

Conscious Kink Saves The World

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Seaní Love

What is Conscious Kink?

Conscious Kink is a term describing the exploration of fetishes, kinks and BDSM in a self-aware, fully present way. The world of kink already contains many beautiful and powerful adventures and by bringing an extra level of self-awareness to it, we can deepen the wonders of our experiences a thousand times over.

There are many reasons you might want to explore your kinks - personal growth, erotic beauty and deep surrender are just some of these. Common BDSM tropes are already full of erotic joy and an awareness of consent and boundaries but this is just a part of the story; there is so much more to kink if we dare to look a little deeper.

Kink is beautiful already. Why prefix the word 'Conscious' to it? Many of us will have our own reasons for doing so. For myself I know when I started my kink journey I had very little consciousness to it. I was full of shame and guilt around it. It made no sense to me. Since discovering the healing and empowering potential of kink, it only made sense to differentiate that from what I was doing before.

In short: Conscious Kink implies bringing much more awareness to our erotic explorations. We are conscious and present every step of the way. We are conscious of our communication around consent and boundaries, we are consciously paying attention to how our explorations affect us. Likewise we can use the tools of Conscious Kink to explore consciousness. That means we can use these techniques to expand our awareness and to learn more about ourselves, our psyches and reclaim any pieces of ourselves that had otherwise been banished.

Using Kink to Explore Consciousness

Conscious Kink brings the awareness that exploration of a person's fetishes has the potential to have a deeper effect. Sometimes great healing can take place. During the sessions, scenes and rituals of Conscious Kink we remain open to the possibility of emotional release, spiritual experiences, deep healing and altered states of consciousness. Conscious Kink is about developing tools and techniques to enhance and navigate these deeper experiences when they arise. It's like creating a beautiful and powerful map of your own erotic inner world. The journey inwards is invaluable.

With a strong emphasis on boundaries and consent, Conscious Kink gives us a diverse set of tools that allow us to expand our sexuality, our understanding of our bodies, our subconscious patterns and thus ourselves. Being more conscious of our own sexuality naturally makes us more confident with our lovers and play partners, and become more empowered as self-aware erotic beings.

Consent And Boundaries

It is well known in the modern day that there have been many accidents with consent and boundaries. In my workshops I often ask, "Have you ever partaken in an erotic activity that you didn't want but you didn't ask for it to stop?" Invariably most people say yes to this. Conscious Kink (and more broadly Conscious Sexuality) gives us better communication tools around what we would like to experience, how we'd like to be touched and what our actual boundaries are.

By bringing increased consciousness to our erotic interactions we are taking charge of our sexuality and we are minimising the risks of accidentally crossing our own boundaries. Likewise with an increase in communication skill, we are minimising the chances of accidentally crossing the boundaries of the people we interact with. We're also making sure we're having a lot more fun.



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Times are changing. Globally we are entering a new phase where we as a species are gaining greater understanding of the sexual impulses we have, as well as greater understanding of our bodies and psychology.

Our kinks and fetishes are no longer automatically seen as dysfunctional traits but increasingly as fun and healthy aspects of normal people's sex lives. Further, with social networking becoming increasingly accessible to more and more people, its becoming incredibly easy to meet people who have similar or matching kinks. It's also becoming super easy (in some parts of the world at least) to be able to shine our kinky little hearts out without receiving judgment: brilliant! By connecting with other kinksters we are able to explore these strange fantasies within ourselves and learn what our kinks might mean for us.

