

SACRED women's BUSINESS

with
KRIS MCINTYRE

Transcript of Sasha Cobra on Sacred Sex

8 April 2015 – Rocket Music, Fox Studios Australia

American Sasha Cobra is an expert in the field of sacred sex. She is a Tantric sex and relationship coach who specialises in helping men and women (but mostly men) understand the intricate dynamics of male/ female relating. She's also one of only three certified Nitvana bodywork therapists in the world. I met with Sasha during her recent tour to Australia to talk about sexuality, spirituality and relating to what men really want and need from us as women.

KRIS: It's a real privilege to speak with you because I think it's true to say that we all want to have better sex and better relationships – and through your work you have a very deep, intimate and privileged understanding of men and what they want in their sexual relationships (devoid of all the misinformation that we are fed through popular culture and lack of any real education about conscious lovemaking).

KRIS: Is it OK if we start with talking about your journey? How did you come to be an expert in what you do, and maybe you could describe what you do for us?

SASHA: The first thing I'll say is that I'm very flattered and complemented by you saying that I'm an expert in sacred sex and I will say that I do have a lot of understanding but something that I refer to myself as and the name that I give myself is "Sasha Cobra – an evolving consciousness". The reason I do that is apart from sacred sex and relating, the information that I share is all encompassing around everything that has to do with life. So also in saying in that I'm an evolving consciousness, it creates a flexibility for me to continue to evolve and to change, and be and whatever I feel is appropriate in order to uplift people and raise the consciousness of the planet. So how did I start this? I guess the beginning is being born and being born and being born with an inclination toward the spiritual, toward learning about human potential, basically learning about what is more out there outside of what we've as a collective agreed to as reality. And so at a certain point I had a met a man named Shantam Nityama who has been doing this work for over 30 years at this point. He basically took all of these interests that I had around energy and lovemaking and consciousness and put it all together to show me how I could bring it and have it be of service to people. So having been around him and having spent many years around him I learned how to do a certain style of energy work that is a hands-on energy style of bodywork that uses sexual energy to open up the body. So a lot of the work that I do is energy work as well as consultations, workshops and I speak at conferences and things like that. But he has a great impact on how I work with people and a lot of it is directly influenced by the way that I have seen him work with men and women, and especially with women.

KRIS: I've had that experience and both you and Nityama do really beautiful and I think honourable work that is not widely known or acknowledged in our culture. So, I think a lot of people lot of people (both men and women) have been damaged through sex, but your work uses sex as a tool for healing and transformation, which you describe it as "resurrecting men as initiators, protectors and warriors of truth" – which is a very beautiful thing. And you've chosen



to work specifically with men, because you feel there's a lack of support for men that are hurting and need to be healed. You say that there's a lot of support for women, but can you just talk about that? What do men come to you for and what do they want? And what is that thing in most men that needs to be healed?

SASHA: Well, first I would like to say that there is a lack of support for men, but my work with men hasn't come out of a place of seeing them as being in this victim type of role that somebody needs to come out and help them. It was more from having been around men and seeing that they're really open to share with me and seeing that whatever I bring to them is of service. So it's more that I got pulled into it and saw how I was able to make a positive impact on their lives and was called to continue to do that.

KRIS: What is the main reason you have someone turn up on your doorstep?

SASHA: That's a beautiful question for a number of reasons. And the reason I say that is because human potential and where somebody can go is infinite, so I can work with people that may have experienced trauma in their life – whether they were sexually abused, physically abused, something dramatic happened in their life and they are coming for a deep healing. And sometimes people haven't had a trauma of that sort but they are just looking for more knowing that there is something more out there. So I can have men come to me asking questions more specifically around issues that they may have around sex. Sometimes it has nothing to do with sex, but it might have to do with wanting to call in abundance to their life, they may want to get paid more and have more money coming in. Or they want a promotion at work, or it is something to do with a whole other part that has nothing to do at all with sex. However, a lot of the work deals with sexuality because it's at the base of who you are. You were made through sex, you are sex. Unless you have a healthy relationship to your sex, it will impact all areas of your life – especially around money and success and all these kinds of things because you are dealing with creative energy which is sexual energy. So when working with an individual to open up their body and connect to their sex centre in a healthy way, it opens up an enormous amount of creative energy that they have access to. And once the body is opened up – we may have heard this before – your external reality, your world, is a direct reflection of your internal world. So as you open up the body and let go of these restrictions and constrictions in the body, then your external world will begin to reflect that openness. So as the energy starts to flow in your body in a more open way, externally things start to flow with more ease as well.

