

ORGANIC SEXUALITY

*Restoring Natural Sexual Health,
Pleasure, And Wholeness*

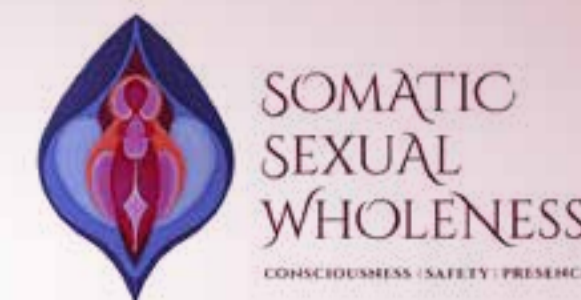


Rahi Chun



SOMATIC
SEXUAL
WHOLENESS

ORGANIC SEXUALITY



Restoring Natural Sexual Health, Pleasure, And Wholeness

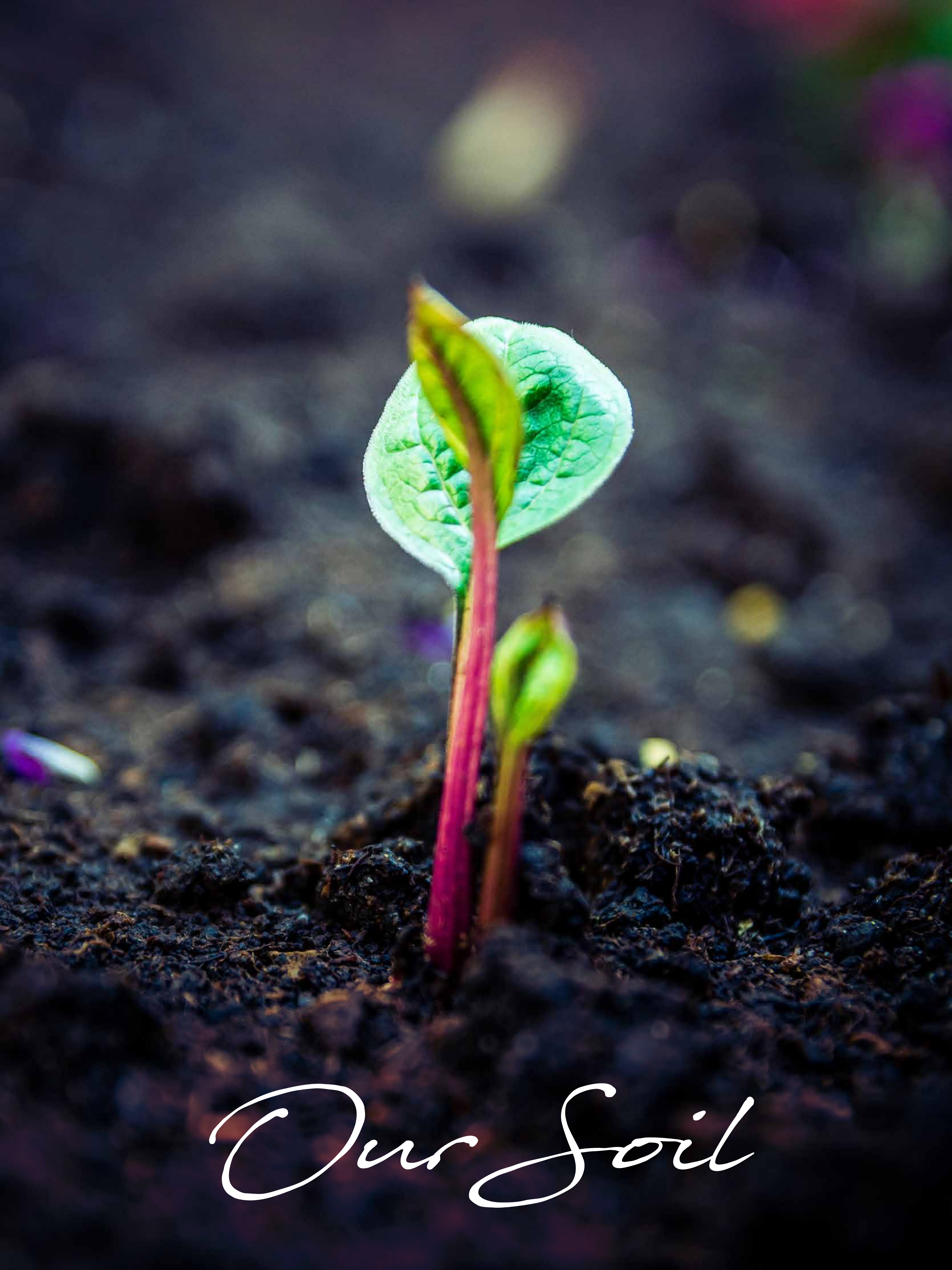


Welcome to Organic Sexuality and the 5 Elements to restoring, reclaiming and realizing the healthy embodiment of your sexual nature.

My name is Rahi Chun and having worked with hundreds of clients as a certified somatic sex educator and sexological bodyworker over the years, my intention is to identify the elements central to your sexual health, empower an understanding of how they affect your embodied pleasure, and invite an exploration for honoring its organic wholeness.

Restoring the organic nature of sexual wholeness involves understanding the sexual nature of our human nature. And much like all nature, there are different systems that interact to create a healthy organism. I like to use the example of an organic fruiting tree (soil, roots, trunk, branches, and fruit) to describe how various elements of our embodiment work together to create sexual wholeness.





Our Soil

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Our Soil

Our soil is made up of personal, familial, and cultural histories that may be influencing our sexuality today. Studies now show that as early as when we are in our Mother's womb, we are feeling her emotions, as well as the elements in her environment.

What were the influences nourishing you as you were gestating in your Mother's body? Is there a story you have about your conception - and if so, is it empowering or disempowering? How might these elements influence your experiences of yourself and your sexuality today?

