

Ten Tips to take you...

BACKtoSex

Reclaim the Joy of your Sexuality

Sex is important.

Your sexuality matters.

You deserve to thrive & have a fulfilled sex life!

Getting back to sex will mean something different to everyone.

For me it is about reclaiming a connection with my authentic erotic, sensual and sexual self in whatever way it wants to express itself.

This guide will not show you how to have stronger orgasms, longer lasting erections or particular sexual positions.

This guide will give you more important tools and reflections on themes such as:

- **Permission**
- **Hope**
- **Commitment**
- **Play & Creativity**
- **Myth-busting**
- **Prioritising Pleasure**
- **Connection**
- **Knowledge**

Sexuality and pleasure is your birthright.
It is never too late to connect with your
unique expression of pleasure and joy!



TIP 1



Please don't give up on sex!

Sometimes people feel hopeless about their sexuality.

Maybe it has not only been weeks or months, but years since you have had sex or felt connected with your sexuality and you just can't see a way forward.

Maybe you feel that something is wrong with you or that you are somehow sexually broken.

**Even if you feel hopeless or broken, I assure you:
you are not broken & you are not alone!**

There is always something we can adjust and change.

We can heal, grow and flourish in our sexuality.

There are many reasons why we might stop having sex or feel disconnected from our sexuality. Stress, worry, bereavement, insomnia, big life changes such as childbirth, breakdown of a relationship, worries and trauma- particularly sexual trauma- all can affect our sexuality and sex drive.

Also hormonal changes during peri-menopause and menopause can lower our sex-drive, or make it feel non-existent. Mental health challenges and medication, including anti-depressants can lower libido and dealing with chronic illness, body-and genital shame and STI's all can have a big impact on how we feel about sex.

I believe that whatever obstacles we are facing with our sexuality and however long it has been since we felt pleasure or have had sex with ourselves or with others, there is always a way forward.

The first step on my own journey was to recover a sense of hope. Hope that I was not broken and that there were things I could do to reclaim pleasure and my sexuality.

But why even bother, some might ask?

Let me remind you of some of the reasons why we want and do sex:

- **Sex can make us feel alive and connected**—to ourselves, to others and to life.
- **Sex can be expansive, joyful, even ecstatic;** it can still our skin-hunger and satisfy our need for closeness and touch.
- We have sex because we're **curious, attracted to someone and turned on. We want pleasure and orgasms,** the yummy feelings and buzz we get.
- **Sex can make us feel cherished, loved and nourished-** helped by a whole cocktail of hormones that are released.
- Sex helps us **de-stress and release tension;** **it can be comforting, relaxing, playful and support us in emotionally challenging times.**
- **We can express our emotions and personality through sex.**
- **Sex is the most powerful life force energy and can make us feel energised, creative and connected to something bigger than our everyday selves.**
- **Sex can be fun!** And yes, there is of course **procreation-** we have sex to make babies!

All these are wonderful motivations for sex.

Don't give up- it is worth addressing obstacles to a fulfilled sex life.

From my own experience and through working with many clients, I know that with gentle steps, self-compassion and a commitment to cultivating pleasure you can absolutely reclaim a connection to your unique sexuality.



TIP 2



You are not alone and you are not broken.

Yes, I want to say it again.

Because this was so crucial for me to hear and took a while for me to believe.

Maybe you have friends or beloveds you can talk about sex. But many people struggle to feel comfortable enough to talk about sex or to find the right places and people to speak with.

Maybe you feel you are the only one dealing with a particular sexual concern or that you are somehow 'not normal'.

Struggling with any challenge can feel lonely. But around sex the isolation can feel even worse.

Please know that you are not alone and that there is support!

As for 'normal' - I simply don't believe in it. We are all unique in our erotic and sexual expression, our needs, desires and anatomy and every expression is valid.

There are many books and online resources available which can go a long way to educate and support you to learn more about your sexuality.

Yet to talk to a real person can make a huge difference in breaking the isolation around a sexual concern.

I know from my own journey that reaching out can be scary- to write that first email or make that phone call. But taking that step can truly change your life.

Often it is shame that holds us back. Shame is tricky- by its nature it wants us to hide and stay silent. It thrives that way. But when we share with trustworthy people about what we're struggling with, it loses its hold and power.