KRIS: Hmm, OK. So that's a really important point around energy and how we use it. And that whole thing of attraction and manifesting. Let's talk about are the cultural stereotypes about male sexuality that get in the way of a man's ability to become what you describe as “the distinguished man” (can you also describe what that means)? And then go back to some of those things that our culture stops men from living their true purpose.

SASHA: So a big aspect of what gets in the way of people – really men and women – is their fear and at this point inability to feel. And so, for a lot of men because we live in a culture that seems to be so patriarchal society and so male dominant, we see a lot of violence and aggression and things like that. There is a large population of men out there that see that and they kind of make this contract with themselves and they say, ‘you know what I never want be that kind of man’. And so when they make that contract with themselves, instead of actually depending and looking at what a healthy masculine energy looks like, they kind of pull away from their masculine energy altogether. And what that manifests like in a lot of instances is a very strong disconnect from their positive pole – which for a man is going to be the genital area. Now at the same time there's a lot of interest in sex. So while they are disconnected from their sex centre, they still have the urge to have sex but it becomes very much a mental



phenomena for them. So as far as male sexuality goes that cut off from their body, from bringing sex into the body and make it be a mental phenomena creates a lot of confusion around how to connect to a woman. And it robs not only the woman of the pleasure that they are able to have in connecting to a man, but also the man himself.

KRIS: So, I'm thinking about porn. I think that ... women watch porn as well, we'll admit that, but I think many women, particularly a number of married women in my life, want to know why men watch porn. What is the unmet desire that is not being met that they are looking for? Is it something to do with what you've just been talking about where there is a disconnect between the mental imagery and the 'entertainment factor' and actually feeling ...

SASHA: You have to look at what point a man or woman first gets introduced to porn. And in most instances they see porn before they have actually interacted with somebody of the opposite sex. So in this instance we'll just talk about what is specific to men, so boys will look at porn and they see that as the first idea that they get around what sex looks like and what sex looks like from the stand point of just the logistics, you know the movement of the body and the vibe of it, the whole environment and 'ok, so that's sex'. At the same time you are looking at it, it stimulates their mind through the imagery so they in that moment are conditioning their sexuality to be connected to mental stimulation versus being in the body and feeling sex through the body. Now when men and women come together now they've grown and they're starting to interact intimately with women, even in their sexual interactions there is a lack of understanding and experience of bringing the awareness into the body to actually have sex through the body. So even when they are having sex with women, it's still a mental stimulation for them. A lot of men fantasise with porn imagery even when they are having sex with a woman, or it is fantasising even about her in their head. And if they're not fantasising they're still very dependent on looking at her and using the visual stimulation to stimulate and arouse themselves. Very rarely do they actually have the bodily intelligence to drop into the body and have interaction be through the body and through the sex in the body. So, if they are interacting with their wife, their partner and even the sex they are having is through mental stimulation then porn is right there with it – meaning they are really one and the same. Now if a man is able to kind of unravel that conditioning and start to have sex through the body then the attraction towards porn falls away because the attraction to porn is the mental aspect – it has nothing to do with actual sex in the body. You know sometimes women, when they find out that their partner is watching porn, they get jealous.

KRIS: Jealous, or hurt I think is the thing. I do have a friend who is going through it at the moment and was incredibly hurt because, often what happens is that there's marriage issues which are coming through as sexual issues and I think for some women it feels like they are not doing the right thing or they are not doing enough. I guess in that, what is the role of women in supporting men to ...

SASHA: Right, and this is what I also wanted to say is that women will also feel hurt because the idea that comes up for her is that 'I'm not good enough that he has to watch porn'. But it's a lack of understanding and actually seeing that something is missing his end of having to understanding of how to connect with her sexually. So it really has nothing to do with her but has to do with the fact that even when he is with her, he is in now way approaching her in the way that he needs to because sex is never meant to be had through the mind. It's meant to be had through the body. So that's what's going on. It's not an issue of how do I get him to stop watching porn its more of how do I get the man to start being in his body in sex?



