



THE INSIDE STORY

DOES THE BODY HOLD TRAUMA INSIDE THE VAGINA? ANNA SANSON EXPERIENCES A DIFFERENT KIND OF MASSAGE

I'm seeing a beautiful woman with loving eyes and an edge of mystery. We've agreed to wait until the third date before she touches me intimately. My wife knows all about it, and even approves of it.

Kimaya is a Tantric practitioner and psychotherapist, and I'm seeing her for "yoni healing". The basic theory is that trauma – any past experience where you felt overwhelmed or that was greater than your body could deal with at the time – can be held in the G-spot, inside the vagina. The G-spot is seen as an energy gateway into a woman's body. Releasing the "energy knots" that are held there can help us to let go of any trauma and also to open up more to our sexuality.

It makes sense to me: I know I feel stress in my shoulders and stomach, and uncertainty in my knees and ankles. So I can believe that my yoni holds emotions too.

In the first, three-hour session there is no genital contact. We begin by talking before moving onto the soft, cushion-strewn futon mattress on the floor for the bodywork part of the session. We are both fully-clothed and I allow my body to be moved and held in "cradles" created by Kimaya's body. She invites me to stay aware of the experience, and to let her know if any thoughts, feelings or sensations arise.

Feeling Kimaya's body move with mine is a unique experience and more tender and loving than any bodywork I've received before. Her hands and forearms knead into my hip, and I can feel her legs snug against me. My eyes are closed and I guess her position and which parts of her body are connected to mine. At one point I feel her torso against my inner thigh and the sensations confuse me: she is so close to my yoni. I have an impulse to reach out and stroke her hair, to initiate my own contact with her, but I remain passive. Another desire surfaces: my yoni wants to be touched. I know that's not going to happen this time and I feel a mixture of relief, sadness, and disappointment.

Kimaya has told me that women often take a rather masculine approach to this work: they want a yoni massage and they want it now! She has to explain to them that, even though they give her a verbal "yes", she also waits for the yoni to say "yes". "If I don't feel the body's yes, I won't go ahead with the penetration work. This boundary often brings up a lot of emotion in the woman and is just perfect for her healing journey."

At the end of the session Kimaya wraps me in a blanket and goes to make cups of tea. I feel tears prick my eyes and a lump rise in my throat: something has definitely begun to move.

I arrive for the second session emotionally and physically weary. It's the anniversary of my best friend's death and I'm in the middle of my period. I'm craving nurturing and feel removed from my sexual self.

As requested, I've written "the story of my yoni". I opt for Kimaya to read it out loud. It opens with the line "My faithless cunt..." and she puts all the emotion I'd originally felt into those three words. She reads expressively: mostly in a tone that mirrors my internal voice, but occasionally with a different emphasis. I'm hearing my own story: there's nowhere to hide.

We move into the bodywork. The room temperature feels a little cool and Kimaya wraps me up in some blankets. I feel cosseted. Then she presses her body in behind mine and I feel immediate warmth and reassurance. She

"If I don't feel the body's yes, I won't go ahead with the penetration"

moves her body and mine, holding and pressing until finally my legs are wide apart, I am relaxed, and I feel seen.

Yoni healing isn't a quick fix or an easy thrill and the pacing of our sessions feels right. In many ways it would be easier to just arrive once and have something "done" below the waist. But to go straight into yoni penetration would ignore the need for nurturing and listening and learning about the person who comes with the genitals.

I feel much better after the second session. I feel I've been seen and heard, and had time to relax and be. Through Kimaya's touch I feel as though I have permission to not have to be perfect, and that, perhaps, I am lovable and worthy just as I am.

By the time the third session comes around I am feeling a bit nervous and uncertain about what might happen. My main anxiety centres on whether I will have an orgasm. Kimaya reassures me that every woman experiences it differently: yoni healing is not designed to be sexual or provoke orgasm but orgasms can occur (and, if they do, are welcomed).

We start the bodywork with me naked

from the waist down. I set my intention for the healing but am also open to what may arise. There is some talk and gentle laughter as we find our places and get comfortable.

After a while of getting used to her touch on my torso, limbs and head, Kimaya asks me if I am ready for her to enter me. I am. She starts with some oil, massaging around the tops of my thighs. Then gently caresses my outer lips before giving a few, slow strokes to my clitoris.

With a little lube to ease the way, she slides two fingers inside. I know it is only two but I feel filled by her. When I tell her this she replies, "Full of my presence?" I feel exactly that: it's her focus and attention that are filling me.

She moves her fingers slowly and gently, in and out, exploring for tight or numb areas. I'm invited to breathe into my yoni and to say if I want her to go somewhere else or touch me differently. I feel confused again: usually if I'm giving someone genital directions it's because I'm instructing my sexual partner. This is different and I'm curious about what else I might experience if my focus is on inviting healing instead of trying to build arousal.

At some point I stop feeling filled by Kimaya and start feeling open and expanded. She experiences this too, saying her fingers initially felt huge inside me and but now she feels I am "cavernous".

When her touch causes memories and feelings to surface I am aware that I really want to orgasm rather than focus on the feelings. I don't orgasm, but I do name the feelings out loud and have them witnessed. It's a powerful experience for me.

I know this might sound like an unusual form of healing. Kimaya describes Tantra as "radical intimacy... allowing everything to be there... and living a life beyond our patterns and associations". I agree with her when she says "probably the most limited patterning that we have in society is our sexual expression". Yoni healing gave me opportunity to express myself fully and authentically and that, for me, is the essence of true healing. ●

For more information about yoni healing visit dakinikimaya.com.

Anna Sansom writes every month in DIVA magazine and online at divamag.co.uk (this month: what's the point of female Viagra?) What would you like to see covered? Email anna@divamag.co.uk with your suggestions.