As Brene Brown puts it: *If we can share our story with someone who responds with empathy and understanding, shame can't survive.*

As a somatic sex educator and sex coach I am available to support you with any challenges you might face, including shame or guilt around sex, help you to find your voice and feel empowered.

You are not alone and you don't have to deal with your concerns on your own.

And another note about shame: **there is no too loud, too wet, too slow, too dirty, too quiet or too kinky in sex. Please stop letting yourself be shamed or shame yourself for your unique expression of your sexuality. If you are in consent with yourself and others and it brings you pleasure it's just perfect!**



TIP 3



Opening to pleasure and erotic possibility can feel daunting, especially if you have felt disconnected from your sexuality for a long time. But it can be an incredibly rewarding experience.

Like with all journeys, we only need to start with a first step. It doesn't matter how big that step is, what matters is to begin.

And we don't have to get rid of all our doubts and fears first either.

At times I felt disheartened and broken, but something in me was stronger and kept going- a commitment to keep exploring and clearing obstacles, keep going forward one step at a time, despite the doubts and negative self talk that kept coming up. And so can you!

So start somewhere, anywhere, but do start!

Taking gentle but committed steps can get us a long way.

A first step could be to take stock where you are at in your life in regards to your sexuality.

Here are some questions you could brainstorm. Set a timer, put pen on paper and go:

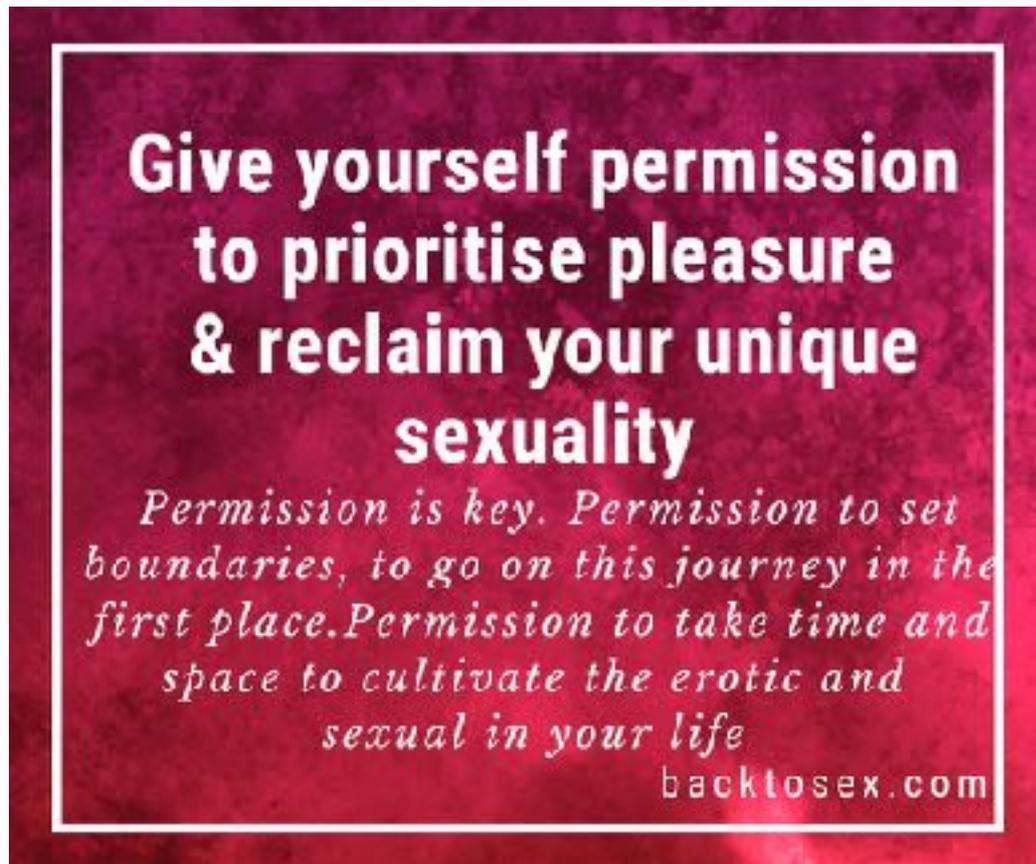
- ***What's going on in your life right now that is not working about sex, that is painful or difficult?***
- ***What is critical for you to resolve around sex and sexuality right now for you?***
- ***What happens if you don't?***
- ***If there were no obstacles whatsoever, how would you like your sex life to look like, feel like, be like?***
- ***What do you feel is the biggest obstacle that holds you back in making any changes around your sexuality?***
- ***What small changes could you make today in service to your sexuality?***

Then commit to start on this journey, no matter what thoughts or feelings might come up, whatever resistance you might feel and take one small step at a time.

