



HEART of the FLOWER

if you thought ejaculation was ONLY for men, think again

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Meet Andrew Barnes, a 38-year-old sexologist who is touring Australia as he hosts the ever popular Female Ejaculation Workshops.

The workshops are not just about sex but a self discovery of sex and sexuality, not just for women, but men and couples, and with a four-hour duration, there's a lot that Andrew can teach you that you won't find in a history book.

From the G Spot, the vulva, the anatomy and physiology of the clitoris and female prostate gland to female ejaculation and orgasm, the workshops cater for all ages from young adults to the young-at-heart with more than 40 people at any given session seeking an understanding of their body.

Andrew's workshops have been so popular that he's constantly travelling the country and overseas educating individuals and groups about a once forbidden topic.

He's travelled to the UK and Bali twice, to New Zealand more than 10 times and to America three times.

He's even been invited to a sexuality conference in South Africa at the end of this year and will host a workshop in New York with industry expert Betty Dodson, who re-introduced the electric vibrator for women and has campaigned for sexual freedom since the late 50s.

Andrew will also be a guest facilitator at a post-graduate Tantric sexuality course for practitioners in South Africa.



He runs a variety of workshops including Female Ejaculation live-in retreats and sexuality retreats in Brisbane, Sydney and Melbourne, with a community of women under the banner of True Essence.

"It's really exploding," Andrew, who has a Masters' degree in Health Science (Sexual Health), said.

"I don't know of anyone in Australia that does this."

Andrew says during workshops a live model from the audience is given the chance to experience ejaculation on stage to normalise sexuality.

"Some people who come are really nervous and others find it challenging while most have a deep inner sense that there's more to their sexuality than society teaches us," he said.

"For a lot of women, there's a strong curiosity about sexuality and their bodies.

"It's about understanding where we come from, what limits us and the social conditioning we experience.

"We have to connect with our body and let it relax to experience pleasure and it's important for women to be comfortable."

He said his workshops had been popular and was likely a result of women being disempowered sexually in society which had resulted in low sexual self-esteem for many.

"It's challenged the whole of society. Everything I talk about is based on scientific research and the workshops are very compelling... a lot of people see female ejaculation in porn but the workshops are done in a sacred ceremonial way," he said.

But the Brisbane-born sex therapist's passion for his job stems from a tormenting past when he fell victim to sexual and physical abuse as a child.

His determination to beat life's odds has ironically helped him move on with his life and has taught him not only to rebuild his own life but help improve others along his journey.

"Our society generally has a negative perception about the human body and about human sexuality," he said.

"Our religion, education and movies all generally promote sexuality as something that is either seedy, dangerous or secretive...we are taught to hide our bodies and our pleasure in society.

"Men are considered more sexual than women in society, but women have been raised to have more negative sexual attitudes from the moment they are born."

"Prior to the Victorian era it was believed that women had to have an orgasm to become pregnant. When it was discovered that this was not the case women's orgasm lost all of its importance.

"As the clitoris is seen as being for pleasure only, and not involved in procreation, most of the text books the Victorian era removed the diagrams of the internal structures of the clitoris, and many have not reintroduced them still today."

Andrew's done many things in his life. He's climbed mountains, was the founder of a massage training school, has visited centres of spiritual wisdom in Nepal, India and Egypt but he's also shed tears for two years during his early adult life, a process of grieving from the abuse he suffered as a child.

"Like many men I was taught to not cry as a little boy, so this was very healing for me to be real and feel for the first time in my life," he said.

"My two years made up for the life of no tears.

"I allowed my body to do what it needed to do and when I was ready I just naturally stopped crying... crying is healing."

As a result of his childhood pain, Andrew went "wild" through his adolescence and was moments from committing suicide when what he describes as a sudden and profound awakening turned his life around.

"I had what some people call a spiritual experience at the exact moment I screamed I was about to pull the trigger on a rifle that was in my mouth," he said.

"For the next two weeks I was in what is called an ecstatic state of bliss, and downloaded information from my higher level of consciousness 24/7, it was a massive reprogramming.

"After the two-week period, the ecstatic state left me, the unresolved pain of my life returned, however I was changed forever.

"The Buddhists call this experience 'one taste' meaning that when someone has a taste of enlightenment everything changes."

And this certainly was Andrew's experience, as he let go of his "wild" lifestyle and began a spiritual journey which he says he is still on a high today.

And why would any young adult want to abstain from sex for a week let alone two years?

After Andrew's spiritual experience, at the age of 24, he made a conscious choice to abstain from the activity so he could learn how to care for his feelings and deal with his life stress.

For the first year he still self-pleasured but for the second year he abstained completely, other than a wet dream every three weeks.

"Like many other men I was using sex and ejaculation as a way to deal with my feelings and the stress of life," he said.

"In a sense I was addicted to my ejaculation, and this was affecting my sexual experiences with women because the focus was always about the end goal which was to ejaculate rather than enjoying the journey of creating intimacy and pleasure."

But with his past behind him, Andrew has bigger and better things to look forward to when he travels to America in November for a workshop and the release of his first book (in conjunction with Yvonne Lumsden), *Heart of the Flower* – a book of yonis, in the coming months.

The book details the exploration of the diversity of 48 everyday women's genitals who have posed for up-close and personal photographs from various angles and each women's relationship with her vulva.

"Heart of the Flower is designed to normalise and celebrate diversity at a time when labial reconstructions have reached an all-time high and women's body image is at an all-time low," he said.

Andrew hopes to enlighten those who attend his workshops and aims to make the negative connotations of sex and sexuality a thing of the past.



Phone Andrew on (07) 3254 4505 for more details on his workshops or visit his websites www.awakeningwithin.com.au, www.therapeuticarts.edu.au, www.heartoftheflower.com and www.cuddlepartyaustralia.com.au for information.