

MODULE 13/18

HEALING

The mystery School of the orgasm field
9-month programme

A defended or rigid body not only is hampered in communicating within its own system, but is removed from this depth of contact with others. Resonance allows wholeness to be revealed bearing a mutuality of being similar to making love.

- EMILIE CONRAD .

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1- What is healing?

This module will look at the mystery school's perspective on healing and how we can integrate the concepts we have explored so far as tools in specific challenging situations.

We will look at methods and practices for healing ourselves and bringing healing to others in similar ways.

What is healing?

Healing is, in fact, a type of transformation; we could say that healing is a subcategory of transformation. While not every type of transformation is a type of healing, every healing is a type of transformation,

Therefore, when healing is needed, we could turn to the transformation methods we have learned to address it. Yet, there are also specific ways these can be applied to a situation or context.

So what is transformation, and how does it occur?

We have seen that transformation is a sustainable change of form, allowing us to become more of who we indeed are, our authentic selves. We have also seen that transformation is a process of death birth to enable us to return to that more intrinsic state, below the illusions of who we are.

When faced with a specific situation, we can undertake three types of processes to enable a change of form.

- Cognitive processes- relating to the mind
- Somatic processes - relating to the body
- Energetic processes - relating to our energetic patterns and energy field.

We know that our energetic form is our most intrinsic form. Therefore energetic transformation processes are also the most intrinsic. This means they will also tend to be the most effective and the most sustainable.

While the two other types of transformation are effective on their own, they also support the energetic processes.

When the cognitive mind can understand something, it feels safe. It can therefore relax and trust the process: It supports us in dropping deeper into the body.

We have also seen in previous modules that when the body finds grounding and security, it becomes more open and receptive to resources and to energetic frequencies that can be used for transformation.

A combination of the three types of transformation is therefore ideal.

2- Cognitive transformation

Most of us will be aware of the most common cognitive methods to achieve transformation. These include talk therapy, life-coaching and can also include methods like Byron Katie's work. The work is a very simple, effective, and popular method that asks people if the belief they hold about something is actually true.

In this programme, we have seen a few transformation methods which involve a more cognitive approach.

2.1- What is the gift in it?

One of the cognitive ways we have explored in this programme is asking the question, "what is the gift in this"? Whether we are dealing with physical pain, emotional pain, a money issue, or other, we can always take a moment to slow down and pause with it and ask to be shown its gift.

REVISITING THIS QUESTION:

REMINDER FROM MODULE 12

As we have seen in the previous modules, 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.

As we have previously seen, this is quite different from "learning a lesson" from something, which is often the way this is perceived.

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 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 scarcity situation 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.

2.2- What am I getting from this?

We have also previously seen another spin-off of this question related to Persephone's story from Greek Mythology.

We saw that she had been sentenced to the underworld and was needing to be saved by Hades. We also saw that Persephone was actually oneness embodied and chose for these events to happen to her simply because she was bored with the neutrality of oneness and wanted some excitement.

So we can ask ourselves what it is we are seeking from this situation. Could it be that we are simply bored with our neutrality or unable to accept our power or oneness and are looking for something in this? What are we seeking?

HOW ARE WE NOURISHING from this situation?

This is similar to a process called Existential kink developed by its author Carolyn Elliott, which aims to bring the unconscious and the conscious realms together.

1- Step One: Identify some situation in your life that you are challenged by that your conscious mind doesn't like.

2- Step Two: Gently allow yourself to get in touch with the shadow part of yourself that actually, passionately wants this situation. How does this situation actually turn you on? Why would you want this to be taking place? What are you feeding from here? This may be a difficult one to comprehend, so give yourself some time and compassion. What qualities are alive in this experience, and how are you nourishing from them? For example: does it make you feel like a victim? If so, how do you benefit from that? Do you want to feel hurt because it makes you feel safe? Loved? Attended to? Give yourself the time to dive deep into what this means for you.

3- Step Three: Surrender completely to this shadow desire. Consciously allow yourself to receive, and get off on this situation. Let yourself truly enjoy the aspects of this situation, as much as possible for a limited, set amount of time, such as 15 min. For instance, in the victim example detailed above, let yourself spend 15 minutes dwelling in being a victim and how it feels. Let yourself fully receive that.

2.3- Naturally finding our resource

I often find with clients and myself that when a challenge presents itself, if it is given a voice, an open space to speak, or to be written in a few pages openly, the resource that leads to its healing will often appear naturally.