Time and again when articles are published on BDSM practitioners the researchers show that the people partaking in BDSM are happier and have better mental health than those that don't. Read about it on the NHS website. [1]

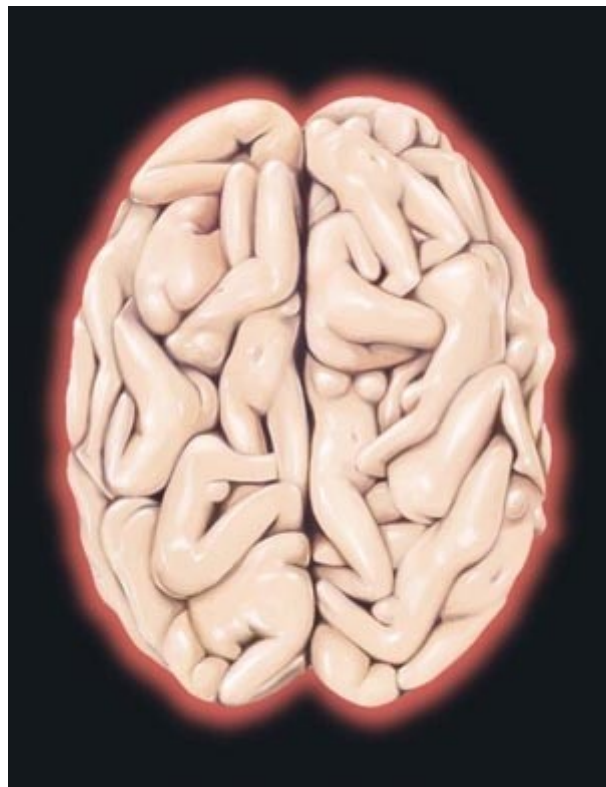
A Few Examples

- Conscious Kinksters are usually more willing to look at prescribed gender narratives and thus are less likely to get stuck in the toxic roles thrust upon them.
- Explorers of Conscious Kink take time to understand their darker erotic impulses and are therefore less likely to be consumed by them.
- Empowered erotic explorers learn how to negotiate consent, can more freely answer 'yes' or 'no' to any proposed sexual act according to their own truth and learn the techniques to take rejection much more gracefully. By embracing our kinks in a conscious way, everybody wins.
- Conscious Kinksters have found healthy outlets for parts of their psyches that are otherwise locked away for ever. We are on the journey to reclaiming our lost pieces and becoming more whole as people.
- We have found beautiful ways to access and express emotions that might otherwise be buried within our bodies and psyches. By expressing emotion we set ourselves free of it.
- And perhaps most importantly, Conscious Kinksters have more fun.

. Let us explore!

‘Explore’ is the right word here – let’s take courage to explore our kinks. Where on earth do kinks originate and how do they get into our psyches? Simply put, we don’t know exactly where our fantasies, kinks and fetishes come from. They seem to originate within the depths of our subconscious minds and surface in flashes of impulses, images or (if we suppress them too much) as obsessions. Sometimes a fantasy or kink is fleeting but other times our kinks can be with us for life. Some kinks are borne from the traumas we have experienced and act as the psyche’s own coping mechanism.

As a species, we still have very little understanding of how our subconscious minds work. It’s a massive and exciting field of research which I’m happy to be a part of.





Bombarded!

All day long we're bombarded with information that rarely gets processed consciously. The Guardian suggests the average Londoner sees 3500 (!!!) marketing messages per day. [2] It is self-evident that many of these adverts use sexuality to promote their wares and services.

Drink this beer and you'll get laid!
Eat this chocolate and you'll find love!
This new razor blade will ensure you get jiggy tonight!

Most of us pay very little conscious attention to these ads but the subconscious mind knows. It knows and it stores and it processes in its own magical way. We would never be able to consciously process each advert we came across but somewhere they get into us. These flashes of our days often inform our dreams via our subconscious minds.

Dream a Little Dream (Of Me)

Instead of shunning our dream selves, many consciousness explorers actually try to understand and interpret their dreams. And sometimes we find meaning and guidance therein. There are countless tomes offering dream analysis in either terms of mysticism or in the language of psychology. Jung has a huge body of work exploring dream-work. When we learn how to navigate and understand our dreams, we are learning more about ourselves. And a little self-knowledge goes a long way.

It's the same with our sexual fantasies – if we attempt to consciously explore them, we are exploring a part of our subconscious minds and thus we are gaining personal insights, self-knowledge and thus wisdom about our own journeys through our world. We are bringing the subconscious processing into the conscious mind for understanding, for exploring and for gaining greater self-awareness. Great!