I have found this quote about commitment and setting out on a journey true in my life: *The moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. (...) Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.* William Hutchison Murray



TIP 4



Permission is key- and you don't have to wait for anyone to give it to you!

On the journey to reclaim our unique sexuality, we need to give ourselves a lot of permission.

- **Permission to prioritise our sexuality, self care and pleasure;**
- **Permission for a lot of self care and self love** and to forgive ourselves no matter what regrets, grief, shame or guilt we might carry from the past;
- **Permission to have sex or not to have sex** and to follow our desires and needs closely;
- **Permission to set clear boundaries with others-** to say yes, when you feel a clear yes, and no when you mean no. And if you feel a 'maybe', permission to give yourself time and space to figure out whether it might turn into a clear yes or a no;
- **Permission to momentarily let go of the idea that sex has to be with another and start exploring with and for yourself;**

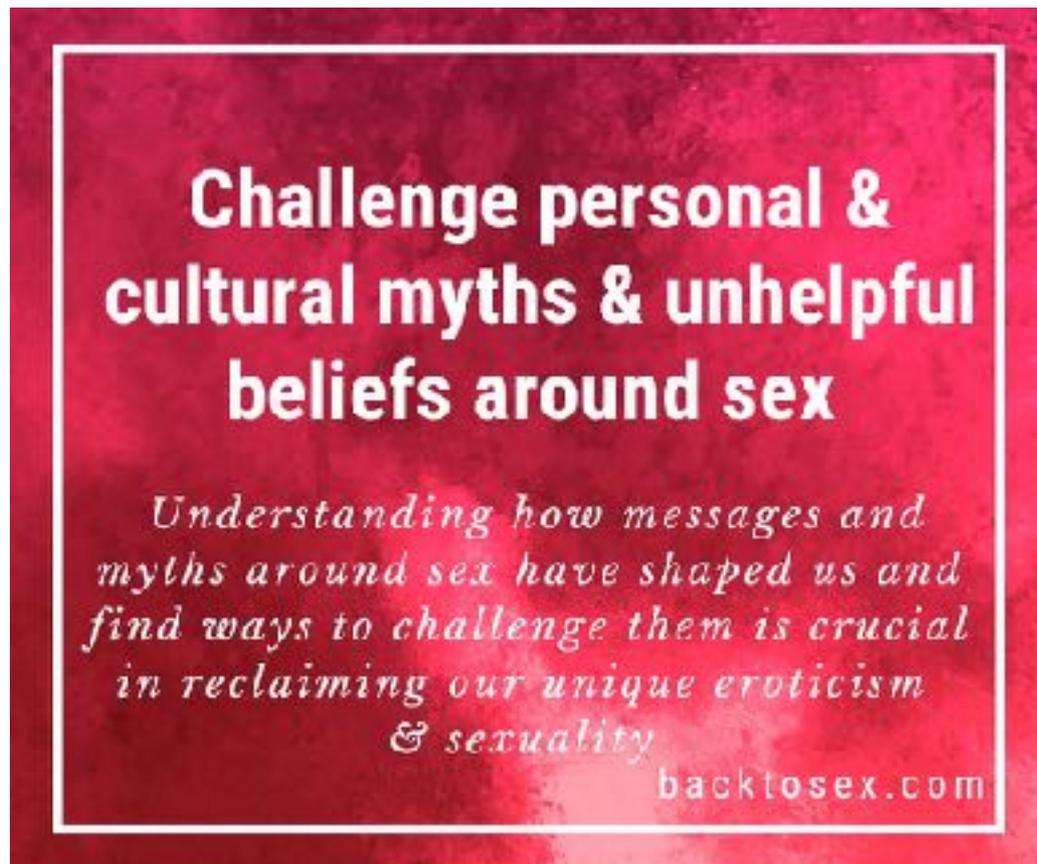
- **Permission to not wait for a partner to join you on the journey but take agency over your own sexuality;**
- **Permission to let go of any agenda and pressure** and meet yourself exactly where you are;
- **Permission to feel pleasure, but also that it is ok if you encounter numbness** and not feel much at all;
- **Permission to love your body just as it is;**
- **Permission to prioritise your erotic life,** to commit to invest in it, give it space, time and resources;
- **Permission to question your gender, gender roles, expectations & stereotypes;**
- **Permission to take your time!**

When we give ourselves permission we create space where exploration can happen. It's like a door through which we can walk and discover new, exciting things about ourselves.

