



How Sexy Is Your Brain?

By Giselle Felicia Vivian, Hypnotherapist & Performance Coach
www.gisellefeliciavivian.com

When people are asked, “what is the most important sexual organ in the body”, they tend to focus on those located just above or below the belt. But great sexual performance and intimacy begins in our brains. Our beliefs and attitudes about our bodies, our issues of trust, the experience of everyday stress in the roles we have in life, including financial stress, and so many other bits of data in our brain can impact our ability to enjoy our intimate relationships to their fullest. The physiological effect of the stress experienced can interrupt the flow of bodily processes that ready our bodies for pleasure and satisfying intimacy. For women, the hormonal journey toward menopause can also wreak physical and emotional havoc.

Beyond the realm of the physical are the feelings of rejection, frustration, and negativity that contaminate the emotional climate of our relationships with our partners and our consciousness. The fear of not knowing why our performance has changed for the worst and the perceived loss of control over the matter can contribute to an anticipatory anxiety or avoidance altogether of the sexual intimacy that is part of our adult lives. With the explosion of media attention these days on sexual performance enhancement medications/aids, and the constant exposure to images of perfect bodies, moments of erotic and steamy seduction, intimacy, and passion in the movies/media we watch, how can we not find ourselves comparing our relationships to these fantasized encounters and lose apart of ourselves along the way?

For some, this normalization of sexual expression has freed them up to take ownership of their bliss and explore new and satisfying practices of intimacy for mutual pleasure. For others, it has created a climate of increased stress to perform, conflict, shame, and/or silent helplessness. Ultimately, our intimate partnerships, self-esteem and health suffer. Seeking medical support to rule out the physical causation of performance issues is vital. After ruling out any possible medical concerns and/or supporting the body with appropriate treatments, we can compassionately begin to restore our consciousness and brain to one that empowers our self-esteem, intimacy with others, and ability to express our passions and experience the joy of sexual play.

Hypnotherapy has been used successfully by both men and women to facilitate a desired state of relaxation that allows the body to ready itself for intimacy. In addition, individuals have transformed the monkey mind chatter of negativity, anticipatory stress and self-criticality to create positive self-image and sexual self-expression. How sexy is your brain? To explore how hypnotherapy can help you, email: info@gisellefeliciavivian.com.