

Extatica [®]
THE WAY
TO AN
EROTIC, ECSTATIC LOVE LIFE

On the VoiceAmerica 7th Wave Network

Episode #26

Show Title: Rapid Sexual Healing

Show Date: April 30, 2014

Guest(s): Ellen Eatough

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

Show Description:

Are you or your partner a bit (or a lot) inhibited in your full, spontaneous sexual expression and/or your ability to trust and enjoy deep intimacy?

If so, this show is for you.

Did you know:

- Non-sexual events in your past (or your partner's) can significantly inhibit your sex life?
- Statistics indicate at least one out of four people in the US has experienced sexual trauma in the form of rape (or attempted rape), molestation or incest? (This includes an estimated one-third of women.)

On this show, we explore sexual wounding and ways to heal these wounds to open to deeper intimacy, more love and more fulfilling sex. These wounds include unwanted cultural or religious inhibitions, or feeling a split between your sexuality and your spirituality.

Ellen also reveals one of the most closely held secrets around violent rape. Are you a woman who has experienced this and been so ashamed that you never told anyone?

Learn clues that you may have buried sexual wounds (if you're currently unaware of it), and how these wounds, even trauma, can release and heal relatively rapidly.

Ellen addresses different healing modalities that are particularly helpful, like color, directed eye movement, somatic awareness, regression, breath work, and energetic tools -- and why they tend to work faster than conventional talk therapy.

During the show, she also guides you through an exercise that can start your healing process. It's an exercise you can easily do on your own as often as you like. (This process is also great for any aches or pains you have that may be unrelated to sex and intimacy.)

Guest Bio:

Ellen Eatough, MA, "The Soulful Sex Coach," is the founder of Extatica.com and the host of this VoiceAmerica radio show. She is a certified hypnotherapist with a master's degree in East-West Psychology, which is a marriage of western psychology and eastern spiritual traditions. Over the last 20 years she has helped many thousands of people enjoy deeper intimacy with ecstatic lovemaking and clear out the cultural inhibitions and sexual wounding that get in the way of that.

Ellen has developed innovative technologies and methods to help people connect deeply with their spiritual source through sexuality and intimate relationships. Since 1991, she has been using vibrational frequencies, including sound, colored light and subtle energy, to help clients release and heal from sexual and relationship trauma.

She is the producer of the lovemaking enhancement system, "4 Keys to Sexual Ecstasy" and "Love Unbound," Music for Better Sex infused with Auditory Pheromones(TM).

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

Welcome to Extatica: The Way to an Erotic, Ecstatic Love Life. Your host is Ellen Eatough, the Soulful Sex Coach. Our program will take you beyond the sex you have been experiencing and open up a whole new world of intimacy. You've got a lot to learn today, so let's get started. Here is Ellen Eatough.

Ellen Eatough: Are you ready for an ecstatic love life? I am. This is Ellen Eatough and today's topic is Rapid Sexual Healing.

Are you and your partner a bit or even a lot inhibited in your full spontaneous sexual expression or possibly inhibited in your ability to trust and enjoy deep intimacy? If so, today's show is for you.

Now, rapid sexual healing is one of my specialties so I'm doing the show on my own today, and this is a topic that I've been helping my clients with for over 20 years. Now, did you know that even nonsexual events in your past or your partner's past can significantly inhibit your sex life? In addition to that, there is sexual trauma, of course.

Now, statistics indicate that at least one out of four people in the US has experienced sexual trauma in the form of rape or attempted rape, molestation or incest; and this includes an estimated one-third of women. In fact, I just heard appalling news on TV the other night, this week, and it said that a new study came out of University of California Berkeley campus saying that two out of five women attending that university can be expected to be raped in their first two years there. I mean this is shocking and of course they're taking every measure possible to abate this tendency. It's happening across the nation. It's not just in California.

Now, these events are traumatic and the effects, the impact on people's ability to be intimate and to trust and to be fully self-expressive sexually can be long-lasting and really insidious, but they don't have to be. The effects can actually be released and healed rather quickly.

On this show we're going to explore sexual wounding and not just traumatic wounding like I described, but all the little insidious things that can hold us back and affect our sex lives. And we're going to discuss ways to heal these wounds to open to deeper intimacy, more love and more fulfilling sex. These wounds can include things like negative messages from parents and teachers, cultural and religious restrictions, unwanted ones, insensitive pelvic exams especially at a sensitive age or hurtful comments or break-ups by past lovers, even comments about our bodies that affect our self image when we're at very tender ages like pre-adolescence and adolescence.

