

Abundance

manifested from the soul

NOW ✓



Experience Calls

CHAPTER 12

Sexuality

Abundance NOW Experience Calls

Chapter 12 Sexuality

Theory & Workbook

Theory

Sexuality is a topic that touches all of life; it is life itself. Think about it: is there life possible without it? It is thus also woven into the entire fabric of life, the world and people.

There is a narrow sense of sexuality as an act of sexual organs with a partner; but then there is also the broader sense of it as a sensual energy quality that permeates everything and is also desired to do so, because it means that it is alive and rich in experience.

For sure, Twin Flames are the ultimate expression of what sexuality promises, on all these discussed levels. Their inherent Mission is completely integral with that as well.

Sexuality on that level, is the desire to have all parts of life healed and feeling good so that they seamlessly go together with that ascended reality, and to also have all areas of your life thus freed up to express yourself in it as what you essentially are.

Sexuality is a powerful force that is as ancient as time. The workbook will make you explore the qualities of Freedom, Faith, Oneness and Relationship in relationship to it.

Workbook

1 Sexuality: Freedom

2 Sexuality: Faith

1 Sexuality: Freedom

- Bodily relaxation
- Sexual self care

There are 2 approaches to life: one is that everything needs to be rehearsed, so sex needs to be tried out, relationships too, and that gives you experience on which to build; the other is that everything is already here, the full Truth and Love are present with you always and you simply need to let it in and see it, so there is no rehearsing because this is it and you can access the value of sacred sexuality in every way right now by being guided by that frequency alone in the now.

Going from approach one to two is the true transformation, it is the healing you have called in when you bought this ecourse. Therefore, you are invited to sexually rehearse within the idea that everything is in essence already here: experience the heart bursting with love while having a pleasurable time with yourself in any which way feels right to you: a practice to now and then repeat that will heal you and also augments your manifestation power, which is the same.

When one is healed, one can still now and then rehearse or rather enjoy because life wants to be lived; healed means your state of purity is being reached and highlighted, now free from any detrimental multigenerational and other trauma, which is meant with cultural, spiritual or religious terms such as virgin, pure, immaculate: now you can bring forth great creations of the kind of your choosing, be it books, family, business, children or any other fruit.

How to go about being sexual with yourself as a ritual that let's your energy flow yet at the same time keep in your energy field without leaking it and without receiving disturbing flows from other places, even in such a way that it heals you meaning to give you a more vitally moving and leak-less personal field and eventually an ultimate one indeed.

Bodily relaxation

In the video, I provide a whole body scan meditation to show you and make you experience how body is mirroring the daily life, through the spiritual law of mirroring, perfectly. This provides you information on how you are doing concerning inner relaxation which is the same as body relaxation, and what areas are not relaxed and what areas are. This information can be interpreted by yourself through intuition most of the time, as it is logical that the feet stand for feeling firm and grounded, the belly for feeling at home, the breath for love and compassion and so on: tune in and you'll know.

Through the act of being non-judgmental and simply feeling, experiencing and taking in the information neutrally, the entirety of your body is already going into a deeper relaxation just like that, because of the validation you are granting yourself and your body parts for simply

being what they are. The deeper relaxation then makes it much better possible to make a connection with your energy body, in which your physical body lives and rests in fact; it is the more subtle body that we are examining and releasing to be itself through this meditation. This is preparatory stage of many other meditation, magic ritual, sacred sexuality and so on.

Video 1.2: <https://youtu.be/iAn3rVac6oM>

Sexual self care

Sexual self care may seem for some a bit of a shameful topic because it is indeed about masturbation, but that is the very reason it is here, taken into the Sexual Magic Ecourse, because shame is the whole issue itself that will need to go, should we desire to have a wholistic and unified relationship with ourselves, which this course is really about. The sexual shame is so central to so many other life topics as well, because there is frankly no life topic that does not touch in some way albeit in the broader sense, sexuality and sexual self care.

People are drawn to have sexual relationships with others as the very basis and core of their life organization, and daily life has a sensual element in feeling clothes on your body, eating tasty food and having a preference for certain movies above others, for instance. Your work is guided by your sexual nature in the broader sense as well, as it is ideally an expression of who you truly are, which has an intimate truth at the core that is directly linked to the intimacy of sexual self care in the way it feels right and freeing. Often people also see their work as making money for their family that has at the core of it their sexual relationship and their offspring conceived through sexual methods.

