

Chapter 5: Understanding Your Sexual and Creation Energy

Introduction

I am so proud of you for getting through the clarity part of this program. “Clarity is power” is a true and popular message. I know it wasn’t easy, revisiting your abuse, deciphering the way you process feelings, and talking about sex, but it was necessary for you to fully step into this chapter and to begin cultivating your power.

In the previous chapter we talked about the power of your beliefs and the feelings that those beliefs or decisions about life have over you. I also shared the research that feelings have a vibration that’s much like a musical tone or heart rate, which you can see on an ECG monitor (an electrocardiograph), which recognizes emotions via electrical signals picked up by electrodes on a user’s body.

Your etheric presence (the field of energy around you) can read these vibrations like a radio wave. To ground this awareness within you, think about a time you came into a room where someone was upset and you could feel it. Everyone has grown up reading this energy. In some homes, like mine, you could have cut the tension in the air at times, yet everyone was smiling. You cannot hide your vibration and others can’t hide theirs from you, especially when you develop discernment to differentiate between your energy and theirs. In this chapter, we will be covering your connection to your energy field, and more specifically to your creation energy and your sexual energy.

For the rest of this book, I am going to be speaking to you from the perspective that you co-create your reality. Meaning, you have will power and the power of choice to direct your energy any direction you choose. I know for some, this may seem limited, and for your child-self, this was limited. However, as an adult in healthy situations, you have the ability to choose your direction, to shift your beliefs, to change your environment, and even to change your DNA to create a life of ease.

For many CSA survivors, your nervous system has been stuck in a holding pattern—accepting, and even making excuses for what is and why you’re stuck there. This is partially due to the fact that many CSA and other trauma survivors stop emotionally maturing at the age of their trauma. This is also why PTSD takes hold and does not let go.

My story:

Before I learned about managing my own energy, finding clarity, and taking care of myself using my personal formula, I was a wreck. My inner child was stuck in survival and my adult self had no say in the matter. For instance, there were times I would be triggered, and rage took me over, much like it would a 4-year-old. This age was when my virginity was taken from me, I am not sure if this was a full rape or if my abuser just took my hymen either way my body went into shock. From this moment forward, my 4-year-old self took over and “problem solve” when any discomfort came up.

Another trigger for me would force me into a crying fit, dry heaving and shaking in the nearest corner I could find. I was acting like I did at the age of 11 after being raped with the blunt in of a tackle knife. And orally raped.

Years later, I learned about age transference, which is when an adult survivor reverts to the age of the abuse to cope with what is happening around them, in the same way they survived before. I did this and reverted to ages 4 and 11 on a regular basis. As I healed, I also noticed I reacted to situations as a late teen, never really feeling like an adult.

As you work through this book to reengage your sexuality, pleasure, and orgasm, it is particularly important to take care of your inner child, and to notice the natural behaviors and maturity of a child the age of your abuse. At times you may need to be kind to yourself and realize that reacting with responses normal to the age of your abuse or recovery is part of healing. Especially, if you have been diagnosed with C-PTSD or PTSD. Take time to move as slowly as your inner child needs in order to relax and let your adult-self choose a new and different path, while honoring your own healing.

How old is your inner child?

At what age/s were abused? _____

Do some research or think about kids you have been around of that/those age/s.

How does/do children act during this/these phase/s of life?

Energetic Maturity

Tuning into your vibration is much like tuning a radio to your favorite station. However, CSA survivors may get stuck on a station they're trying to get away from. Subconsciously, you have been trained to focus on the outside world. The outside world has everyone's radio stations going all at once, which makes it stressful to tune in. Imagine all the stations on a radio playing at one time. You wouldn't be able to hear a thing; it would be chaos. But when you choose to tune into one station, things get clear. In the rest of the chapter, you will begin to tune into yourself more. Specifically, I am going to tune you into two powerful streams of energy: your creation energy and your sexual energy. But first it is important to take care of your inner child and to know your energetic maturity. From there, you will be able to easily understand and tune into your inner truth.

