

MODULE 12/18

THE GREATER MYSTERIES  
STAGE 3-  
THE INTEGRATION

The mystery School of the orgasm field  
9-month programme

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

- Lao Tzu - Tao Te Ching

## 1- The integration - an introduction

In the above quote in which Lao Tzu says, "All action begins in rest, this is the ultimate truth," he is speaking about one of the fundamental principles of Taoism relating to the relationship between the masculine and the feminine. As we have seen in earlier modules, the feminine is the great infinite expanse from which everything emerges; the masculine is the container that emerges from that great expanse and allows the creation of all form.

The rest is the feminine, the action is the masculine.

This concept, one of the fundamental principles of Taoism, is also perfectly aligned with the mystery school philosophies we are exploring here.

We have seen the greater mysteries has 3 stages:

**The awakening** - the realisation of the power we have

**The embodying** - the embodying of this power

**The integration** - the natural overflow of this power to be shared and integrated into our daily existence.

We began our work with the greater mysteries two sessions ago by exploring the movement of the natural flow of life and of the universe.

We explored how it feels when everything appears to fall into place naturally and effortlessly.

We looked at how a specific situation feels when everything seems perfectly aligned, and all the elements are working **for us**.

The entire mystery process prepares us to live a life in which we are deeply connected to this mysterious flow. This is one of the origins of the word **mystery** in this context. The flow of life we are talking about is one of the greatest Mysteries in many ways. First, because we don't know where it comes from and because we will never fully understand it with words, but instead, we understand it experientially, energetically, and somatically. It is therefore a **MYSTERY**.

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

The more we experience it and surrender to it, the more it can guide every area of our life. Being in communion with this flowing movement of life is our natural state; it is always available if we are interested in encountering it.

The mystery school process is created in a way that enables us to find it. 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 are in. When we realise what phase we are in, we can

land back in that stage and be guided back into the flow.

This is an essential part of this process. So many times, when we feel we are out of the flow, that is actually not the case... We aren't out of the flow at all; we are simply in a different stage than what we think we are in or believe we should be in.

For instance:

When I am feeling lost and unclear about what it is I am meant to be bringing to the world, or when what I am doing doesn't feel quite right, it is an excellent time 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 am experiencing financial hardships and I feel out of flow, it might be a good time to return to the embodiment stage and truly receive 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 also is where the power of our essence becomes the medicine we need to resolve emotional, energetic, or even physiological issues that might arise.

So if I am feeling chronic pains or some emotional issues of some kind, the embodiment stage can offer me the medicine needed to resolve this.

Perhaps there are times when I feel completely disconnected from my body, very much in my head, distracted, or maybe I am falling into addiction patterns. It might be a good time 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 are never truly out of alignment. When we feel out of alignment, it is simply our being looking to drop back into the stage it is meant to be in that moment. Once we acknowledge what stage that is and allow ourselves to drop into it, we are 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. Similar to the sun, which radiates effortlessly when it has received enough of its own power, the power of our essence also overflows out naturally and effortlessly when we have received enough of it for ourselves first.

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 an exhibition... Or it can simply be the transmission we bring to the world just by our very presence.

Living in this way requires a complete shift in habits from the way we humans have been conditioned and trained to behave. For instance, in our culture, we believe that if there is a money issue, we should create new ideas, 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 required 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 have accumulated, which we identify with and form the illusion that separates us from our truth.

This truth is that we are always connected to the flow of life if we want to see it and integrate it.

## **2- Knowing we are in integration**

So how do we know that we have now moved into the integration phase?

In this stage, movement manifests naturally as an indication we are ready to share the power of our essence with the world.

This can happen in many ways: One of the ways is by spontaneously receiving images of a new project that feels deeply resonant. As these images 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 feels impossible to hold back this project. It feels as though if we were to hold it back, it might consume us.

Another way to know we are 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 are magnetised, and drawn to us and want us to be part of what they are doing.

They might 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: we are in this integration phase.

### 3- Cognitive exploration:

For each stage of the process, we have 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.

If we think back to a moment and situation when everything flowed perfectly, when it felt like everything just fell into place and aligned perfectly for us: The more we recognise the movement at work in these situations, the more we recognise that this is the nature of existence.

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 for the cognitive exploration is to simply remember times when everything has flowed perfectly and feel the qualities behind that: ease, effortlessness, and mysterious magic. As we connect to this, the invitation is to feel it in our 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?

#### 3-2 Show me the movement of life

So once we have connected to how it feels when everything works 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 this, it becomes easier to recognise it in other moments when it is less evident.