KRIS: Which is another challenge!

SASHA: The first way to overcome this is to even start to be creating ways for people to have this information in our society, because there really isn't. So it's no-one's fault it's just a lack of information and a lot of misinformation is being given out as if it is true, you know. So one of the questions that has come up is around how do you speak to your partner as a woman if there are issues, because for men, they need to feel like they are in power. And when you start to speak about their sexuality or their sex in a way that to them it seems like they're not meeting your standards or expectations, its very hurtful to the ego and it can really kill off the man's spirit. So it's a delicate dance of knowing how to communicate to a man in such a way that allows for him to feel like he's the one making the decision to want to explore and learn more. So something that I communicate to women often is that I say, 'hey you know if you find an article or information' (it might be on my website), I always tell them to show him and say 'hey I was listening to this radio program and check this out. I found it to be really interesting and if you have a moment check it out' and then leave it alone. Let him do the exploration for himself at his own pace, let him want to have a session at his own pace so he doesn't feeling like your are telling him he needs to be fixed. Because men are fixers, so its difficult to tell a fix he has to fix himself. He has to feel like even him wanting to fix himself is coming from his fixing ability and be able to say, 'hey something needs to change so I'm going to go and take the plunge to do it'.

KRIS: So you are saying plant the seed?

SASHA: Plant the seed and be gentle. The difficulty around these situations is that because the difficulties that the men and women have in their relating have probably gone on for a long while, the woman will have a lot of emotional charge and impatience at a certain point. So when she starts to communicate with a man it doesn't come out in a loving, patient way. It comes out as 'oh my god, I can't handle this anymore. You've got to do something quick!', you know? And its something that women really need to put themselves in check about because what women really seek out is a powerful, courageous, clear, directional man that can be there to guide and protect her and bring things to her where she feels safe to just drop into the feminine. Well, how is she going to assist in empowering him if she's all the time basically cutting off his balls in the way in which she communicates with him and is all the time complaining and putting him down and doing everything to kill off his spirit thinking that killing off his spirit is going to make him roar at some point and turn him into this powerful king, you know?

KRIS: It's a really tricky dynamic isn't it? I think I once heard something about women need to feel good about themselves to have sex and men need to have sex to feel good about themselves.

SASHA: Let's put it this way, it kind of is true but I'm going to break it down to a whole science. A woman is positive, meaning her positive pole is her heart area. So in order for her to be prepped for sex she has to be aroused at her heart. So may call it she has to feel good. Meaning if a man just goes straight to her vagina its not really going to work unless she's a woman who has really been opened up, is very trusting of the man that she is with and she's all juiced up for him and they're relating all the time. But overall she has to, using your quote 'feel good' meaning her heart has to be moved in order for her to be ready to have sex. Now a man is positive in his genitals and negative in his heart so for a man he's ready to have sex at any moment. He doesn't need to be aroused in his heart to do that and it works the opposite. So in order for him to open up his heart and using your quote, feel good, that happens through his sex. But at the same time, him having sex and then having a woman complain about the quality of the sex isn't going to leave him walking out of the bedroom feeling like a king. [laughs] We've got a man here in the studio laughing and nodding going 'yes yes'.



KRIS: So what are some of the difficulties and frustrations that men experience in connecting with women? We sort of get this idea fed to us that men need the thrill of the chase and that we can't be too available and there

seems to be some gross generalisations that aren't really doing anything for anyone. But what's your experience in what men actually want?

