**Kick or fulfilment?**

People often ask me why we work with the inner child in order to improve and establish intimate relationships.

The answer is very simple: we need to feel our little heart and the little genitals for really making contact!

Let me explain: If we look at our development in circles like lines in a tree trunk, it starts to make sense. Our body stores memories of good or bad conditions in our life. In our subconscious, we remember imprints of our child experiences. How we were treated in our development as a sexual being, how we were mirrored in our innocent search for approval and connection with lustful feelings in our body. When our educators are not reacting as we expect, we come in conflict with our inner nature. We loose the trust in our inner truth. And when we get the feeling that we are not good enough, we develop compensation behaviour (to get at least the crumbs instead the cake).

When the little heart and the little genitals were hurt (because they were neglected, overwhelmed or even abused) we don’t like to feel that. So, we draw our attention away from these areas to avoid feeling the pain. In this way, we feel more and more emptiness inside.

By the time we grow up, we mostly forget about these old wounds and we focus outside on what is expected from us, how the rules are in the culture around us etc.. We’re getting hungry for intimate relationships because we couldn’t fill us with enough love and appreciation from our educators. We still have emotional holes and from there, we expect from a partner everything that we didn’t get from our sources. We hope the other can make us happy.

When we cannot connect anymore with the inner layers of the heart and the genitals, we only feel the outside or in the worst case: nothing at all. Eventually, we are more busy with the outside form of our own body and that of others and we miss the joy of life and excitement that is originally stored in the deeper layers, where the “erotic undercurrent” used to flow in us as a child. The lustful playfulness, innocence, excitement, curiosity and enthusiasm that originally was given to us by nature.…

If you would search for a love partner, what would you choose? One with a “perfect” body or one with shiny eyes and a happy heart? One who is looking deep inside you and is interested in your feelings, your past, your sources?

If we belief the media, we are mostly interested in body forms, in outer beauty (and industry makes a lot of money out of this!), but when we follow our deeper longings, wouldn’t we choose the second one?

It looks like we completely forgot how to take care of our hearts and sexual organs. To be interested in how they feel and what they want. They are so sensitive. The problem is, when we stimulate them in an untuned way, we feel less and less and we need more stimulation next time. When we use orgasm as a discharge, it gives a kick. But when we open our heart in love making while we connect to deeper layers in us and in our love partner, it will give fulfilment.

The erotic love stream is already in us since we are born and it is waiting to be awakened again.

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