

## Details of Sacred Body Rites Private Intensive

**Fee: \$200 per hour  
(4-hour minimum)**

Out of Dynamic Stillness, Love emerges to create all things. Love is the primordial template of all life, which expresses in your body as Eros. Eros is the creative life force that made your body, heals your body, and evolves your consciousness toward utter union with The Love.

Eros is your will, and it is connected to Divine Will.

**Sacred Body Rites** is a powerful gateway for reawakening your Eros that is trapped as armor in your flesh. Once your armor melts and Eros can flow freely in your inner body space, your body becomes a Sacred Vessel for Love. When your flesh is freed of its armor, the *innate bliss* of Eros restores body to its original function as Sacred Vessel that is in sensuous contact with all that is. If your Eros pulses freely inside your flesh, Pure Breath of Love will guide you to realize inner-body union with The Love.

Opening to receive the Sacred Pulse of Eros that inwardly breathes in your inner body space can be a path to union with "The Love that is stronger than death." (See Bourgeault, *The Meaning of Mary Magdalene*).

### **Stillness Touch and Sacred Body Rites**

Sacred Body Rites begins with Stillness Touch, which charges your inner body with the innate bliss of Eros by which you enjoy free-flowing attention, continuity of consciousness, and can remain present to sensations amid ever-changing degrees of intensity, intimacy, and paradox. Abiding in Stillness until arousal builds the potency of your Eros, and then Eros instinctually guides you and the practitioner to move from Stillness into Anointment.

Openly receiving Sacred Body Rites frees your attention, so it flows with the vital pulse of Eros and you enjoy the subtle breathing of Spanda that gives you the strength of presence to be with rapid changes in intensity and intimacy from the disposition of the mystery of 'don't know':

*Let it be, Leave it as it is, Let go in Open-hearted Relaxation*

## **Sacred Body Rites and Your Intimate Relationships**

If your past relationships have left you feeling broken hearted, you may be tenuous about completely opening your heart and body to receive Sacred Body Rites from a practitioner. Being tenuous can manifest because of subtle, unconscious blocks in your erogenous zones that have created armor in your genitals. Armor possesses an electrical charge so intense that it blocks your capacity to allow arousal to build, which leads to reactivity rather than receptivity. Electro-charged armor blocks you from sensing the subtle flow of Eros, which prevents you from fully opening to intimacy and receive The Love into your body. If rejection of Love turns into a habit, you can become stuck in behaviors that separate you from the very Love that brought your loved one to you.

Sacred Body Rites Anointment offered inside Stillness builds arousal and its innate bliss illuminates your blocks by revealing the tender armored places in your flesh. When these armored areas soften while receiving Sacred Body Rites, the unconscious defenses in your body relax, so you can open to Love. When the blocks of armor soften in your erogenous areas, Eros is freed, and your body comes alive as a Sacred Vessel of Love. When you feel constantly recharged with inner body erotic potency it restores lovemaking to its original purpose: to increase the inner Radiance of your Eros. The result is you restore your original innocence, strengthen your presence, and deepen your body felt-union with The Love that creates all that is.

By receiving Sacred Body Rites inside Stillness, you realize that regular conscious intimate sexual relations are a potent way for Love to soften the armor in your flesh and recharge your body with the Radiant life force of Eros. Hence, in retrospect, you discover that habitual stimulating sex, or decreased frequency of lovemaking builds up the electrical charge that increases genital armor, which depletes the potency of your inner body Eros. Depleted potency of Eros will strain your relationships because it weakens your will. When your will is weakened, your ego patterns take over to increase separation amid intimacy. These ego-based patterns express as fear, avoidance, distancing, suspicion, doubt, jealousy, guilt, control, defense, armor, body tensions, blocks, and pain, mysterious symptoms, anxiety, moods, and emotions.

If you feel stuck in your old relational patterns with your lover, it may also be challenging for you to openly receive Sacred Body Rites with a practitioner. This becomes particularly true while your bodily armor softens because it may bring up emotions hidden in your flesh, ... of guilt,

shame, doubt, suspicion, defense, rejection, fear, emotional or thought-driven control even amid intense feelings of sensuousness, desire, arousal, and Eros.

