiritual source through sexuality and intimate relationships. Since 1991, she has been using vibrational frequencies, including sound, colored light and subtle energy, to help clients release and heal from sexual and relationship trauma.

She is the producer of the lovemaking enhancement system, "4 Keys to Sexual Ecstasy" and "Love Unbound" Music for Better Sex infused with Auditory Pheromones™.

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

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 an ecstatic love life? I am. And today it's going to be just you and me up close and personal, as personal as you'd like to get.

You know, over many years I've noticed that there are some common obstacles that people encounter on the path to deeper intimacy and ecstatic lovemaking, and these are obstacles that can really set you back or hold you back from getting there in the first place. And I've personally experienced all of them, which is why I've noticed them for other people and asked about them, and most likely you've experienced them too.

So today, I'm going to be my own guest on the show and I'm going to discuss these obstacles and some ways to clear or overcome them. This is also an opportunity for you to ask me your personal questions about obstacles or anything you like live on the air.

So here are the primary obstacles I'll address. These are my names for them but as I explained, you may find that you have other definitions or other descriptions.

The first is what I call The Touch Trap, the second is resistance to pleasure and connection, third is old wounds, and the fourth is the push-pull dynamic.

So as we get into these, I'd love to hear your experience with these and any other obstacles you've run into and any solutions you may have discovered because I certainly haven't figured out everything. And this is an opportunity also for you to ask me your personal questions live on the air. So you can call me during the show, the live show, of course, at 866-472-5795 and that's a toll-free number. If you're outside the US, or just don't want to call in by phone, you're welcome to ask me questions or send comments via email, which is to radioshow@extatica.com. And just know that this is an email that's only for use during the radio show so I don't ordinarily respond to it.

I'm known as the Soulful Sex Coach and I founded extatica.com and I'm the host of this VoiceAmerica radio show as you probably figured out. I thought I should just tell you a little about myself first. Since I usually introduce guests, I'll introduce myself in a little more depth than I might otherwise.

Sort of credential-wise, I'm a certified hypnotherapist with a master's degree in East-West Psychology, and that's a marriage of western psychology and eastern spiritual tradition. So that marriage of the psychological, emotional and spiritual is what's been really important to me. Over the last 20 years, I've helped a lot of people. Many, many people, enjoyed deeper intimacy with ecstatic lovemaking. I really

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

focused on clearing out the cultural inhibitions and sexual wounding that get in the way of that.

Over the years, I've developed a number of innovative technologies and methods to help people kind of get through all that really quickly and efficiently and without sort of head tripping and talk therapy, and connect deeply also with their spiritual source through sexuality and intimate relationships. Since 1991 I've been using these vibrational technologies including sound and colored light and subtle energy to help people release and heal from sexual and relationship trauma. I can tell you about some products that I've developed relative to that. But I thought I might tell a little more of my personal story than I usually do just to give you a greater sense of who I am and where I come from relative to all this.

So I was raised in a really not ultra conservative but pretty conservative household. I was considered a goody two-shoes pretty much through high school and even later probably till I was about 20. I was raised in the Sacramento area of California, and I was very fortunate to have two parents who were really in love with each other and I felt loved. There are the usual issues in families that a lot of people have, but I have this vivid memory when my dad would come home from work with my mother greeting him at the door and kissing, and I would like grab each of their legs and want to get in on that hug. I'd be like about five years old, and I remember wanting to participate in that loving energy and grab some of that.

As the years went by, I was pretty much a late bloomer. I had boyfriends but I was a pretty late bloomer sexually. I actually traveled with a very conservative musical show when I was 18 through about two years I did this. It's called Up with People. So I was singing and dancing and doing publicity for the program and so forth, but it was very conservative and so I was not getting into any trouble so to speak. But later on I definitely caught up. There was always this longing for that magic that I perceived my parents had. Now, they had their ups and downs as any couple does, but that coupled with what we see in the media really made me long for something deeper.

I went through adulthood. I raised two kids. I had a very happy marriage actually for 20 years, but I found myself growing in my need for that spiritual connection to go along with -- what I had was a very happy sex life. I was very fortunate in that regard. But I did find more and more wanting something deeper. As our relationship ultimately ended for a variety of reasons, that was still something that was a very deep longing and I just didn't know how to get there.