Self-understanding is a common motif in many branches of therapy as well as spirituality. Jung talks about individuation which is paramount to really exploring, understanding and ultimately living up to our unique potential. The more we know about ourselves, the better.



Or Else!

The opposite of this search for self-knowledge is when some people deny they have fantasies and fetishes. If people have secret fantasies and sexual impulses that they never admit, they can tend to fester within and come out in the most horrendous, unconscious and destructive ways. A strong example of this is found in the sex-denying religions and their countless ongoing problems with the priestly abuse of innocents. Yuck. Much has been written about it and it's beyond the scope of this brief article to open that up here but I will say that you can't deny your true nature otherwise you're hurting yourself and more likely to hurt the people around you. 'Nuff said.

We should understand that unprocessed sexual impulses can be just as destructive as unprocessed emotion. Conscious Kink provides a set of tools for exploring and processing these in safe, powerful, holistic ways.

Philosophies and religions that force us to deny our sexuality are super dangerous. We are learning how toxic masculinity forces men to deny their emotions which then come out in destructive ways to both the men and the people around them. We're making the same mistakes when we obey sex-negative religious dogma. Denying ourselves hurts us. We need to move away from these systems that oppress us.

What the Actual Fuck?

Some common sex-negative religious rules I'm sure you've heard include:

- A ban on homosexuality
- A ban on sex outside wedlock
- A ban on sex before wedlock
- No butt stuff
- No sex during a woman's period
- And many more.

Many religions preach that following our sexual impulses is 'ungodly' and some teach us that God will punish us by burning in hell for all eternity. What The Fuck?

Lilith Wildwood writes, *'The suggestion that sex is a sin, that will lead people to the gates of hell, ensures that the sexual experience is short and to the point (merely for making babies) – leaving no time to take pleasure, to breathe deeply, and to fully explore the process without guilt. This keeps people away from the path of personal divinity via the experience of ecstasy'.*

Conscious Kink Does What?

Religions that preach denial of the body and of sexuality are a complete bane on our species. When they are preaching for the denial of the bodily instinct, they need to be confronted at every turn. As a global human culture, we need to break free of the control these organisations have. We have the right to discover, explore and celebrate our own unique sexual identity in any way we see fit! By making our erotic explorations more conscious we can ensure that the benefits will be felt not only by us but also by those around us. Conscious Kink is an act of reclaiming what is rightfully our own for the benefit of all of us. Sign me up!

The suppression of our natural sexual gratification leads to various kinds of substitute gratifications. Natural aggression, for example, becomes brutal sadism which is then an essential mass-psychological factor in imperialistic wars'. – Willhelm Reich.[3]



People who have been coerced to deny their sexuality, kinks and erotic impulses are easier to control. It is easier to coerce them into joining armies, raping and killing strangers and to go against their true nature. When someone believes that a part of themselves must be suppressed, they are more likely to suppress that same part in others. And we all have those parts.

By owning those sometimes scary and messy pieces of ourselves we naturally stop projecting them onto others. Read that sentence again.

If someone's sexuality is controlled, it's easier to get them to bomb 'the enemy' without a moment of empathy. Churches have always controlled their followers by telling them what is allowed and what isn't. We need to find conscious, healthy ways to break free of this control and start our own journeys of discovery. Churches are dying out but many aspects of these judgements exist in the world outside of those formal organisations. The task we must all embrace now then is to consciously decide to explore all aspects of our selves, especially the erotic parts.