We will see this in the case study about Claudio at the end of this module.

When a person speaks about a challenge, very shortly after, or in the same conversation, they will often reveal a piece of information that might be the resource they are looking for but might be unable to consciously make the connection.

This is because our beings are deeply intelligent, and they are constantly seeking healing and resolution.

Simply by giving them an open space, the resource will arise.

An example :

I was working with a man called Jeremy who had recently become a sacred intimate and was having a hard time dealing with the shame associated with it. What made the situation even harder was that Jeremy's therapist disapproved of him doing this work without formal training, which planted a seed of doubt in his mind.

As I let Jeremy speak openly about these fears and this doubt, he found himself naturally starting to speak about all the wonderful testimonials people were giving him about his work.

People were feeling transformed, were able to access deep parts of themselves, and unravel their own shame.

Until I pointed it out and reflected it to him, he didn't even realise he was mentioning the power of his work in the same breath as mentioning his doubt about it.

This is an example of his unconscious trying to form a relationship that would heal this issue for him. The testimonials from his clients would be the medicine for the challenge of the shame which was weighing on his conscience.

This leads us to the next point: receiving our essence and acknowledging the power of our gift can also bring healing to our challenges. We have previously seen the following two quotes from Rumi and Jesus Christ from the Gospel of Thomas, which both refer to the power of what lies within us. Both quotes refer to "saving us."

Rumi speaks about "This turning toward what you deeply love saves you." Jesus Christ says that "If you bring forth what is within you, what you bring forth will save you..."

"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."

- Jesus Christ / Gospel of Thomas

Sometimes you hear a voice through the door
calling you, as fish out of water
hear the waves, or a hunting falcon
hears the drum's Come back. Come back.

This turning toward what you deeply love
saves you. Read the book of your life,
which has been given you.

A voice comes to your soul saying,
Lift your foot. Cross over.

Move into emptiness
of question and answer and question.

-Rumi

3- Erotic pendulation

If this resonates with you, I recommend returning to module 11, which is all about embodying our essence. In the practice of receiving and embodying our gift, healing becomes available to us.

Our gift, essence, becomes a medicine for whatever needs to be resolved.

As we hold a specific disruption, our essence can be called forth to create an alchemical process I call Erotic Pendulation, oscillating between the disruption and the power of our gift.

We saw that in the case of Jeremy, which I began to share above.

Jeremy is a furniture maker from North Carolina who contacted me to work together after seeing some of my videos on shame.

A few months before reaching out, he had begun to feel a calling to start offering his services as a sacred intimate.

He began organically by offering some sessions to some guys he met on the social apps. When he saw the impact and benefit of the practices he was sharing, he decided to start putting out the services professionally and charging.

Jeremy had not yet found the courage to tell his friends and family about his work, so he kept it to himself. At some point, he spoke to his therapist about this work he was doing. While the therapist was open-minded, they were somewhat critical that Jeremy had not followed formal training and was not "properly qualified" to do this work.

The conversation with the therapist planted a seed of doubt and slight guilt in Jeremy's mind, which was hard to shake off.

Shortly after, Jeremy also found out he had contracted gonorrhoea, possibly due to an encounter with a client.

He was convinced that this STI manifested as a physical embodiment of the internal shame regarding this work.

By the time we had our session, he was quite distraught and out of sorts.

Was he wrong to be doing this work?

Was he unqualified?

Was it truly shameful to be exchanging sexual services for money?

He also realised that the arising of this shame brought up old shame patterns from the past, which he has potentially been carrying for almost 20 years since coming out.

As I mentioned above, as I let Jeremy speak in an open and supportive space about the shame and guilt, I found that he naturally started to share some resources which seemed to arise unconsciously.

Between the emotions of shame he shared, he mentioned some of the comments and testimonials he received from some of his clients.

The exercise became easy for us. We had identified the disruption, the shame, and guilt he was feeling, and he has now identified the resource, the medicine for it, the impact of his work.

In line with our embodying practice, I asked him specific questions about the impact of his work, and I offered ways to amplify it.

He mentioned that the impact of his work allowed people to feel seen, held, and loved, allowing them to re-pattern some of their sex and intimacy issues. This allowed them to feel safe and unravel shame so they could be more of their true self.

As he visualised the impact of his work on his clients, I asked him to drop into the sensations he felt in his body. This was the medicinal resource we were looking for.