There was a point where I met somebody, and I was sort of briefly introduced to this other realm of what I would call sexual ecstasy. It was a sense of really going beyond our everyday personality and finding that place of unconditional love that didn't have to do with being in love. Hope that makes sense. Only this was a short-lived relationship unfortunately. For a lot of reasons, it didn't really have much to do with either one of us. But then I was sort of left going on like, oh, my God. What

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

happened? How did I get there? How did he get me there? How do I get back to this state of what was the first glimpse of true sexual ecstasy I had experienced.

I'm not saying just physical sexual ecstasy, I mean where the whole emotional heart and spiritual connection was integrated with the physical all in one fell swoop. It was about a year and a half later when, I would like to say, I got catapulted into the realm of sexual ecstasy. I was very fortunate in that not knowing how to get there; it just happened. I think I'd been wanting it long enough that maybe that's what invoked it. Who knows?

But at any rate, at this point, I had already been working for a number of years. This was in the late '90s actually that this took place, but I've been working since '91 as a hypnotherapist working with colored light projected into the eyes and eye movement and breathwork and other energetic tools to help people release chronic pain and trauma. What I noticed was that there was a theme in my clientele that seemed to predominately be about releasing sexual and relationship trauma. In fact, my very first client was a man who had been molested by his uncle when he was seven.

So that was kind of a theme and I've been quite successfully working with helping people release these kinds of blocks in their life very quickly; meaning just a few sessions, not like years of therapy. I was starting to get things like cards from people who were getting married and it was pretty exciting.

In the late '90s though when I had this personal transformation so to speak, I started focusing on like what is it that helps people experience ecstatic lovemaking. My partner and I were going like, my God, how come nobody told us about this? And how do you help other people get there?

I was in grad school at this time getting my master's, and I heard a speaker discuss her research. Her name was Dr. Jenny Wade. She was a professor at the Institute for Transpersonal Psychology. She spoke about this research she was doing on people who experiences transcendence sexual states without any psychotropic drugs or any meditational techniques or any practice like Tantra and asked if anybody wanted to participate in that, if they'd have some more experiences. She read some of her case studies and I went, "Oh, my gosh! There are other people too." So I volunteered and then becoming a subject in her nationwide research.

Then when her book was about to be published, she turned to me and she said they wanted her to do workshops. She didn't do workshops on sex. She was a consciousness researcher. So at this point I already had launched Extatica. I didn't really know what I was doing with it, but I was putting out these love tips just trying to share what I knew. Next thing I knew I was being asked to present a how-to workshop at this International Conference on Sacred Sexuality in Santa Fe, New Mexico.

Over the years I've been reading everything I could get my hands on and taking under people's classes. It was all starting to come together. I remember being up in

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

the Sierra Nevada Mountains by this little lake. I had my little Winnebago RV and I was camping there and I was reading and lying in my hammock and meditating and taking notes, laying my hammock by this little lake, and it started to clarify. I started to clarify and it came to me as these four keys to sexual ecstasy, and that sort of took me on a journey to share the positive side of the spectrum.

That I'll get into more in a later time but I just wanted to share with you this journey, but at the same time I want you to know that no matter how ecstatic your lovemaking is, there is still the everyday relationship to deal with unless it's a one-night stand which it can be but still you've got the relationship issues in your life too to deal with. That's where these obstacles come in. I will say that having a fantastic sex life kind of puts you and your partner on the same page to deal with the trials and tribulations of everyday life whether it's kids or finances or the stress of work or health issues. It does give you that sense of team spirit.

I wanted to give you that as a little background now that I've come full circle and get into some of these obstacles.

The first one is what I call The Touch Trap. Now, this particular obstacle really relates mostly to couples who are sleeping together, but some of these other obstacles don't necessarily have to do with being a couple. So stick with me if you happen to be single. We'll get to things that will apply to you as well. But anyway, The Touch Trap is something that especially people in long-term relationships often fall into, especially in bed. You know, kind of like when your partner rubs your back or kisses your neck, you may think it's a signal they want to have sex. Now, it may or may not be. They may just want a little kissing and caressing.

Now, that kissing and caressing and hugging and touch is really important for a relationship because oxytocin is a brain chemical that is stimulated by touch, in general, stimulated by non-sexual touch as well as sexual touch. For example, mothers and babies when they're touching each other stimulate oxytocin in both, and it's called the bonding hormone. It actually makes you feel bonded with the person you're touching. So I recommend it highly for all couples on a regular basis, not just in bed. But sometimes bed is a great place to have that cuddling and touching.

