

*Happy, Sexy, Shameless:  
What Our Mothers  
Didn't Know About the  
Birds and the Bees*

Shasta Townsend

## **Dedication**

*I dedicate this book to women who yearn to feel really  
alive again and who seek to unabashedly create the next big,  
beautiful chapter of their life.*

*And to Ian - my heart.*

*A portion of the sales of this book goes to organizations dedicated to  
stopping the sexual slavery of women and children. Thank you for  
supporting this by your purchase.*

*Visit [www.shastatownsend.com](http://www.shastatownsend.com) to learn more.*

This is a work of non-fiction however names and identifying details have been changed to protect the privacy of individuals.

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## Contents

<b>Preface Asking the Right Questions.....</b>	<b>vii</b>
<b>The Birds and the Bees.....</b>	<b>1</b>
• What Our Mothers Didn't Know .....	3
• Magic Woman - The Double Edged Sword of Sexuality .....	18
• Am I a Good Girl? .....	25
• Why God Wants You to Have Great Sex.....	33
<b>Step 1: Heal.....</b>	<b>41</b>
• Have Your Cake-Breaking Beliefs that Keep Us Hungry, Unhappy, Poor, and Alone.....	43
• Kicking “the Feminists” Out of the Bedroom .....	53
• Healing Sexual Trauma.....	62
• Looking at Men in New Ways (and why it matters) .....	74
<b>Step 2: Open Up.....</b>	<b>79</b>
• Great Blow Jobs Don't Matter—Not Really .....	81
• You Want to What? – Boundaries, Vulnerability, and Sacred Sex.....	98
• You Can't Make Love to a Cactus- Compassion and Understanding.....	112
<b>Step 3: Turn Yourself On.....</b>	<b>117</b>
• A Pelvic Examination I Can Enjoy-Body Image .....	119
• What is Beauty Anyway?.....	127
• Hey Gorgeous-Look for Something to Turn You On.....	142
• The Unexpected Rules of Desire .....	147
<b>Your Permission Slip is Signed .....</b>	<b>155</b>
<b>Spread the Happiness, Sexiness, and Shamelessness .....</b>	<b>157</b>

## *preface*

### *Asking the Right Questions*

On the eve of sending this book to publication I had a moment of great doubt. What the heck was I thinking writing about women's sexuality, feminism, desire, and intimacy? I am not a certified sex expert or couples counsellor. Who the hell did I think I was?

There were those nagging doubts:

*Can we as women embrace a positive relationship to sexuality when so many women still live in states of violence, sexual exploitation and fear everyday, including perhaps those reading this book?*

*Can we as women truly heal from thousands of years of patriarchy and step into a time of healing and cooperation with men? Can men step into this too?*

*Do we even believe we can have a great sexual experience or know how to create it as women?*

My head was swimming. The delete button seemed very attractive.

My wise friend Angela said, "Maybe Shasta it is not about having all the answers but asking the right questions. Clearly things aren't working out there."

The truth is things weren't working for me either when I started writing this book. I vacillated between feeling angry about the commodification of women and sex, and my own longing to experience intimacy.

I had a deep spiritual practice but many of the classical spiritual paths inferred that sex was a distraction and desire was a sign you were off the path. This just did not feel right to me. It felt like a denial of what seemed natural and delightful. It seemed to me that sex could be a celebration of life and even the Divine, as it is in many traditions, as I would learn. The denying of sexuality and desire also suggested a subtle attitude towards us women that I was uncomfortable with. It felt like women were either seen as inept and overly emotional, or we were the evil temptress who caused desire and distraction in men so therefore needed to be removed from the spiritual discussion or controlled as demonic Medusas. This just made me mad so I knew I needed to turn inward and see what really felt right to me regardless of what the shaman, priest or yogi implied by what was said or not said. I was tired of feeling bad about having desire and wanting to be wanted. I was tired of feeling the blame and shame of being a woman. It all seemed a little outdated.

