

Abundance

manifested from the soul

NOW ✓



Abundance Building

CHAPTER 4

Sexual Magic

Abundance NOW Abundance Building

Chapter 4 Sexual Magic

This material builds on the chapter Sexuality of the Experience calls, that holds 1 and 2. Therefore we start here with 3:

3 Sexuality: Oneness

4 Sexuality: Relationship

3 Sexuality: Oneness

- Enjoy the energy: oneness as a sensual experience
- Romance: container for true pleasure

Developing the heart and the sexual energy connected to it, means to make undone the untrue beliefs. I for instance was made to believe, through ongoing narcissistic and sexual abuse, among which sexual stalking and sexual assault, that I was a sort of a prostitute and needed to be sexually assaulted as well for others to be at ease and thus for me to have a peaceful life. To escape the devastating psychological pain this caused me, my sexual identity and therefore my general identity in life, went off kilter towards mildly believing myself to be homosexual and also behaving much like a man in life and profession in another sense.

Undoing the untrue beliefs, works very well by really allowing in the pure sexual energy, without being in a sense, distracted by the sexual acts in the narrow sense. This way, one could say, that the spiritual side of sexuality is being experienced directly, and with enjoyment. The exercises are developed to guide you to do so indeed, also because the sexual department of life (and as one of the 3 topics in every chapter) is in fact the ultimate place to experience the spiritual Oneness everyone longs for: this is in all directions the enormous and universal attraction of the topic in positive (Twin Flame Sex) as well as negative (for instance pornography) sense and expressions!

However, the topic also has the greatest potential to ruin your life. To understand that better, we go to the Old Testament. In Judges 13 we read about Samsom's birth, the man that married a woman that later betrayed him. The moral of this famous story may be summarized as: don't be like Samsom the sex addict. But it is important to let the story touch you personally. When did that, a lightning flash came that Samson and Delilah is exactly my parents' marriage: in which everything seems reasonable and yet everything is very bad and wrong, in which the woman robs him of his dignity and she also degrades herself with it, in which it appears that he has degraded himself by marrying the wrong woman and that his lack of empathy with what he needs and who the other really is, destroyed everything. This then also shows that you must always live God's truth fully, not partially, because that protects you.

Enjoy the energy: oneness as a sensual experience

Take a bath or a luxuriously long shower and add to the home spa experience with a beauty mask, steaming your face or other relaxing adventures, then feel the intimacy with yourself in a sexual way without becoming sexual, you touch yourself on the inside from the inside out by being present and with loving attention! Reserving an evening to make your own bathroom a spa, is such a treat in

itself already, and that is exactly what you are going to do. Making a bath with a mineral rich natural salt and/or a home cooked herbal tea with all herbs you can find in your kitchen, garden and local park, is so easy, cheap and a true luxury. Add flower leaves and crystals to your bath water once it is in the tub, to create something really luscious.

You can this practice to touch your body with loving attention from the inside out always, not only at your private spa evening. It is not only topical, but also doable at any time and in any situation, for it asks you to pay attention only. Meditation is in fact about this as well; of course it is about feeling your core that is invisible on the inner plane, but then especially it is also about loving your body and energy body from the inside, so you touch yourself by giving yourself and thus also your body, loving attention, by feeling it. When you get used to this, in the end it will be all you need, you do not need touch from massage therapists, dance tango for touch and intimacy, you can give it all to yourself and even by simply having loving feeling attention for your body while sitting (meditation).

The epitome of Sexual Magic seems your sex life in the narrow sense, in the bedroom sense, with sexual acts with yourself or with a partner. But when your sex life is insanely much more important or more feeling good than your general life, there is something wrong with your general life! And also with your sexual energy, as there can be an imbalance because of (invisible, psychological) trauma. It should feel real good as a whole. We often use sex in the narrow sense for compensation of trauma, anxiety and negative life circumstances. Your body is supposed to be feeling warmly floating inside your energy field and be touched by your loving and deeply relaxing attention all the time.

You can't in reality have spirit in your senses but you can open and free your senses to be able to hear and enjoy the vibration of spirit. An ultimate way to do so is by giving yourself the full sensual sexual experience without becoming overtly sexual.