SASHA: Well, before we even get to that I want to touch on something that you mentioned around the conditioned games that we were taught by our elders that 'you've got to play hard to get' and 'you've got to do this, and you've got to do that', you know? And to me all of it is bullshit. I feel like we are all just human beings who are starving to connect and we're so busy playing all these rules and games and all this kind of stuff that inhibits us from being able to have what we want. So if you can take all of that out and just be real with one another – meaning yeah, if a man sees a beautiful woman and he wants to go up to her and say 'I saw you, you're gorgeous, I just want to come up and talk to you' – beautiful. I guarantee any woman who is approached like that will be so deeply complimented, even if she doesn't want to marry him or go home and have sex with him, she will be so deeply moved and complimented that she will be grateful for that short little moment of her life. And from the other standpoint, if somebody says that to you and you are attracted and are moved by it, be honest. Be honest and open, and be receptive. Because the more that we are real with one another, the more that we actually bring beauty to our society, that really our culture lacks. You know when you watch a movie, you read articles in magazines and all the stuff that is being done in the media ... you know just the other day I looked up on some movie website, like a Netflix kind of thing, for romantic movies – to see a movie about love. Well, a lot of movies that are about love and are labelled as romance, they have nothing to do with love. What they are about is marriage and couples that are all the time arguing or in disharmony, you know, and they call those love movies. So it's very rare that we actually get to see beauty and love and friendliness in our society. And too much conflict and separation and competition and all these kinds of things. So the more that you vibrate at that and interact with life in a beautiful, harmonious way – man, woman, whoever, the more beauty you bring into your reality and the world.

KRIS: Is there any place that you do see where that true love example is portrayed in popular culture? We've talked about porn, we've talked about Hollywood, there's women's magazines, there's men's magazines, but where do you find the inspiration for your work outside the fact you've got a wonderful mentor and the work you are doing? For the people who are listening, where is there something that's going to feed that nurturing that I need and that inspiration for something a little more real and connected?

SASHA: Ah, pop culture is quite the phenomenon. I've got to say something I used to call my medicine and I still call it that, is the discourses of Osho. Prior to having Nityama, that was my medicine. You know I'm out in the world and I see all of this violence and aggression and all of these kinds of things and I think I just want something to soothe my soul and he speaks directly to the heart. So he also speaks very clearly of painting the picture of what love really is ... unconditional love, the purity of it. So on a practical level I would recommend that. And apart from that is for one, having a real urge in your own self to create that. So if you have a commitment to it, then you have to make sure that everything that you are doing in your life is representing love. So what does that mean? Friendliness, patience, unconditionalness. Something that I speak on a lot is that love gives, it never takes and lust takes. So a lot of times we confuse ... and I was just having a conversation with a friend and they were saying "well there's all kinds of love out there in pop culture and the movies and everybody talks about love". And I said, no they're speaking about lust and they are calling it love. As far as what love actually is we don't really see it. We don't even really know what it is because most people are out to take.

Very few individuals are out to actually give. And that's your own journey. That's you needing to use your own intelligence to observe and watch yourself and watch your motives, and see where they are coming from and self-correct in order for you to create the kind of environment that you want to live in.



KRIS: That resonates with me. I had a similar experience with Rumi as you did with Osho. And the person who introduced it to me said in our modern society we don't have ... we've got romantic love and the Hollywood love, but we don't have any of this, I guess you could call it spiritual love. And reading that I could feel my heart opening in that way and it's beautiful.

SASHA: I did want to address your question about what men look for in a woman and it's something that I address a lot in the workshops that I do with men because one of the first things is for them to even see how much they have been conditioned by the media to what they desire in a woman. So when we say what does a man desire in a woman there are different types of men. You can call certain types of men little boys that are just looking to satisfy some kind of idea and fantasy that they have, I call those little boys. But what a man, a real man, wants and looks for in a woman is going to be very different. So that's something to decipher between. So, a real man – what he would look for in a woman is her transparency. A woman is receptive by nature so in order for a man who is very connected to his masculine energy to harmonise with a woman, both pieces have to be complementary, just like in the Yin and Yang symbol. So a woman has to be receptive. She has to learn to be patient, to be loving, to be unconditional with her giving and to be able to reflect his power to him. So if you are with a man that is attempting to bring clarity and direction and guide and lead, which is really what a lot of women are seeking out in a man, but the moment he does that she is starting to butt heads with him and go, 'no no we've supposed to do this. No, its like this', then its going to be very difficult for a real man to want to interact with that kind of woman. And this is how those types of women end up being with these men where they just go 'I can't do this anymore', because if she's taking the role of the man then the kind of man-boys she'll attract are going to be much more feminine in how they are. So she'll like that at first because he's very easy to wrap around her little finger, but after a while it gets very boring and it gets annoying because no woman wants to act like a mother to her partner. And that's the role that she puts herself in and then finds herself with a little boy who is all the time perpetuating that idea.

