



HEATHER FIRTH

ARTIST ~ SEX EDUCATOR

Art and inspiration for enlightened loving

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The healing power of EARTH EROTICA nature photography

I am deeply moved by the healing stories I receive from women and men who have seen EARTH EROTICA. My dedication to pursue the therapeutic and educational aspects of these images is fueled by feedback.

Sexual molestation of a young girl

Three weeks after a slide performance with EARTH EROTICA in Durango, Colorado I received a telephone call from a thirty-eight year old woman. She told me that when she was seven years old, and just beginning to explore her body, a "close friend" of the family began sexually molesting her. She abruptly stopped her innocent explorations and suffered terrible shame to the extent that for thirty-one years, except for routine hygiene, she did not look at or touch her body or her genitals. She could only make love in the dark, never in daylight, not even soft candlelight. She did not want her husband to see her, especially not *there*, between her legs.

Seeing the symbolic swells, curves, mounds, and feminine orifices of EARTH EROTICA landscapes gave her the curiosity and permission to explore her own intimate geography. Following her intuition and guided by my counseling, she created a ritual to gently initiate herself back into self-acceptance and nascent sexual inquiry. Lighting candles and smudging the bedroom with the sacred smoke of white sage, she brought out large and small mirrors. She turned on the lights and enshrined the environment with exotic fabrics and magical treasures. She gazed upon her nakedness and investigated her divine entirety from a neutral and respectful perspective; the same perspective with which she reveres her *sister* Earth.

For the first time in over thirty years she saw herself, and her genitals, as beautiful. She thanked me for the liberating influence my photographs and counseling have had on her self-perception and expressed gratitude for the deepening love that reclaiming her sexuality has infused into her marital sex. ...Her husband is very happy too!

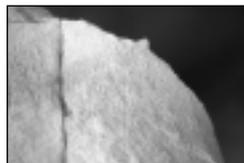
Rape: Her sexuality died that day

This story is in honor of Chris, who was raped as a young woman. Chris had been celibate for fifteen years when she attended my HEART OF SEXUALITY seminar in Sedona, Arizona. Following a multi-media meditation with EARTH EROTICA, she shared with the group that she had avoided seeing men naked and could not look at a penis since the assault. Chris said, "My sexuality died that day."

After the visual mediation with EARTH EROTICA, Chris confided that seeing so many *male* images caused her to question why she condemned all men—and herself—for the heinous crimes of one man. She spoke about the innate innocence of the phallic earth formations, which suggested to her the innate innocence of human sexuality, male and female. Her shift in perception was obvious to everyone in the room. A sense of ease, a letting-down-the-guard, began to bloom within Chris.

Three months later I received a call from Hawaii. Chris had moved to her dream home in paradise and had met a man who was tender, considerate of her sexual history, and patient. She was proud to tell me she was having pleasurable sex for the first time in her life. I applauded her courage. My heart was happy.

Sadly, Chris died of cervical cancer six months later. I believe that if our culture offered educational resources for healing the wounds of her emotional, spiritual and sexual bodies that the cancer would not have developed in her physical body. Sexual ignorance is not bliss, it is dangerous.





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Children, Sex Education, and EARTH EROTICA nature photography

Excerpt from essay: Children and Sex Education

I receive tremendous encouragement from parents thankful for a natural means of broaching the subject of sex with their children and teenagers. Kids squeal and point, hands over mouth, giggling in shy recognition of certain body parts as they proudly exclaim, "Mommy, Daddy, that's a butt! That's a booby!" They are just as excited about identifying numbers and ABC's. But with the EARTH EROTICA photographs, their shyness comes from recognizing sexual aspects of the human body. The child questions for his/her appropriate response: "Is this a No, No? Am I bad because I saw it? Will I be punished for looking? Are you proud of me because I could name it?"

Within innocent curiosity is the opportunity to instill healthy sexual mores.

By presenting socially acceptable erotic art and teaching unbiased information on sexuality I hope, for love's sake, to increase mainstream sexual intelligence.

**With all my love,
Heather Firth**

