

Elevating Sexual Energy for Passionate Living

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SEXUAL ENERGY is our Life Force Energy. Our life force is expressed by our passion in the living of life. All life is created from and is an expression of sexual energy. Our true nature is to be loving, intimate sexual beings. While we start out in this divine state, we acquire and accumulate manmade blockages that prevent us from realizing our full potential. We can describe health as free-flowing sexual life force energy and illness as blocked sexual energy. To live a healthy, inspired and passionate life, blockages need to be identified and defused.

This workshop provides information to help transform and direct sexual energy towards better health, more fulfilling relationships, purposeful life work, longevity and spiritual advancement.

One need not be in a sexual relationship to benefit from elevated sexual energy.

Everyone has a blueprint for wholeness embedded within them. The Life Force Energy Body represents this blueprint in Figure 1.

The Sexual Life Force Energy body is always healthy, vibrant, and in balance and harmony. It immerses or floods the physical body with energy, and as long as we are bathed in this force, we are healthy and in balance on all levels. The energetic body does not depend on the physical body, but the physical body does depend on the energetic body.

Since the energetic body is never ill, why does our physical body become sick and out of balance?

If the energy flow from the Life Force Energy body to our physical body gets blocked, we become ill. The more it is blocked, the sicker and less animated we become. Pollution and toxins clog our receptor sites creating blockages that prevent our physical body from receiving information from our life force.

The Life Force energy body is represented by the elements of AIR and FIRE. The physical body, manifested by Life Force energy, is represented by the elements of EARTH and WATER. Toxins distort all of the elements creating potential for life force energy interference and subsequent blockages making us more susceptible to disease.

Typical toxins that we deal with are: Earth toxins such as heavy metals; Water toxins such as pesticides, drugs, and xenoestrogens; Air toxins that we breathe such as dust, molds, asbestos, plastics; Fire toxins such as radiation, psychic pollution, and constricting emotions. Any kind of stress that undermines our nervous system such as loud music, deadlines, heavy traffic, and poor lifestyle is part of psychic pollution.

Now that we have a visual aid in understanding the flow of Sexual Life Force Energy into our Physical Body, we can look at how our society creates barriers to this energy flow. Many of us are taught from early childhood that sex is sin, setting us up to fight against our own sexual energy. We create a monster consciousness that expresses it-

self in our world. It shows up as the distorted and twisted aspect of violence and abuse through pornography and sexual exploitation.

Through wrong cultural teachings we come to believe we are defective and not enough as we are. In the world of advertising, sex sells! It can be subtle and subliminal or it can be very blatant. Body image is an example of using sex to control our value, worth and beauty through the concept of "body perfect". It especially affects vulnerable young people at puberty creating ugly distortions such as eating disorders, unnecessary cosmetic surgeries and negative body image presentations. Sexual promiscuity is encouraged through inappropriate advertising and music.

Healthy Sexual Life Force Energy is foundational to life and permeates every aspect of our being; yet we suffer from obsession, either through indulgence or through repression. We are a society heavy with sexual hang-ups, self-image, self-worth and self-esteem problems, filled with anxiety and fear. As energy workers and healers, our job is to elevate life force sexual energy by releasing blockages through clearing inner obstacles.

AURIC BODIES

Sexual life force energy must flow freely through all the auric layers of the body for optimum health. Blockages in au-

