



WELCOME TO THE

ONLINE TANTRA TEACHER TRAINING



Sexual Energy



WHAT IS SEXUAL ENERGY?



We often associate sexual energy with sex, but this energy goes beyond. It is the creative force of the universe. It is life-giving, expansive, playful, creative energy that has a strong urge for movement and wants to be embodied within us.



WHERE DO WE FIND IT?



This energy is contained in our hips and pelvic area. And when the energy is embodied, we are able to allow this energy to flow through our chakra's, our bodies and our energy field effortlessly.



HOW DOES THIS ENERGY GETS BLOCKED?



- Sexual trauma
- Ancestral transmitted trauma
- Social conditioning
- Suppressing of creativity in childhood
- Suppressing of playfulness in childhood
- Collective shame & guilt



SIGNS THAT THIS ENERGY IS BLOCKED?



- Physical issues in the hip, lower back, pelvic región (pain, stiffness, injuries)
- Illnesses/disbalance in the sexual organs
- Issues in the intestines
- Low libido
- Feelings of depression
- Lack of creativity
- Lack of energy



HOW TO CHECK BLOCKS AND STAGNATION?



- Stand naked in front of a mirror and start to dance while looking at yourself. Check if you feel comfortable or not.
- Stand up, close your eyes and start to circle your hips. Do you feel this goes smoothly and easy, or do you feel it costs energy?



PRACTICE TO BRING THE ENERGY UP?



- Find a quiet position. If you want, you can do a 10-minute breathwork practice to engage more in this.
- Connect with your hip and pelvic area and your sexual energy.
- Start to move your hips backwards and forward and visualize, feel or know that you are moving the energy up.
- Allow the energy to rise up and move out through your Crown chakra into your energy field.



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THANK YOU

