

Hello children, my name is Paul Mattei and I am a tantric eating expert.

I really believe that so many people, in this modern world are disconnected from their bodies and disconnected from each other and what we are starving for in this world, is not food..... it's more intimacy and more connection with what we eat.

Today I would like to guide you on how you can eat with your whole body. To lovingly feed, deeply embrace your food in your body. Not just digest but be completed by intimate morsels. To enhance your meals with desire. To flavour your food with sexuality.

In front of you is a voluptuous New Season Potato, address him, her or them. Tonight it is the object of your desire.

You may hold them, not just in space, not just with your hands but your open heart. Lean into the sensuality of what you hold in your hand.

You may find joy and playfulness in this connection.

Its curved shape, its light, but weighty...

Its texture, is it rough, or smooth, maybe some of you have one that is bumpy!?

What can you smell? Does it have an odour, a smell about it?

Can you smell the very place that brought about the life force here in your hands today??

What is inside that skin, is it a flesh??

It's not soft, like a fruit.

It's quite hard and dense.

How does that make you feel, the hard potato in your soft, clammy hands.

Feel its presence.

Hold its presence.

Be with its presence.

Engage with its presence.

Close your eyes, and imagine it passing over your lips.

A cool swallow of the throat lets it enter you.

Now I want you all to breathe deeply and slowly, don't let your racing heart gallop away with your senses. Your potato needs you here. Allow yourself to experience the full height of intimacy. Tell your potato what you like too. Snuggle. Be close, with your hearts and stomachs aligned. Your arms wrapped around its whole body.

Kiss your potato.

Thank your potato.

Today I have shown you some basic approaches to nurturing a deeper connection with your food.

I hope that it has left you humbled.