Even so, while receiving Sacred Body Rites can you risk letting your arousal build innate bliss within you to sense your inner pulse of Eros? Can you remain open and inwardly present amid profound intensity, intimacy, and paradox that accompany the softening of armor, which may express as fear, guilt, suspicion, confusion, pain, strong emotionally charged memories, chaos, desire, rapture, arousal, personal and transpersonal Love? An astonishing benefit of reposing in open-hearted receptivity to Eros amid the powerful illuminating impact of Sacred Body Rites is you realize your essence.

Your essence is a unique-to-you inner Radiance of The Love.

Your Love is unique, a precious gift to yourself, your beloved, to others, and to the world. Then, simply by orienting your awareness inwardly to sense and be with intensity, intimacy, and paradox you will enjoy continuous inner body contact with Pure Breath of Love.

Again, it is a challenge to open-heartedly receive Sacred Body Rites, ... to let yourself be intimately touched while you are aroused, ... and sense the rapture of Eros. The challenge - and the key - is to be present to the innate bliss of your arousal and feel the intense uncomfortable emotions that arise when the armor melts in your flesh that blocks and rejects Love - all at the same time!

Even so, while being touched, if you practice orienting awareness inwardly to sense and be with the intimacy of pleasure and the intensity of discomfort, as well as remain present to the melting of your armored flesh amid recoil, then Love will reunite and heal the fragmented and blocked aspects of you that are under ego control, which create separation, confusion, doubt, fear, lack, and suffering.

Orient inwardly while aroused, sense your Eros, and Love will free your attention and restore your body's original Radiance.

### **Summary of Your Inner Practice While Receiving Sacred Body Rites:**

Relax in open hearted awareness, abide inside, and sense your inner body space - amid Stillness. Remain inwardly present and receptive to arousal

amid intensity, intimacy, and paradox, which may express as powerful emotions - fear, anger, hatred, painful memories, core issues - or as intimacy that expresses as desire, rapture, and the throbbing pulse of Eros in your whole body. When you consciously receive the potency of Eros with sensing presence, it reunites the separated aspects of your body and consciousness, which cultivates a stable inner body felt-sense that bestows the sense of safety and trust to Be Still, relax, and unflinchingly 'Know Thyself.' Then your authentic boundaries reawaken.

### **Authentic Boundaries:**

When your authentic boundaries reawaken, you can sense in each moment an inner body felt-sense of 'yes' - 'maybe' - 'no' in response to receiving Sacred Body Rites as it arises from your inner wisdom and essence; rather than as an automatic reaction that habitually rejects Love due to fear of repeating old hurts, or as an aversion and fear of your arousal. Some of us automatically say 'yes' when it is 'no;' and some say 'no' when it is 'yes.'

### **Females Use Your Wisdom Voice:**

It is crucial to practice being with your inner body sensations, and to speak up and ask for what you want during the session, or you run the risk of feeling disappointed, which can lead to projections and re-traumatization.

When you orient inside to be with your sensations amid increasing arousal, desire, and Eros, your fractured aspects of consciousness will reunite and rejoin the whole that harmoniously flows as 'One Body' guided by The Love, which reignites body's original Innocence that radiates The Love.

### **The Power of Inwardly Opening to Your Desire During Sacred Body Rites:**

While being touched, if you can sensually repose inside your body and let your desire and arousal 'just be' without an object to project it upon outside (your Sacred Body Rites practitioner, for example), then Eros will implode inside as the inner-body potency of Spanda. Spanda is an exquisite subtle tone of Inner Radiance within Stillness that is your vehicle that emanates your unique expression of The Love. This is your specific emanation of Wisdom and Love, and a gift that is uniquely personal to you - and it is universal.

However, once you contact Spanda - your unique Inner Radiant Tone of Love - you may feel united with another's unique inner Radiance.

Consciously uniting with The Love in this inward way charges both participants' inner body that ignites a 'third' Radiant Body: 'We.' 'We' is a shared, radiantly awake, inner vehicle that is imbued with universal Life, Wisdom, and Consciousness. When present, 'We' arouses the fierce-hearted courage and unwavering sensing presence to be with ever-changing degrees of intensity, intimacy, and paradox. 'We' is directly connected to the Universal Matrix of Love. Thus, 'two abide as one' - in 'We' - and partners can rapidly shift the cultural hypermasculine disposition that rejects the feminine and controls the expressions of Life, Body, Wisdom, the sensuously Erotic, and The Love.