In most of my intakes, the client will say something like, "I can't believe I'm sharing this, but..." and then go on to share a story that they feel some guilt or embarrassment about - not realizing that most people have a story about their sexual initiation, awakening, or exploration that they consider embarrassing or shameful. Often, this may involve a violation or a breach of boundaries whose fault was not theirs.

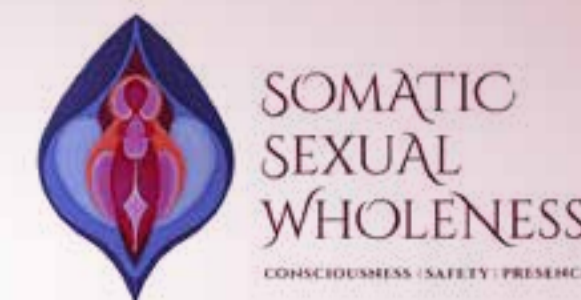
Some of the influences in your soil may align peacefully with your true sexual essence and its authentic expression, while others like shame, won't. Within the multi-generational soil of our lives can be powerful messages learned unconsciously about what kinds of behaviors, responses, and interactions elicit safety and love - influencing our sexual expression. Identifying and working with those elements through owning what is ours and releasing what is not can serve to re-till the soil supporting your sexual sovereignty.





Our Roots

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Our Roots

Our roots represent our dynamic nervous system - the state of which affects our experiences of sexuality in profound ways; from how oxygenated our blood is, affecting tissue sensitivity, to how hyper-vigilant we are, affecting our openness to arousal and pleasure, to the oxytocin flow in our bodies, affecting our feelings of connection. Our nervous system is one of the main influences to the emotional states we have access to and our thought patterns.



Have you noticed how your emotional states affect your sexual responsiveness and availability for pleasure? Are you aware of how your body's nervous system affects its sense of safety, and thus, its sexual pleasure responses?