Also today I'm going to reveal one of the most closely held secrets around violent rape, and maybe you're one of the women who have experienced this and have been so ashamed that you never told anyone. Another one of these wounds can be a split between your sexuality and your spirituality.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

So in a little while we're going to discuss clues that you may have buried sexual wounds if you're currently unaware of it and how these wounds, even trauma, can release and heal relatively rapidly. I'll address different healing modalities that are particularly helpful like color, directed eye movements, somatic awareness, regression, breath work and energetic tools and why they tend to work faster than conventional talk therapy.

In the last segment of the show, I'm going to guide you through an exercise that can start your healing process right now, today; and it's an exercise you can easily do on your own as often as you like. And even if it's not about sexual healing issue for you, this is a process that can be great for any aches or pains that you may have that are unrelated to relationships or intimacy.

So since you may not know of my work, I feel I should give you a little bit of my own background. My professional training includes a master's degree in East-West Psychology from the California Institute for Integral Studies. East-West Psychology is a marriage of western psychology and eastern spirituality. I'm also a certified hypnotherapist and I'm a trained practitioner in Color Light Therapy, Biofeedback, BodyTalk, Time Line Therapy, Confluent Somatic Therapy and a number of energetic tools. I have nearly 30 years experience in holistic health and since 1993 I've worked with clients on transforming sexual and relationship blocks through somatic and emotional release.

So I would love to hear from you during the show. If you'd like to ask me a question or make a comment, please feel free to dial in at 1-866-472-5795. It's 1-866-472-5795 and that number will be given on the break again. And also, you could email me just during the show. I only use this email for the show but it's radioshow@extatica.com, and I'll check the email during the breaks.

Let me tell you my own story because as I said, sexual wounding can be sourced from other situations than trauma. I was teaching a workshop for couples on sexual, spiritual ecstasy at a retreat center outside Austin, Texas a few years back and I was introduced to another teacher teaching a different class. We had dinner together and she asked me -- well, first of all, she said that she's noticed that most people who teach therapeutic kinds of programs tend to have their own wound, and she asked me what my wound was. I was kind of stunned by the question. I had never really thought about it in that way.

And then it just came pouring out. I realized that my sexual wound was the split in our culture between sexuality and spirituality, and I had spent a good chunk of my adult life seeking to close that gap or marry those two parts of myself, to integrate my sexuality and spirituality. I feel there is a growing awareness among people these days; a yearning to do the same, to bring their sexuality and spirituality together.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

Now, as we get into some of the clues that people might want to look at that could possibly be indications of some kind of sexual wounding in their past and because this topic can trigger people sometimes, I wanted to start with some somatic awareness and "soma" in Greek is the body. There's soma in psyche. So soma is the body, body awareness.

Let me start with two questions and these were actually told to me by Raphael Cushnir.

The first question is: "What are you experiencing right now?"

And I mean, what are you experiencing in terms of thoughts? (Like what thoughts you're having, like, "What? Sexual blocks? I don't have that.")

Or bodily sensations? (It could be like gripping in your stomach. It could be tightness in your throat or a sense of wanting to move or stomp your feet, or anything.)

Or it could be emotions, like a sudden sense of sadness or fear or shame or whatever it might be.

So that first question again is: "What are you experiencing right now -- thoughts, feelings and emotions?"

The second question is: "Am I willing to be with this experience 100% with no agenda?"

So am I going to have these thoughts or feelings in my body or emotions? Because this experience will, if you allow yourself to be with it 100%, you'll notice that they'll start to shift and move. It's our tendency to want to ignore on them out of discomfort. That kind of makes them stick around. They fight for our attention.

So it's really important to ask yourself: "Am I willing to be with this experience 100% with no agenda?" Now, if the answer is, "No," that's great. That's honest at least. And then you can ask yourself: "Why am I unwilling to be with this experience?" Or, "Am I willing to *consider* being with the experience 100% with no agenda?"

I brought this up because I use it at the beginning of most of my workshops in person and webinars and so forth. This is really helpful. I help men and women just like you break free of emotional or psychological constraints either conscious or unconscious ones so that your body and mind are free to experience exquisite levels of intimacy, love and full sexual expression. The fact is there are a lot of very common experiences in life that can damage your natural sexual expression.