Now, the reason I call it a Touch Trap is based on the interpretation people make of the signal that the other person is giving. I've asked so many people about this, and they say it happens to them. So one person may be more inclined to be physically affectionate than the other. Some people are more demonstrative of their affection with hugging and kissing and even fondling at almost any time and other people are not as comfortable with those kinds of expressions except for specifically sexual foreplay. So when sex is not on the menu, some people are kind of reluctant to be affectionate in bed because it could trigger an expectation of sex when they're not really interested in it at the time.

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

Let's give an example. Let's say -- this could be man or woman. It could be reversed; it could be a same-sex couple but just for the example. Let me say in this case it's the woman. She's initiating caresses and hugs and maybe even kisses because she feels like sharing love and affection and closeness, but it's not necessarily a signal that she wants to have sex. Now, her partner may think that it's an invitation to have sex.

So it could go one of two possible ways most likely. If he's too tired or just not in the mood for sex or stressed out or whatever or mad at her, he might pull away. And then she'll feel rejected and they'll miss the opportunity to share that touching and closeness that would benefit them both and kind of stimulate that oxytocin and help them feel close. But if the man is in a mood for sex, his response will be sexual which is fine if the woman can get in the mood. But if she really just wanted to cuddle and caress and not have sex, he may feel confused and rejected when he declines her offer of having sex.

So whether he pulls away or presses for sex over time, when she just feels like playing kissing face in bed, she might be reluctant to show it because she's going to either risk rejection because he's not interested or undesired sex because he thinks that's an initiation for sex. And then the situation can be reversed to times obviously until eventually both partners are afraid to approach the other for physical affection in bed because it opens up this emotional can of worms.

So what's the solution? Well, I think the solution is to talk about it. And by the way, maybe this is one situation when you can talk about it in bed because it's time for pillow talk and you're not actually having sex. But, basically, I always recommend talking about your sex life when you're not in bed or not about to have sex and probably not right after you had sex. So some other time of day is a good time to bring this up and then you can kind of explore the possibilities for caresses and affection and when it's understood you won't be going all the way.

You might even give each other – come up with a signal like, okay, three taps on the knee, that means you are interested in sex or some other little non-verbal signals that you'd give each other to know that you are or aren't interested in sex at the moment so there's no miscommunication. You might even find that it's worth exploring on occasion some kind of low energy genital penetration without full arousal and orgasm. This can really be deeply emotionally satisfying in a way that complements your lovemaking on other occasions when you have more time and energy for going all the way.

Okay. So right now it's time to take a little break. And when we get back, we'll get into the topic of resistance to pleasure and connection. Okay, be right back. So stay tuned for more on Extatica.

[Commercial Break]

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

This is Extatica: The Way to an Erotic, Ecstatic Love Life. Do you have questions or comments for Ellen Eatough or her guests? Call in live at 1-866-472-5795 or send an email to radioshow@extatica.com. Now back to the program.

EE: Hi. Welcome back. So this Ellen Eatough discussing obstacles on the path to deeper intimacy and better sex and some ways to clear out these obstacles or overcome them.

The second obstacle I'm going to discuss is Resistance to Pleasure and Connection.

So this is often an unconscious tendency to resist the very pleasure and connection we so deeply desire. Like have you ever found yourself being in a sexual experience and then the pleasure of getting – and this could be by yourself as well as with somebody else. But the experience of the pleasure getting so intense that you found yourself backing off, or maybe you've had the experience of merging so deeply with your partner that it scared you and you had to cut him back off psychologically and emotionally. Who among us has escaped the cultural and personal messages of guilt and shame around pleasure and indulgence? It's a big no-no, like some of the seven sins or something.

Anyway, did you ever suffer unpleasant consequences for actually being open or vulnerable or totally self-expressive? Sometimes we take a shot and we get beat back and it just doesn't seem worth it. So we may think we want more pleasure and connection and then we sabotage ourselves unconsciously fearing it. Perhaps in a couple, one or even both of you go numb physically or emotionally or sets up an unintentional block to your responsiveness during lovemaking. What can happen is the impending pleasure or the impending intimacy or the deeper you get in terms of intimacy, the more can kind of amplify your fear of losing your partner or possibly losing yourself or both.