KRIS: What does that look like in a day-to-day interaction. What has gone wrong with that dynamic between men and women? Because I think on the flipside, men don't want to be with women who are mothering them. So, what's happened there that has created this weird dynamic that is not working out for anyone?

SASHA: Depending on who I'm talking to, because when I'm talking to men I put all the responsibility on them. And when I'm talking to women I put all the responsibility on them. And why do I do that? Because we all have everything, all the tools, in order to uplift ourselves. So you are never going to be dependent on somebody else for your growth. So if it's a man inter-relating with a woman where he's the one that's put into this little boy mode and she's acting like the mother, I tell him that he's responsible for that because when you got into that relating you in some way or another agreed to be in a posture of a little boy. And it happens, pardon my words because its not very true, it happens quite naturally because if its relating with his mother was in such a way that she was all the time telling him what to do, controlling him, never allowing him to make his own decisions and things like that; then he will find a woman and have placed her into that posture where he places himself into little boy mode and it will be his responsibility to take note of that, observe it, notice it and start to self-correct that to make sure that he never allows for the woman to do that. Now, if I'm speaking to women I tell them the same thing. Because the woman will say the man is just behaving like a little boy, so I have to act like the mother. And I say, yeah, I understand because if the man is not showing up then someone has got to do it so you're forced to be in that posture but again, you are agreeing to be in that posture. So if you in no way want to act like the mother then, even if the man is acting like a little boy, then you've got to say 'hey babe, I know you don't want me to tell you what



to do. I know you are intelligent enough to make that decision for yourself. I trust you.’ And that is probably something his mother, and probably all the women in his life, never really said to him. Just saying that – I know you are intelligent and I know you can make that decision. I trust you – because it allows for him to trust himself and that is empowering. What women really need to do is find all the ways to empower their men.

KRIS: Ok, let’s rattle off some ways that we can empower men because I know there is going to be people asking ‘how do I do that?’

SASHA: It’s almost like this. Instead of looking at the ways of how you can empower the man, look at all the ways that you are taking his power away all of the time and then stop doing that. So look at all the ways that you are complaining all the time, that you are anything but receptive to him – meaning that if a man comes to you and he wants to touch you or he wants to kiss you, please, please, please, show him your gratitude for that by responding to that touch or kiss. There’s nothing more beautiful to a man than to approach a woman sexually and have that power be reflected back to him through her pleasure. And so a lot of women don’t get all uptight, ‘oh I’ve had it enough with him’ so even when he tries to approach her they’re like ‘oh, just don’t touch me’.

KRIS: So there’s rejection?

SASHA: And complaining all the time and asking ‘where have you been, what are you doing?’ a thousand questions. So if you want to empower him, just stop cutting his balls off. Help pick him up along the way by himself. Stop beating up on him and give him a little slack for a moment.

KRIS: How can we gently encourage and ask for what we want in a non-threatening or complaining way?

SASHA: Well, the first thing that you have to recognise is the necessity to speak in friendliness from the very beginning. And why do I say that? A lot of couples, they’re not even friends. I don’t even know what they are doing with each other because they are just torturing each other. And so for me, if I get together with a man first and foremost we’re friends. Now whether we take that friendship to a more intimate, sexual relationship or not matters very little because if you were to take that away, what is left is the friendship. And friendship is respect and support. Being in integrity with one another. And so if women were more able to be more honest from the very beginning and communicate lovingly with friendliness from the very beginning, then it would turn into these emotional, bitter, angry conversations by the way they do speak up. And that’s where the difficulty arises so it’s very important for them to communicate with one another, but for the woman to also understand how to communicate with a man without killing off his spirit. So what would that look like? Let’s speak about sex for example, because I get this question a lot: ‘How do I, from a female posture, teach a man how to make love to me?’ And I tell the women, let’s say even if it’s a first date, a lot of women will say, ‘I just have sex with these guys and it’s so horrible I don’t want to have sex with them anymore.’ Well, for one, the way that you do it when you first get together with a man, usually you don’t just get naked straight away and all of a sudden there’s a penis inside of you. Something happens from the time that you meet and some kind of conversation from the time that he starts to touch your body, from the kissing and the taking off the clothes that is like a whole period of time where he has already told you how he’s going to have sex with you. So if you are so out of your body and so unconscious that he’s done all that stuff in a really aggressive, unconscious way and then he sticks his penis inside you and you are like, ‘oh my god, I’m in shock you are a terrible lover!’ then he’s already been telling you that for an hour before you even got there. So one way to assist, from a female