So when we are 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.

This can simply be achieved by making the request by 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.

If taking it into a dive, it is always a good idea to write it down on paper or preferably a notepad on which it can be tracked. We can simply write a phrase such as "Show me the movement of life behind -Naming the specific situation-..."

For instance, imagine you are writing a book and feeling stuck with it; you can simply 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 a longer dive, depending on how you feel and how much time you have available.

Following the naming of this inquiry, we simply have to be open to what arises. The answer might come either through images, words, voices, sensations, sounds, etc. For everyone, it will be different.

And sometimes, nothing will come at all, which might possibly mean that we are meant to simply be still. That perhaps connecting with void, stillness, or pure rest is what is needed in that moment. Trust the answers that may arise in that moment, whether they are what you wanted or whether they feel like they can be trusted or not.

### 3-3 **What is the gift in it**

Another great way to 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 by exploring Buddhism at a young age, I always found myself looking for the lesson in everything. In recent years, through one of my teachers Cass Phelps, I have instead come to use this new question, "**What is the gift in this?**" which has replaced my previous exploration in which I sought a lesson in everything.

By asking what the gift is behind something, I acknowledge that there is indeed a gift in everything, which is part of the intrinsic interconnectedness of everything in our universe. Everything has a gift behind it: Every element of nature, human being, situation, etc.

By asking what the gift is, especially in a challenging situation, I am demonstrating that I trust there is a gift behind everything and am willing to see 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, it sounds like something went horribly wrong, and I am looking for the silver lining in it, and that I needed things to go wrong for me to learn what I needed to know.

The gift sounds more like this situation, although appearing challenging, is still in alignment. Its unfolding somehow enriches my life, usually by allowing me to awaken or bring forth a part of myself that needs to come forward.

When connected to this deeper place, I see that every external conflict is an invitation to resolve a conflict within myself.

A situation of scarcity is an invitation to awaken the parts of myself that are connected to deep and authentic abundance.

Any loss creates an open space for what is wanting to arise in my field to support me 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 is crucial that if there are strong emotions regarding a challenge, these emotions must be processed before trying to drop into the gift of them. This can be done by sitting in their fire, bringing energy to them, taking them into a dive, moving with them etc. There are many tools for this in this course.

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 have 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 refers to spontaneous movement.

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 a while and when we are 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 start 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 prominent movements that eventually become spontaneous movements that express the flow of life.

Very often, when we dive into this space and find the connection to the open space, it is 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, we can ask to be shown our essence, who we are, and let the images and visuals which appear move us in whatever way they may: either subtle or more active.

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

Wiggling the tips of the fingers and toes will allow ripples to intensify up and arise up and down our legs.

Titling 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, or perhaps awaken titling and movement in the pelvic area.

#### **What we know about spontaneous movement:**

- We know it is the source of life expressing itself through us, through our bodies.
- We know it is 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 it is one of the ways that the universal order communicates with us; it is, 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 are in spontaneous movement, we are more open to receiving higher energetic frequencies, supporting our development.

This relates to the serpent knowledge we have seen in part 1 - the serpent is the truth that lies within us, below our patterns and conditioning. It is 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 an abnormally long time.

This signals that a shift in form is occurring. We can often find that the density in our body feels like it is 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 is 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 occurring.

We tune into the limitless nature of our being. We move beyond the patterns and paradigms we usually associate with being typical humans. As our relationship to gravity changes, our whole experience of life can change. We are 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 will tend to move more easily than others, for others the movements might be very subtle. Everyone is different and its important to not compare ourselves. It could be that ones 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 have done in part 2, we now see that we hold a valuable power that is needed by the world around us.

It is part of our mission to hold space for the desires and needs of our essence.

This is when we can begin to ask our essence what it needs to thrive.

This is another question that we can take into our dive and ask to be shown, "What do you need to thrive? What do you need to come into full form?"

This can include being surrounded by certain people while avoiding others.

Eating certain foods, avoiding others,

Getting more sleep, taking naps,

More dives, less of other kinds of activities.

This is where we are guided through the needs, desires, and boundaries dictated by our essence.

Since the embodying phase, we can come into direct communication with our essence. We can ask it, what it needs, what it would like.

When a situation presents itself, or we are being presented with an invitation, we can ask if it wants this or not, if it is a yes or a no.

The answer will usually come in sensations or slight movements in our body, similar to muscle testing in kinesiology. These can also be expressed through dousing, which we will see in the following modules.

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

### **6- Completion and Receiving from the giving**

When we are 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. On the contrary...

