



Kink Conscious Certification



Conscious Empowerment in the Use Fantasy by Francesca Gentile

Stir a shaman, a counselor, and a clinical sexologist together and you get a perspective on fantasy that may be a bit different. Back in the 1800's Freud (one of founders of modern psychology) viewed fantasy as a reflection of what might be unresolved in the psyche. Shamans for over 30,000 years have believed that there are multiple planes of reality that have equal value and merit. So dreamtime is equally important to daytime, messages from the ancestors equally valuable to messages on social media (if not more so.) Etcetera.

As clinicians, we are often brought the fantasies of our clients as they seek our advice, counsel, and release of shame. Most of our clients believe that there are only 2 choices with fantasies; 1) Stuff them down and feel shame. 2) Act out the fantasy. In this I propose a 3rd Way - Conscious Empowerment.

In over 30 years of being a Shaman, 20 years of being a clinician, and a decade of being a Priestess Domme and Tantric Submissive, I've come to view fantasy as a symbolic language of the soul. Fantasies like dreams or day dreams always arrive in service of our wholeness. However, the psyche speaks a pictorial language that is not one to one. What does that mean?

It means that if I fantasize about having sex on a chair, it might not mean I need to go out and get a chair and have sex on it. It could mean that it's time to reclaim my throne of power, or to rest, or to be supported or something else.

Even a nightmare comes in service of our wholeness. For example, I used to dream of vampires hunting or attacking me. Through going back into the dream through Active Visualization I was able to meet the vampire and ask, "Who are you? What is your message for me?"

What I heard was "I am you. If you deny me, I will kill everything you love. But I am wise. I am charismatic. I can be a great ally. But you must acknowledge me, and you must feed me." That delving in rather than acting out, transformed the way I live my life.

Instead of pursuing the next new relationship high over and over, I was able to redesign my life to include sensual dance performance to be able to receive the attention I craved and the seduction that wanted to be expressed in a manner that was safe for me and others.

Well, let's look more closely at fantasy. For instance, I'm a cuddle bunny who wishes I was reincarnated as someone's favorite pet. I love all the loving touch opportunities, and oodles of kissing as well. One day, I chose a partner who just wanted to fuck. No foreplay. No kissing. No caressing.

At first, I was angry and resentful, but because I am Researcher of Life, I chose to partner with him to see if I could transform myself to receive what he was giving without making him wrong. While we were making love, I began to have a fantasy of being in a large Cathedral, on my knees, surrounded by a circle of Cardinals in red. In the vision, there is a lot of sucking and fucking going on.

This appeared each time we had sex. I began to wonder why. I asked myself "What does a Cathedral and Cardinals symbolize?" and "What is red to me?"

What I saw was that these images represented the sacred Eros and vitality that I was longing for. They represented a missing nutrient in my experience. As long as I chose to stay with B, I had this fantasy. Never before him. Never after.

There is an important distinction between Manifest Fantasy and Personal Fantasy. Manifest Fantasies are what we choose to bring into reality AFTER-after analyzing the risk versus reward, the consent & collaboration potential, the intention & proposed outcome. Personal Fantasies are what we choose to focus upon while self-pleasuring or engaging with another in pleasure.

The key is choice. If a fantasy or desire becomes overwhelming, overcoming, dysconnectivity or it takes us away from our lives, then perhaps we may wish to uncover the hidden message that the fantasy is trying to give us.

One way to work with fantasy is through the arts; to write about it, sing about it, dance about it, create a play or film about it, or something else. Channeling what is stirring within through creative expression can entertain, catalyze, and even ignite transformation. If we choose.

Francesca Gentile
Clinical Sexologist & Instructor Kink Conscious Education Certification