Often, based on the influences of our soil, our nervous system can respond reflexively to past patterns when engaging in sexual intimacy. Thankfully, there's a wide variety of somatic modalities and lifestyle practices which, over time, can re-regulate these nervous system responses, so what used to trigger the body into "freeze" or "fight or flight" states can evolve into a healthy and present social engagement state in the here and now.

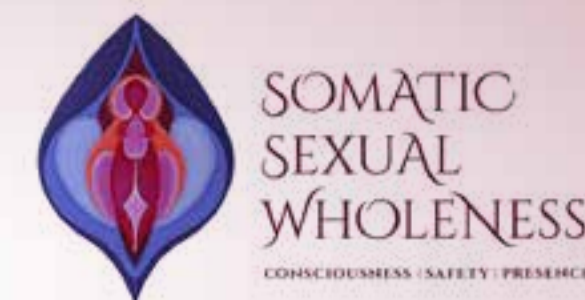
I'm a big fan of Neuroaffective Touch for resolving developmental and relational trauma from the nervous system, and TRE for releasing stored anxieties and tension from event/shock traumas. Other body-based modalities include Somatic Experiencing, Sensorimotor Therapy, Organic Intelligence, and EMDR to name a few. A wide variety of meditations, yoga, breath and body-work disciplines can also be effective.

Simple lifestyle choices prioritizing quality social engagements where we feel seen and heard, soothing baths, receiving safe and comforting touch, singing (out loud!), and taking in nature are ways to water and replenish our roots as well - especially when attuning to their effects on our body and nervous system.



Our Trunk

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Our Trunk

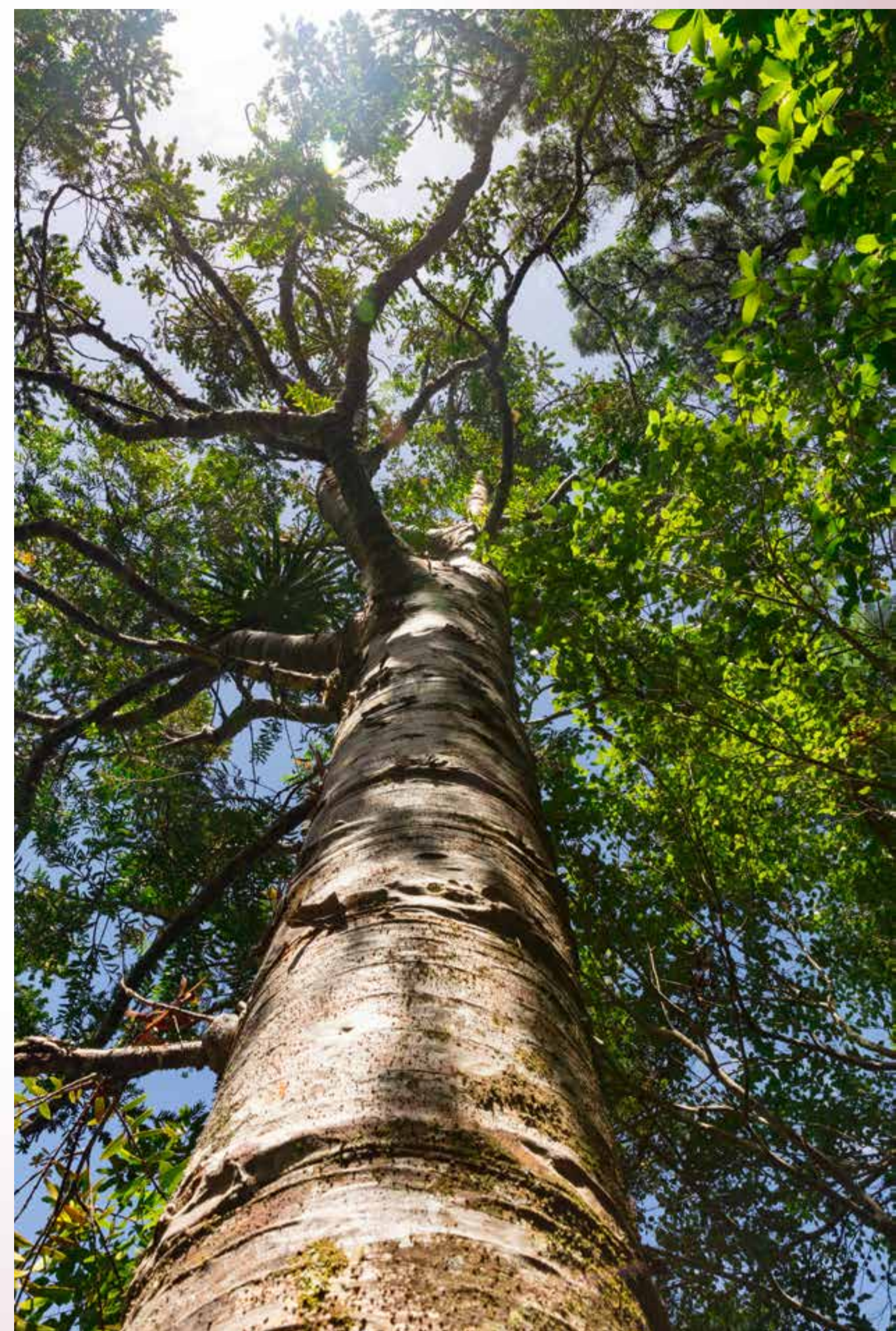
Our trunks represent the part of us that knows what it wants and what it doesn't - the solid core in our being - our center.