To figure this out, consider the age of your abuse or the age you commonly regress to when you are triggered. Even if you have out-healed this pattern, think back to a time you had a flashback, PTSD, or anxiety attack, and consider at what age your reactions are most naturally a response to. This is your base age. For most of my clients, there are a few ages that keep them in survival and spinning their wheels. Once you are aware of these ages, and you begin honoring your personality within these ages, you will feel confident and in charge of your life.

What age were you abused? _____

What age did you feel like a survivor? _____

How many years have you been in active healing and processing? _____

How old are you now? _____

As you work through this program, I recommend checking in with your inner child and adult self, to see who is reacting or making decisions for you. Taking care of your inner child is a large part of taking care of your energetic body. For a CSA survivor, this is important to understand about yourself because it will help you to release judgment. It will also bring more compassion and understanding to you as you discover more about your energetic body. Use the tools I am about to share with you to clear out old programming and create your new creation energy.

What Is Creation Energy?

Creation energy is the energy in which life is created. You have this energy and you are this energy. This energy is sexual and sensual in nature. It is conscious and it is both masculine and feminine in harmony—it is a perfect balance of both.

For sexual abuse survivors, this creation energy is often misunderstood, which makes it particularly challenging to consciously create from. There has been so much “story,” pain, disconnect, and shame/guilt around sex from a young age, that of course this energy is misunderstood. The good news is you can’t lose it because you are it. Are you ready to take the story and pain out of the way and to reconnect to your joy and your pleasure?

Step 1: HONOR YOUR STORY – Accept what was (Chapter 1-2)

Step 2: HONOR WHAT IS - Accept what is (Chapter 3-4)

Step 3: HONOR YOURSELF – Consciously creating your new normal

What do you accept?

Often my clients get stuck accepting what was, and what is, and what happens is they keep creating different reasons to focus on what was and how it is causing them to react to what is. You are a creator being; you have within you all you allow yourself to see.

What are you accepting—i.e. tolerating—in your life right now?

What are you expecting to happen in your sex life?

What are you tolerating in your sex life?

What are you experiencing in your sex life?

What do you desire in your sex life?

When you think about sex, do you feel passionate? Do you feel desire?

These two energies—passion and desire—are the negative and positive polarities of creation.

Desire is a lower vibrational energy. It can be healthy and fuel positive outcomes or it can be unhealthy and fuel negative outcomes. Just like passion. Directing your emotions (energy in motion) will help you to consciously create the life you love, and sex is one of the fastest paths to these creation energies.

Other creation energies that people commonly talk about are love and gratitude. For now, however, we are going to focus on the two energies that are more commonly tuned out for those who have had their power misused against them during abuse.

When sex is used as a form of abuse, the energy of desire is used in a negative way, which makes it hard for you as a survivor to have a trusting and positive relationship with your own desire or with the desire of others. This makes it harder to accept the good things in life, not because of the thing you desire in

and of itself, but because of the energy of the emotion of desire you have for those good things. For many, the energy or vibration of desire and passion feel dirty, scary, and are misunderstood. When these powerful sexual and creation energies were introduced to you, they were misused. For that I am sorry. Many of my clients move through the questions and emotions wondering: “How could someone’s desire hurt you so very much?” If their desire could make them act in such a way, how in the world could your inner child (then child) trust itself to not let their desire do the same and hurt someone. It makes sense that many survivors disconnect from the energy of desire.

To re-engage the energy of desire in your life, make a list of all the things you desire on a separate piece of paper, and as you do, be aware of how you feel:

- Do you feel uncomfortable?
- Do you know what you desire?
- Is it easy to list, but you have a lot of doubt come up?
- As you look at your list, are you feeling more sadness because you don’t have these things, or excitement for their arrival?

Many of my clients don’t even know what they want when I first ask them this question. If this is the case for you, it is common that your inner child is trying to answer safely for you. The average age for girls for first abuse is 9.9 years for boys and 9.6 years for girlsⁱ and of most victims, 93% know their abusers personally, making this betrayal of this energy truly painful.ⁱⁱ If this is you, take a moment and go inside, talk to your inner child and let her/him know it is safe to desire in positive ways and that he/she can trust you to use your desire-energy to create good things in yourself and in the world.