How can you give yourself more permission today?



TIP 5



Understanding how messages and myths around sex have shaped my life, was the most important key to get me started on my journey back to sex.

No therapist or coach had ever asked me this crucial question:

What were the messages you received as a child, teenager or young person about sex?

Not until Barbara Carrellas asked this in her fabulous book '*Ecstasy is Necessary.*' It was a complete game changer for me.

When I answered this question for myself scribbling in my journal, I found crucial information: I had created a life according to the limiting messages I had picked up as a child from my parents and from sources around me, which became my unconscious beliefs.

The main messages were '*sex is dangerous- you get pregnant when you have sex and then your life is over*' and '*sex within a committed relationship does not work*'.

And then of course there were all the other messages about sex I picked up from school, church, youth clubs etc.

All this defined how I felt about my sexuality and showed up as limiting patterns in my life.

Becoming aware of these beliefs and finally questioning and changing them, was a first crucial step- I started to make important changes in my life and became more empowered in my sexuality.

And so can you!

So, let's dig deep and bring these limiting beliefs and messages to the light.

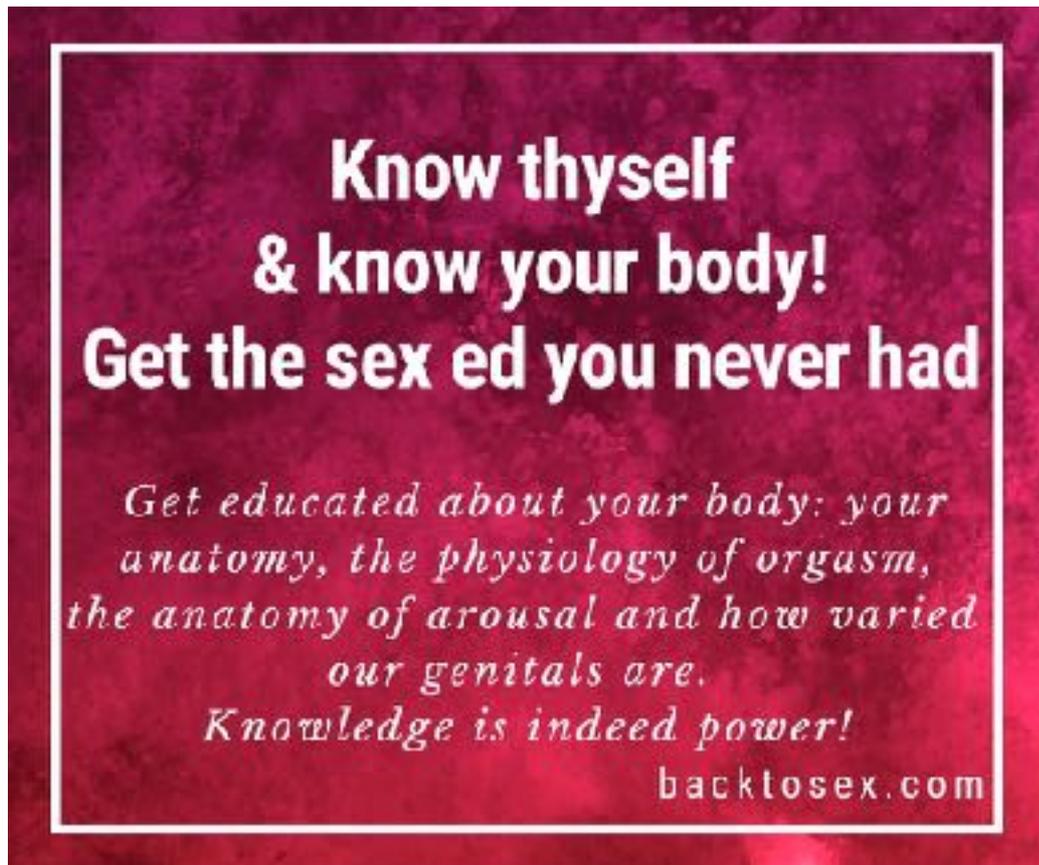
Here are some questions to ponder:

- ***What were the messages you received as a child, teenager or young person about sex?***
- ***How have these messages shaped you, your life and your connection with your sexuality?***
- ***What messages would you have liked to receive from your parents, family, surroundings, school, friends etc about sex?***
- ***What messages do you need to hear now that would support you in your journey of reconnecting with your sexuality?***

Once we are aware of the beliefs and myths we are holding about life and sex we can examine, bust and replace them with ones that serve us much better.