One fact I've mentioned like offhand comments by parents and teachers, like even just telling you to shut up when you're being a nuisance. That was a common one for me. I was always being told to be quiet because I did talk too much. Why do you think I do a radio show? There's a venue for everything, right? An outlet for

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

everything. But it could also be, again, there are so many cultural and religious restrictions. In our culture, sex is in our face everywhere in the media, but it's also a very inhibited realm of life in the west -- strange dichotomy. There is the sexual trauma I mentioned and it could be anything.

I had a friend whose mother used to say, "Everything is fine until sex rears its ugly head." What kind of a message is that for a young girl? These very common experiences can really impede your ability to enjoy the deeper levels of intimacy and the fullest levels of your sexual expression and enjoyment. And the reason is that they cause us to contract physically, emotionally and energetically and sometimes even cognitively.

Over the years, these experiences can cause you to -- your experiences and your instinctive responses at the time, usually they are appropriate at the time. As a child we have to do what we can to protect ourselves, and often they're self-protection responses that are no longer really helpful to us as adults; but they're kind of lodged in our cellular memory, and they create habits in the firing of our brain synapses. So for most of us, they quietly wreak havoc at a subconscious level.

Frequently, despite possible years of therapy, the past can still remain energetically launched in our body and sometimes this leads to physical ailments or can cause you to strike at the most inopportune moment and for that fully opening to the beauty of whatever experience is available right now and can restrict your ability to be truly intimate or respond freely sexually including difficulty with orgasm; premature ejaculation; the ability to trust and let go; dissociate during sex, meaning their body is having sex with someone but their spirit is somewhere else or their awareness is somewhere else because it's too painful to kind of bring it all together due to their past.

The fact is while you may have a healthy and productive life in general, there can be an everlasting kind of tug that the body remembers, that inhibits you from having a deeply satisfying sex life and emotional intimate relationship you crave.

So let's talk about some of the symptoms that can limit the intimacy established with your partner. It can also lead to sexual difficulties like pelvic numbness, difficulty with orgasm or erection or premature ejaculation. These are symptoms in and of themselves, for example. Dysfunctional family dynamics can be symptoms, unwanted emotions. You might be aware of sort of inappropriate emotional armoring or things that just push your buttons that seem inappropriate to the situation. Some other clues could be that more than one person in your life has told you that you can't trust anybody or that you can't receive love or you've been told that you're sexually inhibited or maybe you feel that.

Another clue might be if you're significantly overweight or underweight since fairly early like your teens or early 20s. This can be a self-protective device. Another clue could be that you were unusually sexualized early in life, not just child-like sensuality with the world but unusually sexual to other people. There could be pelvic numbness

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

as I just mentioned, difficulty with orgasm, learning disabilities sometimes. There can be many reasons for learning disabilities, but I've definitely seen connections between learning disabilities and sexual trauma.

Now, a lot of us like to be in control or most of us do but if you really have a large fear of being out of control, that could be a clue. Or if you think of religious restrictions while you're having sex, that can be another clue or if you are aware that your sexuality and your spirituality are just connected one from the other or if you just feel a lot of guilt and shame in general.

So now it might not seem like a clue but sometimes people can really be into having a lot of sex and they have lots of orgasms. They can be into what I often call sports sex or adventure sex which often has a place in the continuum of one's life. But this would often be someone who is not easily satisfied or is unable to be deeply intimate with someone when it's time to be intimate or develop a more secure relationship.

I think now would be a good time to mention that secret and that secret is about -- this happens during violent rape. More often than I can imagine, I've been told this by so many women, and that is that in a violent rape where they're having to surrender to protect their lives, women often have a huge mind-blowing orgasm. This is very difficult for them to reconcile within themselves and brings on a lot of shame and guilt for a lot of women. Often this leads to not being able to have an orgasm afterwards due to the shame and guilt around this very confusing situation where they understandably had to let go.

So the reason why talk therapy is limited, I mean I think it's great for getting insights and understanding your psyche and your emotional responses and so forth, but the reason it's limited is that talk therapy is giving a lot with our cognitive thinking process. These experiences that happen usually earlier in our life or violent later in our lives as well come in at a physical and emotional level. That's really the level at which we have to access the past in order to pull it out by the roots.

So we're going to talk about that after we take a short break. Before we take that break, I'd like to remind you that replays of this show and all the Extatica radio shows are available as MP3 downloads at extatica.com/show. And the transcripts of the shows are also available at extatica.com/show.

