

MODULE 14/18

THE GREATER MYSTERIES

STAGE 3 -

THE INTEGRATION



The Mystery School of Orgasmic Shamanism
9-month programme

Contents

- 1- The integration - an introduction
- 2- Knowing we are in integration
- 3- Cognitive exploration
- 4- Experiencing the integration phase in the body
- 5- Boundaries and creating a container
- 6- Completion and receiving from the giving
- 7- Integrating the eternal orgasm
- 8- Breath and awareness elements
- 9- The 24 hour eternal orgasm
- 10 Case study - creating Orgasmic Shamanism
- 11- Case study - creating the Mystery School

All action begins in rest.
This is the ultimate truth.

- Lao Tzu - Tao Te Ching

1- The integration - an introduction

The above quote by Lao Tzu invites us to engage with one of the fundamental principles of Taoism relating to the relationship between the masculine and the feminine. As we've seen in earlier modules, the feminine is the great infinite expanse from which everything emerges while the masculine is the container that emerges from that great expanse, allowing all form to be created.

The “rest” he refers to is the feminine and the “action” is the masculine. This concept, is also perfectly aligned with the Mystery School philosophies that we'll explore further here.

We've seen the Greater Mysteries has three stages:

The awakening - the realisation of the power we have

The embodying - the embodying of this power

The integration - the natural transmission this power to others and to be integrated into our daily existence.

We began our work with the Greater Mysteries two sessions ago when we explored the movement of the natural flow of life and that of the universe. We explored how it feels when everything appears to fall into place naturally and effortlessly. We also looked at how a specific situation can feel when everything seems perfectly aligned and all elements are working **for us**.

The entire mystery process invites us to live a life in which we are deeply connected to this flow. This is one of the origins of the word **mystery** in this context. The flow of life that we're talking about is one of the greatest mysteries to us in many ways. First of all, it's because we don't know where it comes from and second, because we'll never fully understand it with words. Instead, we come to understand it experientially, energetically and somatically. It's, for that reason, considered a **MYSTERY**.

The integration stage in the Great Mysteries is the place where this mysterious movement is experienced and witnessed; where it emerges. It's where the fruit drops from the tree, the petals of the flower open and from where the scent emerges effortlessly from within.

The more we experience and surrender to the flow, the more it can guide every area of our lives. Being in communion with this flowing movement of life is our natural state; it's always available if we're keen and courageous enough to open up and to encounter it.

The Mystery School process is created in a way that enables us to connect deeply with it, wherever we are in our development. So when we feel disconnected from this movement, the invitation is to take a moment to pause and assess which stage of the mystery process we're in. When we connect back to that phase, we reconnect to the flow. This is an essential part of this process. Although often, we might feel that we're out of the flow when actually that's not the case. We might simply be in a different stage than what we think...

When I'm feeling lost and unclear about what I'm meant to bring to the world, or when what I'm doing doesn't feel quite right, I find it necessary to return to the awakening stage and to remember what the flavour of my essence is. In that stage, we explore what inspires us and what people get just by being around us.

When I'm experiencing financial hardships and feel out of flow, I return to the embodiment stage and embody the power of my essence so I can fully reconnect to its value. When I reconnect to its value and have a grasp of it, money can flow more easily.

The embodying stage is also where the power of our essence becomes the medicine that we need to resolve emotional, energetic, or even physiological issues that might arise. So if I'm feeling chronic pains or some emotional issues of some kind, the embodiment stage can offer me the medicine needed to resolve them.

Perhaps there are times when I feel completely disconnected from my body and live more in my head and become distracted. I might even fall into addiction patterns. At this time it's a good thought to return to the Early Mysteries and the discovery stage in which we process the shadow and experience that our connection to the source of life is within us.

So as we can see above, when we follow this process, we're never truly out of alignment. When we feel out of alignment, it's simply our being looking to drop back into the stage it truly should be with in that moment. Once we acknowledge what stage that is and allow ourselves to reconnect to it, we'll find that we're already on our way back to reconnecting to the flow.

Like all the other stages, the integration stage arises naturally when the previous stage, embodying, is complete. Just like the sun, which radiates effortlessly when it's received enough of its own power, the power of our essence also transmit naturally and effortlessly when it's amplified enough within ourselves.

Our essence is then shared effortlessly with the world around us, and this sharing can happen in many ways: It can take a tangible form like a project, a book, a website, a workshop series, a piece of art or even an exhibition... Or it can simply be the transmission that we bring to the world just by our very presence.