From there, I asked him to call forth the feelings of shame and guilt again. As he did, I asked him to sit with how these were experienced through sensations in his body.

The practice was then to hold both sets of sensations in awareness, alternating slowly from one to the other and watching them merge.

As we have seen in previous modules, it is also a good idea to bring the arms, hands, and feet together and use breath and sound techniques to receive the power of this essence fully in our body.

This forms an alchemical process of finding a space to heal the shame by using the available resources.

This resource available here was Jeremy's effortless essence.

4-Somatic transformation

The above practice of Erotic Pendulation is a somatic practice as it uses the sensations in our body as a tool.

In the first part of the course, we have seen many ways to achieve transformation through somatic practices.

One of the ways is through slow movements that allow us to be more attuned to our sensations, to the truth of who we are.

Another way is to use sound to dissolve the density that keeps us from connecting to our truth.

Another way is through spontaneous movements that arise, allowing stuck energy and emotions to find balance.

Another somatic practice is simply "Sitting in the fire."

Very simply put, when we are experiencing a particularly difficult situation, such as physical pain or emotional distress, we simply let ourselves feel their sensations, which can sometimes be uncomfortable. As we make space and sit with those emotions, we are expanding our window of tolerance, and transformation can occur.

Although this is a somatic practice, it starts to move into the energetic transformation practices, mainly because sitting with these sensations allows us to merge energetically with them.

We have seen that sensations are the way that energy patterns are expressed in our bodies.

Energetic merging, being one with the sensations, allows us to bring the highest energy and frequencies available to us to these energetic patterns that are looking to be healed.

As these merge they can transform.

As we have seen, energetic transformation happens because the frequencies are constantly oscillating and changing. When a more dense and less intrinsic energy, for instance, the energy associated to a disruption or issue, meets an energy which is more intrinsic and less dense, such as pure energy, the denser energy will shift.

5- Energetic transformation

When we develop our energetic abilities as we are doing in this course, every practice we do becomes an energetic practice, as long as we are present and intending with it.

Energetic transformation is the most effective and sustainable mode of transformation because it is the most intrinsic.

Everything that needs to be healed or transformed is a distortion that shows up in our energy field. These show up as suppression in our energetic patterns; our being can notice when suppression in the energy field occurs.

Energetic suppression can be regulated through practices of energetic merging.

The stages of energy merging/healing are the following:

1-Perceiving:

2-Intending

3-Merging

4-Transformation

1-Perceiving

In energetic merging, our being perceives patterns in ourselves that are out of harmony and deregulated. Perception is the first step to achieving a transformation process. For us to transform anything, it first needs to be identified and perceived.

Perception can happen in many ways,

We will generally perceive a distortion cognitively or through something that we perceive emotionally. In this case, the invitation is to drop into the body and being perceiving with sensations.

The mind will have some thoughts about something that needs healing; these thoughts will often provoke emotions that are felt in the body.

By holding space for these, we drop into perception.

Sensations are known as the first-order perception. What this means is that sensations are where everything emerges. If sensations are where everything originates, they are the root of everything. They are eros; they are an expression of our link to the field of presence and oneness.

As we hold space for these emotions that we feel in the body, there is an invitation to feel the sensations underneath them. These sensations are the starting point of the healing and transformation process.

2-Intending

As we notice and perceive these sensations, we can then move into the next stage, which is intending. We hold the sensations in awareness and intend to be one energetically with them while being one with the field of pure energy, the orgasm field.

This is achieved by using any of the many energy merging techniques we have previously seen. We are directing our energy to the suppression which is being perceived through the sensations we are observing.

Reminder: we have seen that through merging, the most intrinsic and primary energies available to us will merge with the denser frequencies of the issue or distortion.

As one meet the other, the denser energies will transform into more primary energies.