Let Source decide what is right for you in sexuality in the narrow sense, meditate on that. And read Judges 21 for an example of how it goes completely wrong if you listen to other sources for deciding what to do with your sexuality or think up stuff for yourself that has no relationship with Divine Reality. Some think we need to allow for sexual relationships with so called karmic partners, but only your oath with Source counts, not with anyone else, so there's no need to be with other romantic partners, not even when we have so called karmic contracts with them: it's safe to not act on them and let them simply go. Going only for your Divine Romance is a way to safeguard that your investments in your sexual relationship that is your life partnership, are in fact eternally paying back.

Romance: container for true pleasure

Your Sexual Magic in purity, is about living True Romance with the Divine, your Source, as this will give you True Pleasure: one that is not ephemeral, but lasting and full of eternal value for it clicks in with your matured spirituality. It is your Twin Flame Journey that is the central storyline of how that comes into being for you: the part of developing yourself individually in that, as well as the part in which you can relate to them in the physical and start to build.

Seeing your sexual journey as one story of Divine Romance, how would that be? Can you see that the awful phases in your current journey, are you not loving God and yourself, and how that part of the journey is to be included in a positive way because now you use it as an experience to know

how you are invited to love yourself and the Divine instead. This way, the transformation that takes place because of that, is part of a positive Divine Romance story, and not of one that exists of complaints. This positive story can then become build out by what kind of romance you want to experience.

The assignment is to look at your Twin Flame or Divine Romance story: is it full of difficulties and complaint, or is the story you tell yourself and others one of an ever growing Love? The story we live will transform the way we think and speak about it. Rewriting your story, helps tremendously to heal yourself into Harmonious Union. When I look at my own story, that I will use as an example for you, I for sure had a story of very many failures, until I started to see that that was the wrong approach. I rewrote my entire story in a way that described how it was all one big wonderful healing until everything was transformed and Heavenly indeed.

My rewritten Divine Romance Story

As a small child I was already positively affected by the boy I should belong to. I looked for him everywhere since I was 5 years old. Even though it took me a while before I had a definitive answer and could live with him, the underlying feeling in my heart was always there and logically came out when the first communicative training was completed, around 5-6 years.

When I went to high school, we ended up in the same class. At that time, about 6 years, we were also in other classes for many years, but the school was not very big, so we were always close to each other, almost every day. There were stages in my teenage years when I felt intensely close to a deep love secret, and secret universal wisdoms forced themselves upon me; I incorporated them into drawings and poems.

But I really mean that there were times when I experienced a deep calling and peace, as a response not only to the troubles that life brought me, but also to the passionate longing for that other half. Yet we had practically the most separate experiences of friendships and loves during that teenage period; to gain experience.

When I went to study in a distant city, it was with a deep nostalgia for something that clicked with me, although it was still difficult to grasp in worldly terms. I had a two year relationship with a nice person and that was a way to gain experience, but when that didn't work out due to the effects of trauma I had in my upbringing and I also got the deep understanding that I was destined for the other man, who was the real man, I immediately broke up with.

It was also many years before I could be with that real man. From then on I did start following all the clues that pointed to it, and I started reading on the internet about spiritual ideas in that direction, which was collectively called the twin soul. A great moment was when I followed the calling by moving back to the city I grew up in after I finished college; I basically followed the clues to where the twin flame was, purely, without ulterior motives and also, for example, without a career perspective.

Every man I met around those years who elicited something from me in the direction of the other half, I saw for a while through the lens of 'could this be it', only to find each time that it wasn't. The strange thing was that everything always felt so close and like an intense attraction, but that nevertheless I could not directly connect that screaming heart's desire to the phenomena of the world, other people and relationship. It was as if a line was missing that connected the inner directly to the outer, and this was desire with an indescribably great power, which grew ever

greater and yet remained dissolved.

Until three years after I moved back to the city of my growing up, at his request I met him at a downtown bar to talk. We exchanged about our lives, as it was after we both studied in other cities. But there was something unfinished for me when we parted later that night, a grand desire that fell out of place for the time being and I went home with a heavy heart, not quite understanding what to do with myself or the situation.