TIP 6



Knowledge really is power!

Knowledge about sex does not take away from the mystery.

In fact, the more knowledge we have- about our own bodies, our anatomy and the anatomy of arousal- the more chances we have to know our desires, to ask for what we want, and to get our needs and wants met.

I would like to encourage you to get educated about your body, your anatomy and the anatomy of arousal.

Learn about the physiology of orgasm and how varied our genitals are.

Genitals are like snowflakes and fingerprints, absolutely unique and amazing!

Many people, especially vulva owners, struggle with genital shame, so to educate ourselves about the uniqueness of our genitals is crucial.

In order to live erotically and connected with our life force energy, we need to educate ourselves and release shame.

When it comes to sex, there are many ideas about what 'real sex' is. Mainly that it has to involve penetration, a penis and vagina and that all else is 'foreplay' and not sex. Nonsense! Sex is what you want it to be and absolutely does not have to involve penetration. Again it is crucial to debunk these deeply seated myths.

The same goes when it comes to orgasm- there are so many ideas and myths surrounding the Big O. Many put themselves under enormous pressure to 'achieve it', and quickly.

Learning facts about our anatomy can be extremely empowering and freeing.

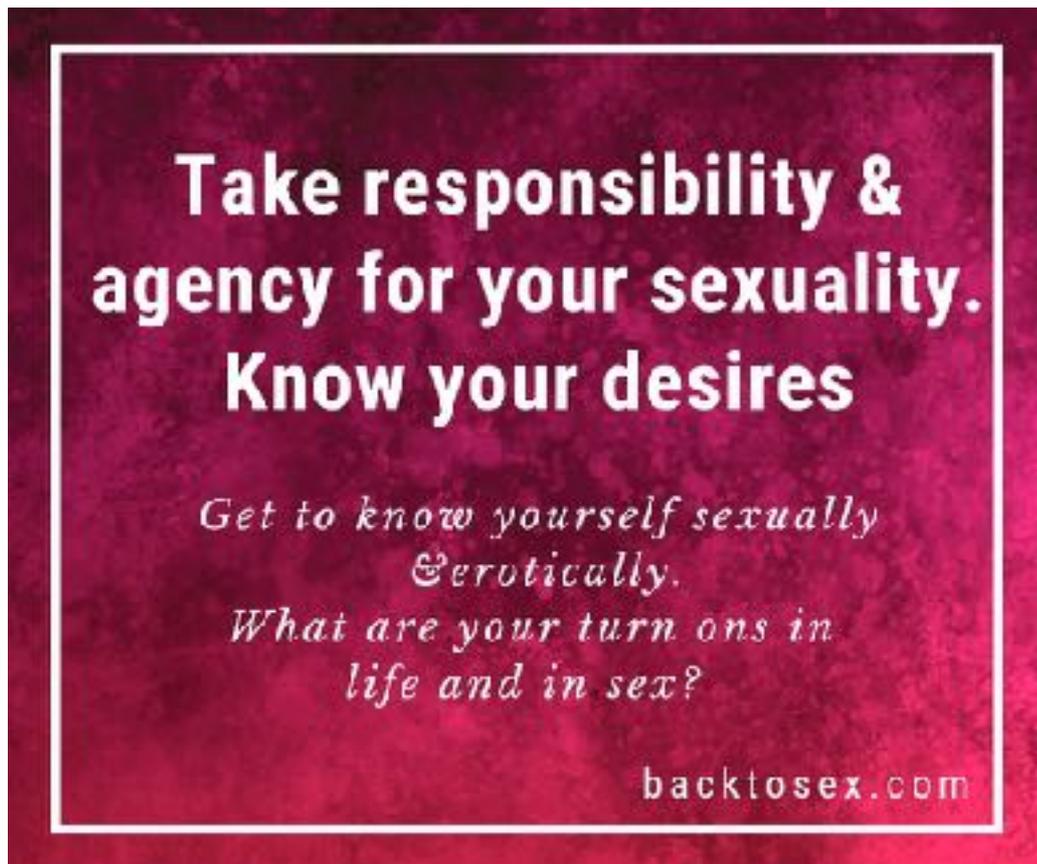
For example, the majority of vulva owners cannot orgasm from penetration alone. If you are one of these vulva owners, you might require direct clitoral stimulation over an extended period of time in order for your genitals to become fully engorged and for you to orgasm.