Embodying our center, comfortably and safely, empowers us to navigate the storms that can occur within relationships, sexual and otherwise. The more embodied we are, the more attuned we can be to what feels authentic or intrusive. We can both identify and voice what kinds of touch feel welcome or not, and what depths of sexual engagement feels truly aligned to the moment. The strength of our trunk is deeply impacted by the health and history of our roots and soil.

In your sexual play and intimacy, how natural is it for you to voice your body's "no," "not now," or "no way," as well as voicing your "yes," "I want that," or "do it this way?" Are you aware of the personal space and boundaries your body needs to feel safe, present, and connected?

It's especially important in repairing boundary-ruptures for the body to experience its "no" and have that "no" be respected immediately and unequivocally. To have a "no" not only honored, but welcomed can open up entire new realms of possibilities and behavior patterns. Honoring your authentic "no" often leads to experiencing your authentic "yes" to what your body really wants to receive.

There are all kinds of somatic exercises that invite the body to listen for the kinds of touch it desires and to vocalize its wants. One such practice is the 3-minute game. It's fun and playing it can teach us about our likes, dislikes, erotic turn-ons, turn-offs, as well as how to communicate and negotiate.



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Our Trunk



The 3-minute game, as well as videos and practices for honoring boundaries and consent can be found at both:

<https://somaticconsent.com> and

<https://schoolofconsent.org>.

And for teens and young adults, I highly recommend Dr. Jennifer Lang's "Consent":

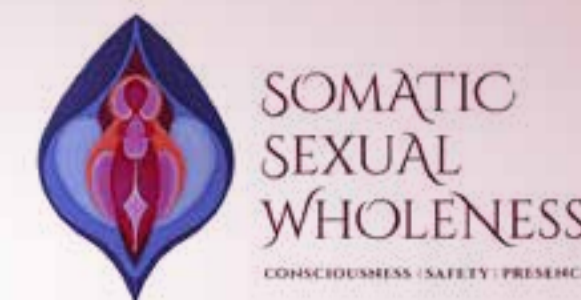
<https://consentthebook.com>

Empowering your center and its voice is about empowering your body's truth and placing it in the throne he/she/they deserves.