This can also be true if you're single. One of the reasons some people find it difficult to get into an intimate relationship or stay happily in an intimate relationship is the fear of that vulnerability, fear of the connection, the pleasure. And really when these patterns arise, they're generally – because they're unconscious, they typically are designed by our subconscious to protect us at some point in the past. That's how they got started. So the best thing to do about this obstacle is to be aware of it and notice when you tighten up or pull away or start to resist a deeper sense of intimacy with your partner or deeper pleasure in lovemaking and notice if you're reluctant to let yourself fully feel pleasure or even space out during the act.

If any of these happens, a really valuable thing to do is to get in touch with your body and your sensations. Your physical body is like a transmitter of the information from your emotions, and your emotions are like a message from your brain or your subconscious, telling you that you're, you know, fight, flight, love, go move forward, move back, whatever it might be.

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

So our bodies can be a sort of bellwether. If you notice that your stomach is tightening up, one thing you can do is like, "Oh, my stomach is getting tight." So first of all, just breathe and notice and just sort of say, "Is this a familiar feeling or is this indigestion?" Well, it's probably a familiar feeling from -- is it familiar from a previous time with this person? Is it familiar from a previous relationship? Is this familiar from my childhood? It may be when somebody forgot to pick you up after school and you're left sitting on the curve. It can be anything like that. So the idea is to breathe into your body and let yourself really feel the physical sensations when you find yourself resisting, and let yourself then feel the accompanying emotions. If you let yourself get fully absorbed into these feelings, they really quickly pass.

A little exercise that I used to use in my workshops -- not that I used to, I still do -- and that is the two questions. The first question is, "Am I willing to be with this experience 100%? Am I just willing to be with it?" If yes, then let yourself do it. And if it's no, just like, "Wow, I'm not willing to be with this experience 100%. What does it like to resist my experience? Am I willing to be with this resistance 100%?"

If you're really willing to be with your experience, like I'm really feeling afraid of this level of intimacy right now or I'm really afraid of letting myself go into this level of pleasure and if you just let yourself fully feel the experience and feel it in your body and feel it emotionally and you just stay with it, it will typically pass pretty quickly. Am I willing to be with this experience 100% with no agenda and at peace to it? With no agenda, not with an agenda for it to change but if you could just be with it, it typically will change.

So that's a really important tip. And if you just let yourself experience what's going on, even if it's not what you'd like to be in the moment, the mere act of observing and feeling physical and emotional patterns of holding in resistance is often enough to actually stimulate a cascade of letting go into more pleasure and intimacy.

Actually, I came across something recently, somebody I hadn't discovered yet although she's been out there for a while. Her name is Brené Brown. She's got a few books out, and she gave a TEDx talk. One of her books is called *The Gift of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*, and her other book is *Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead*.

The reason I bring these out is because her research -- and she's in a lot of research on people being afraid to be vulnerable. We are terrified of vulnerable. She found that what underpins all of this is shame and a feeling that I'm not good enough. We all know what can be like. We all know that feeling I'm not something enough, I'm not thin enough, I'm not rich enough, I'm not beautiful enough or smart enough or sexy enough, I don't get promoted enough -- whatever it is that's sort of underpinning this excruciating sense of vulnerability.

It's one of the toughest things to deal with in our everyday lives but it's really I think one of the most important things to deal with on our journey to intimacy because

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

connection is what we really all want. Brené Brown gets into this too about how ultimately that's sort of what we're here for is to connect; to connect not only with other people -- friends, lovers, family, workmates -- but also to connect more deeply with our self and our spiritual source, ultimately to the point where we merge, we recognize that we are one with our spiritual source and ultimately with everyone else and all that is.

So I just kind of want to bring awareness. We're not really going to solve this problem in this show, but it's really helpful to be aware of our resistance to pleasure and connection and the source of that being our feeling of vulnerability.

So, the third obstacle on the path to deeper intimacy and greater pleasure and sex is Old Wounds. Now, old wounds can be related to a lot of things. It can be related to issues like abandonment in our past, embarrassment, shame. It can also connect with the one we just discussed, this whole vulnerability and the shame about not being enough of this or that. It can relate to negative self-image, self-doubt, childhood pain, past trauma and so forth and just not pleasing your partner well enough or could be something that happened in a past sexual experience where somebody looked you cross-eyed or you didn't come fast enough or you came too fast or you didn't come at all or you didn't touch them in the right way and they didn't like it or somebody freaked out and left or left before you wanted them too.