posture, a man understanding how to be with you and lead him down that path is by you teaching him through your responses. So what would that look like? If a man touches me, I feel it and I show him that I feel it. When he kisses me, ah, I will make sounds and I will show him how much I'm feeling it. So much so that a lot of times by the time we get to sex they are like, 'boy, it's scared – she's just an orgasm and I haven't even done anything!' But you are all the time showing him that you are very sensitive and so you need for him to interact with you in a sensitive sort of way. Because if a woman is acting numb, because most women are numb, and you are unresponsive to that then all the women that he's been with prior to you have also been like that, then he knows that what women (quote) 'ask for' is 'faster, harder, boom-boom kind of thing'. So what they are doing is giving you what they think you want. If you're not the kind of woman that needs that or wants that, I'm going to say wants that because no women really need that – they are just unaware of it – so if you are the kind of woman who doesn't want that, then you need to communicate to him through your interaction about how sensitive you are, and how little you need to feel so much. So that communication will also happen in sex, meaning that through your sounds and through your responses you are all the time teaching the man what you like, what you don't like and being able to have real communication after the sex. You know after I make love to a man we'll have a talk about it. Now what will happen – and this is where women go wrong. If I say, well, what when on for you, they'll find all the wrong things or all the things that they didn't like and just tell the man, 'well I didn't really like this and this and this'. Not the way to do it! You never want to kill off his spirit. So the way that you would do it is you would tell him all the things that you enjoyed. And you don't have to lie, you can always find something – even if it was just that one moment when he just touched you on the shoulder, or moved your hair out of the way and it was beautiful, pick that. It doesn't matter what it was but find all the things that were beautiful and share that with him and say, 'I really loved when you did this, and when you did that and blah blah blah, and if you could just slow down a little bit more I feel like I could just go so much deeper in myself'. Now if you communicate like that, then the man goes I'm definitely going to do that because it doesn't just feel like you are complaining and criticising him, it creates a feeling of I want to give her more that she wants because I want to bring out more of the beauty that she is already expressing. And the other thing that I just want to point out is patience. So a lot of women, they get together with a man and they immediately want perfection and news over here, the woman is in no way perfect herself, so if you aren't up to par yet and you are still growing and learning, then give the man the opportunity the same space to grow and learn and you know, continue to be better as a human being. So what that would like again, whatever you are communicating, there's no reason to rush things. Especially if its someone that you are seeing on a regular basis or its your partner, or husband, whoever it is, take one thing and share that. And share a lot of compliments because there is always something to enjoy. And give it time to progress. And then you can plant another little seed to play with and as you are doing that, all the time watch yourself and plant these beautiful seeds inside of yourself as well, because there is always something that you can be doing better.

KRIS: Do you think that simple little step of just talking a little bit differently could be enough to circuit break everything that is going wrong in a relationship? You know how there are couples that have been together for a really long time and they are entrenched in a mode of operating with each other and they just don't know how to break the pattern they are in. Is that enough of a tool to get things moving ...

SASHA: Hey, if you look at relating, most of the difficulties that people have with one another are more of the dynamic outside of the bedroom than it is inside of the bedroom. 'cause you can have confusion in the bedroom, but if you know how to communicate with your partner and you can be loving in your interaction then you can actually grow in the sex part. So the communication part is so important and when I say communication part,



you'll be better off just being silent. Seriously, because most women they complain and they complain a lot. I'm going to say this – I understand how you feel ladies because a lot of men out there are very confused about how to bring those qualities to you – so I feel you, I understand you but at the same time if we want to make the changes we have to bring forward what will actually create the change. And that is being able to bring the love, the patience, bring something that is empowering to a person that is wanting to make the changes. Its never going to happen through criticism, through complaining, through anger – it never happens like that. Because whenever you bring these kind of negative energies towards somebody, what do they end up doing? They close up and create resistance because nobody wants that being thrown at them. So if you have resistance nothing is going to get through. But people are always open to love. Love penetrates. So if you are able to communicate ain such a way where it keeps the person open, then there are actually able to take in and feel what you are saying and understand in a loving way the necessity to shift and transform. So its counterintuitive because women think, 'well I'm upset and I'm just going to blahhhh,' but has it ever worked for you? No. And whatever the quote is, I'm going to say it wrong, but if you are doing the same thing looking for the same result that's basically ...

