

# Spiritual~Sexual~Powerful

7 Spiritual Secrets for Moving Beyond the Pain and Hurt from Your Past so You Can Have the Sex You Desire, the Relationships You Desire and Rock Your Superpowers Like a Goddess!

*(This was my very first online course)*

Step	Problem	Description/ Solution	Transformational Benefits	Tools and Resources
<b>Step 1. The Path of Yes</b>	You are struggling to have the relationships you desire and the sex you want. You have residual pain from the past that keeps you stuck. You are not living up to your potential.	Recognize attachments to situations that are not working for you. Learn to live without "maybe someday" ... See yourself as worthy of Love.	<ul style="list-style-type: none"> <li>&gt; You Have an Embodied sense of Peace and Presence</li> <li>&gt; You Live Fully in the Now</li> </ul>	<ul style="list-style-type: none"> <li>✓ Mahamudra~ "The Great Orgasm"</li> <li>✓ Source Stream Meditation</li> </ul>
<b>Step 2. Let Go of What's not Working</b>	You find Yourself in the same place of hurt and disillusionment over and over again.	Release Patterns of Compromise and Perfection and Struggle. Begin to lift the Veils of Past Pain and begin to envision your authentic life.	<ul style="list-style-type: none"> <li>&gt; Live with Clarity instead of Illusions</li> <li>&gt; Your Intuition is a Finely Tuned Instrument for Your Well-Being.</li> <li>&gt;</li> </ul>	<ul style="list-style-type: none"> <li>✓ The Powerful Practice of Self Empathy</li> <li>✓ Inner Vision Meditation</li> </ul>
<b>Step 3. From Communication to Communion</b>	You don't always feel seen or heard. You have difficulty asking for what you want. Your boundaries are often crossed.	Find Your Voice and Clearly Articulate Your Desires. Teach People How to Win with You While You're Winning With Them	<ul style="list-style-type: none"> <li>&gt; Fearlessly Communicate Your Desire Without Hesitation.</li> <li>&gt; Speak Your Truth in a Way that Magnetizes the Right People to You.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Boundaries Reframe</li> <li>✓ Sound Activation Meditation</li> </ul>
<b>Step 4. What Heart Centered Really Looks Like.</b>	You are afraid to open your heart again... you feel either overwhelmed with grief or flatlined.	Understand the True Capacity and Nature of Your Heart. Empty Your Heart of Grief and Sadness.	<ul style="list-style-type: none"> <li>&gt; You Operate Fully from Self Love Always</li> <li>&gt; You Give and receive Love Easily and Freely</li> </ul>	<ul style="list-style-type: none"> <li>✓ Heart Alchemy Meditation</li> <li>✓ Beautygasms</li> </ul>
<b>Step 5. Personal Power</b>	You often feel paralyzed to act on your truth. You know what you	Learn to Move and Act from Your Clear Center	<ul style="list-style-type: none"> <li>&gt; You have Unshakeable Sense of Self</li> <li>&gt; You Live Completely Unapologetically</li> </ul>	<ul style="list-style-type: none"> <li>✓ The Persona Principle</li> <li>✓ Movement Medicine</li> </ul>

	want but feel powerless to assert yourself. You're overly apologetic.	Speak your truth when you want	>	
<b>Step 6. Sexual Freedom</b>	You feel sexually and emotionally shut down. You experience pain or numbness in your body. You have little or no pleasure during sex.	Bring Your Body Back to Life Release Shame and Guilt About Sexual Arousal Learn how to Access and Circulate Your Life Force for Healing, Pleasure, and Bliss!	<ul style="list-style-type: none"> <li>&gt; Feel Pleasure All Ways as a Master of Your Life Force.</li> <li>&gt; Live Powered By Pleasure</li> <li>&gt;</li> </ul>	<ul style="list-style-type: none"> <li>✓ Meditating with the Body and Breath</li> <li>✓ Sex Magic</li> </ul>
<b>Step 7. Inhabiting Yourself Fully</b>	<p>You don't always feel safe or supported or at home in the world.</p> <p>~~~~~ ~~~~~</p> <p>(You are Tired of Compromising while Trying to Be Perfect You Long to Feel More Energized, Vibrant and on Purpose!)</p>	<p>Turn Toward Your Bliss in Every Moment</p> <p>Let Life Love You Back</p> <p>~~~~~ ~~~~~</p> <p>Release Patterns of Compromise and Perfectionism.</p>	<ul style="list-style-type: none"> <li>&gt; You have Ever Increasing Opportunities to Give Your to the World</li> <li>&gt; You Live Effortlessly in Flow Abundantly Supported by Source</li> </ul>	<ul style="list-style-type: none"> <li>✓ Presence and Prosperity</li> <li>✓ Surrender Meditation</li> </ul>