So all of these things can move us toward -- they're wounds. They start to shut us down, have us hold back because we don't want to experience that pain anymore. The body, again as I said before, is a storehouse of feelings and emotions and experiences. The trick is when we enter into a loving sexual relationship sex can suddenly or gradually trigger a complex array of feelings related to old wounds. It's a little different than just the resistance to pleasure and connection. This is really stimulating more specific old wounds.

I've noticed that for myself and others, at various times in life a lot of people enter in what I call recreational sense or adventurous sex. When there's not much feeling or if they're in a loving relationship without sex, these feelings aren't as likely to surface, these old wounds aren't as likely to surface. You see, it's usually that powerful combination of sex *and* love that opens up the body as a portal to the hidden realms of psyche.

What happens then is that we can bump up against the places in ourselves that are blocked or wounded in some way, and the energy really wants to expand further. But first, we often need to clear out whatever is in its path. It's funny because a lot of people tell me that much to their surprise, it's just when things are going really well in a relationship that the old wounds surface. It's almost as if the wounds are saying, "Oh, there's love here. It's safe to come out now." But if you don't stay conscious about what's happening, they can distort perception and threaten to ruin everything. This is not necessarily in bed. It can translate from bed to your everyday life situation.

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

Like a seemingly minor injustice by your partner or even intense pleasure in bed or a sense of intense intimacy, it can strike a cord of symbolic resonance in your psyche. This amplifies your emotional response typically way out of proportion for the situation that you're in. And then it's easy to blame the other person because blame is really safe; blame helps us not be vulnerable, right? Blame is a protective device. So that's what we do and a major source of disruption resides within us and starts to bubble up like a volcano. And again, it often stems from childhood experiences in an adaptive pattern, which might have helped you cope in the past that no longer serves you as an adult.

So what do you do if these old wounds start to show up? Well, I've got a few suggestions. One is first breathe. So breathing really helps you focus. It helps you get out of your fight-flight instinct. The amygdala, that's the part of the brain that gets stimulated when we're feeling threatened or overly vulnerable. So breathing helps us focus on our sensation and our emotions so we can get some perspective. It's a universally effective way to help you get back into your present time experience other than relating from something in the past. So breathe and begin again with the body. The body is so informative. So breathe. Again, ask yourself, what am I experiencing right now?

This can be helpful to do out loud and if you're with a partner and even if you're alone to do it out loud because otherwise you get stuck in this mire in our head. But ask yourself, what am I experiencing right now? And let your partner just be witness to this. It can actually be very bonding to share this with your partner, so describe your bodily sensations.

You can say, "Oh, God, it like feels really heavy in my heart," or "I just feel like sucking my genitals back up inside my body," or whatever it is. And then name your emotions -- I feel scared. I feel pissed off or I feel like running or whatever it is and just share those emotions and the corresponding thoughts or memories that come up. You don't have to dwell on any involved storyline and you have to overindulge in unnecessary drama, but just note your present experience without trying to fix it. Name it without overanalyzing it. This is generally what your body and your psyche want, just to be heard and recognized.

So let those feelings rise up. Again, like with resistance, once you fully experience what you're feeling, it will change of its own accord because it's like the energy that was blocked finally moves. You may find that it keeps changing as the emotional logjam begins to break up and release. So just keep asking that question, "What am I experiencing right now?" You might even ask, "What emotion am I experiencing right now?" So even if what comes up is, "I don't want to deal with this right now," that's fine. Just let that come to your awareness so that you can address it when you're ready.

We have to take a break now, but I do want to say that when we come back, I'm going to get into another piece of this because sometimes the old wounds are

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

actually significant past trauma. So we'll visit that in a few moments when we get back from this break. So stick with me.

[Commercial Break]

This is Extatica: The Way to an Erotic, Ecstatic Love Life. Do you have questions or comments for Ellen Eatough or her guests? Call in live at 1-866-472-5795 or send an email to radioshow@extatica.com. Now back to the program.

EE: Welcome back. This is Ellen Eatough, the Soulful Sex Coach, discussing obstacles on the path of deeper intimacy with fantastic sex and ways to overcome them.