It is about making this sharing and integration stage sustainable for us so 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 such an effortless space that it 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. It has been demonstrated 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 are experiencing is particularly resonant for us: As if 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 the sun is to share its light and that the roses are meant to share their scent.

When we are who we are meant to be, our chemistry falls into its optimum functioning.

It is interesting when exploring this to also consider human beings' relationship 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, 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 will be sneaky and offer us a quick dose of "goodness" that will often give us the illusion that we are feeling a deep sense of satisfaction, but that is 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 is needed for our survival.

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

Dopamine is not about satisfaction but rather about the chase. Dopamine gets secreted when we are getting excited at the idea of getting something.

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, 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 have ignored the power of these naturally occurring opioids for a very 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 have created a society that relies on the external to achieve satisfaction "by proxy". We seek satisfaction in places where we will never find it.

This is how we build addictive behaviours to drugs, porn, digital media, shopping, alcohol, food, etc.

Our satisfaction and sense of deep pleasure therefore become medicine for this. Therefore, the invitation is to spend time lingering with the 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.

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 have 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, which is part of the very nature of your lived experience.

In these moments, an activation our deeper reward mechanisms can be activated, and we will 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 by ourselves.

This happens at a deep level in the body.

I keep witnessing how common it is in our society to not receive this deep truth but rather brush it off because it is 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. When I would receive unsolicited testimonials about how my work 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. I then compiled them in a document that I didn't necessarily share with others, unless they asked, but kept to myself as a tool for receiving the power of what I had shared.

Similarly, when people speak 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 fully receiving the goodness of these comments is now a major part of my 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. Just hold a neutral space for these reactions.

Drop into your sensations if you must. As I brought awareness to these reactions, I often found that I would soon begin to dissolve them and would find it easier to receive the medicine of these comments.

Now I enjoy fully receiving their power.

I will often sit alone after the workshops and allow myself to receive the power of what was said and the benefits received by others.

This is where we see that 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 even when I was working in the corporate world, when we would present a new marketing campaign to the president or CEO, when it was well-received, we would leave the room in a state of collective ecstasy as a team. That is an example of what I am 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 do feel worn out, or like we are no longer receiving from it, or feeling stressed and drained, it is worth taking a moment to tune in and check into whether we should return to the embodying stage for a bit to resource from our essence first, before sharing. Or perhaps we 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.

*Important note:* The difference between the embodying in the second stage and the receiving in the 3rd stage is that the receiving in integration happens as we are 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 will have different essences and unique gifts and talents to share with the world, there is one thing 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 have seen that by developing our energetic patterns and structures, through energetic merging, connecting to sacred power spots, 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, by using any method to do so that we like, using the source point, the egg of light, 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 are maintaining a connection to more primordial energies (source and the orgasm field) while the process takes place.

This is what I referred to previously as living in the eternal orgasm. It is 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.

I have recommended in earlier modules setting the intention to spend an entire day being at one energetically with everything and everyone we encounter. My experience and what I have heard from others' is that it can completely change our day. All it requires is to set the intention for the day and remember to maintain that connection at various moments, while typing at our desk, driving, walking on the street, etc.

This is especially beneficial to apply when you happen to find yourself experiencing challenging moments in the day when you feel challenged by a specific person or situation; there is 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.

The process is delicious.

It is 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 are not trying to shift anyone's energy, or bring healing to them directly. We are simply sharing our energetic abilities with them and if their being is open to receiving them, they will receive benefit. This is what makes this process sustainable and non-intrusive.

As traditionally in energy healing, questions will often come up regarding 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 do not however have any specific intention.

We will see in future modules that if the person is aware of the sharing taking place and focuses on us as well 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, it is ideal that as we will be maintaining these for the whole day while in various situations that may involve other people, it is a good idea for these to be 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. Staying connected to the source point while engaging in any interaction across the day.

You can also integrate the luna breath into any other types of merging, the tube of light, the egg, etc., which we have seen previously.

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 slightly exaggerate the exhale, which allows me to notice an even more effortless and flowing inhale flowing back in as a result.

I feel the effortless flow of the inhale fill and flood my inner world so smoothly and easily.

It is common to feel unable to maintain our awareness in 100% merging for the entire day. So it's important to be compassionate with ourselves as this practice is not about setting yourself up for failure, but rather remembering that it is 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 us 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 will find yourself naturally merging with everything that comes your way.

6- **"fail" back into your practice:** when you notice you have 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. (Ie: a conversation with mom, the angry man at the bank.. etc.) Your dive can show you if there is a bigger gift, learning, or story behind this, which is wanting to be seen.