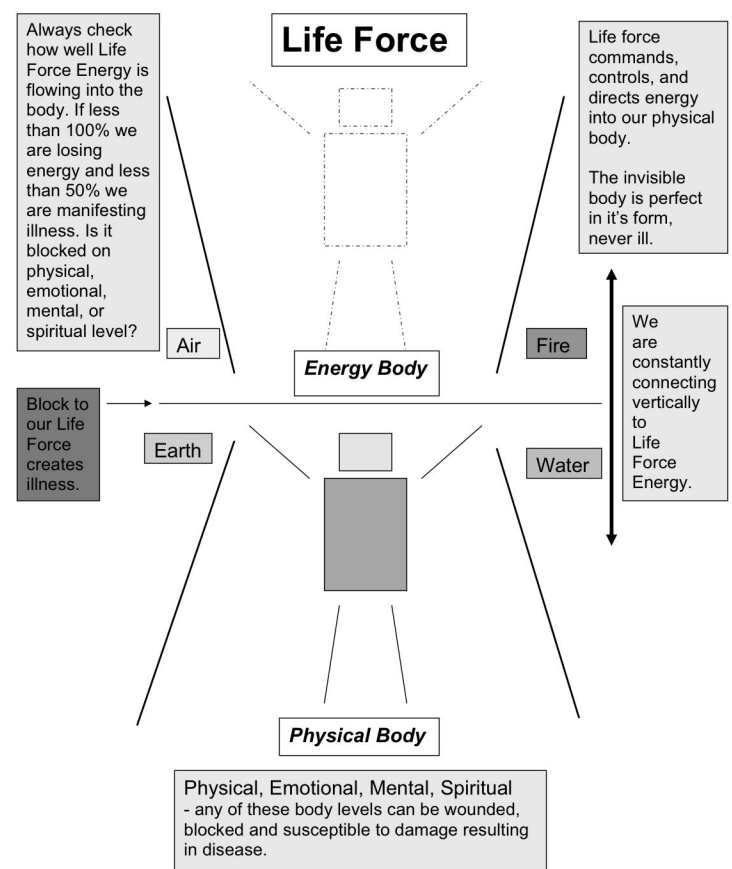
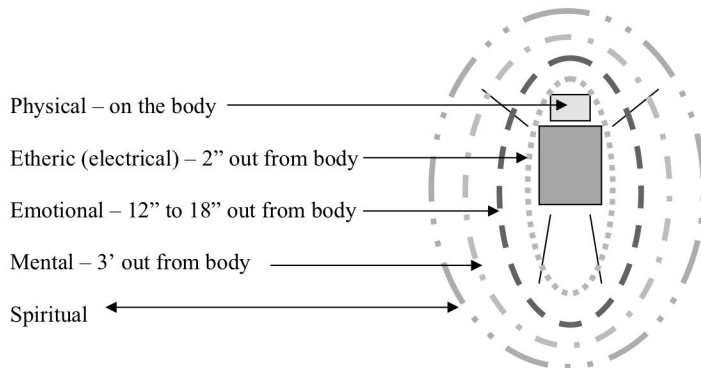


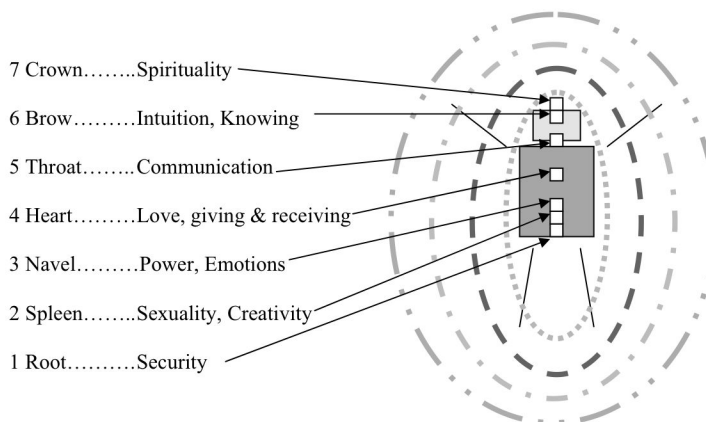
Figure 1. Life Force

ric bodies will manifest as disharmony. If the spiritual auric body is affected, it results in wounded spirit. Blockage in the mental body produces mental illness, and in the emotional body creates emotional baggage. The etheric body, when blocked, produces nervous system and electrical imbalances, and in the physical body blockage results in pain and disease.



