

Sacred Sexual Rituals
© 2006 Ania Barciak & Wes Nickerson

Sacred Sexual Rituals

Practicing ritual has many benefits: centering the mind, grounding in the body, raising the spirit, healing the body, and strengthening the connections between people and spirit. What is ritual? What makes it sacred? What makes it both sacred and sexual? What are ritual objects? How do you create a ritual? We will explore these and other questions and we will practice a ritual, including simple rhythmic dance movement, conscious connection, and shamanic meditation. This workshop includes safe, consensual touch exercises with clothes on.

Please bring a pillow to sit on. Chairs are available for those who are uncomfortable sitting on a pillow on the floor. If you want to, you may wear ritual clothing, such as loose, comfortable clothing or sexy clothing.

Facilitators:

Deerheart (Wes Nickerson) is a member of the core group of BASSN. He has studied art, dance, yoga, meditation, tantra, tai chi, bioenergetics, and kinesthetics. He has co-facilitated several events at bassn, including: Goddess Ritual, Erotic Art, Self-Loving, Sacred and Erotic Communities, and Sexuality and Masturbation. He has taught Art Kinetics at the Maine Healing Arts Festival and at Dance New England. He also practices sacred erotic art, dance, and tantric ritual.

Ania Barciak is also a member of the core group of BASSN. Ania is a certified herbalist with a focus in sexuality and sexual disfunction. Her practice and interests include sacred sexuality, sex magic, shamanism, and witchcraft.

Script of Sacred Sexual Rituals

This is the script of much of what we did in this workshop, but we cannot convey the totality of this workshop experience in mere written words. It was a spiritual experience. Also many of the details and descriptions were improvised and are not in the script itself.

Welcome

Welcome to Boston Area Sexuality and Spirituality Network. BASSN is now in it's fifth year and this is the first event of the fifth season.

Safety Statement

In order to make our meetings a safe place for everyone to explore the topics we present, we have some requirements concerning mutual respect while you're here.

One term we use here is "at choice." That means that you can choose to participate or "opt out" of whatever we're doing here at any time. You can simply decline to participate or walk out of the room, to take a break, if you wish. By the same token, please feel free to speak or not speak during the sharing times. It is important to us that you honor your own personal needs.

But along with that comes a respect for the boundaries of the other people here. That means a basic level of respect for each other and asking permission before making any physical contact, no matter how benign it may seem.

Sacred Sexual Rituals
© 2006 Ania Barciak & Wes Nickerson

And it means that if someone asks you for something or to do something that you would rather not give or do, then we encourage you to decline, even if you only feel unsure. That is, unless your answer is a clear 'yes', then we're asking you to say 'no.'

If you are in a position where it's hard for you to hold your boundaries or it's hard to decide what to do or what you want in any given situation, or you're having a problem with the presentation or what you're being asked to do by the presenters, or especially if someone else is not respecting your wishes, or if you have any other need, then we have two people here to help you, at any time, no matter what else is going on.

They are not leading the program today to make sure that they are always accessible to you. They are Nancie and Glenn. If you want some assistance from either of them, then please raise your your index finger to get the attention of one of them and they will come to you.

Also, we ask that you agree to protect the privacy of everyone here and to share only your own personal experiences with anyone who is not now in this room. No names or descriptions of anyone here, please. Is there anyone who does not agree to confidentiality?

Opening Meditation and Quotation

Congratulations. You have arrived here at this workshop. If you like you may relax your body into the floor where you are sitting and notice yourself breathing ... in ... and out. Your breathing happens automatically without your conscious thought ... in ... and out. Notice as your body relaxes. Observe as your body relaxes even deeper ... and deeper. Your body is taking care of you. You can let yourself letting go and you can feel your body and your spirit in a very peaceful state. You may let yourself open to what is being said. You may allow yourself to open to what you are experiencing here today.

"Sexual union without [the] sacred element, carried out only for the sake of pleasure, is commonly thought to be enough to satisfy our needs. But it rarely does, and then only fleetingly. With the sacred element added, it is possible for us to experience a connection with the life force itself, with our deepest creative impulses." - Quoted from Margo Anand: The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers.

You gradually become aware of your body. You begin to become aware of the floor beneath you. You remember that you are in a room with other people. You breathe ... in ... and out. When you are ready you open your eyes and look around you. You may stretch if you want.