Something gigantic had happened and changed, but it was not the case that that missing line had already appeared completely. far from it, in a way, because at the same time during that period I was trying to connect that inner urge to men or situations that I then hoped would result in a better outcome, and this had my focus - a focus that I later understood was subconsciously on a kind of outer world distracted a deep great sadness for the vagueness of where it lay.

Around those years the emotion about the twin flame journey was great and growth came out of that, although it remained unclear for a number of years, where I was growing to now. My inability to connect the correct inner with the correct outer man was a painful phenomenon, which no one really seemed to be able to help me with. I had support, but that never solved this issue. Until I came into contact with the deeper current of the Christ that I had also experienced since childhood.

This now emerged as a general longing for a kind of inner wisdom that I actually already possessed, and yet also resonated with an internet phenomenon that I was beginning to follow. Yes, it was a new source of Twin Flame information, and yet more than that. In the end I spent a period of time with this Christ phenomenon, meaning the exalted form of humanity, as it is intended by your Source to flourish: this is exactly what the twin soul accomplishes and that is where both come together.

Embracing this period and teaching allowed me to understand the deep healing that finally gave me the opportunity to connect my inner thread to the outer world, in the original way, so that there was in fact no longer a break or a thread: I went back to where it has always been whole and true had been and started living with that humanity as a basis. This gave a huge shift in my life, in which I could see, among other things, that I had always been close to the Twin Flame, as I had always felt, but now the Source of All had revealed to me what the Truth was.

Because I said Yes to that truth, I was able to weather the emotional shifts it brought about, although they were significant and took several years to integrate. I was healed and now I was in touch with the right man, who started working on clearing the conditions to be together as a couple in the world. There was also a lot of shifting involved, but because as true twin flames we were both influenced by this core choice for the healing to Oneness at the same time, it was a normal result anyway and although it wasn't always easy, we both made that move around for ourselves.

For me, that was significant healing, from a narcissistic upbringing full of hidden emotional abuse, and a childhood that, upon reflection, at every stage had provided a different way for me to be sexually traumatized. Because the healing of that meant living through all the feelings to get rid of them for good, it was painful and at the same time liberating and therefore joyful. I started to feel so much better that in fact it only now became clear in full glory how insanely bad I had felt in my psychology earlier in my life.

The process eventually made me forget all the bad memories, because it was so profound. And there was room to actively prepare for a wonderful relationship and family to build together, in the

spiritual space created by the Unity that we had already entered into in Truth in the direct reality of spiritual relationship. This then became a very joyful time, when the love became true in me, to be shared with each other in all possible physical ways that exist traditionally and humanly, while we can also grow innovatively in that.

My Divine Romance now took on real forms and it starts very basic, but the love of basic turned out to be an expression of sublime feeling! It was now a time about health, food, clothing, animals and interior as an expression of a loving life. Then there was also room for the man within that heavenly everyday, and for the whole family. I had marked us best friends since we got back together as adults, and this had been going on for years now. The extra layer that opened up was that we were everything to each other, including partners and lovers. And in that space, which turned out completely, the healing of our true nature was also complete, so that we could finally emerge from our embarrassment.

While this is a story of the coming together coming together and the healing that made it possible, the result is that all coming together and healing was eventually washed away. All that remains is that in truth we were already together all the time and can now live and celebrate it. This started as a standalone party, not even dependent on being physically in the same room. This laid the sovereign foundation for our marriage, which is one great celebration of constant homecoming. In this new life, we are going to make fantastic trips, eat delicious food and enjoy each other and our family.

Prioritizing my twin soul paid off, especially as I moved into its fullness. For a long time it was my secret motivation for making important decisions about my physical life. I also followed spiritual coaching of real quality. Still, it didn't happen, as it were. The reason was that I was allowed to completely wash away my inner blockages, so that love became central to my journey and actual life. And that love came through literally all areas of life, including how I treated myself, through money, through other relationships, through everything. This inclusiveness eventually turned out to focus into a core healing that was the answer to everything, producing Harmonious Union.