THE SEVEN CHAKRAS

To maintain optimum health and establish a flow of energy between the invisible, sexual life force energy and the visible physical body, we need to also balance and cleanse the portals between the two bodies, which are the chakras.



Sexual Life Force Energy gives us our youth and vigour at every age. It's involved in all cycles of life: birth, growth, pregnancy, aging, and death. It is impossible to propagate if sexual energy is undeveloped, and longevity is all a matter of sexual energy.

Passionate living is the outcome of free flowing sexual life force energy. Passion results from an intimate energetic interplay with this sexual life force energy. "Passion lives in all of us and only need be triggered in us. It encompasses boundless love, unbridled enthusiasm, insatiable yearning, and endless longing." (Lazaris)

How do we recognize a person with vibrant sexual life force energy who is living life passionately?

You can sense a hum around them. They walk, but their step has a dance in it. They talk, but their words carry a subtle poetry in them, they look at you, and they really look; it is not just lukewarm, it is really warm. When they touch you, they really touch you; you can feel their energy moving into your body, a current of life being transferred because their Life Force Energy is not repressed. They are loving, intimate sexual beings.

The most profound way to live passionately is to heal repressions, opening up to our Sexual Energy Life Force.

These and numerous other questions hold a tremendous charge within our psyche.

- What does sexual energy mean to me?
- How comfortable am I with my sexual energy?
- Where am I restricting the flow of my sexual energy and why?
- Do I live my life passionately?
- Do I have a passionate relationship with my spirituality?
- How much am I able to love?
- How well do I receive love?
- Am I able to love for no reason at all?
- Am I really comfortable with intimacy? (not just sexual intimacy)
- Am I OK with self-disclosure? (intimacy is self-disclosure)

As Energy Kinesiologists we can diffuse beliefs, attitudes, thoughts, traumas, emotions on a deep cellular level by working with blockages, scripts, hurdles, payoffs or any past patterns that no longer serve us. Our purpose is to create clearer communication between the Sexual Life Force Energy body and all body levels, thus allowing Sexual Life Force Energy to flow and elevate our consciousness into passionate living.

FOUR MAIN CATEGORIES FOR POTENTIAL BLOCKAGE

There are four main categories for potential sexual life force energy blockage and diffusion: Physical, Emotional, Mental, and Spiritual.

PART 1: PHYSICAL BLOCKAGES -Identification and Diffusion

- 1) BIRTH & PREGNANCY – inherited tendencies
- 2) GLANDULAR SYSTEM
The vitality of the glandular system reflects our Life Force Energy. Using "Touch for Health" muscle/meridian testing, we can test and calibrate the vitality and energy flows of the glands. The testing puts the information on our bio-computer screen, and we can use the modality we work with (such as lymphatic massage) to implement change.
- 3) SEX ORGANS & HORMONES
- 4) AGING AND PHYSIOLOGICAL CHANGES
- 5) DISEASE
- 6) POOR DIET
- 7) LIFE-STYLE – cigarettes, alcohol, recreational drugs
- 8) LACK OF EXERCISE
- 9) MEDICAL INVASIVENESS
- 10) POLLUTANTS - heavy metals and other toxins
- 11) OTHER

PART 2: EMOTIONAL BLOCKAGES - Identification and Diffusion

- 1) FEAR OF INTIMACY – inability to trust
- 2) COMMUNICATION -negative thoughts and speech diminish vitality and so diminish us and others
- 3) LONELINESS AND ABANDONMENT
- 4) POOR BEHAVIOUR, ADDICTIONS - any thought or action that causes you or someone else pain
- 5) FAMILY AND FRIEND PROBLEMS – quality of relationships
- 6) EMOTIONAL PAIN FROM PHYSICAL PAIN
- 7) RECURRENT BAD DREAMS
- 8) ENVIRONMENTAL INFLUENCES - cities hold increased stress and negative behaviours, weather, barometric pressure
- 9) FINANCIAL INSECURITY - fear of losing what we have - job, house, identity
- 10) FEAR FOR PHYSICAL SAFETY, VIOLENCE
- 11) FEAR OF DEATH AND DYING
- 12) OTHER