3- Merging

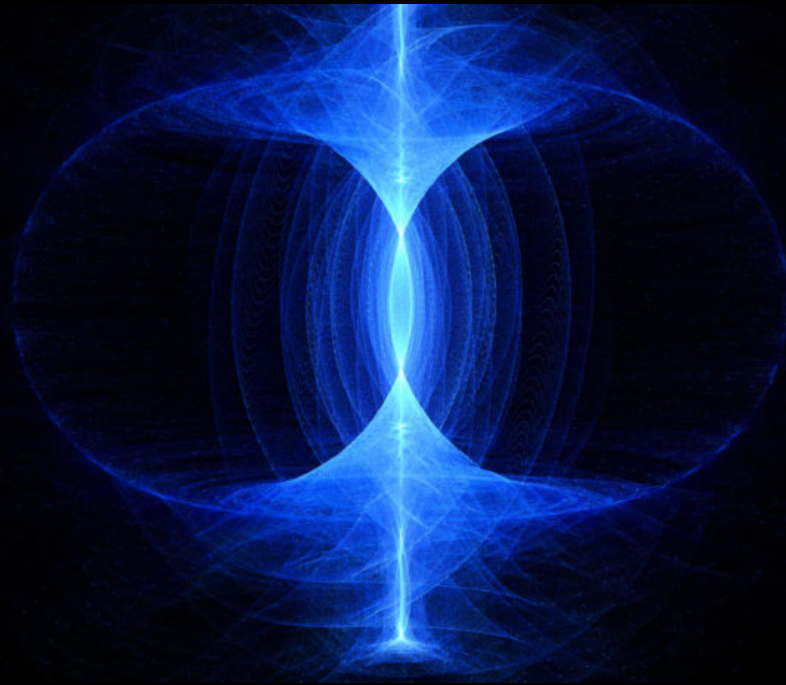
After a while of intending, the two energetic systems will be merged and all abilities which are available to one will become available to the other. The longer we stay in this state, the more the abilities become permanently available to the denser, less primal system.

4- Transformation

Transformation will then take place as a result of this.

Transformation is first expressed in the energetic patterns which are suppressed being unsuppressed.

This transformation will then be expressed in ways that can be felt in the body, or in the circumstances which we have encountered.



6- Eros, the neutral field and scalar energy

In this module, we have seen many examples of healing and transformation methods. We have seen the power of merging two different forces: energies, sensations, cognitive thoughts, resources, disruptions, etc.

Part of the power of this is the neutrality that is achieved when these processes take place.

Every disruption or issue which needs to be healed represents a division or polarity in the system.

This is what makes Eros such a healing force: Eros is a neutral energy force that comes from a union of polarities.

As we have seen, Eros is the eternal lovemaking that takes us back to the oneness that we are.

This is how Eros came to be related to sexuality: sexuality is about meeting polarities, often times the meeting of masculine and feminine energies in a body.

This neutral field is one of the most efficient methods for healing.

A scientific concept that relates closely to this, which I find interesting, is Scalar energy: a vacuum of empty space, the fundamental energetic makeup of our entire universe.

The traditional understanding of energy is that it flows out in the form of waves. Scalar Energy, however, does not radiate as waves but expands outward in circles of energy. Occupying space, this spatial mass is not a vacuum but comprises a field of energy systems that is alive. This vibrant and dynamic energy field radiates a network of harmoniously balanced energies.

Contemporary frequency instruments cannot measure scalar Energy as it is depicted to be without frequency. This energy form is static, a stationary form of energy. When two similar frequencies coming from opposite directions meet, they cancel each other out. This results in a stationary energy form.

Scalar waves form non-local potential energy and carry information.

Scalar waves store energy and information in a dimension outside our 3D space. And the stored energy can be released by closing the circuit in our 3rd dimension reality. Our DNA is a data storage unit, but it is also an antenna able to receive and send data.

It has access to a vast pool of information outside of our 3D dimension .
It creates scalar waves and receives them if it is in tune with the frequency.
Because it is non-linear, it also does not decay with the passing of time or distance.

Scalar waves also have a fractal structure. A fractal is a never-ending pattern. Fractals are infinitely complex patterns that are self-similar across different scales. They are created by repeating a simple process over and over in an ongoing feedback loop. Driven by recursion, fractals are images of dynamic systems – the pictures of Chaos.

It is the fact that humans have a collective consciousness and a collective memory that allows us to use scalar energy for healing. We are also 70% water, and this fluid being is the part of us that is affected by scalar waves.

Award-winning scientist Nikola Tesla was considered the father of scalar energy. He proposed two types of energy that existed in the Cosmos: scalar and electromagnetic. Tesla referred to "scalar energy" as "radiant energy" and felt that this was the primal force in the universe. Electromagnetic energy was more widely accepted and utilized because of the lack of technology to detect scalar energy.

Frequencies vibrate from lower amplitudes to higher amplitudes, from less organised states to more organised states.

