

## **What to do with love energy and sexual energy in CI & Tantra workshops with Sabine Sonnenschein**

- 1. Dancing with each other and touching each other is based on listening to each other.**
- 2. I don't use my partner to feel just myself and my (sexual) pleasure, but I listen to myself and my partner. I am open to get surprised by how we move together and develop a dance together.**
- 3. We dance for dancing. To reduce dancing to a tool to get sexual pleasure, is not Contact Improvisation!**
- 4. It's great to enjoy a sexual feeling just for yourself. There is place for that, but it's always nourishing the dance. The sexual feeling does never lead into a direct sexual action in this context.**
- 5. In a CI & Tantra workshop we dance with each other, but don't have sex with each other.**
- 6. In case the sexual feeling of my dance partner is too intimate and inappropriate for me, i withdraw from the dance!**
- 7. We learn to use our sexual energy for every day life in Tantra. We learn to transform sexual energy into a spiritual experience.**
- 8. What happens inside me, when i feel, that my dance partner has an erection?  
Can I let it be or is it something that feels too intimate? Is it threatening? Is this clear male energy too much for me at the very moment? Am I afraid to hurt my dance partner, when I withdraw from the dance because of the erection of my dancepartner?  
Can there be an easy way of being with the erection of my dance partner, because it's clear that no direct sexual action will happen in this workshop.**
- 9. How do I exactly feel when I get an erection in dancing CI? What do I do with it? Can I just be with it and continue the dance? Can I stay in sensing myself and the moment very well, without judging?  
Can I just observe, how the erection changes my dance? Do I stay aware and do try to feel, whether my dance partner can be with my energy and my erection?  
Do I feel discomfort because of my erection? Do I feel ashamed? Do I feel fragile? Am I afraid of being rejected because of the erection? Do I want that nobody in the room notices, that I have an erection?**
- 10. Transitions from dance to sex are also exiting for sure, but we don't explore them in my workshops.**

Sabine Sonnenschein