

SEXUAL TRAUMA & SUPPRESSION

Sexual suppression is a in depth topic and is multi layers.

We are certainly still not free from the shaming and suppression of womben and sexual pleasure. This is why I am so grateful for souls like yourself feeling the call to study, learn, embody and pass this info on. Thank you

Religion

In 'Christianity', masturbation means self-abuse and is known as a sin.

Those who are interested in the holy pure Christianity that doesn't suppress the feminine and you are interested in the scripts that were found in Ancient Egypt and stories and truth of Mary Magdalene. Please read the books of Mary Magdalene, one I can recommend to get some grasp and it's easy to read:

[Mary Magdalene Revealed: The First Apostle, Her Feminist Gospel & the Christianity We Haven't Tried Yet'](#)

Again, in Islam and other religions suppressing the feminine and seeing it as dangerous

Body shaming, disconnect and labia shaming always creates shame

Shame in all centuries, I believe it's in all lineages.

We have slut shaming, that sexual pleasure isn't for womben and it is only for men.

When we hold sexual shame, we often then will attract energetically sexual abuse or traumatic experiences sexually.

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Sexual assault occurs in so many different forms. Sexual energy can transfer without touch; so sometimes people purge a shameful experience and it almost feels like they were touched however it was just the energetic exchange that occurred.

Rape again is complex and most people are raped by a friend or someone they know.

Boundaries

Having no boundaries or a lack of boundaries applies in sexuality. We may have had our boundaries violated before, or had a lack of boundaries also to be able to voice our boundary

We can hold sexual blocks even through our relationships through blocks of communication, blocks of intimacy, blocks of dropping in with each other etc.

There is also a lot of shame around menstruation and there was shame from the parents/care givers and it wasn't something celebrated or even spoke about

Labia and body dysmorphia and distortions around our body and we are being fed it every day.

Womben unconsciously manipulating men through their sexuality in desire wanting to feel love or connection.

Abortion and miscarriage is a nonlinear trauma process for most women. Stories may be created by shame.

C sections also may bring shame up.

Birth – traumatic births

When guiding women, it's about creating safety and taking them somatically in their body to release the emotion and story. And bring back love and self-acceptance.

SACRED SEXUALITY

Sacred sexuality is conscious sexuality. Which so much of this training which you have already started on and will continue to do so with me, however I don't want you to get stuck in judgement of if you have non sacred sex then you are 'bad' or not 'good enough'

So many people (including my past self) come into tantric arts or sacred sexuality, they feel ashamed, disappointed when they're not having 'God' sex regularly.

Sacred sexuality is to consciously exchange energy in a meditative state. I want to really just stress and convey that YOU ARE ENOUGH and just listening to your body is amazing.

It is important to be conscious with your sexuality and worship and honor your body YES. However, do not shame if your also being a regular human. I feel a lot of Sacred Sexuality shame the non-sacred sexuality practices.

My main teaching is here; to be conscious and loving with your body, LISTEN to your body's YES, listen to your pussy, honor your boundaries, surrender into curiosity instead of goal orientated sex (especially if you have trouble becoming lubricated as letting go of a goal will help you become lubricated)

However, don't strive for this God, high tantric states as the only way and shame yourself if you can't reach that state.

Sacred Sexuality (God state sex) was also only really used for the Elites for a time and not for normal people. Again, it was used in an unhealthy way of only for the 'special' which again comes back to the Spiritual Ego and separation.

And we can see how some tantric leaders (people who know tantric sexuality) fall into thinking this is the only right way and they are better than everyone else. This is why I am teaching this so you don't feel pressure to be perfect

Extra info on suppression of women:

<https://www.snopes.com/fact-check/9-things-women-could-not-do/>