PART 3: MENTAL BLOCKAGES - Identification and Diffusion

- 1) WRONG TEACHINGS - cultural values, attitudes, beliefs & thinking
The mind is like a computer chip that only plays back what's programmed in.
We are a product of wrong cultural principles repeated and reiterated down the centuries.
 - a) *Sexuality* - from early childhood we are taught that our bodies are shameful.
 - b) *Body Image* – few feel satisfied with their appearance measured against cultural ideals.
 - c) *Hardness* – strength (distorted to hardness) is praised, softness is considered weak.
 - d) *Illness as a Self-fulfilling Prophecy* - we are conditioned psychologically to expect to be ill.
- 2) UNSKILFUL THINKING PATTERNS - Unskilful thoughts attract negative energy and outcomes
 - a) *Unrealistic Optimism* - prone to creating fantasies that will not come true
 - b) *Depression, Fearful, Gloom* - regular such mental states create isolation and addictive behaviours
 - c) *Material Gain Focus* - controlling money, career, and relationships - feel they have no value
 - d) *Obsessive Physical and Sexual Activities* - feel loss of spiritual connection to self and world
 - e) *Consumed with Spiritual, Artistic, or Religious activities* - denies material world
 - f) *Mental ignorance* - the basic cause of suffering and of all bodily illnesses

- 3) CARRYING THINGS FROM THE PAST – stored negativity, resentments
- 4) INCOMPLETE EXPERIENCES – accumulated unlived moments
- 5) OTHER

PART 4: SPIRITUAL BLOCKAGES - Identification and Diffusion

- 1) DEATH
- 2) REBIRTH
- 2) REINCARNATION
- 3) KARMA
- 4) FREE WILL
- 5) CONSCIOUSNESS
- 6) TRANSFORMATION
- 7) TRANSCENDENCE
- 8) DIVINITY
- 9) OTHER

LOVE AND INTIMACY

Let us examine the issue of love and intimacy, one of our most significant emotional blockages. Love cannot exist without intimacy, and intimacy cannot exist without love.

Everyone is afraid of intimacy, yet everyone wants intimacy. The word intimacy comes from the Latin root “intimum” which means “your innermost core”. Intimacy is exposing yourself to self, others and the stuff of our reality. We must drop all our defences, only then is intimacy possible. We are all hiding a thousand and one things, not only from others, but also from ourselves. (Osho). Without intimacy, we become closed and isolated, cutting off our Life Force. To live life passionately, we must be open to love and intimacy.

The 7 actions of Love and Intimacy are similar. The 14 states are slightly, yet profoundly different.

Love/Intimacy Chart	
The Seven Actions	
Love is: <ol style="list-style-type: none"> 1) To give 2) To respond – responsible to self/others/reality 3) To respect all we love 4) To know – self & others 5) To have humility to be intimate from a position of knowing 6) To have courage to be committed 7) To be caring 	Intimacy is: <ol style="list-style-type: none"> 1) To give 2) To respond – responsible to self/others/reality 3) To respect all we are intimate with 4) To know - self & others 5) To have humility to be loving from a position of knowing 6) To have courage to be committed 7) To be caring
The seven actions of love produce security and reduce the fear of loss.	The seven actions of intimacy produce closeness, and reduce fear of humiliation.
The Fourteen States	
Loving Relationships produce: <ol style="list-style-type: none"> 1) Security 2) Pleasure 3) Sense of honesty/vulnerability 4) Trust 5) Caring & intimacy 6) Attempt to reduce the fear of loss 7) State of knowing 	Intimate Relationships produce: <ol style="list-style-type: none"> 1) Closeness 2) Tenderness – vulnerability 3) Allowing space for the state of knowing 4) Trust 5) Caring and loving 6) Attempt to reduce the fear of humiliation 7) State of empathic understanding
To be in a truly loving, intimate relationship, we must do the 7 actions to produce the 14 states 100% of the time.	

