

INTIMACY – Into Me See
by
Debbie Broadley



www.deborahbroadley.com/sacred-sex-intimacy.html

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Are we brave enough to take off the
masks we hide behind?

Can we show our shadow as well as our light?

Are we ready to be vulnerable?

Less than perfect?

Can we drop the role we play?

And most importantly are we able to LOOK,
I mean really look at each other?



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I did a workshop a number of years ago, and then volunteered to assist on further workshops, one of the first places

of discomfort we were placed in was to pair up with someone unknown and maintain eye contact, no matter what!

What an interesting experience in human nature, how we fidget and try to look away.

I saw people on many occasions break down and cry, and it's not about looking at the other person, it's about being seen and for some this was their first experience of ever being SEEN.



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Personally I have had a habit, most of my life of
hiding behind my hair.

People who know me will attest to this,
even in photographs,

I would cover as much of my face as
I could with my hair.

I would sit across the table from someone
and find them looking at me and say,
“don’t look at me.”

It’s not that there is anything to hide, it’s
judging and finding ourselves less than.



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If you look at me you may find I don't measure up! Most of us grow up with at least a little not good enoughness, low self- esteem, limiting beliefs get embedded and negative programmes reinforced.

As we move energy with the breath so we are able to move energy with our eyes, seeing and being

seen is very personal, it connects my energy circuit with yours, our breath begins to synchronise, it creates a harmonious exchange, two breathing as one.



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We so often rush about our days without giving the next person a second glance.

Think about the cashier at the supermarket, did you look at her, did you smile, did you even notice if she was a he? And what about TOUCH?

If we are unable to look at each other and hold that focus, can we touch each other?
Are we even able to touch ourselves?



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When you meet up with an old friend, never mind a new friend, do you hug them, kiss them, shake their hand or simply say hello?

Have you noticed how a lot of people will give you an A frame hug, pat you on the back a couple of times and step back?

We are so afraid of touch, so afraid to connect, so afraid to be seen, so afraid of INTIMACY.



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So where does that leave sex in all of this?

If we cannot even connect our eyes but
we are prepared to connect our
genitals! Self-gratification,

I suppose, or a mechanical act with an
end result in mind.

And wham bam thank you mam, a pat on the
back, a peck on the cheek,



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It is said that the greatest gift we can give to anyone is our presence.

Feel the difference when you are touched whilst the other is busy or thinking of something else and when you are touched by the beloved in absolute presence.

The energy of this touch is alive,
it tingles, it's present.

With this touch, with this look, we open to love,
our hearts and bodies respond, we soften,
we yield, we surrender.



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Sex is present in all, well most, relationships,
its intimacy that is missing.

We are so afraid of rejection, of being
judged, measured and found wanting
that we play it safe.

We armour our bodies and our hearts,
we prefer not to feel, if you don't feel



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Our emotional centre and our sexual centre
are one and the same thing,

the sacral chakra is where we hold
our sexuality and it's the place that
the emotional body enters our physical body.

It makes sense then that if we are closed
down emotionally we will be
closed down sexually.



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To fully engage in Sacred Sex we need to clear all blockages gently and lovingly.

Start with you! Start with self acceptance and love, be intimate with you, touch yourself with presence,

look at yourself in the mirror, really look, make eye contact with YOU and hold it.

And while you are doing that, connected with yourself I want you to say these words:



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“Beloved,
I love, honour and respect the
love, the light and the life
that you are.”



Namaste Debbie xx

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