Our Branches

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Our Branches



Our branches are our Circulatory or Qi/Energy channels. When our channels for blood and energy are open and healthy, and the oxygenation and quality of blood is rich and vibrant, our tissues are sensitive and responsive to arousal, pleasure and orgasmic communion.

When our channels are contracted from a chronic need for the body to protect itself due to past or current boundary violations, biochemical deficiencies, scar tissue obstructions, or unresolved emotions, the Blood/Qi/Energy can become obstructed leading to a lack of sensation and vitality. Such body armoring can occur in any branch of the body, however, the throat, heart, abdominal, and pelvic centers are especially central to the healthy functioning of our sexuality. Their openness and free flow of life force are dependent on how safe we feel inhabiting and expressing the truth of our center.

There's a wide range of practices supporting the restoration of our channels for its healthy Blood/Qi/Energy flow. I have found the following to be particularly effective: Acupuncture, Acupressure, Vaginal/Urogenital Steaming, Castor oil packs, liver, gall bladder and intestinal cleanses, natural herbal remedies, the ancient Taoist arts of Chi Nei Tsang (inner abdominal organ massage) and Karsai Nei Tsang (inner genital organ massage), and bodywork disciplines such as Dearmouring Arts.



Our Fruit

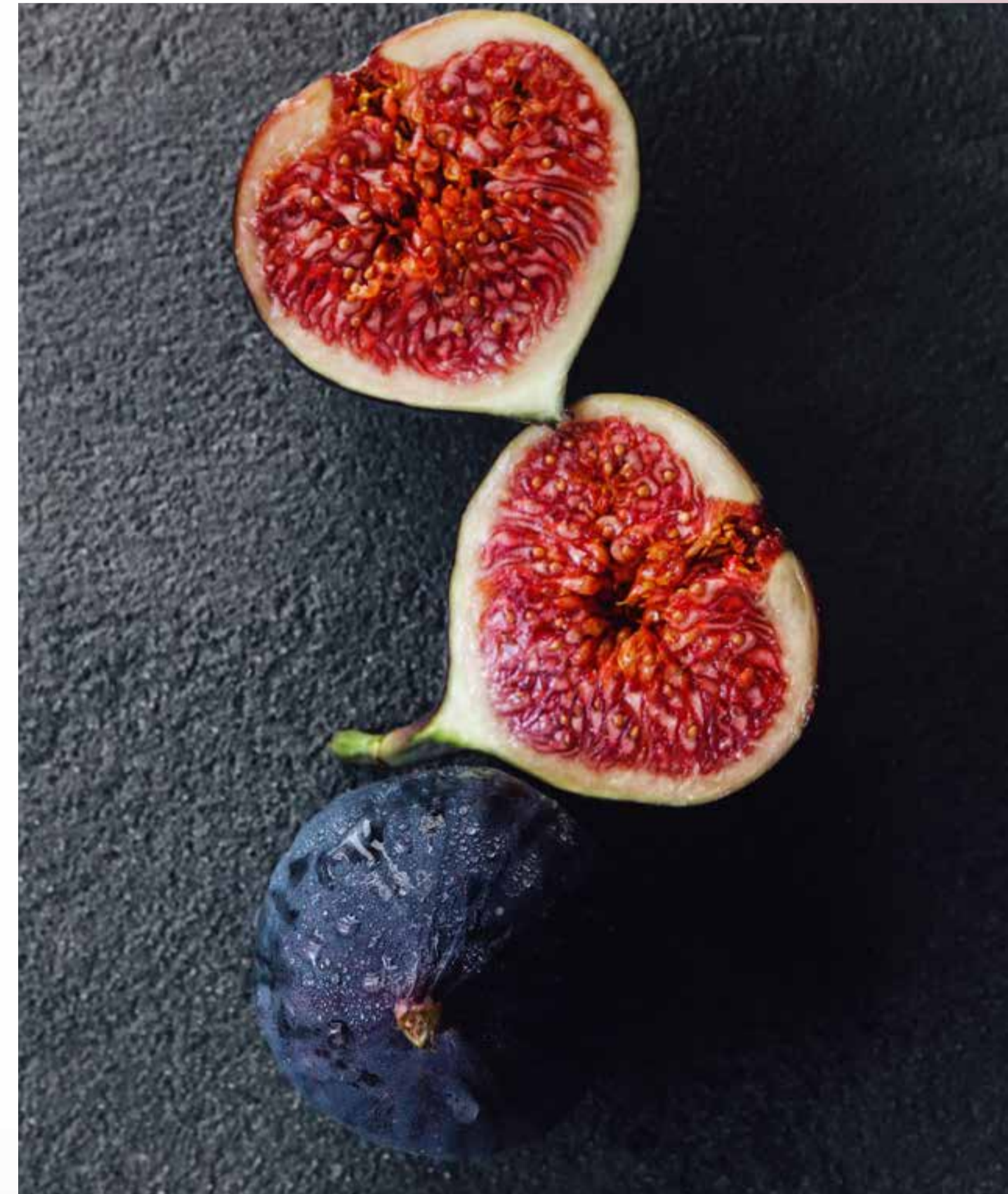
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Our Fruit