We must do the 7 actions to produce the 14 states 100% of the time freely in order to have love and intimacy.

Seven action statements of LOVE and INTIMACY

Test the 7 Actions of love / intimacy

Test in relation to one of the following: Self, Others, Things, my Spirituality

Find the priority statement.

- 1) I give selflessly.
- 2) I respond responsibly.
- 3) I respect that which I love
- 4) I know myself /others/things
- 5) I have the humility to be loving/
intimate from a position of knowing
- 6) I have the courage to be committed
- 7) I am caring

Seven states of LOVE

Test the states of love in relation to one of the following: Self, Others, Things, my Spirituality

Find the priority statement.

- 1) I produce security
- 2) I create pleasure
- 3) I am honest and vulnerable
- 4) I produce trust for self/ others/things
- 5) I am caring and intimate
- 6) I attempt to reduce the fear of loss
- 7) I create the state of knowing.

Seven states of INTIMACY

Test the states of intimacy in relation to one of the following: Self, Others, Things, my Spirituality

Find the priority statement.

- 1) I produce closeness
- 2) I allow tenderness and vulnerability
- 3) I allow space for "being"
- 4) I produce trust
- 5) I am caring and loving
- 6) I attempt to reduce the fear of humiliation
- 7) I create a state of empathic understanding

POSSIBLE RESISTANCES TO INTIMACY

A. Everybody desires intimacy.

It is part of passionate living. We can't be passionate about someone or something if we are not connected.

Test:

I want intimacy in my life. (Y/N)

I am open to allowing intimacy in my life. (Y/N)

If NO for either statements, F/O hold while tapping LU1 points on thumbs and affirming the above statements three times.

B. Everybody is afraid of intimacy.

The next thing is that we need to be willing to admit that there is fear around intimacy. This must be cleared now in order to proceed.

Test:

I am willing to admit I am afraid of intimacy. (Y/N)

If NO, correct with F/O points, while tapping K 27 and rubbing front or back lymphatic for kidney simultaneously, while repeating: "I am willing to admit I am afraid of intimacy."

C. Fear Blockages

- I am afraid of intimacy because it must involve sex and romance./ I am OK with intimacy because it doesn't have to involve sex and romance.
- I am afraid of intense emotion that intimacy may bring up./ I can handle the intense emotion that intimacy may bring up.
- I am afraid of commitment./ I embrace commitment.
- I am afraid that I will lose my sense of self./ I trust that I will retain my sense of self.
- I am afraid of closeness./ I am at ease with closeness.
- I am afraid of allowing another to know me./ I am OK with being transparent.
- I am afraid to know myself. I am OK with discovering myself.
- I am terrified of vulnerability and humiliation./ I am safe with vulnerability.
- I am afraid that I'm not able to love good enough./ I trust that I am able to love good enough.
- I am afraid of having to give up my pay-offs of self-pity and importance./ I am ready to embrace my power and strength.
- I am terrified because I have no guarantee as to the outcome of this intimacy./
- I am willing to take a chance as to the outcome of this intimacy.

D. Projected Past

This has to do with wrong teachings. The mind is like a computer chip that only plays back what is programmed in. We are a product of wrong cultural principals repeated and reiterated down the centuries. This encompasses values, attitudes, beliefs and thinking passed on to us by culture, society, parents and religion.

- I release all religious programming that limits intimacy.

- I release my ancestors beliefs that do not enhance my intimacy
- I am worthy of having intimate relationships.
- I allow myself to enjoy intimacy.

