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“DESIRE WILL SET YOU FREE...”

by Marina Masic, Ph.D.

The **intuition of desire** is possible of taking us places; like a compass it can guide us to freedom. Sometimes the challenge is to remember we are free to follow any course we desire and in doing so live genuinely and authentically. Our body is composed of spiritual, mental, physical, sexual, fantastical dimensions. By understanding our “parts” and respective needs a greater sense of self will emerge, one that is even more whole.

In the literature of “Erotic Lives of Women” and “Orgasm: Photographs and Interviews”, the aim is to create discourse to shed light on the importance of dwelling in one’s power. To deny desire, or push it somewhere in the background means to not be fully alive. To acknowledge and explore this life force is to find a regenerative sensibility that gives gifts of natality, to self and to others.

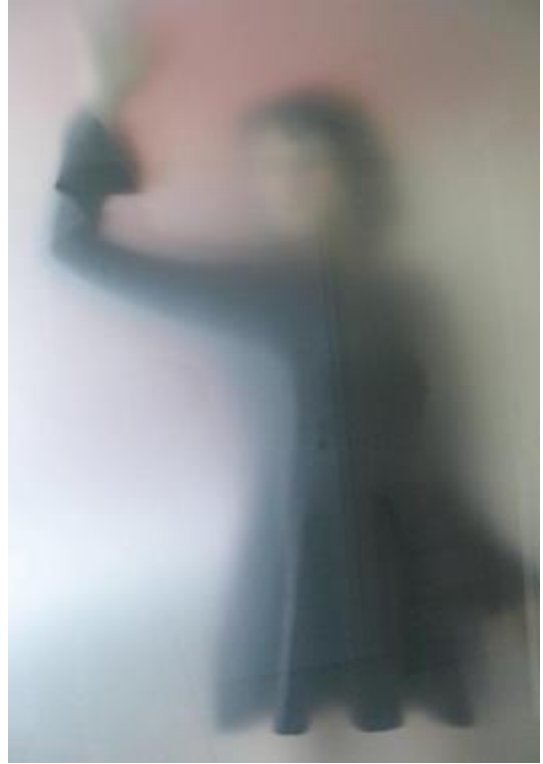


Photo: Linda Troeller

Author Marion Schneider states,
“the reason why we started this discussion –to help women to find themselves and their freedom and thus their ability to fully love themselves and their loved ones... If they were allowed or if they would allow themselves to experience their orgasms freely it would be a release from a taboo. I think that people will be much happier by being able to share and by being free.”



Artwork: Francesco Clemente

To **find yourself** you must first desire to know yourself. To find freedom is to know you are free, to remember you are free. By doing so ease away inhibitions, break free from any restrictions.

Begin by waking to the want. Even if the want begins with want, it's the first step, to want to go forward. To connect. Find comfort in knowing you have the **ability** to fully love yourself and your loved ones. Unconditionally. Intimately. You are allowed to experience freely. Follow the intuition of desire.

What happens when the tiny voice calls in you? Do you want to put a name on it? Connection? Intuition? You know what you want. And if hazy, you know what you don't want and this helps lead you to what you do want. Thus, **desire is intuitive by design.** What about one's body inner workings? How or why does an orgasm come? What contributes to full release, full freedom?

Whatever takes one there is unique. Our bodies are ours to behold, temples to tend to, to cherish, to design, our caravan of dreams. Our motor is our hearts, or perhaps our wildest dreams. On the path be tender and patient. Acknowledge the hurdles, questions, experience and process. Communicate needs, boundaries, accept help, be present to opening. Envision wholeness, fulfillment, unconditional love. And try to be mindful you are already whole.

How now to feel free? It can be quite simple. Consider moments when your intuition worked for you. Reflect on a time you desired something and somehow forces conspired to make it come to life? This is the intuition of desire. In freedom we envision, we act, we feel fulfilled and alive. Lay the belief desire will set you free for there is much more to come!