Living in this way requires a complete shift in habits from the way we've been conditioned and trained to behave by our collective society. For instance, in our culture, we believe that if money is an issue, we should create new ideas or new business plans and put them out in the world. According to this process however, we would instead go inwards and receive more of our power and allow the ideas to emerge from this place.

This is why the Mystery School process requires a death/birth, known as a live resurrection. This process allowed the dissolution of what separates us from the flow of life. A death of all the ideas and patterns, ancestral, cultural, or other, which we've accumulated, which we

identify with and form the illusion that separates us from our truth. This truth is that we're always connected to the flow of life if we want to see it and integrate with it.

2- Knowing we are in integration

So how do we know that we've moved into the integration phase?

In this stage, movement manifests naturally as an indication that we're ready to transmit the power of our essence with the world. This can happen in different ways.

We might receive images of a new project that feels deeply resonant. As these arise, sensations might also show up in our bodies which are a testament to the elemental nature of this inspiration. When the sensations are so intense, it might then feel impossible to hold back this project and if we do hold it back, it might consume us.

Another way to know that we're in the integration stage is when invitations start to appear around us, spontaneously, almost magically. For instance, as an idea arises, everything might effortlessly and magically fall into place around us for the project to take form. This might even happen without even getting an idea for a project first. As a strong transmission begins to radiate out of us, people will be magnetised and drawn to us and want us to be part of what they are doing. They might even propose for us to join their project or to help them create something new.

Only when it feels almost impossible to hold the sharing back can we see that we're in this integration phase.

3- Cognitive exploration

For each stage of the process, we've looked at specific questions that can allow us to form a cognitive exploration that would support it. In the integration stage, the exploration begins by intentionally connecting to the natural movement behind everything we experience.

3-1- identifying the movement of the flow of life

The intrinsic interconnectedness of everything means that everything will always be working for us even if, at first sight, it appears it doesn't. This is often described as pronoia, the opposite of paranoia; when we believe everything is working for us, conspiring for our highest and best.

So the first invitation is to simply remember a moment or situation when life flowed perfectly and when everything fell into place and in true alignment. Here, feel the qualities behind the ease, effortlessness and mystery behind the flow of life. Now that you're connected to it, feel it in your body.

How do we experience it somatically when everything falls into place perfectly and effortlessly? How does it feel? Can we feel the movement that is behind it? What if this movement could guide every moment of our life? Can we imagine what it would be like to experience that?

The more we recognise the movement at work in these situations, the more we can recognise that this is the nature of existence.

3-2 Show me the movement of life

Once we've connected to how it feels when everything works and flows effortlessly for us, we can continue to linger with it until our being becomes more deeply acquainted with how we experience it. As our being becomes acquainted with it, it becomes easier to recognise how this flow works for us in other moments of our lives, perhaps when it's less evident.

So when we're in a situation in which the movement of life is not as noticeable, we can then ask to be shown where the movement of life is in this moment. You can do this simply by making the request and asking: "Show me where the movement of life exists in this situation." We can close our eyes and take it into a short meditation or even take it into a deeper dive and ask to be shown it.

If we take it into a dive, it's always a good idea to write it down on paper or preferably a notepad on which we can look back at it. We can simply write a phrase such as "Show me the movement of life behind X" (naming the specific situation)

For instance, imagine you are writing a book and feeling stuck. You could take a moment to ask to be shown the movement of life behind that freeze. So the statement written on the notepad would be, "Show me the movement of life behind this sense of feeling stuck writing this book."

This becomes an inquiry that you can take into a short meditation or even a longer dive, depending on how you feel and how much time you have available. Following the naming of this inquiry, we must remain open to what arises. The answer might come either through images, words, voices, sensations or sounds etc.

Sometimes nothing will come at all. This is actually quite normal and in fact means that we could not yet be ready to see what we're asking to see. It might be that connecting with void, stillness or having pure rest is what's needed the most in that moment. Trust the answers that may arise in that moment, whether they're what you wanted or whether they feel like they can be trusted or not.

3-3 What is the gift in it

Another way we can connect to the movement of life is by asking, "What is the gift in this?" This is especially helpful in a situation that feels particularly challenging. When I began my journey with spirituality I went to explore Buddhism and always found myself looking for the lesson in everything. In recent years, through one of my teachers, Cass Phelps, I instead come to use this new question, "What is the gift in this?" This replaced my previous exploration in which I was seeking the lessons in everything.

Everything has a gift behind it: every element of nature, human being and situation etc.