- ***How do you feel about your genitals? Their looks, how they feel, how they work?***
- ***How, if at all, would you like your relationship to your genitals to be?***
- ***How much do you know about the anatomy of your genitals and the anatomy of arousal, how arousal and orgasm work ?***



*“The possession of knowledge does not kill the sense of wonder and mystery.
There is always more mystery.” Anais Nin*

Tip 7



Take agency for your pleasure and your body!

Agency starts with yourself: by getting to know yourself better erotically and sexually, your needs and wants and how you are wired sexually.

A great way to do this is by bringing self pleasure/masturbation into- or back into- your life.

Give yourself permission to self-pleasure, to get to know yourself sexually and erotically. Self pleasure is not lesser than sex with another- it will give you a great foundation for all sexual experiences. And if you know yourself and your desires better you will be able to guide others better to your pleasure spots too.

Often our self-pleasure is quick, genitally focussed, as quiet as possible and involves some tensing up. But there is so much more to it!

As a Somatic Sex Educator I can support you to expand your self-pleasure practice beyond the habitual patterns that most of us have created, to include creativity and make it fun.

When we know ourselves well and can express our desires, we can relax more into joy and into the mystery of a sexual encounter, be it with another or with ourselves.

Here are some more questions to brainstorm:

- ***What does pleasure mean to you?***
- ***What turns you on in your life, what gives you pleasure?***
- ***Living erotically.... what does this mean to you?***
- ***What turns you on sexually?***
- ***How do you connect with your eroticism?***
- ***What are your needs for touch and how can you get them met best?***



TIP 8



Connecting with our body in safe and pleasurable ways is vital for our overall wellbeing and sexual aliveness.

We don't go anywhere without our bodies.

Our body is our temple, our home, our house of being. Precious, vulnerable, beautiful.

Sometimes we might not feel at home in our bodies- maybe we don't feel safe in our bodies as we have experienced that our boundaries have been violated, our voices disregarded.

Maybe we have experienced sexual, physical or emotional trauma and we don't feel at home and safe in our skin.

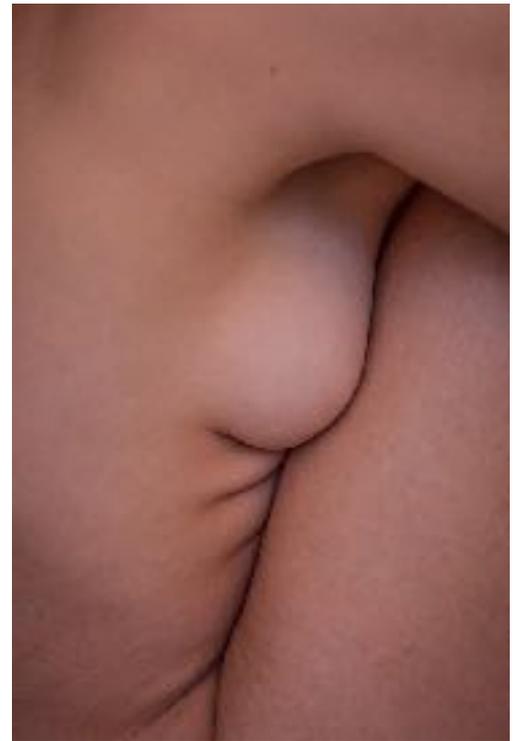
Sometimes it might be even hard to identify what gives us pleasure when we have veered far away from it through busyness, stress, anger, trauma or grief.

To find safe and pleasurable ways to re-connect with ones body, to come home again into body and skin is a crucial step on the journey back to sex.

And so is enquiring into what is pleasurable for us in any given moment.

This is the foundation of self-sovereignty.

