

Part Two: Finding Your "Ikigai" - Surrendering Yourself to Pleasure, Sexual Energy, and Sensuality



BY SHELLEY MCMURTRY

We have to learn to turn off the autopilot that's steering us in an endless loop. We all know people who snack while talking on the phone or watching the news. You ask them if the omelet they just ate had onion in it, and they can't tell you.
- Hector Garcia Puigcerver Ikigai: The Japanese secret to a long and happy life

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In part one we discussed what the Japanese call **ikigai**, which is your life purpose, the purpose you were born for. Our discussion in part one focused on the importance of defining yourself, and your purpose, code, faith, impact, power, influence, trust and your overall enthusiasm for life.

As I discussed in part one, this encompasses all aspects of your life, including being an energized lover and how you approach women, dating and the male-female bond. Now, here in part two, I want to focus on **sexual purpose**. Sexual energy. Being a vibrant sexual being. Having respect for your sexual being. Having conscious sex. Manifesting your sexual energy. Surrendering yourself to pleasure. Appreciating sensual pleasure.

As I always attempt to do, I want to approach this subject not just as a "coach", but as a woman, a human, and tell you my own obstacles, fears, blocks and challenges when it came to my own sexuality and releasing my sexual energy. After all, a substantial part of my writings and my goal in this, is to allow you to hear from and communicate with me, a woman, and to give you a glimpse inside the female mind. In addition, I'll be sharing some of my personal recommendations, which have helped me.

First, I will admit something.... For several years (mainly between 2013-2017) I focused almost solely on my work and business, day-to-day goals and responsibilities, other people's needs, my project in Haiti, and a number of other stresses, and I neglected my sexual energy, my desires, my satisfaction, my pleasure, my sexual beauty....

Years back I began fixating on performance....
Always allowing my mind to drift, never experiencing the sex....
Being my controlling self, not surrendering to pleasure....
No longer viewing myself as an erotic woman....
Failing to communicate and be vulnerable....
Carrying past hurts and bad memories into the bedroom....
Being too uptight, not letting go of inhibitions....
Allowing insecurities to rule me....
Fearful of my technique....
Afraid of being judged....
No longer appreciating or desiring sex.

Despite everything I knew, and despite having colleagues which are the best teachers and coaches out there, I wouldn't admit or deal with my own sexual inhibitions and issues. Plus I was allowing work & the computer to take much of my enthusiasm for life away. I could deal with other people's problems, and I could coach, and would even have extremely interesting conversations with friends, giving them my best advice- but I wouldn't admit or address my own challenges. I failed to apply any of the knowledge to myself.

So, around late 2017 and leading into 2018, I decided to rectify this, conducting mental exercises with myself, mainly focusing on my first goal: **Surrender.**

- Surrendering to my overactive and critical mind, freeing myself to consciously cultivate my desires, feelings, needs, and sensuality. Working to ensure that my sexual energy isn't compartmentalized as one standalone, separate entity that only emerges when called upon, but instead presented in my "whole".

- Retraining myself to not focus on my "to-do" list, as well as my stresses, insecurities, bad memories, and so forth, and focus on making time for, and then fully participating in and being "present" in, sensuality and lovemaking. For me, the very first step was making the time. Allowing myself the free time.

- Surrendering to pleasure. With all of the other baloney in my mind blocked out, being able to fully appreciate sensual touches, smells and sensations. Letting down my guard and feeling pleasure without resistance or fear. Allowing myself to surrender as I could when I was younger and in years prior, and completely sexually bond again.

- Fully surrendering negative feelings regarding my pale white skin, my weird paranoia with my teeth, and from my "monkey mind" looping about concerns such as my breath, how I look "down there", if I properly shaved, if my perfume is too little or too much, my hair, etc., etc., etc., and rethink how I view myself: Beautiful. Healthy. Human. Smart. Perfect enough.

- Focus more on myself and self-care again. I began allowing more time for baths, more time outside, and got back into reading for pleasure (not just work), and having more "me time". In addition, I advanced my style, wardrobe, jewelry, and aspects which I had gotten somewhat lackadaisical about as the years rolled by. This allowed me to receive far more compliments and therefore feel better about myself as a whole.

These exercises allowed me to regain what had been a faltering sexual purpose. To recapture my sexual energy. Become a vibrant sexual being. Have respect for my sexual being. Have conscious sex. Manifest my sexual energy. Surrender myself to pleasure. Appreciate sensual pleasure.

What are your thoughts when it comes to "surrendering"?
Is this something you've had issues with as well?
Have you ever given thought to your sexual purpose?
Sexual energy?
Being a vibrant sexual being?
Having respect for your sexual being?
Having conscious sex?
Manifesting your sexual energy?
Surrendering yourself to pleasure?
Appreciating sensual pleasure?

I recommend that you give some thought to your sexual purpose and apply those questions I gave you in part one, to your sexual energy and purpose. Being a vibrant sexual being. Having respect for your sexual being. Having conscious sex. Manifesting your sexual energy. Surrendering yourself to pleasure. Appreciating sensual pleasure.

WHOLEMAN LIFESTYLE
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