By asking what the gift is, especially in a challenging situation, we demonstrate that we can trust the gift behind everything and are willing to see it and work with it. Take a moment to connect with these two different phrases and see how different they feel as you reflect on each of them:

-What is the lesson in this?

-What is the gift in this?

Notice how different each of them feels to you when you speak it or think it, or drop it into your body.

For me, the lesson sounds almost punitive, like as if something went horribly wrong. Then I'm left to feel unhappy about the fact that I needed things to go wrong for me to learn what I needed to know.

If we choose to seek the gift in life, then life suddenly aligns for us, even if it might be challenging. Its unfolding somehow enriches our lives, usually by allowing us to awaken or bring forth a part of ourselves that needs to come forward.

When connected to this deeper place, we can see that every external conflict is an invitation to resolve a conflict within ourselves. A situation of scarcity is an invitation to awaken the parts

of ourselves that are connected to deep and authentic abundance. Any loss creates an open space for what is wanting to arise in our field to support us and thrive.

Again, if I can't see the gift in a situation and I struggle to find it, I can also ask the question, "Show me the gift in this"

Please note: it's crucial to respect that if you feel strong emotions relating to a challenge, these emotions must be processed before trying to connect to the gift. This can be done by sitting in their fire, bringing energy to them, taking them into a dive and moving with them etc. There are many tools for working on this in this course.

Now, suppose we begin to look for the gift in something while the strong emotions relating to the challenge are not processed. In that case, we risk experiencing a situation of emotional or spiritual bypassing. This is important to consider. A bypass of this type is not compatible with the evolution we seek as we eventually intend to reach more authenticity and truth.

4- Experiencing the integration phase in the body

In previous modules, we looked at how each stage of the mystery process is expressed and experienced in the body through somatic practice.

In the awakening stage, we slowed down and intensified sensations to awaken and feel our essence more deeply.

In the embodying phase, we turned into ourselves and truly received the power of our essence.

The integration stage is connected to spontaneous movement.

At this point, (after practicing the elements related to the previous stages) we simply pause in an open space and wait to see what arises naturally in the body. After that and when we're ready, the integration stage will naturally be expressed in the body through spontaneous movement or sensations.

Generally, the practices of sound, breath and touch dissolve density in the body, allowing us to dive deeper within ourselves. Below this density is the body's fluid system, which, when activated, will begin to create ripples and pulses. As we focus on these and drop our attention and awareness in them, they become small movements that then become more more prominent movements that eventually become spontaneous movements that express the flow of life that we're in.

Very often, when we dive into this space and find the connection to the open space, it will be a great time to ask to be shown the movement of life and see it be expressed through the movements that emerge.

In those moments, we can ask to be shown what inspires us or we can ask to be shown our essence and who we are and to let the images and visuals which appear move us in whatever way they may: either subtly or more actively.

The spontaneous movement can often be supported and or induced by small "trigger elements," which we can also use in our practice, such as:

- Wiggling the tips of the fingers and toes to allow ripples to intensify and arise up and down our legs.
- Tilting the back of the head and the back of the coccyx to support the arising of a wave in our midline and spine.
- Lightly pressing the sole of one of our feet into the earth, with the knee bent, which can awaken a gentle wave up the leg that can move up and across the body. It could even perhaps awaken tilting and movements in the pelvic area.

What we know about spontaneous movement:

- We know that it's the source of life expressing itself through us, through our bodies.
- We know that it's a medicine for our being, which usually expresses itself using patterned, robotic and linear movements.
- We know it represents the awakening of our deeper intelligence, which helps us awaken more creativity and resourcefulness.
- We know that it's one of the ways that the universal order communicates with us; it's therefore a way for us to receive knowledge.
- We know that it allows the deregulations in our nervous system to fall back into balance and harmony.
- We know that when we're in spontaneous movement, we're more open to more intrinsic energies, more connected to source.

This relates to the serpent knowledge that we looked at in part one - the serpent is the truth that lies within us, below our patterns and conditioning. It's a representation of death/birth. As we die, our patterns and stories and the ideas of "who we are" dissolve and we rebirth to the serpent guiding our journey towards the truth of who we are.

Spontaneous movement is the expression of the serpent within us.

When moving spontaneously, we can also notice how this expression generates a shift of form around and within us. For instance, we find ourselves changing our relationship to gravity; we can be in uncommon postures and poses, sometimes for a abnormal amounts of time..