4 Sexuality: Relationship

- Letting God into your Sanctuary
- Your life: one big Orgasm

1 Sing, O childless woman,
you who have never given birth!
Break into loud and joyful song, O Jerusalem,
you who have never been in labor.
For the desolate woman now has more children
than the woman who lives with her husband,"
says the Lord.
2 Enlarge your house; build an addition.
Spread out your home, and spare no expense!
3 For you will soon be bursting at the seams.
Your descendants will occupy other nations
and resettle the ruined cities.
4 Fear not; you will no longer live in shame.
Don't be afraid; there is no more disgrace for you.

You will no longer remember the shame of your youth
and the sorrows of widowhood.

5 For your Creator will be your husband;
the Lord of Heaven's Armies is his name!
He is your Redeemer, the Holy One of Israel,
the God of all the earth.

From: Isaiah 54

Relationship is the most important topic for social life because people base their entire life on it and also for spiritual life because it is the place where spiritual development is experienced. However, I don't know about you, but when I grew up, relationship did not exist, meaning: there were people that acted and reacted but there was no relating to the core of that person (only to their mask) and there was also no spiritual grounding. Moreover, I was willfully misattuned to by the people that are in the role of attuning to your feelings and needs, parents, and money replaced everything in a non-intimate lifestyle that was harmful to your health in all ways. You have to relearn everything after you've been gaslighted into an untrue reality for 20 years, and so I did. Many have have this to a degree.

Sexual Relationship: this is often a topic filled with social societal morals and it can therefore be experienced as shameful to not be able to live up to those exact standards. Maybe it sounds old fashioned to you, but feelings shamed for not being married and especially not having children (for a woman) is still topical around many communities. That is what Isaiah 54 speaks of, and it is fully resolved when you realize and make come true that the Divine is your husband and he gives you many children to care for whatever the nature of your 'children' is. This is for all societal expressions of sexual relationships that are not the True Twin Flames Divine Marriage (Union).

Let's go back to the pre-union world: this name is chosen because everyone will eventually feel called to their Union and go the journey. Relationship in the pre-union world is often used as a means for manipulation and power play: in my personal history of my family of origin the family and marriage was there with the sole goal to have a manipulative power play because that is what that specific ego thrives on. The contrast deep with the heavenly Divine marriage we are talking about. The pre-union world is often (unconsciously) against Union, however one can also be consciously and positively in the pre-Union world, and you can even shape this socially and physically for yourself by for instance wearing a promise ring to only be with your True Twin Flame.

Letting God into your Sanctuary

Living on the brink of going (deeper) into your Union, is a wonderful place to be. There you will often find a whole couple of psychological changes that take place, as you start to interpret reality in a brand new way. Just like in the example of Isaiah 54, the Divine atmosphere will turn many experiences around: shame for a social situation that seems unable to change, turns into the Divine using that same experience for an intensely positive goal.

This means you move away from unhealthy psychology at a certain point such as with the idea of "not giving out the milk to others for nothing", meaning sexual energy towards a partner, but that is then meant as a materialistic statement, like your sexuality is only material and your reward is only material or the lack thereof, meaning that such an advice would mean you basically pimp yourself out for money (this is often said to women but there must be male examples also). It is a good idea

to let that go, but then when you are deeper in the journey you get to understand that you don't give the milk away just like that indeed for that would cause problems and essentially not make it possible for you to be together with your TF, so here it becomes valid again in a new sort of way, in a sacred way, within a completely different context, indeed meaning something else. It has in common that you try to justly protect something but the first has that being validated in a materialistic context and the second in a sacred context, which makes the first be a statement of a hooker whether culturally sanctioned or not, and the second of a Twin Flame that is heading to success.

Another example is moving away from a victim mentality in the romantic field: doing as if feminism is needed because of the repression of women so that you have a reason to use manipulation in the romantic game. This is sometimes used in other forms as well, for instance MGTOW men in a sense, men that go their own way that start to use their ideas to completely withdraw from relationship altogether. Even racism claims can be used to have a reason at least for oneself to start manipulating, this in an intra psychological reasoning that is used to keep the ego alive basically, in the romantic field. Many things can be used to keep the ego alive, things that otherwise would sound like great emancipatory ideas. In your Union you cannot keep that ego alive in that sense: another thing to say goodbye to.