Energy healing happens through a re-organisation of a person's energetic bio-field.
One field that is organized in alignment to source can help another person's alignment reach the same through entrainment.

As we have seen, when speaking of healing we want to talk about transformation, which is our ability to shift mass.

One of the ways to shift mass is through our previously learned exploration of negative space in which the empty space which exists around us starts to "fill up" and move us in the right direction. This is what leads to suspension, suspended movements which happen effortlessly as we play with negative space.

The suspension of our physical body triggers the suspension of our historic data.

Scalar energy is the wave of divine creation. It is stillness; it is non-local it is a standing wave across the universe. It levels out any interference which shows up as density in this realm.

When we feel hardness, we feel interference.

Part of the process of tuning in to scalar energy is the act of moving out of the space-time continuum.

A great way to do that is to use the JAQUES breath, which we know well by now, coming from the practice of Continuum Movement.

Like scalar energy, the meeting of two frequencies that come from opposing directions creates a neutral space beyond time/space in our being.

Reminder:

The Jaques breath is a combination of the sound G from Georgia and Z from Zebra.
GGGGGGG + ZZZZZZ = GGGZZZGGGZZZZGGGZZZ

It is the variation between the two frequencies which creates the healing.

That healing is most present and perceivable when we drop into an open space after making the sound. The sensations, pulses, ripples, etc which are perceived in the open space after making the sounds are the impact of the transformation which can be felt.

7- CASE STUDY 1 - James and the wisdom of the heart

James is an advanced student of the orgasmic shamanism work.

In an individual session, he mentioned he had been experiencing some serious heart issues lately.

In the session, we tuned into the field and opened a space to be shown some information regarding the heart issue.

Specifically, the question was, "What is my heart trying to tell me?"

After a bit of time sitting in an open space, the word "Safety" came up, and we added a second question to the inquiry: "Is it about safety?"

As we sat longer with it and brought in the pendulum dousing, we got confirmation that this related to a question of safety.

How do I become safer?

How do I feel safer?

We began to get the sense that this was related to past trauma.

As we explored this further, we found a bit of a contradiction.

James was saying that he feels completely safe on the one hand because he has managed, over his years of doing a lot of hard work, to achieve a strong connection to the Cosmos. This connection allows him to ultimately feel safe.

The contradiction comes when he notices that another part of him, the one that is more integrated in everyday human life does not always feel safe in this world.

That crime and car accidents etc., can happen, for instance.

This is something that I have also experienced in myself and that I have had reported by various clients and participants in the past, so it is quite common for people who are quite advanced in creating a connection with a greater force.

So, in this case, the following questions arise:

Where do these two parts of the self meet?

How do we marry the two?

How do they merge?

How do we connect to the safety of the Cosmos, but then also allow to merge that safety into these unsafe moments in the world?

IN THIS CASE, what I proposed to James was an exercise of energetic pendulation between the safety of the cosmos and the unsafety that can exist in the world.

This allows for the two energies to meet, and for our being to experience the alchemical process that arises as a result.

The energy patterns that arise in us when we are connected with the Cosmos, the source of life, can meet the energy patterns that arise when we feel unsafe in the world.

I suppose we can consider this a more shamanic spin on the pendulation process taught by trauma therapy expert Peter Levine.

His process of pendulation involves inviting the person to visualise the trauma they experienced, and then at the same time visualise something that feels supportive, safe, and grounding for them. The process we are describing in this case study offers an energetic spin on this.

As we have seen in this course, energy patterns are experienced as sensations that arise in the body.

The invitation is to sit with both experiences, one after the other, allow each of them to integrate in a somatic way, and then merge the two.

In the case of James, we began by sitting with the feeling he gets when he is in connection to the Cosmos, and asked him to reflect and describe how it feels in his body?

We took a moment to anchor in that connection even more deeply.

At this moment, it is helpful to describe how it feels out loud, in words.

Even if you are alone doing this, you can just speak it out loud or write it down on a pad and paper.

In this case, when James was connected to the Cosmos, he reported feeling a strong sense of peace which was expressed as an expansion in the heart area. He also could see a green light exploding across his heart space.

He felt a flow of energy rising up the center of his body to his head, so from the heart space up to the crown.

When visualising a movement or pulsing, it is also good to replicate the movement with the hands. This allows us to get a deeper and more somatic sense of it and perceive it more deeply.

From that place of feeling safe and connected to this power, I invited him to be shown a moment or situation in which he felt deeply unsafe.