This signals that a shift in form is occurring. We can often find that the density in our body feels like it's dissolving and our mass becomes lighter. We can also see that the empty space

surrounding our physical body can get thicker, richer and denser and it almost feels like it's enveloping our body or supporting it, holding it up.

As this shift of form occurs, as our physical density gets lighter and the lightness of the void around us gets denser and richer, we experience a transformational change of form that supports a massive shift in consciousness.

We tune into the parts of our being that are more limitless. We move beyond the patterns and paradigms that we usually associate with being typical humans. As our relationship to gravity changes, our whole experience of life can change. We're no longer heavy balls of matter being held down by gravity. We can shift and turn and lift and flow, expanding and floating and raising as well as being anchored down.

The more relationships to gravity we experience, the more our range of creativity and resourcefulness can broaden.

A note: some people might move more easily than others. Some of us might only experience movements that are very subtle. Everyone is different and for that reason it's important not to compare ourselves with others. It could be that one spontaneous movement is simply gentle sensations of pulsing or rippling and that is ok.

5- Boundaries and creating a container

In the same ways that a rose bush needs earth, rain and sun to grow and flourish, creating roses that will generate the scent we all love, our essence also has some desires and needs that, when honoured, will allow it to express itself fully and to thrive.

When we realise the value of our essence, as we did in part two, we will now see that we hold a valuable power that's needed by the world around us. It's part of our mission to hold space for the desires and needs of our essence. This is when we can ask our essence what it needs to thrive. As you go into a dive, as yourself this question:

"What do I need to thrive? What do I need to come into full form?"

This can include:

- Being surrounded by certain people while avoiding others
- Eating certain foods and avoiding others
- Getting more sleep or taking naps,
- Doing more dives and less of destructive kinds of activities

We let ourselves be guided by the needs, desires and boundaries dictated by our essence. Since the embodying phase, we have learned to come into direct communication with our essence and enter into dialog with it. We can ask it what it needs and what it would like. When

a situation presents itself, or we're being presented with an invitation, we can ask if it wants this or not or if it's a yes or a no.

The answer will usually come in the form of sensations or slight movements in our body, similar to muscle testing in kinesiology happens. They could even be expressed through dousing, which we have seen previously..

We can also ask our essence what form it would like to be expressed through, if any. For instance, it could be expressed as an art piece, an exhibition, a book, a workshop series, a web page or perhaps it's simply ready to be shared by transmission. This is part of its desires and needs.

6- Completion and Receiving from the giving

When we're sharing our essence with the world in any way, whether through a project, through being a healer or therapist, or simply through transmission, we must continue to nourish and receive from this sharing. This is not meant to be selfish or to make it all about us. Quite the contrary.

It's more about making this sharing and integration stage sustainable so that we can better serve. Our society continues to nurture and cultivate lifestyle methods in which we offer too much of ourselves to others and feel drained.

The sharing and integration we speak of in this course are done from a place that's effortless and a place that will naturally allow us to be nourished while nourishing others.

One of the ways we can notice this is through the changes in our brain chemistry when we share with others. We see this, for instance, as we witness the natural production of opioids in our systems.

Opioids are known as chemicals found in drugs such as morphine or heroin, which can become highly addictive because of the sense of pleasure and stress relief they produce. However, it's been demonstrated scientifically that our beings can naturally produce opioids through the central nervous system and glands across the body, such as pituitary glands and adrenal glands.

An example of these is the endorphins secreted in our system after exercising, food and sex. The opioids secreted in our bodies are usually a sign that whatever we're experiencing is particularly resonant for us, like our system were telling us: "Pay attention to this... whatever is going on right now is something special for you."

Being in community and sharing and integrating our gifts and essence into the world supports this generation of opioids in our system. This is crucial to our development because **it is our reason for being here.**

Us humans come to this planet with a mission to share our gifts and our essences, the same way that the sun is here to share its light and that the roses are meant to share their scent.

When we're being who we're meant to be, our chemistry falls into its optimum functioning. It's interesting when exploring this to also consider our relationship, as human beings, with dopamine.

As humans, our systems will often confuse dopamine reactions for opioid reactions. This is because we seek the opioid's reactions, i.e., satisfaction, so much that we will often see it in places where it isn't.

This has caused us to become a society in which dependency on "dopamine hits" is highly prevalent, whether through drugs, alcohol, social media or shopping, etc. The main difference between dopamine and the production of naturally occurring opioids is that the former relates to the chase while the latter refers to satisfaction.