So the obstacle we were just discussing was old wounds. I had an experience once, and what I want to say basically is that sometimes love with sex is the key to unlocking significant past trauma. I had a woman come up to me once when I was – I had a booth actually at The Conscious Life Expo in San Francisco at one point, and she came up to me and she said, "You know, I am in my second marriage and I've been married just for a year," (or two.) She's really in love. Her husband was just a wonderful guy. And she said, "All of a sudden, I'm starting to have these flashbacks during sex of being molested. I don't know what this is about or why I never remembered it before, but it's terrifying and we don't know what's going on."

This can occur because again it can be a situation where the psyche kind of goes, "Finally, there is a safe loving place to come out and get these wounds out in the light that can be dissipated and dealt with." This is a sort of situation where I definitely recommend you get professional assistance in dealing with it. It can be a rocky road in the relationship for a while but if trauma is in there, it's really helpful for it to surface to a conscious awareness where it can heal in the light of love instead of lurking in the shadows and unconsciously sabotaging your love and unconsciously sabotaging great sex.

This is a good time to take this email from Andrew in Oregon because he writes, "My girlfriend sometimes seems to space out and be elsewhere when we have sex especially when it's getting really good. What do you think is going on?"

Andrew, thank you for writing. First of all, this sounds like – I can't say because I don't know you and your partner and we'd have to hear from her, but it sounds like the kind of situation I frequently encounter with clients where there has been a history of sexual or relationship trauma, and the person is actually disassociating. For example, if somebody is being raped or, say, repeatedly molested by a family member or a friend of a family when they're young and there's that whole tribal denial, even if they try to tell somebody occasionally or if there's the power struggle, like they can't tell, they've been threatened that such and such will go to jail, nobody wants their parent to go to jail and abandon them or whatever the situation might be, often it's just too much to deal with.

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

So what the child does or even an adult does, especially if it's a life-threatening situation, is they disassociate, meaning they have to succumb for survival on whatever level it is -- emotional, psychological or physical survival. They have to allow the situation to continue physically. But emotionally, psychologically, they just go somewhere else so they don't have to experience it actually. So what can occur is later on as an adult trying to engage in a healthy relationship that this can happen; that their sort of knee-jerk triggered subconscious response to pleasure or to deep intimacy is to suddenly exit the situation emotionally and psychologically and they may not remember.

It's tricky because the person who's doing this may not actually recall that past trauma because one of the protective devices for the individual is sometimes to bury the memory, to bury the conscious memory, and so it goes underground. So it's a sensitive issue. But again, in a sexual situation, outside the bedroom, it's warranted to just describe your experience. Not say, "I feel like you are going off someplace." I really recommend you start with your *own* experience, like "When we're making love, sometimes when it's getting really intense or really good, I suddenly feel alone. I suddenly feel like it's just me and your body, like who you really are is sort of not there anymore. Have you noticed that too?" or "Do you have any idea what's going on? I really want to be closer to you. I really want to enhance our sex life in any way possible, so can we talk about it?" You might find some gentle inroads there into that situation. Again, professional help is certainly warranted.

I also want to mention something that I learned from a great healer named Shantam Nityama. I interviewed him on my show some years ago, and he spoke about the sexual healing potential of a man with his penis. In this case, he was describing his penis in a woman's vagina, like sometimes it just becomes too intense for a woman or there's actual pain. If it's not because it's -- sometimes it's painful just because you're hitting on the cervix and that's a very sensitive organ. But sometimes a woman will just sort of like resist, and it's painful.

One thing a man can do is to just pause in the middle of the act of intercourse and just direct his loving, healing energy out through the end of his penis, not with ejaculation but just energetically, and just pause. And just encourage her to allow the sensation to speak to her. If this sensation, if this pain had a voice, what would it say?

Or she can initiate this. As a woman and you feel pain, you might just your partner just to pause for a moment, not stop. Just say, "Can we just *pause* for a moment and let me feel what's going on here." And then just let your inner voice -- just ask inside like, "What are you trying to say to me? What is this inner voice?" And just allow whatever bubbles up to come up. It can be very informative and often take you to a deeper place.