E. Entanglement with the past

If we are stuck in entanglements with past relationships, our future relationships are jeopardised. We carry an attractor pattern where we re-create the same negative outcome. We project the past onto another relationship and expect it to make up for past wounds.

- I release all past hurts from problematic relationships that suppress intimacy.
- I forgive myself for knowingly and unknowingly hurting myself.
- I forgive myself for knowingly or unknowingly hurting others.
- I forgive and release all others for knowingly or unknowingly hurting me.

Getting Started: Practitioner/Client Trust & Touch Response

A trusting practitioner and client relationship is essential to getting started. Clients must be comfortable with their health care practitioner, if they are to fully open up their wounds. Suppressed wounds cannot heal and without healing, blockages cannot be defused. Any repressions or inhibitions must be dealt with up front.

a) "Touch Response" is important to our healing, loving and intimacy. If there is stress with being touched and touching, our ability to receive healing may be affected. Even appropriate loving touch may be rejected. Fear of intimacy - beyond sex- the tenderness, caring, vulnerability and trust is one of our greatest fears. Life force cannot flow if we are paralysed by fear. Testing and defusing the stressors for "touch response" can allow greater success for both client and practitioner.

b) "Gender Bias" is another area which greatly impacts relationships. We should be able to say: *"I am comfortable, peaceful and at ease with the opposite gender, and with the same gender."*

If this statement is true, then we are equally comfortable working with either gender and the relationships and practitioners we choose. We come from an empowered choice rather than a fear choice. Clearing gender bias for both the practitioner as well as the client allows for stress free healing and augments the life force.

The Balance:

Pre-Evaluation: Intimacy Stress statements on Touch Response

- 1) Have Testee think about "sexual energy", what it means to them. Note IM change.
- 2) Testee strokes own face lovingly. (test)
- 3) Tester strokes Testee's face lovingly. (test)
- 4) Testee says:
 - It is safe to be touched appropriately. (test)
 - It is safe to be touched for health. (test)
 - It is safe for me to touch others for love. (test)

- It is safe for me to touch others for health. (test)

Once all the touch issues and gender bias are dealt with, we are able to move on to identifying and clearing blockages to sexual life force energy.

Evaluation: We will work with the priority statement of Section C – Fear Blockages

- 1) Think about your priority fear blockage statement from section C. Test both negative and positive statements.
- 2) Find the % of stress towards the fear blockage.
- 3) Find the % of SEXUAL LIFE FORCE ENERGY towards the fear blockage while touching thymus.
- 4) Find the emotion.
- 5) Check which level of the auric field is affected. If more than one, find priority.
- 6) Check each of the 7 main chakras on the body. One or more will be out. Find priority.
- 7) Test for one of the 7 chakra colours. (red, orange, yellow, green, blue, indigo, violet)
- 8) Test which of the 10 sacred geometric shapes are needed. Find the priority if more than one.

Correction:

- 1) Hold F/O while testee looks at the geometric shape while visualizing it in the colour that they tested for in number 7, above.
- 2) Have the testee then visualize bringing the shape to the priority chakra with their eyes closed while slowly and deeply breathing in the colour. (The most intimate contact we make with our environment is through our breathing.)
- 3) Now affirm the positive statement of the fear blockage three times.
- 4) Now have the testee imagine touching a baby animal or a baby human. Have them bring a beautiful flower to their face and stroke their face with it, or other intimate touch experience of their choice. Affirm: "It is safe to be appropriately touched. It is safe to appropriately touch others."

Challenge:

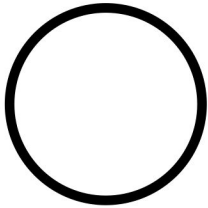
Re-test touch response, fear blockage statement, emotion, auric field, and chakras. Check the percentage of stress and sexual life force energy on the goal.