Dopamine however can be sneaky and offer us a quick dose of "goodness" that will often give us the illusion that we're feeling a deep sense of satisfaction. But that's not the case. This is why dopamine can especially be released when it relates to activities which seem related to the nature of existence, to our reason for being here, and what's needed for our survival.

These include sex, food, connection to others and validation.

Dopamine is not about satisfaction but rather about the chase. Dopamine gets secreted when we're getting excited about the idea of receiving.

Opioids, on the other hand, are secreted when we feel a deep sense of satisfaction which usually occurs when something is in deep and authentic resonance. This relates to our purpose, our mission and the ways we share our essence in the world. It also relates to our peak sexual encounters, peak sexual fantasies and the things that inspire us the most. This is why we observe these so closely in our exploration of the awakening stage.

Yet as humans, we've ignored the power of these naturally occurring opioids for a long time. Until recently, scientists believed they had the same negative impact on our system as the manmade opioids found in morphine and heroin.

Consequently, we've created a society that relies on the external to achieve satisfaction "by proxy." We seek satisfaction in places where we'll never find it. This is how we build addictive behaviours to drugs, porn, digital media, shopping, alcohol and food, etc.

Our satisfaction and sense of deep pleasure can therefore become medicine for this.

To explore this further, the invitation is to spend time lingering with your feelings relating to the creation of opioids in your system. If that feels like an abstract concept, you can simply focus on receiving the power of your deep and authentic pleasure.

Ask yourself these questions:

- How does it feel when you engage with your favourite pieces of art?
- When you read your favourite books?
- When you listen to your favourite music or eat your favourite foods?
- When you have genuinely amazing sex which is in deep resonance?

Most importantly:

- How do you feel when you've shared something that comes from your essence when you feel its impact on the world around you, and you nourish from that feeling of goodness? When you share your deep and authentic truth, your system recognises that you have completed a cycle of sequencing which you came here for and which is part of the very nature of your lived experience?

In these moments, an activation in our deeper reward mechanisms can be activated, and we'll encounter feelings of deep pleasure and satisfaction.

An important practice is to RECEIVE this deeply in your being.

We do this by feeling the sensations associated with this and truly breathing them into our being, and letting them be deeply received. This happens at a deep level in our own body.

I keep witnessing our society and how common is it that people don't receive this deep truth but rather brush it off because it's not part of our human habits.

Speaking for myself, I know, for instance, that I resisted compiling testimonials for years, feeling they would be useless and cheesy. Then when I receive unsolicited testimonials about my work and how it would benefit people's lives, I would block them out and brush them off. As these testimonials kept coming, I realised it became important for me to sit with them and fully receive their power. After that process I was able to compile them in a document that I didn't necessarily share with others, unless they asked, but kept them for myself as a tool for receiving the power of what I'd shared.

Similarly, when people spoke in workshops about the incredible benefits they received, I would be quick to block them out and focus on what didn't work. Along the way, a shift occurred, and I was able to fully receive the goodness of these comments which is now a major part of my own personal practice.

The practice shouldn't be unnatural or forced. It can begin by simply noticing how you react when you receive these comments and feedback. At this time, just hold a neutral space for the reactions. Drop into your sensations if you must. As we bring awareness to these reactions, we often found that we soon begin to dissolve them and find it easier to receive the medicine of these comments.

Now we can enjoy fully receiving their power. We can sit alone after the workshops and allow ourselves to receive the power of what was said and the benefits received by others.

This is where we see the idea of receiving while sharing refers to nourishing from our essence being received by others, not the idea that we should be working only for ourselves.

For instance, when holding space for a client or a group of participants, a healer or therapist should be sharing effortlessly from their essence. The idea of receiving does not refer to them bringing their own complexities, challenges and issues into the workshop or session to be healed.

The facilitator should always enter the space, having left their stories and issues at the door and holding as neutral a space as they can.

However, as they bring their essence and watch a group or client receive this essence, their being receives nourishment from this, allowing them to continue to thrive.

I remember when I was working in the corporate world and a team of us presented a new marketing campaign to the president or CEO. When the idea was well-received, we would leave the room in a state of collective ecstasy. That's an example of what I'm referring to.

This state of receiving while giving ensures the sustainability of the sharing act and our role in embodying our mission in the world.

When we feel worn out, or like we're no longer receiving from it, or feeling stressed and drained, it's worth taking a moment to tune in and check into whether we should return to the embodying stage in order to resource from our essence first, before going back to sharing. We might even need to return to the awakening stage to see if this activity or transmission of our essence is, in fact, in alignment with our core truth.

