

Sexual Fantasies and The Inner Wisdom of Self

Your sexual fantasies contain treasures—the imaginal figures you interact with are each important parts of psyche, and can be understood as windows into the unconscious, a way to know yourself more deeply.

All sexual fantasy is normal. Fantasy is not equivalent to behavior. This is crucial because sometimes our fantasies are of things we are morally or ethically opposed to in our waking, or conscious, life. This is fine. Think of sexual fantasies as metaphors, much like our dreams. Psyche will use vibrant, even shocking imagery to draw our attention to an aspect of our inner self. If psyche used common, tame imagery it might not be noteworthy enough to create psychological change.

A note on masturbation: solo sex, sex for one, playing with yourself... call it what you like, but know that sexual energy spent on yourself is healthy and natural. Solo sex is a fantastic way to get to know your own body, and provides time for you to explore your fantasy material without the constraints that a partner inevitably adds. Sharing is great, but please do indulge yourself in some private time too- you are worth it!

Exercise 1) Gather your fantasy: Dreams

If you have had a repetitive sexual dream, or a memorable recent one, try working with the dream. Is there a person, figure, animal, or other being in the fantasy? In a quiet space, **try to recall as much detail as you can about the Other(s) from the dream. Write the dream down.** Don't worry about whether you are exact, just focus on putting down what you remember with detail and let whatever needs to come out get onto paper.

Exercise 2) Develop your fantasy: Masturbation

Ok, now is the time to play. Set aside a bit of time to enjoy your body. If you have a masturbation practice, great, go ahead and add this to the routine. If you don't, this is one place to start. The idea is to **invite your fantasy figure into an active relation with you while you masturbate. Allow the Other to "speak" to you, go ahead and speak out loud if you are comfortable.** Don't feel constrained by the initial fantasy, let the fantasy-figure play with you and allow the fantasy to become whatever it will. The only intention here is to deepen your relationship to the imaginal figure who has already been in your fantasies; often this figure has a message or a purpose in your life.

Exercise 3) Write your fantasy: Erotica

There is no better erotica for you than what you create in your mind. Yet many of us never tap into the creative reservoir in this way. Ideas: write up a short story, don't worry about the writing quality; just get your idea of sexy and sultry down on paper or recorded digitally. Alternatively, you can write a letter to yourself as though you were your own dream-lover. **Let yourself use all the sexy words you enjoy, and let the Other write whatever they like, try not to censor them (remember, this is a way to get to know another aspect of your Self).**