When our disposition of bodily hatred shifts from:

'Body, sensations, feelings are unreal - only spirit is real'  
or, 'body is a despised lowly creature,'  
to one of reverence and awe of body  
then we realize that Body is the most magnificent expression of Love in  
creation.

Body is The Love that is stronger than death.

Allowing your arousal to build innate bliss melts bodily armor, opens your bodily gates, liberates your Eros, and frees your attention until you realize that your Body is The Love. All doubt vanishes:

Your Body enfleshed by Love is an unbroken celebration of the rapture of  
utter Sacred Union.

## **What is Dynamic Stillness?**

"Dynamic" refers to The Love (Shakti), and "Stillness" is Consciousness (Shiva) - the potency that pervades all. Sacred Union between Consciousness and The Love creates all that is. Recall that The Love expresses in your body as Eros - the life force that made your body - and through it's free-flow, you enjoy the realization that:

As Love's Body you are radiant, flowing, sensuously aroused awareness  
that swirls in an infinite Secret Chamber of Love in erotic touch with  
everything.

This is an utterly feminine route by which you realize the Mystery of  
Body-as-Consciousness and Consciousness-as-Love:  
Dynamic Stillness

## **To Craft Your Private Intensive**

You may feel a strong, mysterious inner longing to learn the inner practices, and to receive Sacred Body Rites. It may be to melt the armor in your flesh and restore your body to its natural state, to navigate emotional blocks, for your personal development, to realize your life's purpose, or you may feel deeply called to navigate all the armored places in your flesh and reunite with The Love as a *completion stage* spiritual practice. Perhaps you desire to offer Sacred Body Rites to others, or you long to bring The Love back into your intimate relationship by the practice of Conscious Lovemaking to ignite each other's Radiant Gloriosa.

During a Private Intensive, you can explore your unique journey to Sacred Union with Pure Breath of Love in-depth in any way you desire, according to your particular need, level of maturity, and capacity. You may go as deep, and as intimate, as you feel prepared moment-by-moment, drawing from a wide range of offerings.

## **The Power of Mutual Practice of Sacred Body Rites as Path**

Melting the armor in your flesh and reconnecting to the potency of the innate bliss of your Eros ignites the astonishing healing forces of 'We' when co-celebrated in mutuality with your Sacred Body Rites practitioner. 'We' is a personal aspect of the Universal Matrix of Love, which is the most potent healing force on earth. When arousal builds in potency, the armor in your flesh melts, your inner body becomes charged with life-giving Eros, which strengthens your will and evokes major shifts in your stuck patterning. Eros suffuses your inner body with potent vitality by which you feel empowered to fully live your authentic life in freedom under the inner guidance of the Wisdom of the Whole, as opposed to living under the control of ego.

## **Aspects of a Sacred Body Rites Private Intensive**

### **Learn Inner-Body Meditations to Realize Body-as-Consciousness:**

- Stillness Practices - to cultivate a constant inner body sensing awareness.
- Sensing your invisible Midline - to find your ground and return to center amid intensity, intimacy, and paradox.
- Inhabit three major inner breathing portals: Head, Heart, and Pelvis.
- Connect these inner breathing portals as One Heart that awaken Yoni-Heart and Lingam-Heart.



- How to give yourself a Stillness Touch session.
- How to offer Stillness Touch and Sacred Body Rites sessions to others.

• **Receive Stillness Touch from within the context of Sacred Body Rites:** Hands-on touch can include Body Contacts, Sacred Anatomy, Anointment, Lymphatic Touch, Organ Touch, and Internal Touch - all are reverently offered from within Stillness.

•**Body contacts are offered inside Stillness:** This includes your erogenous vital bodily centers to free Eros, relax the nervous system, soften bodily armor, and open the blocked portals of your body that are unconsciously closed to Love.