He began to be shown the details of a moment when he was a little kid at the age of five with his mom and his mother's partner who was in the military in Germany. In this memory, they were visiting a church in Germany and went up to the top of the steeple, which was very high, and they were going up what seemed to be a lot of stairs.

In that moment, James began to experience a fear of heights.

As he reached the top, they opened the door and exited, and he found himself on a very steep edge. There was only a tiny rail. He held the rail and felt the fear that arose.

I asked him to describe how he felt this fear in his body. He said he could feel that fear across his body like a gripping, like in his chest area, and then a gripping in his arms and legs and his limbs as they were gripping down.

So I asked him to sit with these sensations for a bit and to demonstrate these with his hands for me. After doing so, I asked him to call forth the energy of the cosmos that he felt right before. The invitation was just to shift the awareness back to how it felt to experience the energy of the Cosmos.

So we moved from noticing the gripping sensations to noticing the flow of energy rising from the heart to the crown and visualising that green light.

From that place, we once again called forth the energy of fear from the memories of the church incident.

The gripping sensations could be felt again.

So the next part of the process was to allow both energy frequencies to merge together as one. This happens by allowing our awareness to be shared between the sensations of the one situation and the sensations of the other.

The two together, when they meet, would create an alchemical process of achieving a sense of neutrality.

We sat with those two energies for a long time until the expansive connection to source overtook the fear from that experience.

So after that, we were asked to be shown a second situation, in order to find a way to process even more energy patterns.

In this one, James was shown another experience that occurred as a child, when they just arrived to Germany with his mom and her new husband, a military man.

He remembered them experiencing some difficulties circumstances, and he felt like he had to be the holder of safety for his mom despite being only a little boy.

What happens if you weren't?

What would have happened if they had to figure it out for themselves?

He realised that he would have failed at being who he was supposed to be: the person who is always saving everyone. Taking on this identity somehow justified his presence on earth.

I asked him to sit with the sensations associated to this which arose in his body, and once again merge these into the sensations he feels when he is in connection to source.

So by holding that cosmic power, which holds safety, and then encountering unsafe moments, and feeling that alchemy of the two, he could therefore bring that sense of safety through more deeply and in a more integrated way.

The practice of integrating our highest power in this way allows this power to become a transmission to be shared with others and integrated into the world.

James realised in that moment that, as a therapist, safety was part of the gift he brings to the world, to his clients. Therefore holding this sense of safety as a transmission of energy and frequency became a new level of practice for him.

8-CASE STUDY 2 - Claudio the athlete

Claudio is a gay male professional athlete from the south of Italy. He approached me for an individual session to process something more deeply after taking part in one of my workshops. Over 20 years ago, a traumatic experience had significantly impacted the course of his life.

Claudio had been abused by a police officer while visiting a cruising ground. This led to him eventually experiencing strong alcohol and drug patterns which have greatly affected his day-to-day life. After the event took place, he hired a private investigator to find this police officer.

After over two decades, they were finally able to find the police officer who had abused him, and he was faced with the possibility to be able to go to trial.

This triggered strong PTSD responses in Claudio, who found himself experiencing strong highs and lows. For months he felt completely derailed, like never before, and was prescribed antidepressants to find regulation, neutrality, and to be able to function properly.

Claudio decided not to move forward with the trial, fearing he would not be taken seriously as a gay man who was found drunk on a cruising ground and had developed addictive patterns with alcohol and drugs. He, therefore, decided that the best way to move forward was to do his personal growth work, which led him to try various types of workshops, including mine.

In one of my workshops on sexual fantasies and shadows, Claudio mentioned that something odd had occurred. While I guided the group into feeling their body's sensations during the dive portion, Claudio found himself dissociating entirely from the experience. He felt he had blanked out completely, almost as if he had passed out and woke up at the end. He had just been unable to be present with the workshop at all.

He mentioned this was probably a PTSD response and was keen to explore it further and to know how to process it.

In other workshops that focused more on self-pleasuring, Claudio had been able to stay present because using sex and masturbation had become one of his coping mechanisms.

There was something about the dive into sensations, however, which had caused him to dissociate. When he returned from feeling zoned out, he felt anger and pain, which made him want to escape and dissociate even more.

Claudio was curious to find out what had happened as he felt it would probably hold important clues which could help with his healing and recovery process. He was also interested in knowing how this related to his sexual fantasies, which had been at the core of the workshop.