Getting your way in a relationship can be a rewarding way of feeling at home in the ego development we all go through, and I for one have had a deep and long experience with this stepping stone of psychological development being thrown off by being abused as a child so that I would never experience this, not as a child, and therefore as a result also not (by means of being programmed and recreating your childhood unconsciously, what everyone does when they are still unhealed) as an adult and I did not seem to be able to get out of this experience. But then in the Twin Flame journey it is such that one actually also has to count on never getting your way because it is always the Divine Way that things will be presented in, and you learn and heal from those situations and experiences, always and eternally, and this becomes an experience of you getting what you want when you start to live the Divine Light in you in all areas always in all situations.

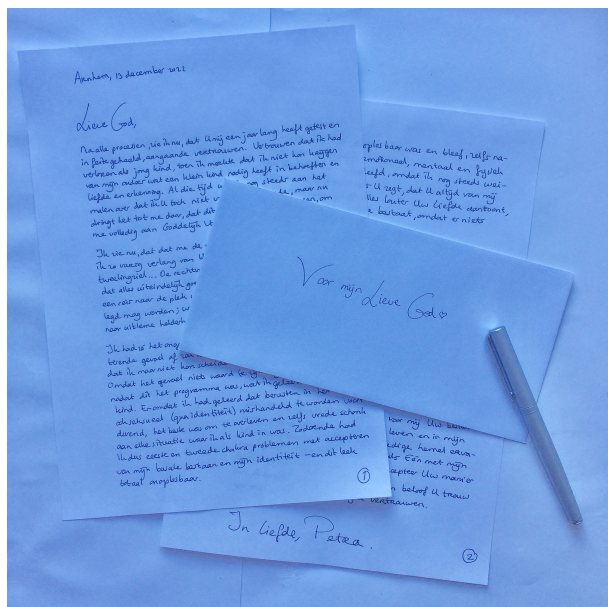
When you truly enter the betrothal space though, these psychological reasonings are not even necessary anymore because it is truly Heavenly, or at the very least the Gate towards Heaven and that will make itself known to you clearly, through which earlier and other experiences will completely fall away.

Start a list of psychological reasonings you use in this fashion, especially about sexual relationship that includes the spiritual meaning of relationship, in other words: especially about your Twin Flame Union. Maybe you have hangups about having or not having children, shame and guilt about different aspects of how things were for you in the past up till now, perhaps you have mental reasonings that occur on a daily basis for you that tell you some sort of sexual relationship moral that make you feel stuck on the journey towards Divine Love. Try to make a list.

Then design a ritual for yourself to say goodbye to them. Allow the feelings of grief that come up. Schedule some empty time for yourself to wander around feeling whatever it is that this brings up. Execute that ritual.

For me, what it came down to was that I did not trust the Divine in my core and I have worked on trust for some years and then 1 whole year specifically, that I closed off with writing a letter to the Divine that sums up my entire list and expresses true contrition. This letter I pondered burning, and pondered putting in my Divine Mother box where letters are staying that contain things I let go of in

the Divine Space for God to do with it whatever He pleases.



Your life: one big Orgasm

Your sexual orgasm in the narrow and literal sense, is a peek experience for sure, which gives a peaceful afterglow on many levels. This can now and then be experienced and that is healthy, satisfying and part of your self care routine. But what if I told you, that your entire life, on the everyday basis, is actually meant to feel like one big orgasm or the very least the peaceful afterglow is supposed to be the norm for your feeling life every moment, which can be re-fed until the level of the peek experience when you open yourself consciously and actively to the Soul level that is attuned to Source.

In fact, there should hardly be a difference in your heart feeling atmosphere, between the sexual experience in narrow sense alone or partnered in the bedroom and the everyday life outside of it. This may be not what we are taught in society at the moment, nor socially, but it is the way you are designed, so why not allow yourself to live that Truth. This even spreads to life and professional areas we would often not count into feeling good to such a degree, such as executing work, sales in an entrepreneurial endeavor and coaching clients.