•**Sacred Anatomy - Chakra to Chakra Contacts:** Sensually receive touch offered within the mystery of Body-as-Consciousness and Consciousness-as-Love. Each anatomical area possesses Consciousness-as-Love. Being touched in Stillness and Anointed with oils evokes a vast array of sensuous qualities - as inner body tones - that reveal specific insights, powerful emotions, sensations, somatic memories, Eros, desire, rapture, and arousal. Sensing and being with the intensity, intimacy, and paradox of these inner tones frees blocked bodily portals that have been closed to Love.

Each contact evokes an inner body tone and illuminates a specific portal that reveals your unique personal map for Self-realization to reunite you with Love.

Abiding in the sensations, and sensing your inner body atmosphere on this level of depth, reverence, intensity, intimacy, and paradox with another, offers you an opportunity to unite with your infinite, multi-dimensional, poly-sensual body that expresses the Radiance of Spanda.

You can thus cultivate embodied unwavering sensing presence amid the revelation of your Core Erotic Wound issues that may be evoked while being touched in your erogenous vital centers that hold armor. You may also explore esoteric anatomy - a potent interactive exchange of various combinations of chakra-to-chakra contacts from within Stillness and Flow. This is a powerful way to open your vital bodily portals that are unconsciously closed to The Love.

•**Anointing the Skin of the Whole Body:** Open heartedly receive the innate bliss of arousal and the sensations that arise while being anointed

with oils may illuminate your 'tissue boundaries.' Tissue boundaries express when arousal builds the Eros to melt the armor, which may evoke unconscious, automatic reactivity to intimacy due to past transgressions, rather than as an authentic response to intensity and intimacy arising from your inner-body Wisdom and Love.

Anointment cultivates an inner realization that body is an unlimited sensuous Sacred Vessel of Love overflowing with Wisdom. As armor melts and your flesh softens, authentic boundaries reawaken that are guided by your bodily Wisdom based on the good of the whole.

Tissue Boundaries explained: Skin is ectoderm, which forms your defenses - the immune, nervous, and endocrine system. A traumatized defense system creates armor in the body, which will over-react in fear, recoil, irritability, and control amid intensity or intimacy. Even when you know better, your reactive defenses automatically say 'No' to intensity or intimacy amid strong emotions, instability, sensuousness, desire, arousal, Eros, and The Love. Anointing the skin with oils in 'moving Stillness' is applied slow enough to soften your bodily armor and restore innocence to your defenses. Thus, you can remain open, curious, receptive, and sensually present to intensity moment-by-moment amid appropriate responses arising from your authentic boundaries, rather than as automatic reactivity arising from the past that is held as armor.

Your automatic 'no' to intensity or intimacy will relax and open - as a 'yes' to Love. Awareness will stabilize during anointment if you remain inwardly present to your sensations amid the powerful intensity of fear, strong emotions, memories, and the intimacy of desire and arousal.

**•Lymphatic Touch:** Illuminates the deep core emotional history that is stored in your lymphatics. Opened lymphatic portals free the hidden emotions that reflect the way you regarded the animal part of yourself. Often during lymphatic touch as the areas soften you feel the impact that your harsh disposition toward your body and sensuality has had on you, your beloveds, and your life's work. Lymphatic Touch is a gateway that reveals how you have habitually regarded self, body, and the sensuous.

We either welcomed or shunned the inner feminine that bodily expresses as transpersonal Love and personal Eros. Lymph glands are in the mouth, throat, under the arms, chest, solar plexus, groin, perineum, rectum, and vagina.

**•External Organ Touch:** Brings you into conscious, embodied sensuous



contact with your body's deepest embryological layer, the endoderm. Endoderm (the inner skin) harbors your deepest core history - the most hidden and unconscious layers of your wounds.

The mouth, throat, stomach, spleen, pancreas, kidney, liver, solar plexus, anus, prostate, penis, vagina and cervix - develop armor that hold your Core Erotic Wounds from the past. These armored areas are a primary source for the most unconscious, automatic recoil to the free-flow of The Love that keep hidden from us the Inner Breath of the Divine Feminine. Armored areas store the energetics of our previously suffered abuse therefore, gently working with these areas may bring up deep self-hatred, feelings of being victimized, or abused.