Our fruit represents our beautiful genitalia. Developing an honest communication between our heart and genitals involves listening for how they want to be loved and made love with. Too often in our goals- and results-oriented culture, the emphasis in sexuality is not only fixated on the genitals, but an emphasis on how they look, rather than how they feel. We use them as a means to impress and perform, demand from and barter with, rather than listening to and being in communion with.

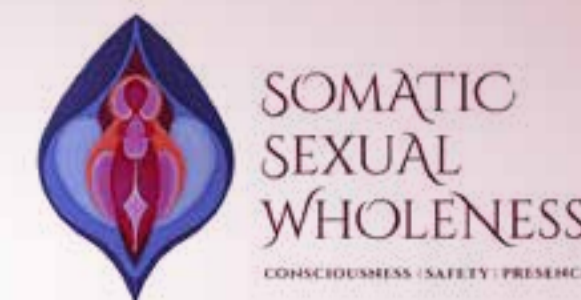
Ultimately, restoring each aspect of our sexual ecosystem invites a listening for how the vibrant, powerful and empowering nature of our sexuality wants to be explored, expressed, and experienced. This not only deepens our intimacy with ourselves, but creates an attunement for engaging intimately with our partner/s as a whole being.



Is there a somatic understanding of the erogenous and physiological functioning of your genital anatomy? Are you aware of the beauty and power of your erogenous anatomy, how intricately innervated they are, and how brilliantly each aspect can enhance and expand the others?

In many instances, enriching the nutrients of our soil can directly result in a deeper awakening and embodiment of our fruit. In other instances, reclaiming our voice around boundaries and consent can lead to a much more relaxed pelvic floor, thus allowing for more blood flow and sensation in the genitalia during love-making. Everything is connected to everything else in our universe and it is no different within our magnificent bodies.