Please note: The difference between the embodying in the second stage and the receiving in the third stage is that the receiving in integration happens as we're sharing, while the receiving in embodying is only us receiving, as a closed system, while not sharing with anyone.

7- Integrating the eternal orgasm

This brings us to one of the foundational principles of this work and this programme. While all of us hold a different essences and unique gifts and talents that we bring to the world, there is one thing that we all have in common as participants in this work.

This is the energetic development that allows us to share primordial and transformative energy frequencies with the world around us.

We've seen that by developing our energetic patterns and structures and through energetic merging (such as connecting to sacred power spots and through our practices and through this group), we find ourselves able to share this energy with others in a transformative way, simply by using the power of our intention.

As we know, this is done by intending to be one energetically. We can do this by using various methods to do so (such as the source point, the egg of light or the tubes of light etc).

This is an example of receiving while giving, because as we merge in this way with others, the process allows us to enable and support more of our own energetic development. The more we merge with others, even if our intention is to support their healing and transformation, the process also supports us because we're maintaining a connection to more primordial energies (source and the orgasm field) while the process takes place.

This is what it means to live in the eternal orgasm. It's the ultimate integration of our power. As we develop more of our ability to embody the energy of source or orgasmic energy, we can effortlessly radiate it and impact others around us.

In order to maintain this state, I recommend that each day you wake up and set the intention to spend the entire day being at one energetically with everything and everyone you encounter. From my experience, I've seen that this process can completely change your day. All it requires is to set the intention for the day and remember to maintain that connection at various moments, while typing at your desk, driving or walking on the street, etc.

This tool is especially beneficial to apply when you happen to find yourself experiencing challenging moments in the day. In the example of a conflict for example, there's no need to agree with the person or find a place where you meet in a verbal exchange. You can simply merge energetically with them, sharing the highest power you have with them and allowing yourself to grow and develop as a result of the interaction.

This process, to me, is delicious.

But it's important to note that, while this is a form of energy healing work, it does differ from more traditional energy work methods such as Reiki. The difference is that we're not trying to shift anyone's energy, or bring healing to them directly. We're simply sharing our energetic abilities with them and if their being is open to receiving them, then they will receive the benefits. This is what makes this process sustainable and non-intrusive.

As it does traditionally in energy healing, questions will often come up that relate to asking for permission before doing any healing work on others.

I would never advocate doing any energy healing on others without their consent. This is not what happens when we merge with them in the way described in this programme. As mentioned, we are simply making our capabilities available to them. If their being is open to receiving them, it can have a transformative impact. We don't however have any specific intention.

We'll see in future modules that if the person is aware of the sharing taking place and focuses on it then it can be much more beneficial in supporting their healing and transformation process.

8- Breath and awareness elements

A great way to embody the eternal orgasm energy while engaging with the world is by using elements of breath and awareness that can be maintained effortlessly throughout the day. As one can imagine, maintaining this state throughout the course of the day with its ups and downs and different situations, might be quite a challenge. That's why we want to ensure that the tools we use are subtle and simple.

The luna breath

I recommend using a breath that comes from the practice of Continuum Movement called the luna breath, which is the most subtle of all the series.

With the mouth closed, we simply exhale from the back of the throat. For yogis, it will feel similar to doing an Ujjayi breath with the mouth closed.

You can take a moment to try it now as you read this:

Starting with the mouth closed and maintaining the mouth closed at all times, exhale softly from the back of the throat.

You should hear a soft throaty sound as you exhale.

After exhaling, just pause and notice the effortless softness of the inhale. Let yourself receive its smoothness.

The subtle and smooth nature of this breath allows you to carry it and integrate it into every moment of your day.

Along with this breath, you can also bring in elements of awareness that are also simple and easy to apply and integrate into any situation. One of the suggested elements of awareness is to use the source point along with the breath. I like to tune into my source point as if it was an eye that I see the world through and then staying connected to the source point while engaging in any interaction across the day.

You can also integrate the luna breath into any types of merging that we've seen together such as the tube of light or the egg, etc.

Another suggestion is to visualise a tube of white light where your energy core is and breathe from that place. You can exhale the luna breath out from that tube of light and then pause to notice the effortless inhale that happens as a result. Remember that the energy core runs from the crown of the head all the way down to the perineum.

I sometimes like to exaggerate the exhale, which allows me to notice an even more effortless and flowing inhale flowing back in as a result. When I do this I feel the effortless flow of the inhale fill and flood my inner world smoothly and easily.