Passion is the other creation energy that many survivors have a misunderstood relationship with. This is especially true if your abuser was “in love with you” and “you made them do it” or “they could not help themselves; you drive them wild...” Passion is the energy that creates change and makes miracles happen, but it can also be used for evil. Making peace with this energy will also ignite your talents and help you progress in business, giving you energy to follow your dreams—AKA passions.

What are you passionate about?

What are you talented at?

What are you interested in?

If you could ONLY do one or two things a day and make amazing money, what would you do?

Are you passionate in the bedroom with your lover? _____

What does passion feel like **in** you?

What does desire feel like **in** you?

Now that the fires of passion and desire are awakened in you, activate the other creation energies of love and gratitude.

Love is another odd one for many survivors; as I stated above, many of us are abused by people who claim to love us. Then the energy of love is attached to abuse and sex, and that is very **confusing**. Love is as unique as you are and how you express love is as well.

How do you feel love, within you?

Do you equate love to sex? At young ages, this is common—for survivors to use the act of sex to seek out love and protection. If you did this, take a moment to connect with your inner child and release all shame, guilt, and blame for being normal. This is something I call Radical Forgiveness and when practiced on yourself and God it is most challenging. Understand that love was taught to you as sex and that is not your fault. You tried to heal your relationship with love through sex and that is also normal. By now, I am guessing you know that sex and love don't always go together.

How do you experience love itself?

How do you experience “lover-energy”—the energy of love and sex together?

How do you experience sexual energy (i.e., pure physical sex)?

Take a moment and read your answers above, to understand on a deeper level how you are experiencing your energy in motion (i.e., your emotions) now. Clearing and tuning into your personal experience and relationships to the first three energies of the creation formula is freeing. The first three energies are expressed when you tune into and express your emotions of desire, passion, and love.

The final energy for this activation is the energy of gratitude. This energy is also very misunderstood by many CSA because many feel like life was unfair and wonder why God or Creator would let something like this happen. Many of my clients prayed for years for abuse to end and it did not. Gratitude is a high vibration and related to receiving, which, for many survivors, is hard to do because the fear of owing someone something is crippling. This fear of receiving is often related to struggling with money and not feeling stable. If you bargained with God or with anyone including yourself as a child, forgive yourself for feeling that life is unfair. Remember that you have already validated yourself; you were a victim, and you don't owe anyone anything. What would it take to receive all that you desire and to be filled with gratitude as your dreams come true?

Another way this energy gets confusing for CSA survivors, many of my clients report, is that their abuse would get worse when they exhibited happy, grateful, or passionate emotions, drawing attention to themselves. To tune in, allowing for more good feelings and abundance in your life by cultivating your own gratitude is the antidote that will open your perspective to receive more abundance, ease, and freedom in your life.

To re-engage the energy of gratitude in your life, on a separate piece of paper, make a list of all the things you are grateful for and, as you do, be aware of how you feel.

- Do you feel uncomfortable?
- Where do you feel gratitude?
- Is it easy to list, or are the things you are grateful for kind of boring?
- As you look at your list, how comfortable would you be telling your friends you are grateful for these things—or do you have judgements about sharing your gratitude instead?

Now you have activated your creative energy and begun to separate your sexual energy and judgments from your pure energy of creation.

The three brains of the body — working with your creation energy.

THINK about things you love, are passionate about, desire, and are grateful for. You don't need to be specific—just image them, remember them, and daydream about them.

Visualize a column of light holding this vision as it travels from your **head to your heart**.

What does it feel like to have the things you love, are passionate about? Visualize these things or experiences and allow the emotions to flood your body. What do you desire in your life? Imagine yourself experiencing or receiving these desires, feel the gratitude and bring creations of your vision into the present moment within your heart.

Once you have felt all this goodness, visualize, and feel this column of light moving down to your **womb or testicle space**. Here, let your dreams begin to create themselves, with full faith, knowing your unique seed of creation is now cultivating your desires. This is faith and trust.