Conclusion:

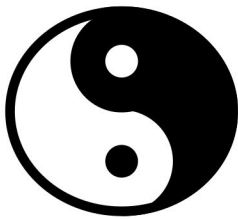
The release of sexual energy brings us to mastery in whatever is at hand. It may appear that this is applicable to some people some of the time, but in fact we've found it applies to all people all of the time.

9 SACRED NUMBERS

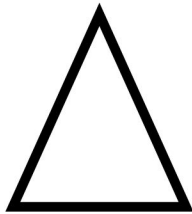
0 is not a number. It corresponds to that which is not nameable or measurable, that which precedes our origins, our CREATOR



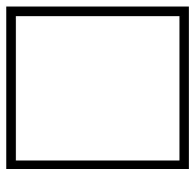
1 (symbol - circle) - corresponds to FORCE, relating to unity as well as TIME. 1 is in the manifested and encompasses the totality and unity we find in all creation.



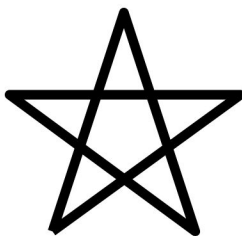
2 (symbol - yin/yang) - corresponds to CREATION. As with all sacred numbers, 1 is contained in 2. The number 2 represents a duality, but because number 1 is the supreme force, creative energy had to split into two parts to manifest itself. Out of this "CHI" energy was created, the complimentary polarity of yin and yang, which create the unity.



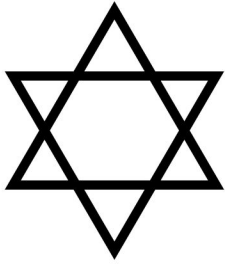
3 (symbol - triangle) - represents the sacred notion of usable LIGHT in creation. It relates to earth and human beings and how human beings perceive their Creator. It also represents heaven, earth and humanity. It allows humanity to bring light to creation.



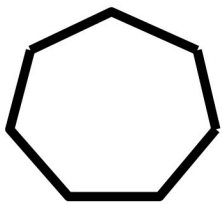
4. (Symbol - square) - represents the notion of SPACE in a limited world subject to the laws of physics. This imprisonment can be transcended as consciousness changes. It represents the 4 elements of earth, water, air and fire: two yin elements of earth and water and two yang elements of air and fire. All healers work with the laws of nature and the number 4.



5. (symbol - pentagram or 5 pointed star, used by Traditional Chinese Medicine in the Law of 5 Elements) - in relationship to all that is SACRED through the energy of elevated LOVE. Five is the kingpin that holds everything in place. It is in between all that was (1- 4) and all that will be, or who we are becoming. (5 - 8).



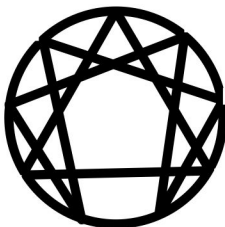
6 (symbol - known as Star of David) - Represents the CELESTIAL FORCE or VITALITY. We are spiritual beings evolved in matter. It is the responsibility of humankind to respect the laws of nature, to transform and illuminate others. We become conscious creators of our reality. The triangle pointing down represents the laws of heaven being applied to earth, or Divinity moving towards mankind. The triangle pointing up represents the energy of humanity moving up to the heavens. In three-dimensional representation, it is the star tetrahedron, our light body used to travel to ascension.



7 (symbol - heptagon) representing the energy of WILL. We are the only beings gifted with free will and free choice. If we combine our love (5) and the knowledge of creation (2) , we create will (7) and the ability to choose harmony and balance in time and space of the material world.



8 (symbol 8) - SPIRITUAL consciousness and knowledge of our origins and transcending the laws of creation into spiritual laws. This is the energy of immortality, and can only be achieved if we are elevated in the seven previous numbers.



9 (symbol, spiral or enneagram) - FAITH, TRANSCENDENCE from a state of conscious faith based on conviction. The elevated state of dancing around the wheel of all 9 numbers of the enneagram.

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