Let the experience unfold that you get a whole new and deepened understanding of your sexuality, sexual health, sexual rhythm and how it goes together with the tides of nature. Understand that or a woman the high point of sexuality, spiritually speaking, is the baby being born, and for the man it is smelling the woman and bringing his seed to her following his instinct. Let the primal instincts of sex bring you the raw wisdom and hear it with a fresh ear, then combine it with your Soul Blueprint and heal your potential upsets about it.

For instance I became aware of my fertile period every month much more acutely then ever before at this phase that the course points to; a phase with tangible sign that beforehand would have forgone me. Another element that is often overlooked in society and social atmosphere, is that child birth is a natural and non-medical happening that goes largely by itself, when left alone. For male reproductive sexual health there are also secrets that are generally denied such as that his orgasm is

not the same as the seed coming out, even though they can go together.

Prep for your sexual life with your Twin Flame

Book: Mantak and Maneewan Chia, Douglas and Rachel Abrams, *The Multi-Orgasmic Couple*

<https://www.amazon.com/Multi-Orgasmic-Couple-Sexual-Secrets-Should-ebook/dp/B000FC12XC>

Book: Laura Kaplan Shanley, *Unassisted Childbirth* <https://www.amazon.com/Unassisted-Childbirth-Laura-Kaplan-Shanley/dp/1499152035>

The tantric and thus conscious and meditational, mindful aspect of partner sex teaches it is about soulful pleasure and not lust. Often the consciousness in this area starts with him going slow and elongating the penetration. But he needs to know he already penetrates her by her mind, by his fingers or tongue in her vulva as foreplay, it is an emotional intimacy space that he enters, which he craves, and she wants to be penetrated, she wants to experience that new element that will awaken her inner passions in a new way. These are primarily emotional states, and in that form it is applicable for Divine Masculines and Divine Feminines, no matter their body form and perception plus personality.

Technically speaking a mans biology can have multiple orgasms in one sensual partner session, however mysterious this sounds. And biological women can too, when she opens up into the space of desiring his new element in her intimate space fully. The secret of this is discussed more in depth in chapter 5, where we speak of a full blown partner and in fact Twin Flame sex life, while here we are in a sense still preparing for it. He will need to have respect for her vulva (outer piece) and vagina (inner piece), and this is the baseline along which she can open further into her own orgasmic power, while disrespect could give a technical orgasm but it won't resonate much and not lead to an even deeper space of more and bigger orgasms rolling through her like the ocean the beach. They need a shared sacred space both literally as well as emotionally, to be able to open to their sexual potential, that will then also influence their entire life together – and for Twin Flames in Harmonious Union: their life As One.

Get inspiration alone or together, as preparation time or to get inout for the execution ;-) time.

Play the prep or inspiration game with the Tantra cards and experience the suggestions (alone):

Don and Debra Macleod, *The Tantric Sex Deck: 50 Paths to Sacred Sex and Lasting Love*

<https://www.amazon.com/Tantric-Sex-Deck-Sacred-Lasting/dp/0811864227>

There is a dual spiritual-sexual wisdom that is good to feel through and find out more about here. It is now more about sexuality in the broad sense. When you cannot free up your sexuality, so that it is present in the actuality of your life, there is no energy to sense and flow through you and your life at all. But then when you cannot focus the flow into the container it is meant for, your ascended nature, your energetic healing, your Soul Money in your Mission, your Twin Flame Union, you are leaking it! This means that you need to be open enough to even experience your (sexual) energy, but also be willful enough to soulfully tame it into a Divine Focus.

This is why there are now 3 steps presented to you:

- 1 Massage to get the energy moving
- 2 Kundalini exercise to focus it
- 3 Games to become playful and forget all the exercises ;)

First, massage.

