

II. EMBODIMENT

“SENSE TO SURRENDER”

In “Erotic Lives of Women” and “Orgasm: Photographs and Interviews”, collaborators Marion Schneider and Linda Troeller, create a forum to honor the **life force of sexuality**. A collection of individual narratives and accompanying images show women’s journeys through various frontiers of intimacy. Building upon our discourse into empowerment and women we now connect the foundation of freedom and desire with embodiment.



Photograph Linda Troeller
in “Erotic Lives of Women.”

While intuition, sensitivity and emotional body have been associated to women, the same can be said of the “gift of natality”, however differentiation is not the goal rather it is the building of bridges to common ground and place we all seek. In the joining of the topic of sex, be it *our sex, the act of...what it means to me, who am I, who I choose to be*, we each bare truths and beauty. Our quest for connection with life force, sex, a regenerative sensibility, all begins with embodiment.

The poet Hans Sachs once said, “the problem with beauty is not how to understand it but how to stand it.” Thus, an important question becomes what does embodiment mean to you? What do you stand for? These questions will repeat over a lifetime and although the answers may change in different degrees, check-ins are necessary to face and to connect. With self-knowledge, the embodied self is aware, attuned and grows.

Ask yourself, *do I want my desires to turn into reality?* Or are my desires okay as fantasies? Furthermore, where do you desire your boundaries to be? Do you prefer or need to feel a “safe zone”, removed from dangerous complicity, what is your personal recipe for this moment in time? There is no right or wrong, just what feels right, right now.

Once upon a time, I met a young woman who entrusted me to share her life experience. Our conversation began with a quote: “Grief is information.” She shared that she had an abortion due to pre cum. That her much older partner at the time, who felt like an adventure abandoned ship when reality hit, and in their doing she had to care for herself. Presently, she was in a different relationship feeling content though admittedly not experiencing as much passion. The important thing for her was that now she felt good, safe, quite at ease here. This account is a testament to real life, with no hero or villain persay but an example demonstrating life’s way of demanding constant self-care.

The notion of being one’s caretaker may seem obvious but it links to another human paradox, sensibility. In the past we explored intuition and its relation to desire on a path of personal freedom. Next, we explore surrendering as a bridge to strengthened sensibility and empowerment. As humans we are free to make decisions or mistakes and even to not make sense. Sometimes in our walking it may benefit us to go the unforeseen path, to stop making sense **to know what it means to surrender.**

In addressing our emotional body and any existing pain nucleus we can come into the light. We can be judge of what we can bare, have open lines of communication, hearts and minds. In taking steps to face feelings, let them be or brew, then allow for expression. Say to the Universe, in prayer, etc.: I cannot bare this, I cannot stand this. I want change. I need a life of love that is possible for me, that is beautiful. And with mercy we may wake to a new morning and sensibility. In this sequence, we’re working towards a place of intuition, desire, freedom, standing on one’s own, caring for oneself, our emotions, feelings, needs, surrendering in faith, developing trust, flow, beauty- the stuff life is made of.



Photograph Linda Troeller
In “Erotic Lives of Women.”

- Marina Masic, Ph.D.