

Great mysteries

AWAKENING YOUR ESSENCE

Exercises

GETTING INTIMATE WITH THE FLAVOUR OF YOUR ESSENCE

The objective of this assignment is to begin fully embodying our essence by getting intimate with it.

We will do so by answering the questions of this part of the course, as well as exploring our inspiration, our peak sexual experience and our peak fantasies.

PLEASE NOTE:

This suggested exercise is long and has many layers and parts.

This assignment has 7 parts:

Part 1 - Discovering your effortless gift

Part 2 - Knowing what inspires you

Part 3 - Engaging with your peak sexual experience

Part 4 -Engaging with your peak sexual fantasy

Part 5 - Harvesting your essence

Part 6- Follow the labyrinth

Part 7- Integrate a practice

Part 1 - Discovering your essence

On a new page of your notebook, write down notes as you reflect on the following question:

"What do people get from you, just by being around you."

Write down the qualities that come up.

What qualities do people experience by being around you?

What is the impact on their lives?

Review these notes again and highlight or circle the qualities and emotions that seem most relevant to you.

Part 2- Knowing your inspiration

On a new page of your notebook, write down notes as you reflect on the following question:

"What inspired you? What gets you out of bed in the morning?"

It could be a song, an art piece, a book.

Name the qualities you experience when you engage with it.

What is the impact of these qualities on your life?

Review these notes again and highlight or circle the qualities and emotions that seem most relevant to you.

Part 3 - Engaging with your peak sexual experience.

Take a moment to reflect back on your favourite sexual experiences.

The following assignment will invite you to dive deep into this experience and reconnect to its essence.

You can also review the recording from session 1 to help you with this exploration.

I invite you to write the answers into your notebook.

To begin:

Ask to be shown an experience that is particularly significant, highly pleasurable for you, one of the most arousing of your entire life.

1- Describe this encounter:

How old were you?

Was it alone or with someone?

If with someone, what kind of relationship did you have with them?

-Casual or anonymous

-Acquaintance, friend, or date

-Partner

-Multiple partners

Where did it take place?

-Indoor? Outdoor?

-in a bed? Somewhere else?

-In public?

2- What made this encounter so exciting?

-On a scale of 1-10, how aroused were you in that experience?

-On a scale of 1-10, how satisfied did you feel after that experience?

3- What are its qualities?

When you connect deeply with the memory of this experience, what qualities are present there for you?

Examples of qualities could be aliveness, excitement, stability, depth... etc.

How do these qualities feel in your body when you reflect?

Make detailed notes of what occurs in your body.

4- On a scale of 1-10, how present was each of the below emotions in that experience as you remember it?

-Freedom

-Satisfaction

-Connection

-Anxiety

-Guilt/shame

-Anger

You can repeat this exercise for another experience if you like.

Review the notes and highlight or circle the qualities and emotions that resonate most deeply with you.

Part 4 - Engaging with your peak sexual fantasy

Take a moment to reflect back on your favourite sexual fantasy.

The following assignment will invite you to dive deep into this experience and connect deeply to its essence.

You can also view the recordings for sessions 2 and 3 to support this and the shameful sexual fantasies video meditation I have included.

I invite you to write the answers into your notebook.

To begin:

This process will be similar to the one from part 1 about the peak sexual experience. The fantasy, however, can be even more interesting for us to explore. This is because a fantasy can show us what we really desire, while a sexual experience is limited by what has manifested for us in real life.

Ask to be shown a particularly significant fantasy, which is highly pleasurable for you, ideally one that you often return to the most.

A sexual fantasy is simply a mental image, daydream thought or feeling that turns you on. Fantasies can be brief and simple or long and complex.

1- Start by describing this fantasy in detail:

Does it involve you?

Are you alone or with other people?

Does it include two or more partners at the same time?

Does it involve your partner?

Does it involve people you know?

Does it include a person from the opposite sex than the one you are generally interested in?

Where did it take place?

Indoor? Outdoor?

In a bed? Somewhere else?

In public?

2- Experiencing this fantasy

Is this a fantasy that you have experienced in real life as well?

Is it a fantasy you would like to experience, or are you happy with it simply being a fantasy?

Is it perhaps impossible for it to happen at all?

Is it illegal for it to happen?

Is it something you would actually not want to do?

Do you look for this fantasy when you want to masturbate?

Do you masturbate when you think about this fantasy?

Do you fantasise about it while you are having real-life sex with someone?

Does it come up when you don't want to?

3-Possible Resistance

Are you embarrassed or ashamed about it?

Do you find it bland?

Do you fear they are abnormal?

Do you wish they were different?

Have you made a conscious effort to change it?

4- Excitement

What elements of the fantasy excite you the most?

Describe the climax of the fantasy.

Is there anything stopping you from taking this fantasy even further?

If you were asked to take it even further into your desires, how would it change? What would it involve?

5- What are its qualities?

When you connect deeply with this fantasy, what qualities are present there for you?

Examples of qualities could be aliveness, excitement, stability, depth... etc.

How do these qualities feel in your body when you reflect?

Make detailed notes of what occurs in your body.

6- Associated emotions

On a scale of 1-10, how present was each of the below emotions in that experience as you remember it?

-Freedom

-Satisfaction

-Connection

-Anxiety

-Guilt/shame

-Anger

You can repeat this exercise for another fantasy if you like

Review the notes and highlight or circle the qualities and emotions that resonate most deeply with you.

Part 5- Harvesting your essence

Review all of these notes from the previous sections.

Review what you have highlighted and circled and compile it all on one page.

Sit before it and let it sink in; this is the beginning of understanding and discovering your essence.

Part 6- Following the labyrinth

Meditate by using the labyrinth diagram on the next page. This can be done in many ways. You can simply meditate by running your eyes from the entrance of the labyrinth, at the bottom centre of the diagram, towards the end of the labyrinth, at the centre.

You can also print it out and run your finger in it slowing.

If you know where you can find a real live labyrinth, you can do the ceremony in person by walking the labyrinth.

LABYRINTH DIAGRAM



7- Practice

I also recommend integrating a practice element into this process as you feel fit. Perhaps before answering these questions or if you find yourself stuck on these questions at some point.

The practice you choose can be as simple as giving yourself 20 minutes in an open space and using some of the sounds of one of the “songs” we have learned.

Or you can also dive deeper for a longer time by using one of the recordings. I recommend the audio recording from the bonus session 2 which we did in the dark of the night.