I knew that Claudio had been through years of therapy as a way of processing this incident. I felt it would therefore be ideal to work at the body and energy level.

In this session, energy work was happening in the background, as it always does, as we set the intention at the beginning of the session to merge energetically.

Therefore, the focus of the practice would be the body, more specifically his sensations, which had been a trigger point in the workshop he attended.

I told Claudio that one of the side effects of trauma is the bypassing of sensations. This is because trauma will often trigger the arousal of particularly uncomfortable sensations. Therefore our system learns to shut down all sensations, even if they are not painful, even pleasurable. Arousal is a trigger for our system.

Sensations that can be arousing in the system can bring back memories of the sensations experienced in the occurrence. We will then tend to dissociate and blank them out.

It was clear that working with some energetic and sensorial resourcing and pendulation between the resources and the disruption would be essential. Pendulation would allow us to move from the disruption to the resource and back until both could finally meet and merge, forming a transformative alchemical process.

In this case, we had identified the disruption that needed to be worked with: The PTSD and the emotions of anger and pain that came up as a result of remembering the experience. What we needed now was to identify his resource.

I had noticed something interesting when Claudio first reached out to me for a session. He had sent me two separate emails: in the first, he described what happened when he had been violently attacked by the police officer and spoke about the symptoms of PTSD. In the second, he had sent me a link to receive a free copy of the book he had written.

In the past couple of years, he had written a book about overcoming addiction which had been published, and he had been particularly proud of it and wanted to share it.

I found this interesting for many reasons: mainly because I have often found that when dealing with trauma and disruptions in this way when given an open space, we will generally bring up our resources naturally. This is because our intelligent system is aware that something needs to be addressed and can even identify what is required to remedy it.

It felt highly possible that Claudio had unconsciously sent me the book after the first email in which he wrote about the distortion, as a way of looking for, or identifying the resource that would lead to his healing.

I asked him to tell me a bit about the book and the experience of writing it. He told me that he was not a writer, and didn't even like to read books at all. But this book had somehow shown up by magic. He said it was almost a miraculous process by which the book just appeared, almost on its own. As the pages and paragraphs appeared, he almost didn't believe they were coming from him as they sounded too good. He mentioned that it made him feel like he had a strong power of manifestation.

I invited him to tell me more about this power and to explore it more deeply. How could this power be experienced in his body?

As soon as we dropped into his body, he said he was not feeling power but pain and anger, probably related to the PTSD.

To hold space for it and truly be able to perceive it, I asked him to describe it. He said it was located in his sternum and felt like a black dense, dull matter pulsing out of his sternum. I asked him to show me with his hands how it pulsated.

As we sat with it and made space for it, he said he could feel a sadness emerge behind it. When I asked him how the body experienced sadness, he said it felt like a knife poking into his sternum. As we sat with that, he said he started to feel a very hot flow of energy moving up and down his midline and felt very tired and overwhelmed.

I guided him to press his feet into the earth and find deeper grounding.

I remembered that in his book, he mentioned feeling most empowered by being an athlete, it felt right to bring that in as a resource at that moment.

I asked him to tell me about a moment in his athletic past in which he felt particularly empowered. He mentioned a race he has won years before.

It was miraculous how quickly his energy changed just as his awareness shifted to that race. He visualised himself after the race, tired and in pain from running but so empowered and in complete bliss from having won.

We spent an extended amount of time sitting with the sensations he experienced after that race:

How his legs felt when he was recovering, how his breath felt in his body, the flood of energy and tingles that came flooding up and down his legs and upper body.

I could feel we had found his medicine.

As he had previously found it difficult to sit with sensations and found himself dissociating from them, we had now experienced a long practice of sitting with sensations that could be a resource for him and a medicine.

The anger he felt as a result of the aggression from the police officer might have come from feeling that arousal had come up in his system and that he had been unable to complete it, to let it drop back into balance.

By sitting with the sensations of being in a race and finishing the race and finding bliss and joy, he had been able to experience arousal and then experience it dropping back into balance and harmony.

By working with the sensations, in this case, we were able to bring together two types of energies, one which was a disruption and one the medicine, and watch both merge into one neutral space.

While not wholly understanding what had happened, Claudio mentioned feeling quite blissful and getting a strong sense of being at home. He also had a whole new set of sensations he could sit with as a practice for resourcing which could continue to support his journey of transformation.