Self massage

Book: Kristine Weber, *Complete Self Massage Workbook*

<https://www.amazon.com/Complete-Self-Massage-Workbook-Re-energizing-ebook/dp/B00T9O2JJ8>

Lymph drainage, a revitalizing way to help your body to cleanse naturally

Book: Christ Robertsen, *The Dry Skin Brushing Guide Book* <https://www.amazon.com/Dry-Skin-Brushing-Guide-Book-ebook/dp/B00DVOVM7W>

Brush: <https://www.amazon.com/Cellulite-Lymphatic-Drainage-Bristles-Brushing/dp/B08N72C7CR>

Acupressure by self touch, also possible by lying or standing on mat

Book: Hugh Allen, *Acupressure* <https://www.amazon.com/ACUPRESSURE-Acupressure-Management-Alternative-Treatment-ebook/dp/B00XTH3QE8>

Mat: <https://www.amazon.nl/-/en/dp/B01B1P12D6>

Gua Sha: massage with crystals

Book: Clive Witham, *Gua Sha* <https://www.amazon.com/Gua-Sha-Complete-Self-treatment-Guide-ebook/dp/B016JVQDKE>

Jade tools: <https://www.amazon.com/dp/B08HVVH8FYL>

Cranio sacral therapy connects the head with the hips, mind with energy-sexuality

Book: Michael Hetherington, *Cranial Relaxation Technique* <https://www.amazon.com/Cranial-Relaxation-Technique-Nourish-Balance-ebook/dp/B00B7SS7PO>

Cultivate your orgasmic life

Yoni egg work for the Divine Feminine

Book: Namaste Moore, *Yoni Egg Secrets* <https://www.amazon.com/Yoni-Egg-Secrets-Definitive-Guide-ebook/dp/B00MH6RQXY>

Egg: <https://www.amazon.com/40x30mm-Mixed-Gemstone-Quartz-Stand/dp/B07R7WVWGP> or buy one with a hole to put a thread through it

Shiva lingam work for the Divine Masculine

Book: Rahil Dudhane, *What exactly is a Shiva Lingam* <https://www.amazon.com/Exactly-Shiva-Lingam-Rahul-Dudhane-ebook/dp/B08SHCM588>

Sculpture: <https://www.amazon.com/craftslook-Indian-White-Marble-Shiva/dp/B08KPBH49R>

Shiva lingam is also the name of a crystal stone <https://www.amazon.com/2-25-Narmada-Shiva-Lingam-Set/dp/B01M69X7GK>

Learn about erotic partner massage:

Kenneth Ray Stubbs, *Erotic massage* <https://www.amazon.nl/-/en/Kenneth-Ray-Stubbs-ebook/dp/B002JF1MZG>

Secondly, cultivate:

Cultivate the Kundalini

Moola Bandha is yogic term that is often associated with cultivating the (sexual) energy (just like the related Uddiyana Bandha and Jalandhara Bandha). Generally speaking this refers often to contracting your pelvic floor muscles, that are the very basic body toning instruments that close the upper body off on the under side and it is good to keep them in shape and contain thus also the

(sexual) energy in the body and not leak it. But in particular we are in this exercise, speaking about contracting the place at the cervix entry for the Divine Feminine and under the perineum for the Divine Masculine. This may sound elusive, but you could start with willing your muscles to contract there and see if that already gives some result. You could envision it, which could add another element to the whole. It is totally doable, especially when you understand that it is not something that is to be overdone: it is a mild feeling of contraction, not something that would collapse your entire position and twist your body into a pretzel (at all).

Video 4.2: <https://youtu.be/aiVk6P3FG6o>

And now for some fun! (3)

This is the time to experiment with sexual toys if that feels for you, or at least learn about it, for instance with this fun book:

Anne Semans, *The Many Joys of Sex Toys* <https://www.amazon.com/Many-Joys-Sex-Toys-How-ebook/dp/B000FC29K2>

Have fun with libido inducing food recipe's and stories:

Isabel Allende, *Aphrodite* <https://www.amazon.nl/-/en/Isabel-Allende-ebook/dp/B09KRXFRFN>

Extra for more backgrounds:

Female Emancipation

Marilyn French, *From Eve to Dawn* <https://www.amazon.com/gp/product/B07PFRRFJQ>

Nathalie Angier, *Woman, an Intimate Geography* <https://www.amazon.com/Woman-Intimate-Geography-Nathalie-Angier-ebook/dp/B003UEQNZO>

Clarissa Pinkola Estés, *Women Who Run With The Wolves* <https://www.amazon.com/Women-Who-Run-Wolves-Archetype-ebook/dp/B01N7YOGAD>