- **What is your relationship with your body like?**
- **Do you feel at home in your body?**
- **Do you appreciate and like your body?
Do you love it?**
- **Is there anything that stands in the way for you to
love & appreciate your body?**
- **How, if at all do you listen to your body?
How do you know what your body needs?**



Illness or exhaustion are powerful reminders of the body's fragility and the importance for us to slow down and pay attention.

Can we listen deeply to what our bodies need and then give this to ourselves, even if our mind might tell us to ignore it and override the body's needs?

Maybe it is slowing down, more rest and sleep. Or good nutrition, exercise, movement, fun, a hike in nature or a swim.

It might be cuddles and holding, stretching, dancing, sensuality, yoga, self pleasure or sex...

Caring for our body is not a luxury, but necessary and the foundation of all else.

A great place to start is breath!

Conscious breathing can be a wonderful way to connect us back with the body.

The more we breathe the more we feel.

And sexual energy moves through breath, sound and movement.

The more we breathe, move and let our voices express ourselves, the more pleasure we can experience.

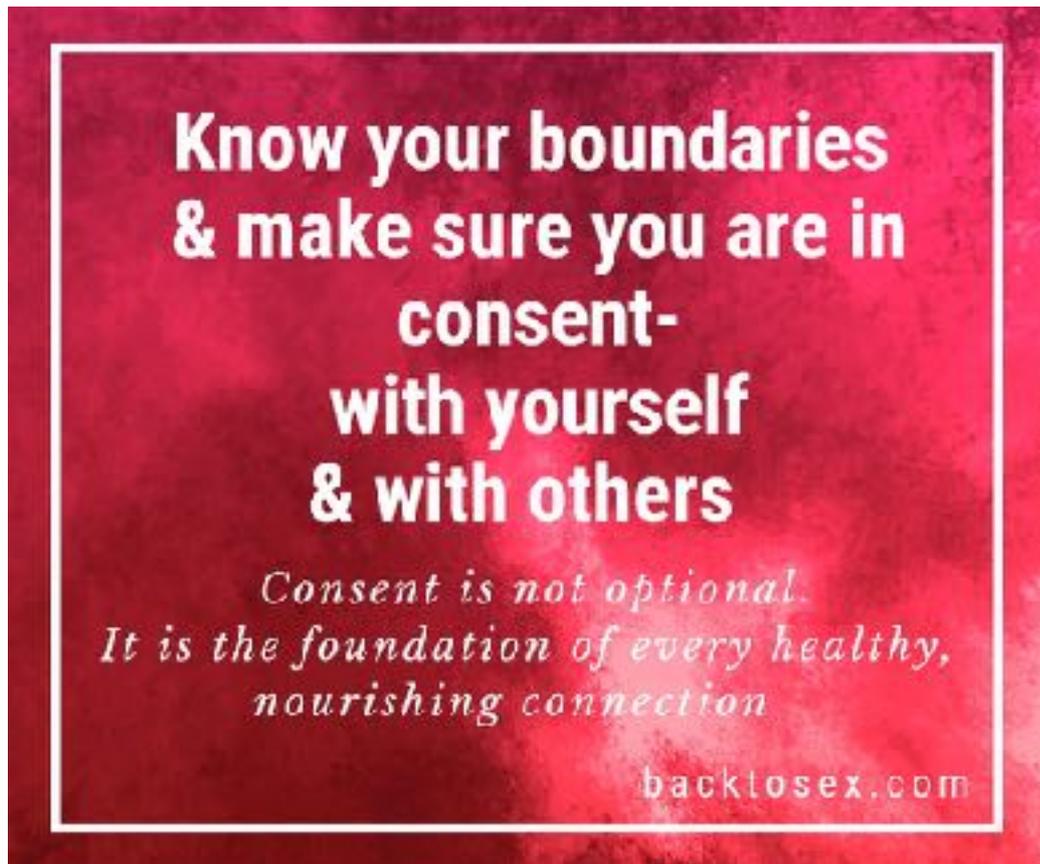
“Pleasure is an inner guide that empowers us to seek nourishment, companions and environments that fit our needs, where we can unfold our whole potential.

This pleasure-seeking impulse is part of our cellular intelligence.

We are built to seek conditions that support our flourishing and withdraw from stimuli that hurt or inhibit us.”

Caffyn Jesse

TIP 9



**Sex is not to be endured and consent is not optional.
It is the foundation of every healthy, nourishing connection, be it
with ourselves or with others.**

Consent- mutual agreement- is the basis of trust, of intimacy, of sex. And it is relevant in every single area of our lives. With consent in place, you can go anywhere! You can have dynamic, healthy, growthful and ecstatic relationships.