KRIS: First sign of madness ...

SASHA: It's crazy! Let's just say its crazy and it does not work. If the way you've been in your relating doesn't work, try the opposite. Try something different and see what happens.

KRIS: What about people who have had either a lot of trauma or a belief that they are not deserving of love and are resistant to something good that comes into their life? Is that experience that you come across?

SASHA: Sure, I mean some people have a fear ... it's interesting because some people are afraid of loving and some people are afraid of being loved. And at the same time that ... if you had a fear of being loved and I was, don't want to use the word persistent, but I was steady with you in allowing you to run from me from time to time and allowing you to close off from me from time to time and do all these things to run from it and I never budged from my loving you, eventually you would have to surrender. But see what has happened to a lot of people is that I'm saying to you, 'I love you, I love you, I love you', now you have the conditioning to go, 'no I'm running from love'. But the moment you run I get upset and angry, or the person that's been running says, 'I knew it, love is unsafe, I don't want to deal with this bullshit'.

KRIS: So that's patience again.

SASHA: Patience. And I mean women, you have the equipment at its highest form to bring these qualities to the world. You're positive in your heart area. So the same way that we see the man is positive in his genitals – he's the one that can create so much beauty in lovemaking – and yet there is so much misinformation and confusion that it doesn't necessarily happen all the time; well the same thing happens around love. Women are all the time ... let me come back for a second ... men are always talking about sex, but they are not always bringing high qualities of it. Women are always talking about love, but they are not always bringing high qualities of it. So if we took responsibility for the aspects so that are so natural to us – so for women, it would be love – bring out the love that you actually want to have instead of just speaking about, 'I want love, I want him to love me'. Well what about you? If you are so stuck on and so focused on love bring the love to the relating. Bring the love into the world.



KRIS: That sounds like a really beautiful point to end on. We've just had a question from Dave in the engineering box about, 'what's the advice for men?' and with bated breath, Sasha ...

SASHA: The advice that I have for men, the first and the biggest one that would change their life around is finding all the ways that they are living out of alignment with themselves. It is so crucial – for both men and women – but for this particular moment we are talking about men and it is so important for men to recognise what is his truth outside of society, outside of what his partner is telling him, outside of any other external influences. What is true for him? And once he recognises that, or even in the midst of attempting to find the answer to that, to all the time be living in alignment to that, fearless. Fearless of whether him living in his truth may cause his partner to walk away, or for him to lose his job or for whatever it may be. But to totally connect to the greatness, the god force in him, and everything will align to support that for one. For two, he has got to recognise how his relating with his mother is influencing his relating with the women around him. The moment he able to notice the places where he goes, where he places her into mother posture and he goes into little boy mode, if he can self-correct that, he will be a huge transformation for the quality of relating that he has with women. And how he experiences himself as a man. Another piece of advice, it is so important for him to connect to his genitals. And oftentimes, people say, ‘all they do is talk about their penises and be connected to the genitals. I feel like it’s all about that’. No its not, what they are connected to is sex in their mind. They need to connect to their genitals on a physical, energetic level meaning that they need to be able to feel their genitals and find them without having touch them because a lot of times if you ask a man, ‘can you feel your penis without touching it or holding it?’ they can’t find it unless they are physically holding it. So that energetic break keeps them from being connected to the positive pole which is their powerhouse and seat of identity as a man. The moment that he can connect to the positive pole a sense of assurity, clarity, courage, discipline – all those things start to be very present for him in his everyday life. Just a sense of self as a man will completely transform. And why is it all so important? If a man wants to have sex with women and he wants to have the pleasure and the joy of having harmonious interactions with women, he needs to show up in sex in a different way. So its very important for him to understand how to make love to a woman and a huge aspect of that is being connected to his penis energetically because it is the energy in his penis that creates the response in the woman. It is not the friction. So the more that he develops consciousness in his body, never excluding any aspect of it, never excluding the genitals out of that, his being-ness in himself will transform, how women experience him will transform and definitely the quality of sex he has will transform.

- ends -

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