Laurie Cabot, *The Power of the Witch* <https://www.amazon.com/Power-Witch-Earth-Magical-Enlightenment-ebook/dp/B00H12A1FY>

Laurie Cabot, *The Witch In Every Woman* <https://www.amazon.com/Witch-Every-Woman-Reawakening-Feminine-ebook/dp/B00GL3PZ3C>

Male Emancipation

Myles Munroe, *Understanding the Purpose and Power of Men*

<https://www.amazon.com/Understanding-Purpose-Power-Men-Identity-ebook/dp/B01N4GGADY>

Jordan Peterson, *12 Rules for Life* <https://www.amazon.nl/-/en/dp/B01FPGY5T0>

Warren Farrell, *The Boy Crisis* <https://www.amazon.nl/-/en/dp/B01N4UAA8I/>

LGBTQ+ Emancipation

Dana Jennett Bevan, *The Psychobiology of Transsexualism and Transgenderism: A New View Based on Scientific Evidence* <https://www.amazon.com/Psychobiology-Transsexualism-Transgenderism-Scientific-Evidence-ebook/dp/B00PMA8IMA>

Mason Funk, *The Book of Pride* <https://www.amazon.com/Book-Pride-LGBTQ-Heroes-Changed-ebook/dp/B07CWRWRFX>

Joe Kort, *LGBTQ clients in therapy* <https://www.amazon.com/LGBTQ-Clients-Therapy-Treatment-Strategies-ebook/dp/B079TFV6XD>

Novels

Anais Nin, *Erotica* <https://www.amazon.nl/-/en/Ana%C3%AFs-Nin-ebook/dp/B003WJQ67M>

Catherine Millet, *The Sexual Life of Catherine M.* <https://www.amazon.nl/-/en/Catherine-Millet-ebook/dp/B008LRLVTI>

Nedjma, *The Almond* <https://www.amazon.com/Almond-Sexual-Awakening-Muslim-Woman/dp/0802118054> [Spanish and French versions are in Kindle]

Giovanni Boccaccio, *The Decameron* <https://www.amazon.com/Decameron-International-Student-Critical-Editions-ebook/dp/B01DV0RCXS>

Elfriede Jelinek, *The Piano Teacher* <https://www.amazon.com/Piano-Teacher-Serpents-Tail-Classics-ebook/dp/B008LVQWE8>

These books are to give you some preselected material that will make you think and process, while forming your own ideas and guiding your experiences. They were limited somewhat by the fact they needed to be English and available worldwide with ease, but they do include material I studied when I concluded my Masters study with a gender studies view on culture and art(-ists). They are more focussed towards science then towards journalism however they would be regarded relatively as easy reads. There are classics and contemporary titles; take it as an introduction to the topic and you are allowed to disagree with the contents of them. A good library should have most titles.

They are not meant as the answer to Twin Flame Union heart based Heaven on Earth reality purely, because there are not much book yet about that in specific fields such as sexuality. That is to say, not yet, because when more people will actually reach the states of being of Harmonious Union and Golden Flow that are about that, the more discourse there will come into existence about this Unionized perspective-less perspective, because they will write them themselves!

Our entire oeuvre will make you come into that consciousness and energy place eventually, and the literature needs to be taken as possible helps and inspiration on your journey in this step in the Sexual Magic course, so you'll need to read it in that light. Novels are stories and they can make you ponder and process.

Your will need to find out how you stand in your gender identity using the suggestions in the course Divine Feminine Manifestation Course, and combine that with the going deeper in Sexual Magic for how it is suggested in this course and is particular this chapter, if you want to make the most of your Twin Flame journey and positively arrive at your destination, which is absolutely possible.

4 Journal prompts:

What do you regard your souls blueprint gender, Divine Feminine or Divine Masculine and what makes you feel that is the Truth?

How do you see your body form and personality representation for this moment, is there a specific sexual-sensitive characteristic about it that you would like to pronounce, for yourself and/or for social use?

How do both go together and how do you feel about that?

What things or activities make you feel at home in your sexual identity? How could you augment that?

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

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



To the Abundance NOW webpage: <https://www.creativeuniverse.earth/abundance-now-member-gold-coaches>

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/CreativeUniverseEARTH