

We Can Have Our Cake and Eat It Too

by Deliese Eros

Erotic energy is not just about having sex. It is living. We've become disconnected from our bodies, hearts, souls, spirits, one another and the Divine thus losing touch with many pleasures and experiences life has to offer.

Sex is one of the most wonderful experiences of human life. This is the life force of Creation itself. This is Divine energy especially when used intelligently and channeled into love, romance and creative pursuits that add to the beauty and abundance of life. However, this wild force can lash out and cause damage unless it is harnessed properly.

People who have repressed sexuality are most often affected in other areas of their lives. It is hard to be joyful about watching a sunset or kittens at play if you aren't joyful about your sexuality. By breathing life into one, you breathe life into all of it.



The desire for sexual expression is inborn and natural. I certainly wasn't taught that growing up. I understood sex to be something only married people do. I had the feeling something was dirty and wrong with it. Being a curious teenager I set out on a mission to find out what this sex stuff was all about. I was sorely disappointed with my early experiences.

This led me to learning and studying Human Sexuality and Sensuality for the last 20 years. When I worked and taught erotic touch, I learned that one or both partners might look outside their relationships in order to have their sexual and/or emotional needs met. Most of the time it was caused by the inability to communicate their desires to one another.

It is important to embrace this beautiful, natural and expressive side of us. It is just one of the many multi-faceted ways Divine energy is expressed.

Deliese Eros
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Deliese offers coaching for sexual issues and concerns working with couples and individuals. She pinpoints the under lying issues causing an imbalance in your life, which can lead to lack of sexual desire and satisfaction. She guides women, men and couples in exploring aspects of sensuality and sexuality that include healing sexual ruts, improving communication skills, freeing inhibitions, limiting beliefs, and sexual techniques through education and instruction. Her goal is to assist you in personal development and to inspire your erotic self.

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