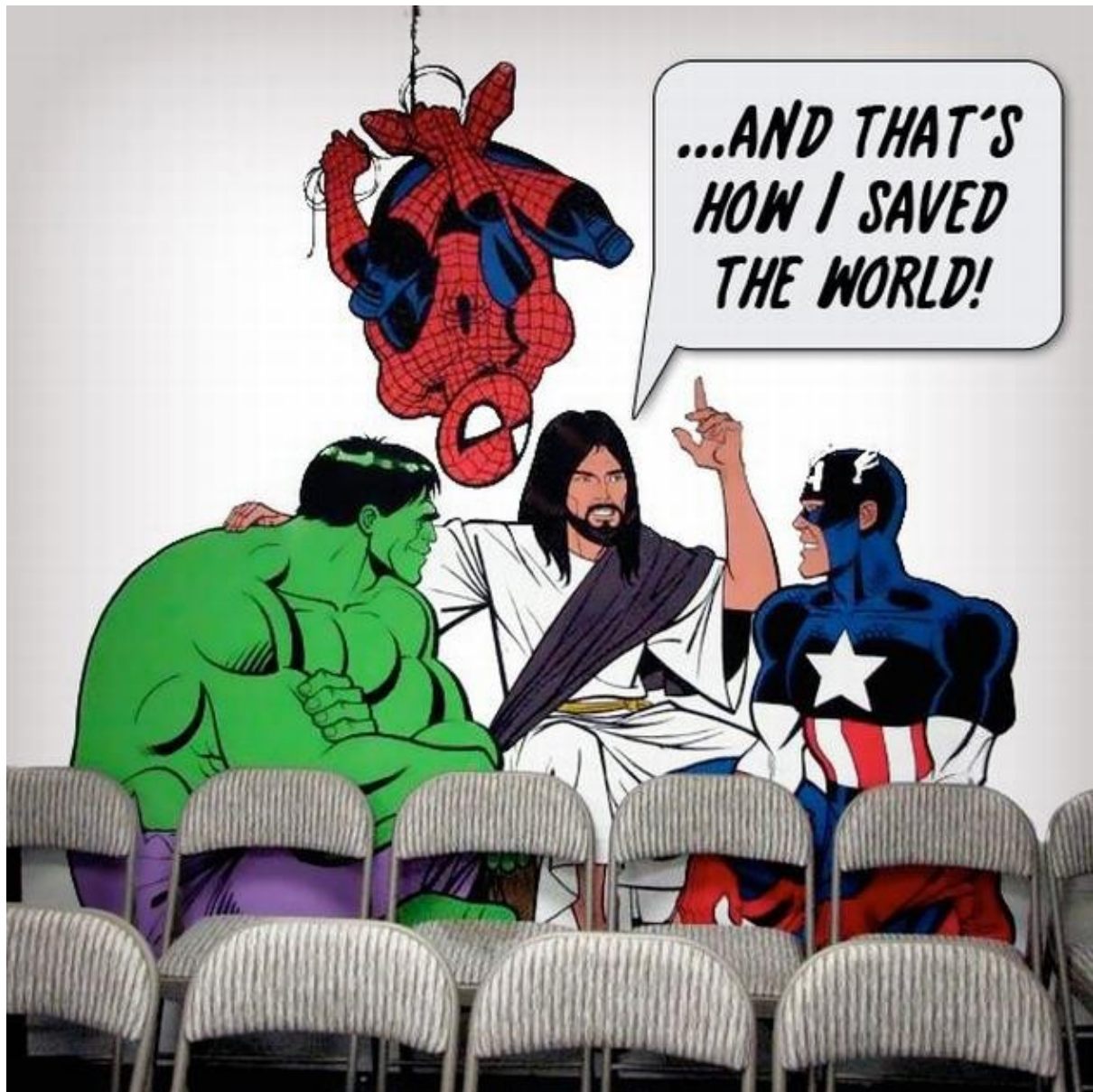


The conclusion then is that by consciously engaging with those aspects of ourselves that we have otherwise hidden we're going to end up being healthier, more integrated beings living in a healthier, more integrated society. We're going to know more about ourselves and each other and we're going to be able to function more readily in our world. Further, if we're engaging with our kinks and fetishes consciously, they're less likely to come out in unconscious and destructive ways.

Great thinkers have been saying as much for many years! But we live in a different time and this idea needs to be told once more for the modern age. These ideas need to be explored further, with a new audience of people who are consciously choosing to explore within themselves. Times are changing and the world needs people to break out of all forms of mental and subconscious oppression and help others do the same. It's such a beautiful feeling to find others who actively want to explore our kinks with us. It's a total delight and treat to be able to go on conscious kinky journeys and explore the landscapes of our own inner worlds.

