



talking tantra

Hmm... sex. Sex, sex, sex. That's what I was thinking about today, and yesterday. Oh, and the day before, says Irit Noble

IT'S NOT JUST HORMONAL.

Everywhere I look I'm bombarded with lusty images thrusting out at me from every medium imaginable. Generally undernourished, often under-aged and most definitely airbrushed bodies draped seductively over, under or around some or other product.

A shame my soft-drink or cell-phone doesn't turn me on that way! Although, come to think of it, I do get a genuine hormonal response from a beautiful pair of shoes. And teetering on a new pair of flimsy heels is a very similar experience to discovering a new lover – at first there's a little pain, but once you've worn them in they're really very easy to walk all over.

The truth is that while the advertising world is in the high-jungle heat of mating season, many real people are having sad and sorry sex this year... if any at all.

From flashing fireworks, quiet riots and profusions of funky flow-ers, sex often degenerates to an anger management technique, a power tool or a bargaining chip. And, for some, it's merely a heart-felt headache, a bi-weekly chore and a serious pain in the butt.

But, I've got great news...

Tantra, my darlings! Tao! La la la! Since discovering the ancient eastern philosophies of sacred sexual-ity, I'm singing in the streets.

My sex education at school began with rainy-day footage of frantic sperm and ended with the reproductive cycle of... the earth-worm. (Happily, my first coital encounter did not re-ignite that particular image.) Only 20 years later did I discover that there's much more to it than simply pro-creation and recreation.

You know that wonderful glow we women get after sensational

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lovemaking? The same glow some men get just before they fall asleep? Just kidding, guys... well, mostly. But I'm not deriding anybody (you know who you are). Most of us are simply under-educated, that's all.

So let's open our minds to the depth and magnitude of Tantra's incredible sexual work: from semen retention techniques (that's right!) enabling men to enjoy multiple orgasms and actually have more energy after sex; to breath work for the girls, which could mean they'll have more energy for it too. Everybody wins!

I've a habit of seeing the humor-ous side to everything, but truly, I'm in awe of this gift that enables us to love our bodies and at the same time access the spirit in ourselves and our partners. Like my Tantra teacher Fiona says: "It's about getting out of your head and into your beautiful body."

So let's start getting our golden glow the natural, bodily way... bonking not Botox! (Was that a bit rude? Well, you get the point.) Basically it's time to take a fresh look at your old man, rekindle the embers and let that Phoenix fly.

But don't worry; you don't need a sexual partner to be sexual. Even as a single woman – or as I prefer to put it, individual woman – you can take joy in your sensuality. And I know all about it, having until very recently been absolutely celibate for... drum roll please... three and a half years.

In that time I made sure I got mine. I've been practicing incredi-bly safe sex. And when I wanted to get with me, I'd make sure to let me know I wanted me. I'd take me out to dinner, buy myself a little gift (because I deserve it, honey) and afterwards I was always sure to say, "Baby, you're the best!"