It's common to feel you might not be able to maintain your awareness in 100% merging for the entire day. For that reason it's important to be compassionate with ourselves as this practice is not about setting yourself up for failure, but rather remembering that it's indeed a practice of coming back to this awareness.

The journey is the destination.

9- The 24-hour eternal orgasm

As I mentioned, it can be challenging to hold a space of energetic merging for a full day. Here are a few recommended ways to support you holding the space for this practice.

1- **Set an intention:** the night before, set the intention that you will be holding this space for 24 hours the following day. You can even write it down in your dive journal to anchor it.

2- **Set a timer to ring a few times a day:** I will often have one that rings every 30 minutes to remind me to come back into the awareness.

3- **Welcome the challenges:** we will often get upset when challenges come, which take us off track. Make a deal with yourself that the challenges that come up during this specific 24 hours are those you are meant to be sitting with, merging with and bringing energy to during this period.

4- **Nutrition:** take care of your nutrition and sleep during this period. Make sure your physical system is supported.

5- **Choose your practice elements:** choose your breath and awareness and merging element techniques for the day in advance and commit to them. This will allow them to become second nature and you'll find yourself naturally merging with everything that comes your way.

6- **"Fail" back into your practice:** when you notice you've fallen out of merging, just notice it and bring your awareness to what made you fall out of it. You can write it down if you want and then drop it into your next dive or practice. (for example, a conversation with mom or the angry man at the bank etc.) Your dive can show you if there's a bigger gift, learning or story behind this, which is wanting to be seen.

10- Case study - Creating orgasmic shamanism

In this section, I'll be sharing a summary of how this work has helped me and my own process. As described in an earlier module, I moved from a 500k\$ debt to financial stability and independence.

This same breakthrough is what awakened the series of events that paved the way for creating the work I do now. While I didn't realise it at the time, this journey was in perfect alignment with the Greater Mysteries.

Following the financial breakthrough that I'd gone through, I found myself in a much more open space and able to accept invitations as they arose. I also mentioned earlier the experience I'd had in a temple in Thailand, which felt like a temple initiation that brought about a series of transformative events.

After visiting the temple of Wat Arun in Bangkok, I found myself in a strange state of receiving downloads of sounds and spontaneous movements for hours in my hotel room.

I later learned to refer to this as a very intense expression of a source energy orgasm. Following that experience, I spoke about this with a friend and he mentioned I should meet his friend in Tai Pei who would know more about it.

I went off to Tai Pei and the friend there had offered some valuable insights which led me to a meditation retreat in Nepal near Kathmandu.

In that meditation retreat, visions came to me showing me the changes that were to come. I moved away from London, closing my business and packing up my home, and went on an adventure that led me to various countries and ended up in Barcelona.

Then one day in Barcelona, a shaman invited me to a ceremony on the beach. At the end, she mentioned that she was very certain that I was a shaman too.

At the time I didn't know much about what a shaman did. Then when I asked her, she responded, "just wait. It will all happen on its own."

Apparently she was right. The following day I received a call from a woman who invited me to join her on a major design project in Mongolia. As it happened, I accepted the invitation.

Then as I joined the team, we noticed that the building we intended on designing was being squatted by a family and we couldn't complete the design work..

So I found myself in the middle of nowhere, 20 hours away from the city of Ulan Bataar, with nothing to do.

Then I remembered that Mongolia claimed to be the place where shamanism may have originated in the first place.

It seemed to me that there was no accident.

As I opened up to the realisation I was shown a journey towards being initiated as a shaman and was guided to a woman who invited me to join her on some shamanic missions in Brazil.

So off I went and joined her and another shaman that neither of us knew. Together we realised that we'd been called to the same series of journeys in Brazil, and the exploration had begun.

As our shamanic missions ended after 10 days, both of them asked me if the words "sex shaman" meant anything to me.

And indeed they did. Both shamans had explained that they'd received a strong intuitive sense that I was meant to bring about some type of work that connected sexuality to shamanism.

As it stood at the time, I was five years into the exploration of tantra and it had always been something I'd kept close to me but was never really able to fully surrender to.

After the conversation, one shaman connected me to a Kenneth Ray Stubbs, based in Arizona, who referred to himself as a Sexual Shaman. He'd been involved in tantra and erotic massage practices since 1965 in San Francisco and had also been mentored by a Navajo shaman and Buddhist rinpoches.