And negotiating enthusiastic consent does not have to be dull. It can be playful, exciting, even erotic. We get to know our beloveds, friends, family, lovers & partners better, which in turn creates more intimacy.

In my work with clients and in my everyday life I often use Betty Martin's 'Wheel of Consent' to bring clarity to questions such as:

Am I in consent / agreement here?

Am I aware of what I want and articulate my wishes by making a request or am expecting the other to read my mind?

Who is giving a gift here?

Am I the one giving a gift or am I receiving/ accepting it?

Am I slipping into enduring or care-taking, rather than staying within the agreements?

I have found that learning about consent deepens the more we explore it consciously and the closer we pay attention to our needs, wants, limits and boundaries. Sometimes it feels clear and easy to find agreements and to keep tuning in, at other times it feels complex and demands time and close attention.

Here are some more questions to explore:

- ***Are you in consent with yourself and with others when it comes to your sexuality? How do you know that you are in consent ?***
- ***Can you express your 'yes', 'no' and also your 'maybe' clearly? And if not, what holds you back?***
- ***Are you aware of your boundaries? In life general and in regards to your sexuality?***
- ***Where do you feel your Yes, No, and your Maybe in your body ?***
- ***How do you know what you are feeling?***



“You can't have consent as a little add-on. It has to be embedded within the whole culture and within our whole institutions and our whole community.”

Meg-John Barker

TIP 10



There is a strong & rich connection between creativity, sexuality and play that can support us on our journey towards a fulfilled sexuality.

Sex can be profound, ecstatic, nourishing, transformative, yummy, enlightening and much more. It also can be a lot of fun and bring out playful parts in us.

I have found that when I am in touch with my playful side, I am also more open erotically- one aids the other. Sometimes my erotic creature is woken by being creative, by allowing myself to be playful or simply by relaxing into what is present in the moment.

- ***What brings you fun and playfulness in life and in sex?***
- ***Can you give yourself more of that?***
- ***Do you know the sexual creature in you that wants to play and have fun?***
- ***What does it look like? How does it want to express itself?***

- ***Would you like to create a situation where you can share erotic, sexy fun with a partner or a lover? What might this look like?***

Maybe you would like to set up a 'play date' - a dedicated time and space where you explore what might be fun? To allow silliness, play and laughter to nourish you.

And yes, you can do this also with and for yourself! The thought of a solo play-date might be new or daunting- but I assure you, such dates can be super nourishing too!

What comes up for you if I mention erotic play? Playful eroticism? Creativity?
Do you hold the idea that sex needs to be 'serious'?



Sexuality is our birthright and so is creativity. One can nourish and support the other.

For me, pleasure connects with accessing my creative and my sensual side- consciously engaging my senses, creativity and playfulness.

Making space and time each day to nourish our sexuality and creativity even a little can feel challenging. For some this comes easy, for others it take a lot of self coaxing and commitment. But if we do, it goes a long way.

- ***What could you do today that is playful, creative or fun?***

- ***How can you engage your sensual side?***



BACKtoSex

I hope you found these tips and reflections helpful. Please remember: whatever obstacles you might face, you are not broken. There is always a way back to pleasure and to a fulfilled sexuality. And it is never too late for this journey!

If you are curious about my work and how I can support you, please get in touch.

I offer a free Discovery session- a space for us to talk about any questions you might have and for us to explore how we can work together.

Currently I offer:

- * **12-week Back to Sex online group programme twice a year, April & October;**
- * **5-months one to one deep dive Back to Sex coaching journey; [HERE](#)**
- * **Back to Sex immersions at my home Phoenix Nest near Brighton, which can include bodywork; [HERE](#)**
- * **Sexological Bodywork & Somatic Sex education bundle [HERE](#)**

I work with women, non-binary & genderqueer folks of all sexual orientations & relationship styles. Trans women are warmly welcome.

Please check out my website www.evaweaver.com & www.backtosex.com

Contact me at: info@evaweaver.com

My sessions take place either face to face in Brighton or worldwide via zoom

I wish you joyful and nourishing times in your erotic, creative and sexual explorations and look forward to hearing from you.

It would be a pleasure to support you on your journey!

with love warmest
wishes
Eva

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