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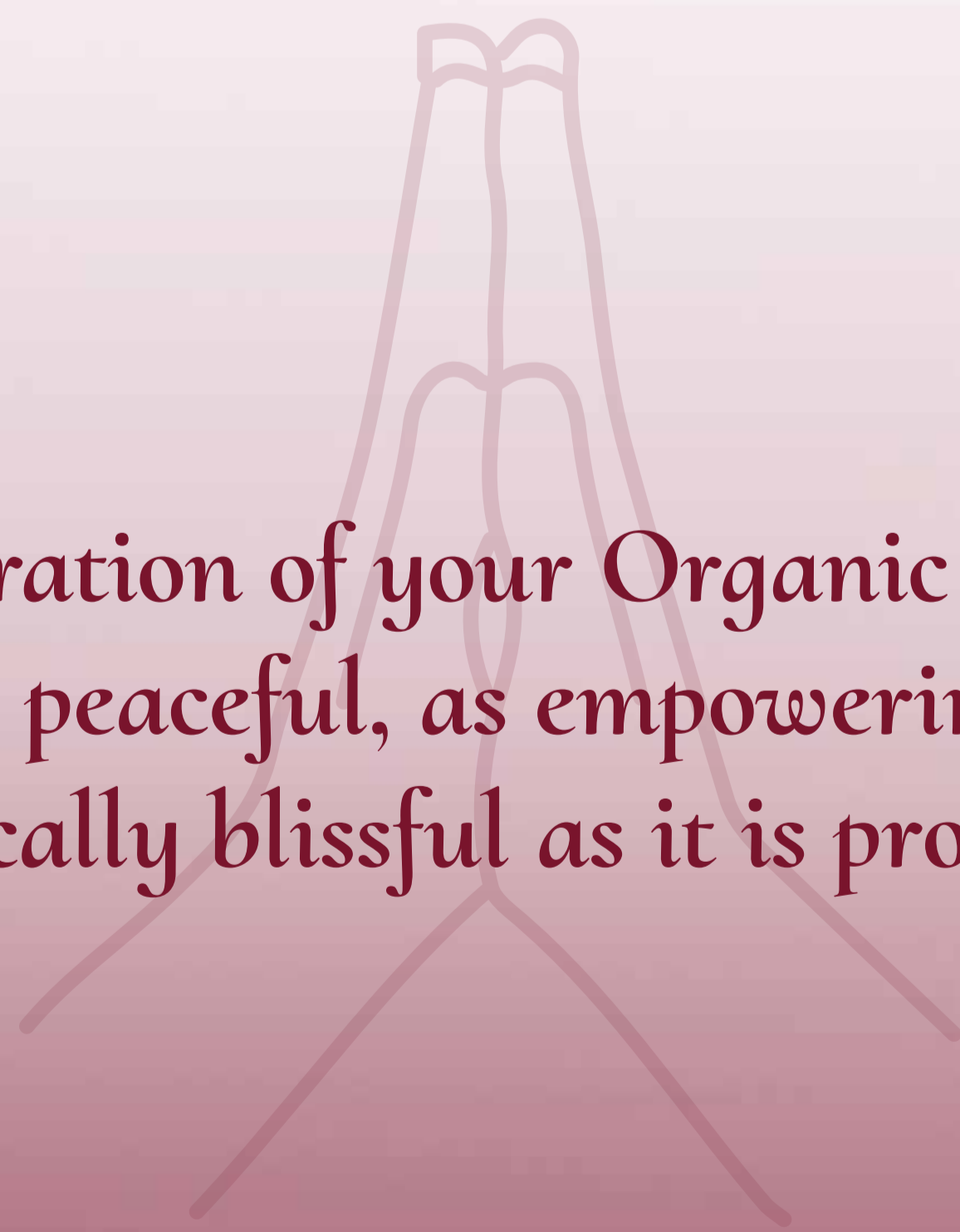
Our Fruit



The best practice for restoring the sweet aliveness of our fruits is to make self-pleasuring the whole body a sacred and intimate experience. By keeping a pleasure journal about how your body and genitalia experiences pleasure, the fulfillment and spirit of your organic sexuality will expand beyond what you thought possible; I guarantee it.