So with that, I want to get to this last obstacle, which is what I call The Push-Pull Dynamic. I also called it the Unity-Separation Paradox because it's just -- you have this sort of dynamic like a rubber band phenomenon that goes on between two

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music,
go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

people, in most any relationship actually, but what can happen is that – let me give you an example.

One thing that I often reflect on is that I love to swim, and I particularly love to swim in a warm ocean bay. I don't get to do it very often, but when I'm in Hawaii, for example, on rare occasions, when I'm floating in this beautiful calm bay and bobbing up and down with the waves, and the salt waters enough that I can float because I can't usually do that in the pool, I feel this like merging with the ocean and merging with the air and all that is, and I just feel like I'm in this total blissed-out being one with the universe state. It's just like I want to stay there forever and just kind of go on and on and on.

And then suddenly, with no provocation, it's like, "Okay, that's enough. I got to be me again," that I'm ready to start swimming and move around and look around. I think what happens with a partner is somewhat similar. It's like we want to be close, we want to merge, and then if we experience that, after a point, we suddenly need separateness. We need a certain amount of separateness to even want to come back and be close again. But I think oftentimes people misinterpret this and sort of like, "Well, if you don't feel like stopping the merging at the same time, you feel like something is wrong.

This is another situation where just speaking your truth is really helpful because it's like, "Oh, I really want to merge, and we're feeling merged, and why did he pull away?" It's like, "Okay, he felt it and he had enough for the moment and we had to have our separation." So this is one thing that if you explore it and just like sexual appetites or libido, most couples don't have exactly the same amount of sexual energy or the same need for merging. It's something just to kind of be worked between the two of you, but just recognizing that you have to merge and you have to be separate in order to merge.

That's really the crux of the push-pull dynamic. It's just one of the normal cycles of human life. It's like we can't inhale if we never exhale. We actually can't experience pleasure until we've experienced some pain, something to compare it to. So do discuss it, and don't take it personally.

I want to get to one last email here before we end this show today. This is from Sarah in Michigan. She says, "Can vibrators for women be an obstacle to intimacy?"

Well, this is a large topic actually, but let me kind of give you a few things that I've learned from various people. One is that vibrators could be an obstacle to intimacy or actually be contributor to intimacy, depending on how you use it. It's not the vibrator itself. So if you enjoy sharing this with your partner and it's part of your sexual play, then it can contribute to intimacy. Some people say that it can make you numb. It can numb you out or desensitize you to clitoral pleasure and clitoral orgasm or clitoral stimulation, so you can't have an orgasm without it. I've talked to gynecologists about this, and they say that biologically that doesn't really happen unless you are stimulating yourself for hours on end every day. But it can give us a

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2013

sort of an accustomed response, or a Pavlovian response that we need that, that we kind of want that much stimulation to have an orgasm.

One thing I do want to – well, first of all, if you're concerned about it, try just not using your vibrator for three weeks is the number they say, and see if your sensitivity increases.

But one thing I want to point out is the clitoris is analogous to the male penis. If a woman has a lot of clitoral stimulation without any internal stimulation of her vagina, it can often stimulate more of her masculine or yang energy. Typically, it will make a woman want to have penetration either manually or with a dildo or with a penis. But if she only has clitoral stimulation, especially if this happens with women who are single, without any internal penetration, it can over-stimulate your yang energy. So if you're looking for a partner with more masculine energy than you have, you might want to be sure to stimulate your own internal vagina and your G-spot, in order to develop more of your – just one little minor way of many ways, to develop more of your feminine energy, so that you can be more receptive to the masculine energy out there in the world and bring that towards you.

So that is all we have for today, all we have time for. So if you missed some details of the show or you'd like a transcript of the show or any of my other Extatica shows on VoiceAmerica, please visit extatica.com/show.

So I want to thank you very much for being with me today. And if you'd like my free audio download and e-book called *Beyond Orgasm: How to Have a More Deeply Connected Sexual Experience*, just go to beyondorgasm.com.

Thank you so much for being with me today and indulging my little time here with you. Thanks for listening to Extatica. This is Ellen Eatough in support of you having an erotic, ecstatic love life.

We hope you've learned from and enjoyed the show today. Join us again for another stimulating hour of Extatica: The Way to an Erotic, Ecstatic Love Life with your host, Ellen Eatough, on the VoiceAmerica 7th Wave Channel. This week, enjoy the best sex of your life.

© 2013 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/