Introductions

At this time we go around the circle with introductions. Please say your name and one or two sentences about why this topic interests you. I will begin. . .

Popcorn (collective wisdom of the group)

What is Sex?

stimulation, energetic, attraction, laughter, bliss, vocalizations, hot, prescence, sharing, passion, connection, juicy, honor, powerful, completion, experience, amrita, love, worshipful, physical intimacy, complex, danger, consent, orgasm, opening, penetration, sensuality, tenderness, secret, fun, contractions, navigation

Sacred Sexual Rituals
© 2006 Ania Barciak & Wes Nickerson

What is Sacred (Sex)?

spiritual truth, honoring each other, fully open, union, temple, ritual, timeless, blessed, fusion, open to growth, respect, receiving, holy, worshipful, life, divine, mutuality, earthy, transcendent, creation

What is Ritual?

structured, symbolic, manifestation, ceremonial, tradition, everyday, habit, grounding, magic, solemn, necessary, faith, artifacts, contrived, repetition, able to be passed on, rhythm, consciousness shifting, important, initiation, time consuming, spiritual

The Definition and Purpose and Structure of Sacred Sexual Rituals

Description of the Ritual we will perform after the Break

Exercises

The Hand Stroking Exercise:

In the following exercise we will be closing our eyes, with our hands in front of our bodies like this we will walk around the room until we come to someone. Then we will explore the hands of the person we come to for a time before moving on to the next person. If you choose to participate in this exercise, please close your eyes and raise your hands in front of you.

We did this 3 times with different partners. Then we put our hands together and on our own hearts and said the words "I love me. I love you."

The Hugging Exercise:

Close your eyes and if you'd like spin around once. Find a partner and hug each other if that feel comfortable. Feel your hearts connect and join. Feel each other's heart beat. What does your partner's heart say? How does your heart feel?

We did this 3 times with different partners.

Break

Feedback about Exercises

Opening the Ritual

Dance Ritual

If you choose to participate in this dance ritual, join the circle. Feel your feet planted firmly on the ground. Begin to rock your body, side to side, back and forth, side to side, back and forth. As you move your body you may begin to lift your feet. Now you can move about the room. If you want you can stomp your feet. You may feel your sexual power in your body. What is your inner sexual nature? Are you a goddess? Are you a god? Your dance may express inner male or female spirit. You may rotate your hips if you want. You may thrust your hips if you want. You can dance by yourself. You can dance with others. It is all an expression of how you are feeling. You are strong. You are powerful. You may love yourself. You may love your body. You may love your lover. You may love the whole world. You may love the god or the goddess. When you are done with your sacred sexual dance you may come to stillness.

Sacred Sexual Rituals
© 2006 Ania Barciak & Wes Nickerson

Guided Meditation

[Relaxation and countdown from 12 to 1]

See a door in front of you. Step through it into a beautiful forest. Smell the air, perhaps feel the bark of a tree, hug the tree if you'd like. Start walking slowly on the path that you are standing on. The path leads you deeper into the forest...eventually you get to what appears to be a meadow...when you get closer you realize that it's a beautiful and exotic garden...look around and take in the beauty...keep going on the path until you come to a hill. As you reach the top of the hill you see a temple on the other side. A temple of love...your temple of love. Feel the energies of love and joy that draw you to this temple. Go now and enter this temple knowing that in there awaits you pure love and ecstasy. Inside the temple your lover awaits you. This lover or lovers can be a divine being like a goddess or a god, it could be a manifestation of your highest desire and joy, it could be a past lover of yours who has crossed over, it could be Mother Earth herself...whatever you would like it to be...whatever is for your highest good. Feel the pure love, which is the life force in all of us, flow and radiate from your lover...and know that you have just as much love in you...open your heart and let it out. Go now and join with your lover...honor each other and the divine spirit within both of you. Take your time and open your heart...

Perhaps your lover has a message or a gift for you...see what it is and thank your lover. It is now time to come back. Say your good-byes and know that you can come back to this place at any time!

Make your way now onto the path leading you through the exotic and beautiful garden, over the hill, and into the dense forest that feels cooling and loving. Keep going until you come to your door. Step through it and go up the 12 steps back to reality. [Count 1 to 12] Open your eyes and feel your body in this time and this place. Ground any extra energy back into our Mother Earth. Welcome back.

Closing the Ritual

Feedback about Ritual

Closing Meditaion and Announcements