The invitation then is for each of us to say, "Yes, I'm going to explore and reclaim my sexuality. I'm going to learn about consent and boundaries. I'm going to see how deep this personal erotic rabbit hole of mine goes."

I hope you'll join me <3



Thank you for the time you've taken to read this. I appreciate it. Please write to me to let me know what you make of it.

Keep shining! With big hugs from Seani Love.

Further Reading

An incomplete list of books where you can learn about Conscious Sexuality, Conscious Kink, Shamanic BDSM, Sex Magic, Tantra, the therapeutic process, managing emotions and related subjects.

I love me some woo & esoterica but it totally will turn many readers off; with that in mind, I've made a mini section of woo-positive books I recommend as well as a more accessible section.

Less Woo

- Dossie Easton & Janet W. Hardy, *The Ethical Slut: A Roadmap for Relationship Pioneers*.
- Dossie Easton & Janet W. Hardy, *Radical Ecstasy*.
- Jack Morin, *The Erotic Mind: Unlocking the Inner Sources of Passion and Fulfillment*.
- Robert A. Johnson, *Owning your own Shadow: Understanding the Dark Side of the Psyche*.
- Susan David, *Emotional Agility*.
- Meg Barker, *Safe, Sane and Consensual*
- Wilhelm Reich, *The Mass Psychology of Fascism*

More Woo

- Raven Kaldera, *Dark Moon Rising: Pagan BDSM and the Ordeal Path*
- Francis King, *Sexuality, Magic & Perversion*
- Barbara Carrellas, *Urban Tantra: Sacred Sex for the Twenty-First Century*
- Stephen E. Flowers & Crystal Dawn Flowers, *Carnal Alchemy*
- Lee Harrington, *Sacred Kink: The Eightfold Paths of BDSM and Beyond*
- Raven Kaldera & Sabrina Popp, *Unequal by Design: Counselling Power Dynamic Relationships*

Article references:

[1] <https://www.nhs.uk/news/mental-health/fans-of-bondage-and-sm-report-better-mental-health/>

[2]

<https://www.theguardian.com/media/2005/nov/19/advertising.marketingandpr>

[3] Wilhelm Reich – The Mass Psychology of Fascism.

More about Me and My Work

This article was written by Seani Love, a sex worker and kink educator living in London, UK. Hi!

I specialize in Conscious Kink, erotic ritual and teaching the joys of consent and boundaries to my many wonderful clients and workshop participants.

I was born in Australia but have been living in London since 2003 and have been working in the sex industry since 2010. In 2015 I was awarded Sex Worker of the Year at a ceremony of peers in London. How cool is that?! Actually I have the advantage/privilege of being able to be fully out about my work as my family accepts what I do. Many aren't so privileged and many in the industry face all kinds of stigma (we often call it whorephobia). Let's change it! Let's create a space wherein all sex workers and sexuality professionals are celebrated or at the very least let's decriminalise the industry so workers can do our jobs in relative peace and safety. Yes!

I've had the opportunity to study and practice many arts over the years; as well as kink I've worked with Urban Tantra with Barbara Carrellas (I'm a certified practitioner), plus Erotic Alchemy (certified by Rebecca Lowrie) and I've got a level 3 certificate in Counselling.

If you're interested in exploring your kinks and fantasies, you can visit my website to find out more about me or just email me now on seani@seanilove.com and I'll get back to you ASAP. I'm looking forward to hearing from you and facilitating your journey! Kink can be such a wonderful ride! As well as my private sessions I also run infrequent weekend workshops – all details are on my website.

Hope to hear from you soon!

Much love, Seani
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Be A Part of the Revolution

If you'd like to become a practitioner of these sacred and erotic arts please have a look at our school website and consider one of our courses or workshops. The revolution is happening. People are exploring and reclaiming their sexuality in amazing ways and you can help them! If you've read this article and have a sense that Conscious Kink can save the world and if you would like to be a part of that movement then please get in touch.

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