## 10- Case study - Creating orgasmic shamanism

I first came about these understandings relating to connecting to the flow of life when I was introduced to the practice of continuum movement.

This practice was a key tool in supporting the financial breakthrough I described in an earlier module, which allowed me to move from a 500k\$ debt to financial stability and independence.

This same breakthrough 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 perfectly in sync with the greater mysteries.

In this section, I will be sharing a summary of how this work came about as an example of how this process has worked for me.

Following this financial breakthrough, I found myself in a much more open space, able to accept invitations as they arose. I mentioned in an earlier module the experience I 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 of mine, and he mentioned I should meet his friend in Tai Pei who would know more about this.

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

In that meditation retreat, visions came 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.

One day in Barcelona, a shaman invited me to a ceremony on the beach at the end of which she mentioned she had every certainty I was a shaman as well.

I did not know what a shaman was or what they did. When I asked her what I should do, she said, "Just wait. It will all happen on its own."

She was right.

The following day I received a call from a woman I didn't know inviting me to join her on a trip to Mongolia to work on a major design project.

I accepted the invitation.

As I headed down with the team, we noticed that the building we intended on designing was being squatted by a family, and we could not do the work we had gone for.

I eventually found myself in the middle of nowhere, 20 hours away from the city of Ulan Bataar, with nothing to do. The same friend who had previously recommended meeting the friend in Tai Pei mentioned that Mongolia was where shamanism may have originated in the first place.

It seems there was no accident.

As I opened up to this realisation, I began to be shown a journey towards being initiated as a shaman. I was guided to a woman who invited me to join her on some shamanic missions in Brazil, which was something I had not experienced in the past.

I joined her and another shaman that neither of us knew but had also been called to the same series of journeys in Brazil, and this exploration began.

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

Indeed they did.

They mentioned to me casually that they had received a strong intuitive sense that I was meant to bring about some type of work that somehow related sexuality to shamanism.

I mentioned that I had been exploring tantra for approximately 5 years at this point and that it had always been something I had kept at the back of my mind as an idea but never fully surrendered to, or set in motion in any way.

One shaman recommended I look into a man based in Arizona and referred to himself as the Sexual Shaman. He had been involved in tantra and erotic massage practices since 1965 in San Francisco and had also been mentored by Navajo shaman and Buddhist rinpoche.

The idea of contacting this man resonated deeply in every cell in my body. This is how I came about the work of Kenneth Ray Stubbs, who held a space for me to engage on this new path of sexual shamanism.

Ray introduced me to new aspects of tantra which were much more energetic and primordial, and resonated much more for me than the neo-tantra which was traditionally on offer in trainings and programs.

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

Eventually, I reached a turning point in 2019 when I entered another deep continuum dive in the dark similar to the one which I described earlier which supported me in resolving 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, which seemed gruelling.

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 had 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 this was the way forward for my work and practices.

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

Would I create a series of audio recordings? Video recordings? Who would I work with? I knew 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, 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, simply receiving their medicine for myself.

With the arrival of Covid came a significant shift. 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 5 days simply to have something which demonstrated this work. The first workshop gathered 225 attendees on the app, which was beyond anything I had 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 a trip.

I simply rode the tsunami from that moment on, which carried me to a new form of work.

When we look at this story, we can see how it reflects the 3 stages of the greater mysteries.

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

**The awakening stage** that first peaked its head when I did my tantra training intensified in the shamanic missions in 2015, when it started to emerge all around me 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 within me.

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

When reading a story like this that may seem a bit far out, there might be an inclination to put it down to luck, coincidence, or whatever.

When I have worked with clients in similar situations, I have often seen that all is needed is to feel a strong intuitive sense that something is about to emerge and then create a potent space for it to appear.

## II- Creating the mystery school

This very mystery school programme we are sharing at this moment also emerged in a similar way, when it first emerged in 2018, along the lines of the greater mysteries process.

As I mentioned, in 2016, I began to regularly teach workshops on orgasmic energy online and in person. After teaching regularly for approximately 2 years, regular participants started to ask for a higher level of work.

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

Yet, there was this strong resistance that arose.

Was I ready?

Was I good enough?

Would anyone get it?

I had a session with a psychic I often worked with, in which she mentioned it was time to bring forth a new level of 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? "

This was when it became clear that it was time to bring it forth.

And since then, every time this programme has emerged, the group has magnetised before the programme is formed, and the programme then arises and comes into form depending on who has shown up.