Of course this assignment includes being private and secure about it: you don't need to let anyone know your plans if you don't want to, simply claim space and time for yourself, and make sure you have boundaries in place with everything (phones off, doors shut) and everyone (house mates, pets) that could potentially disturb you, because you have the right to have time for yourself. Prepare yourself and take some minutes to gather some warm blankets and put the heater high. Music? Mirror? Whatever feels right to you.

Certainly allow yourself to get in the mood by leaving all worries at the door, now close it and give yourself some time to seduce yourself by pleasant thoughts, movements and relaxed breathing. Also for sure give attention with soft (or firm) strokes to your erogenous zones that are not your genitals yet. Advisable is to experiment what you enjoy from the more direct and obvious strokes of the genitals that excite you (remember this is fear when it is too much and you lose the whole) and relaxing while breathing in a pleasant pace in the moment with your entire body no part excluded.

Special attention in this intimate game can be given to the less obvious places of sexual desire, roughly the secondary place that is the prostate (possible to touch from the rectum pressing forward) or the front vagina wall (touch from inside the vagina). See if you can enjoy this atmosphere alone without necessarily having a peak experience, and then also having the orgasm, and how it feels for your energy: are you depleted, are you energized, simply ask yourself these questions and perhaps write about your findings in a special sexual diary. Keep on going a couple of times at least like this and let your conclusions bubble up naturally without forcing an outcome.

2 Sexuality: Faith

- Set intentions, what do you desire?
- Self hypnotic state through doing KEY

Sexual Magic means having faith that by feeling good, you get closer to your desires. Therefore letting go of controlling the outcome is to let go in the feeling good in the moment, while still doing the actual work with the proper intentions because letting go or surrendering does not mean slacking off. It is because of your faith all of this becomes possible; without it you would become controlling, which is ultimately: egoic (and abusive). Faith means to have an active regard for that something bigger than you and all of us has the ultimate control for every outcome.

The combination of feeling good and working, fully immersed within the realm of faith, needs a direction: your desires are but that. They are holy, even though many traditions tell you to distance yourself from them; what they are really saying is temper your attachment to the outcome, and the opposite problem can also occur even though that is in that tradition less talked about, this would be not having a relationship with your feelings to such a degree that you have no desire whatsoever not even to be alive and this also needs to be healed towards Living.

Set intentions, what do you desire?

This is an extension to the assignment in Chapter 1. The idea is to add an intention to the sexual pleasure in your next session. While you think about your juicy intention, it begets energy in the sexual pleasure. Yes indeed: this way it can also come to an energetic climax when you orgasm, but know that a sensual and free energy flow in which to hold it in your mind is beautiful already and can be exactly what you need right at that moment – and what your desire needs.

What do you even desire, do you have this clear? What are some juicy desires you hold, in secret or openly? What if secret doesn't exist and you always already have desires, so let them come out of repression and into your safe space, by getting clear on them and writing them down. The fact that secret does not in Truth exist, does not mean you can not create a safe space for yourself to execute this exercise of course: please be careful and modest where applicable.

Let's get clear on your desires in the field of:

- Romance: How do you want to be romanced by your ultimate lover? How does your ultimate date look like?
- Sexuality: What are the qualities of the ideal sex life you will have with your ultimate lover? Will it be sensual or spicy or both?
- Body: How do you desire your body to feel? What kind of qualities do you desire your body to exude?
- Dress: How do you desire your style and clothes to be? What do you desire to do with

- your hair?
- Lifestyle: How does your best lifestyle look like? Do you want to live in the forest in a small dark cabin or in a huge light and airy ocean villa? Do you want to travel or stay home?
- Money: What kind of qualities should your ultimate money life have? Is it an overflow? What size of money would fit what kind of lifestyle?
- Family: What kind of family or togetherness do you desire to create in your ideal lifestyle and home? Do you give elaborate parties for dozens of friends or do you dine weekly with your partner on home cooked food?

Now, choose 3 desires that feel real good to you and make a beautiful phrase for each of them. Put them each on a special card and take them to your Sexual Magic practice as described in Chapter 1 as a reminder what to think of, and play with the mind and the energy once more.

