

Sensual Alchemy

Tanishka shares her Recipe for Divine Feminine Pleasure

For too long as a culture we have neglected to cultivate the delights of our own Garden of Eden. As wives and mothers juggling our survival needs with those of our family, it's often hard to find the time and space (let alone a babysitter) to indulge ourselves in a sensate arousal that requires more effort than gobbling a Tim Tam while propped against the kitchen bench. Alternatively, we may find ourselves to be single pursuing love and sex in our spare time, but viewing sensual pleasure as something reserved for those lucky couples canoodling under feather eiderdowns in quaint weekend B & Bs.

Whatever our reasons, be it our early religious upbringing or habitual workaholicism, more and more of us are beginning to realise that if we don't reclaim our deep need to experience pleasure for pleasure's sake, we are in danger of falling into the trap of achieving a certain lifestyle which is void of the simple pleasures that make life worth truly living.

For example, I recently returned from a short stay with friends who are building a mudbrick home in the Strathbogie Ranges in rural Victoria. While even more bitterly cold than my hometown, Melbourne, we warmed our spirits by drinking local wine, eating local produce, sharing stories while cooking on an open fire and sitting under the stars in their homemade wooden hot tub. Subsequently, I returned to Melbourne with a sense that my urban existence was somewhat bland by comparison, kind of like a reconstituted supermarket juice sitting there gathering dust in its vacuum sealed packaging when others were hand picking and squeezing the nectar of life straight from the limbs of their own orchard.

It seems in our collective attempt to better ourselves and make something of our lives, many of us forget the simple seasonal pleasures that the rotund Earthly Empress, Mother Nature, is always quietly offering to us - if we allow ourselves the time to experience. Just as small children are filled with the light of awe and wonder at her majesty, we can reconnect with a deep sense of fulfilment just by communing with the fertile smells of damp leaves and bracken underfoot and crisp twilight air chilling our noses as we walk along clumsily in heavy winter boots.

If however, you can't see a window of opportunity to immerse your senses in the natural world, create your own recipe for pleasure from my list of alchemical ingredients below to enjoy the sacred gifts of the Sensual Goddess!

DIVINE FEMININE PLEASURE.

Method: To activate the inner kitten of contentment, simply combine one aspect from each of the following elements:

AIR

To clear your mind, elevate your thoughts and invigorate your sense of smell, try any of the following:

Burn a good quality incense or resin (such as frankincense) on a charcoal disc or dab aromatherapy essential oil blends on your light bulbs or bed linen, cultivate an aromatic garden of culinary herbs, visit an Asian grocery and experiment with aromatic spices in your cooking, choose flowers for their perfume, read erotic literature in bed and listen to natural soundscape CDs.

FIRE

To revive your energy, libido, good humour and creativity, try any of the following:

Light candles around the home at dusk to welcome in the reflective nocturnal energies, gaze into an open fire (visit a café if you don't have one at home) or buy a Mexican chimena for your garden, smoke or char grill your food or invite friends around for a hangi (food roasted slowly in a Maori firepit), eat exotic spicy dishes such as Moroccan tagines, cook / dance / make love (to yourself or someone else) to the sultry rhythmic groove of Afro / Latin music, or melt slowly into submission in a sauna.

WATER

To relax and awaken the inner romantic, try any of the following:

Luxurious bathing rituals accompanied by exotic fruit mocktails or champagne (a foot bath after work for a quickie), walking on the beach (even in winter), going to the Opera, Art Gallery, Concert Hall or Art House Cinema, walking in the rain (or just after) wearing a raincoat and gumboots, blowing bubbles or washing

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the dog with children, making homemade soup and introducing a fish tank or water feature to your living space.

EARTH

To nourish your physical being with a heightened sense of taste and touch, try any of the following:

Swap a foot massage, cook naked (save for an apron), eat with your fingers, lovingly apply body lotions and potions, get your hands dirty with a spot of gardening, pottery or painting on a large canvas with a glass of red, use henna to dye your hair, make your own incense blend using a mortar and pestle, drape yourself and your home with textured, flowing and vibrant fabrics and soften harsh lights with lamps.

Ultimately, I believe sensuality is a state of mind that occurs when we allow ourselves to surrender to a sense of union between the mind and body. The more physically aware and aroused we allow ourselves to become through direct communion with the inherent beauty and sacredness contained within the natural world, the more available we are to appreciate the natural beauty and sacredness in ourselves and each other.