I was also fed up with the projections I was hanging onto that also felt really old. Some of these had come from my own upbringing, experiences, and beliefs. Some I had taken on from past tradition, current culture, and mainstream media. I wanted to let go of my hang-ups about my body, about intimacy, and about men. I was also ready to release my feeling that I was a bad-girl and maybe a bad feminist because I really liked sex. I wanted to heal the trauma of my past and step into a more powerful relationship with my own sense of happiness, sexiness, and shamelessness.

So I started asking questions of myself and of others. This led me to interview dozens of women and a few men about their sexual experiences, beliefs, and learning. Some of whom you will meet in this book and to whom I am most indebted. Their courageous and forthright openness not only gives a layer of authenticity and depth to this book, but also made me feel like I was not alone in my quest to experience a sensational sexuality. In fact, it seemed there were a lot of women out there who, like me, wanted to feel happy, sexy, and shameless who were asking questions and who wanted to learn more. If you have this book in your hands, then perhaps you are called to feel happy, sexy, and shameless too.

I also studied a lot of current research on female sexuality that confirmed what my intuition and body were telling me—that female desire was normal. Lastly, I just experimented, practiced and figured my way into some amazing discoveries and powerful healings. I found ways to release (no pun intended) the judgment of myself and to integrate my sexuality as well as formulate what that looked like for me as a woman, on my terms. Though I still have a lot of questions and learning to do myself, I stepped into a conscious sexuality that felt ripe and rich and so I share it with you and if in some small way you find it enriching too, then I will feel fortunate.

I don't purport to have all the answers here but if you take this journey, what lies ahead are some powerful excavations, joyful experiences and some great reflections. The first question I asked was; "Where did I get all these ideas about sex anyway? Who was my first model of female sexuality?"

And not to blame Mom, but it was Mom and thus the title of this book was born.

Your mom may have said a lot or may have said very little about the birds and the bees, but you can write your own story – no matter your age, time of life, or stage of life. This book is not meant as a criticism of our mothers (or fathers) but an acknowledgment that we can make empowered choices and in fact need to. Although many limiting beliefs still exist, we generally now have more "permission" to examine personal and cultural beliefs around sexuality so we may truly love ourselves and embrace our sexuality. There is no pressure, no guilt, and no shame about what has been, but it can be a choice to step into your joy.

I make it easy and present it in a step-by-step approach but you can skip around and read any part you like. *Happy, Sexy, Shameless* gives you the means to good sex through three HOT steps:

1. Heal
2. Open Up
3. Turn Yourself On

I wrote this book from my own sexual experience as a heterosexually identified female so the wording reflects this. In no way is this meant

to exclusive. Really, if you are woman, man, lesbian, straight, bi or just sexually curious, you are welcome to dive into this offering. Great sex is for everyone! My own personal experience and “expertise” is the hetero model so that is what I wrote about.

If you wish to feel your innate goodness, wholeness, and beauty, then this book is for you. If you wish to experience new levels of intimacy, real connection, and great sex, then this book is for you. You *can* nourish your heart, free your mind, and love your body as you step into your own expression of a happy, sexy, shameless woman. Welcome to an opportunity that will have you nodding your head in agreement and feeling so understood, that you will wonder why you haven’t done this sooner. So say yes and take a leap to unabashedly create the next big, beautiful chapter of your life.

Even if you feel a little fearful or uncertain, this book is for you. One thing I have learned on this journey is that what I am most afraid of, judgmental of, or rejecting of is exactly what I need to explore. I promise this journey will be safe, fun, and joyful too. So let’s do this together, steeped in acceptance and self-love. We’ll need courage, creativity, an open mind, and the willingness to be a little playful, but if the title of this book appealed to you, then clearly you possess those qualities in abundance already.

Remember, it is not always about having all the answers but about asking the right questions.

## The Birds and the Bees