Self hypnotic state through doing key

Sexual Magic is about love not sex. Love is modeled to you in an early childhood phase when you are in a theta state, therefore correcting it needs a hypnotic state as well. It's also in general that your particular view on/in reality is formed when you are from 0 to 7 years old primarily. Therefore, when you are emotionally or otherwise abused for instance, this will be your normal for the rest of your life from the unconscious out into the conscious except when you would actively de-brainwash yourself out of that hypnosis. It is a hypnosis because this world view has been formed in a time when your brain buildup was in a hypnotic state in which you were all the time in theta wave state. To change what was thus programmed into you – and this is necessary for creating your full potential of abundance especially in Twin Flame love and Soul Money coming from Ascended Mission – you'll need to go through a hypnotic state again.

It is important to understand this is of primary importance, as opposed to reflection or philosophizing about how and why things happened to you when you were young, as they did. That is, when the tide is turning you may read about what is letting go definitively out of your field by now, but that is not the means by which the main work is done. This is slightly opposed to the #realnessbinder of Chapter 1, which is a good way of starting to build within the awareness of averting fakeness and falsity on the physical level for yourself, yet you need to be healed in the core and for that, it is not enough and not the road, and that is what you are in chapter 2 more ready to see. You'll need to be de-brainwashed and brought into the hypnotic state again so you can undo that early programming that was not correct because it was not conform the true order of life and the universe.

This is why doing a lot of KEY exercises feel like self hypnosis and that is correct. Be assured there comes a time when that was enough as the effect that first needs to happen and you can move to other phases where that is not so much on the foreground of your experience. Do the Magicians version of KEY for 40 days now. It will free up energetic qualities inside of you that start to build a new version of you coming from a new start at the beginning of you. Do it this time with the trust that the self hypnosis aspect is safe and good, let go into it, believe the self love it inspires in you fully and completely and go with it (not against it) for this 40 days.

KEY is a 4 step tool (since 2011) to feel instantly better and transform anything into your true

soul ground and even a creative quality you own and from which you can assist others. Answer these 4 questions while feeling your actual feelings; while doing it with thoughts in your head it can still do good, but it becomes profound if you can feel your feelings and the reflection of them inside your body, while doing KEY.

1 What is my upset?

What thoughts and emotions are making you feel less than good. Make a full phrase with the structure of "I am upset because he/she/I did ... and that makes me feel ..."

2 Translate it to: I want: ...

Find what you want instead of it and let out what that would be. Be firm and open with even your anger here, as you can go all out in claiming what you actually want in the situation.

3 What is my longing here?

What is the deeper longing that you can sense is behind or under your statement? There is a place below that wanting of step 2, that may come forward now you've proclaimed what you want: this more soft, warm and intimate desire deserves to have a voice also. What is it?

4 I claim it as my quality

You are and have already what that is, speak out aloud that you are the person that has just that. You take what you pronounced in step 3 and say it directly as if you already have it: rephrase it and state it. Then feel it is indeed already true for you. This is a quality you own.

Please, go to our community on Facebook called Your Abundance to claim more resources about KEY: there are downloads in the file section, pinned / featured posts that explain it, a video about how it works is available too, and the hashtags #key and #keyoftheday give you a collection of posts written on this essential ascension tool. Here is the group:

<http://tinyurl.com/CreativeEntrepreneurs>.

Should you want to go further into this pathway, then the Sexual Magic Ecourse is for you:

<https://www.creativeuniverse.earth/sexualmagic>

The Abundance Building part of Abundance NOW, also holds some further reaching material for you.



To the Abundance NOW webpage:

<http://www.CreativeUniverse.EARTH/AbundanceNOWMember>

To the Abundance NOW Facebook community:

<https://www.facebook.com/groups/420003449287525>

Please, respect my copyright. For private use only. © Petra Else Jekel

Office:

Business & Creativity

Inspiring and Managing CreativeUniverse.EARTH

Helping you reach Twin Flame Union & start your Mission Business.

Kersenplukkerserf 24 6846 AX Arnhem The Netherlands

petra@creativeuniverse.earth

0031 (0)6 478 379 25

Add me on Facebook: Facebook.com/pejekel

Business KvK 09187509 / NL001853195B80

Pay Online Paypal.me/PetraElseJekel

Pay in BTC 13UvpfFSazcP1mskLgMeTp29m3NhFqZWxT