The idea of contacting this man resonated deeply in every cell of my body. Stubbs held a space for me to engage on this new path of sexual shamanism. He introduced me to some new aspects of tantra which were much more energetic and primordial and resonated much more than the neo-tantra which was traditionally on offer in trainings and programs.

Ray mentored me for years, and in 2016 I began to share workshops that worked with sexual and orgasmic energy but in very subtle ways, always fully clothed with mixed gender yet quite potent.

Eventually, I reached a turning point in 2019 when I entered another deep continuum dive in the dark which was similar to the one in which I described which had helped support me in resolving my financial crisis.

I again found myself facing some very difficult shadows that forced me to look for new resources within myself. In the space of that deep dive, I asked to be shown the practices that would allow me to confront and resolve these shadows. At the time they seemed gruelling.

But I was shown practices that combined some of the elements of the techniques I learned in somatic movement, along with some energetic shamanic practices I'd encountered along the way, as well as self-pleasuring and orgasmic energy.

The potency of these practices was beyond words. I found myself dumbfounded by the reaction they caused in my body. By the end of the deep dive, I had complete certainty that this was the way forwards for my work and practices.

I'd received some blurry visions of how these would come into form in the world, but nothing concrete at all.

I asked myself:

Would I create a series of audio recordings?

Video recordings?

Who would I work with?

I knew inside that I didn't need to know anything just yet.

I spent months and months simply opening the space for these practices to emerge. I spent my days in a dive space with a notepad next to me, writing down insights, sounds, breaths and touch elements. The more they resonated, the more I circled and highlighted them on my notepad. I was never focused on bringing these out in the world, but simply receiving their medicine for myself.

Then with the arrival of the Covid pandemic in 2020, a new significant shift happened. A close friend of mine, a tantra teacher, told me about a new online app that taught tantra for gay men, which would be created to respond to the pandemic. He strongly suggested I join the app and see if I could be part of it.

I pulled together a website in five days simply to have something which demonstrated this work. The first workshop gathered 225 attendees on the app, which was beyond anything I'd ever imagined. After years of holding very soft in-person workshops with men and women, seeing hundreds of men on a zoom screen pleasuring themselves and holding space for them was an incredible trip.

I rode the tsunami from that moment on, which carried me to a new level in my work. When we look at this story, we can see how it reflects the three stages of the Greater Mysteries.

The discovery stage, is when I realised that the body is the gateway to the greater forces which began to move me when I started to engage with tantra and somatic movement. It hit its peak when I had my deep somatic experience in Thailand.

The awakening stage that first peaked its head was when I did my tantra training. It intensified in the shamanic missions in 2015, when I understood that my work would be related to sexuality and shamanism.

While I shared this work in various ways for a few years between 2015 and 2019, everything took a sharp turn and the awakening intensified even more in the deep dive in 2019 when I saw the new, more explicit flavour of my essence emerge.

When the awakening reached its peak, I moved into the embodying stage. Once I realised the flavour of the more explicit practices I would be sharing, I spent months only receiving them for myself, letting them nurture me. In fact, they first emerged as a solution to resolve issues that were within me.

The integration stage also happened naturally. As the Covid pandemic arrived, it was time for this new work to be shared. The doors opened and the paths were formed.

When reading this story, there might be an inclination to put it down to luck or coincidence.

But I've seen over and over again, in clients and others around me, that indeed luck or coincidence is not what we think. It's all part of the greater connection to life and all that we need to do is to feel a strong intuitive sense that something is about to emerge. From there we simply have to create a potent space for it to appear.

II- Creating the Mystery School

This very Mystery School programme that we're sharing, also emerged in a similar way. In 2018 it first emerged as is described in the lines of the Greater Mysteries process.

At first I was teaching workshops about orgasmic energy online and in person. After teaching for approximately two years, regular participants began to ask for a higher level of work.

I was unclear about what to bring forward. In my dives, I kept hearing the words "Mystery School" and got clear visions that were indicating that it was time to share this work.

Yet, there was this strong resistance that arose. I asked myself:

Was I ready?

Was I good enough?

Would anyone get it?

I settled myself by taking a session with a psychic I often worked with. She also informed me that I was preparing to bring forth a new level in my work. I remembered her looking up from her dowsing pendulum and saying: "I keep getting these words MYSTERY ... and SCHOOL... Does this mean anything to you?"

That's when I couldn't hide. It was clear this was seeking to come forwards.

Since then, every time this programme has emerged, the group appears before the programme is formed and the programme arises and comes into form depending on who has shown up. That is indeed the mystery of our joint life force.