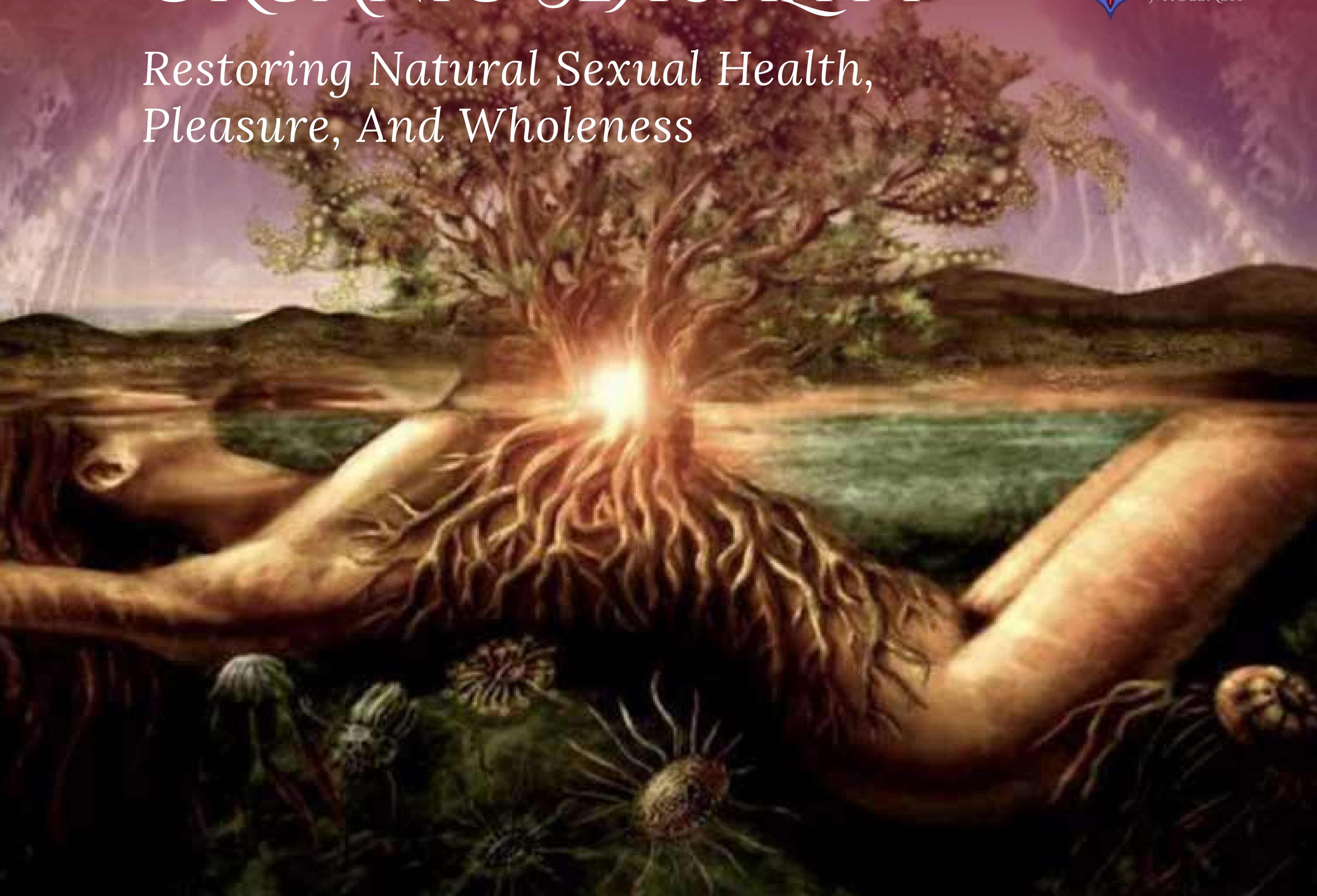
May the exploration of your Organic Sexuality be as sublime as it is peaceful, as empowering as it is sweet, and as erotically blissful as it is profoundly true.



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For a deep dive into your sexual wholeness, register to receive
The Organic Sexuality Podcast + future articles at
<https://somaticsexualwholeness.com>



HONORING YOUR SEXUAL HEALTH,
PLEASURE AND WHOLENESS,

Rahi

Rahi is fascinated by the intersection of sexuality, psychology, spirituality and their authentic embodiment. Based in Los Angeles, he is an avid traveler and loves exploring cultures, practices of embodiment, and healing modalities around the world.