This is the step that is often disconnected for CSA because their sexual energy is balled up within their womb or testicular area, causing stress. This often is expressed through disease—either physical or emotional (as we covered in chapter 2). Personally, I had ovarian cysts that made me so uncomfortable that I cursed my womb monthly. Other clients have a deep fear of losing control due to being controlled as a child, so they tend to have a hard time letting go and trusting the universe or God to take care of *the how*. [However, I encourage you to take a moment and think about how ineffective it has been for humans to create human life as divinely as the egg and the sperm do together in the womb. Once you have moved your passion or desire from your head to your heart and into your womb/testicles, it's time to begin caring for your vision. To do this, take care of yourself as if your dreams are alive, trust in divine timing, and continue to focus on gratitude. Activate your sexual energy with love and passion.

What Is Sexual Energy?

Your creation energy and your sexual energy are similar but not the same. Your sexual energy will help you to relax, let go, and feel great. Sexual energy is different for everyone, but there are four major expressions of sexual energy that are yours to recognize within yourself.

Hard and Soft: Here I am directly talking about your hard, long, or soft yoni. But first allow me to explain your genitals, the male penis is the outside reflection of the female clitoris. Men and women both get hard and both get wet, physically sex is best when your body is ready to give and receive this act of connection, when it is ready for this connection and not before. For a woman, your labia swell, you get wet and your insides get harder and as I call it fluffier.

For men, your penis gets hard and the tip of your penis becomes sensitive and “pre-cum” shows to get you wet.

Now you are ready for penetration.

Passion and turn on: the feeling of a rise of energy, and desired action being either the masculine “taking your lover” and the feminine “receiving your lover.”

How do you recognize your turn on?

How do you recognize your lover's turn on?

Orgasm – There are ten layers of orgasm according to sex coach Tiffany Yelverton. You will explore them each in a later chapter. For today, what kind of orgasm have you experienced and what is your relationship with orgasming?

Is it difficult or easy for you to orgasm?

Activate your sexual energy: Think of something that turns you on, allow yourself to experience your lingam or yoni get hard or soft, and experience this energy in your genitals.

How would you describe this energy?

Great job! To end this chapter, write down the difference between feeling your womb/testicle space (creative energy) and your lingam/yoni space (sexual energy).

Understanding this subtle energy difference will help you recognize when you are feeling moved to act in a passionate way or when you are feeling turned on by something instead. When it comes to creation and living your life fully engaged and in balance sexually, the turn on of sex and orgasm can be used for lovely connection, a release of pressure/stress, and-or as a way to release your dreams into reality after moving your creation energy into this sacred living and giving space. Sex is the act of creation; without sex it is unnatural (although possible now in a lab) for an egg and sperm to form life. This is one reason why it is more challenging for sexual abuse survivors to heal and change their circumstances, and why at times, you may feel powerless. When this direct line of energy is disconnected and your emotions are withheld, misunderstood, or demonized, then it is harder more to trust yourself to create a new, healthy, and wonderful life for yourself—things then feel difficult and your focus tends to be outside of yourself, on the past, or on the hardships of the present.

In order to create something new, shift this energy and move your life in the direction of your highest good and enjoyment. The next step in this program is going to be all about healing your intimate relationship with yourself and mastering your sexual energy in order to release, receive, and generate more love and passion, as well as to trust all the desires of your heart to show up in your life!

ⁱ David Finkelhor, Kimberly J. Mitchell, and Janis Wolak, 2000, Online Victimization: A Report on the Nation's Youth, National Center for Missing & Exploited Children: Arlington, VA. Darkness 2 Light. Statistics Surrounding Child Sexual Abuse.

ⁱⁱ Simpson, C., Odor, R., & Masho, S. (2004 August). Childhood Sexual Assault Victimization in Virginia. Center for Injury & Violence Prevention. Virginia Department of Health, Snyder, H N. (2000). Sexual assault of young children as reported to law enforcement: Victim, incident, and offender characteristics. National Center for Juvenile Justice, U.S. Department of Justice.