### **•Internal Touch Illuminates Past Abuse, Distortions in Body-image, and Self-hatred:**

Stillness Touch to your vulnerable internal areas is with deep reverence, while you relax and openly receive in Stillness. Being with your sensations provides an opportunity to cultivate a compassionate disposition toward yourself amid paradoxical intensity. While armor melts in your flesh, you may experience strong emotions, traumatic memories, powerful sensations, pain, fear, rage, guilt, shame, self-hatred, old body image issues, being a victim, memories of past abuse history.

### **Projections can be Withdrawn:**

You may also find yourself trapped inside a projection that you place upon your Sacred Body Rites practitioner - for example as Lover, Perpetrator, Abuser - any of which can evoke various paradoxical moods, thoughts, control strategies, states of awakenings, guilt, shame, hatred, rage, blame, projection, desire, sensuousness, Eros, or arousal - pleasant and not. Therefore, Internal Organ Touch, reverently offered inside Stillness, offers you a profound opportunity for realizing sufficient fierce open-heartedness to remain present to your sensations and emotions with an unflinching capacity to **'be with'** any paradoxical intensity that arises amid projection. Due to the deep core unconscious content held as armor in your most vulnerable internal organs - mouth, rectum, and vagina - the tempo of internal organ touch is consciously still or extremely slow to facilitate relaxation, receptivity, trust, and an open heart.

Stable inner body awareness and deep embodied presence to your sensations will arise amid powerful intensity and intimacy. You cultivate fierce-hearted, fluid, unwavering presence when touched in your Sacred

Portals to Love in Stillness.

## **Internal Work Illuminates Deep Core Erotic Wounds Revealed Amid Projection as Portals to Love:**

This stage of Sacred Body Rites - the internal work - liberates deep core unconscious bodily armor that recoils to Love and reveals Body as The Love. Your Core Erotic Wound issues may continue to arise after the session, which may seriously challenge your capacity to 'be with' your powerful feelings, emotions, and sensations amid your projecting them upon your practitioner. However, if that is the case, you then have an opportunity to navigate these feelings as your specific key to open the portal to Love. (Reich, Baker, Lowen, Kelleman, Jung, and many others have thoroughly navigated the territory of body armoring due to the Core Erotic Wound; please refer to their writings).

## **Crafting Your Private Intensive**

Given all these suggested possibilities, you can craft an Intensive by which you can sensually navigate areas of your personal history that challenge you. Recall that your history is stored energetically in the limbic system, your body's ground substance, the nervous-immune-hormonal system, and as armor in your flesh, particularly your internal pelvic organs. Amid intensity or intimacy, the presence of armor may evoke fearful reactions that trigger disembodied wavering and instability of your sensing presence that blurs awareness your Eros, which separates you from sensing your inner body flow of Pure Breath of Love.

You can create an intensive that illuminates a map to free yourself from your personal issues, and reveal the areas of bodily armor that unconsciously block your sensuous connection with Eros. A Private Intensive can become a dynamic sensing navigation that explores your intensity and intimacy edges through a synergistic combination of Stillness Touch, Anointment, Lymphatic, and Internal Organ Work.

All touch is offered in mutual cooperation and reverence from within Stillness, under the guidance of your authentic boundaries, the Wisdom of the body, and The Love.

Remember, Sacred Body Rites will melt the armor held in your flesh, which may bring up very uncomfortable emotions: the challenge is to sensually navigate your capacity to 'be with' sensations amid intensity, intimacy, and

paradox based on your authentic boundaries in the present, rather than automatically reacting from 'tissue' boundaries established from armor that formed due to past transgressions. When the issues held in the armor are activated, we may react based on fear that says 'no' to intensity and intimacy. It is your responsibility to speak up if you sense a boundary is being crossed and you want the tempo to be slower. The power of 'no' is essential - it gives you the power to really say 'yes.' Here you can distinguish the difference between sensation and feelings as your guiding force with respect to boundaries.

In closing, Sacred Body Rites reverently offered in Stillness in a tempo slow enough for you to maintain awareness of your sensations in your inner body is a gateway for cultivating a stable, sensing-embodied 'being with' ever-changing degrees of intensity and intimacy that arises. This deepens your unwavering sensing presence, and stabilizes your continuous conscious contact with Pure Breath of Love.

For information and support on navigating the issues that arise during Sacred Body Rites: <http://sacredbodyrites.org/client-support>