So we're going to take that short break and we'll be right back.

[Commercial Break]

This is Extatica: The Way to an Erotic, Ecstatic Love Life. Do you have questions or comments for Ellen Eatough or her guests? Call in live at 1-866-472-5795 or send an email to radioshow@extatica.com. Now back to the program.

EE: This is Ellen Eatough with Extatica, founder of extatica.com. Before we get back to our topic which is Rapid Sexual Healing, I have a gift for you. It's my hour-long

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

audio and e-book called Beyond Orgasm: How to Have a More Deeply Connected Sexual Experience. You can find it at -- guess where -- extatica.com on the homepage.

I'd like to mention one more thing and that is as many of my listeners know, I work with various energetic technologies and I'm going to talk about these in a moment. But one of them which I produced is special music for lovemaking infused with Auditory Pheromones which is 74 layers of resonant frequencies. This is called Love Unbound. If your sexual challenges include low libido, cultural inhibitions as I'm talking about, feeling a bit out of sync with your partner or difficulty with female orgasm, you'd be interested to know that many customers who play this music in the background while making love report enhanced libido and arousal rates, deeper intimacy, easier orgasms and often multiple orgasms for women for the first time, release of cultural or religious inhibitions for greater spontaneity, easier communication about sexual needs and desires and a sense of spiritual union.

So to learn more about that, go to getabettersexlife.com. That's getabettersexlife.com.

So just before the break we were talking about why talk therapy is limited in its potential for releasing our inhibitions and our responses to the past, the past that caused us to kind of shut down, that's lodged in our cellular memory and that is created automatic knee-jerk responses due to the connections in our brain synapses that have kind of gotten hardwired in.

So one of the ways that you might have heard of that is used to deal with trauma is rapid eye movement. There are some specific techniques called EMDR but here is why eye movement really is beneficial. I have to kind of give you the background of what happens when somebody has a fearful experience and that is, let's say, you witnessed an event, let's say you witnessed a car accident and someone is killed. Whatever position your eyes were in when that happens tends to be a really fearful place to go back to because when your eyes go back to that position or that set of positions that they went into during that experience -- your eyes are like the frontal lobes of the brain and so every time you move your eyes, you trigger certain sequences of brain events.

If you're versed in your linguistic programming, you may know that certain eye movements will make you think of the future, some to the past, some help you tune more into your body awareness. Well, whatever your eyes have gone during a traumatic experience, we tend to avoid our eyes going to those exact positions in the future because it triggers those painful feelings or events. But what happens then is that starts to restrict our eye movement and it starts to create limits in the connections in our brain synapses.

The reason that eye movement therapy is often helpful is by kind of directing the eyes into certain positions, it can cause us to re-access, revisit momentarily and

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

release that event. I mean I'm not a medical doctor, of course, so this is not a medical explanation but it's sort of the understanding of why this happens.

I've worked a lot with children with learning disabilities and we would do a visual field check before I work with them to help release their learning disabilities and increase their ability to read and so forth or with people with head trauma, for example. I've worked with people with serious brain injury. A visual field test determines how wide a person's field of vision is when they're looking straightforward. People who have a restricted field of vision often have difficulty reading because they can't see very much of the page or even the sentence at one time. They often have poor eye-hand coordination because it's like looking at the world through a couple of toilet paper tubes, and they don't really have time to see a ball coming into the field of vision before it gets too close to respond and catch it or strike at it.

So when you start to expand their field of vision through whatever methods, whether it's eye movement or color therapy that I'm going to talk about next, everything expands. It's not just their field of vision expands but it starts to expand their ability to operate in the world. I've had one little boy who couldn't see the end of one word before he got to the next. He couldn't read and that's why, but nobody ever asked him. He started explaining to me what the situation was, and then I knew what we were working with. By the end of two months his grade level had gone up -- several actually, several grade levels.

Other children I worked with, it wasn't just that reading that improved but their ability to organize their stuff and to do their chores at home and to cooperate with other children expanded. It's very widespread. You heal one thing and you kind of heal the whole organism. And this is true with our sexual inhibitions. It's sort of like the way you do anything is the way you do everything or the way that you inhibit something is the way you inhibit everything.

So as part of my work, I don't usually use it independently but as part of my work I work with eye movement. It's not a traumatic experience. It sounds like it but it's not. It's a very gentle process and it's a relaxing process. One of the main things I use in my work is color. I couple this with directed eye movement.

The reason color is so profound is that it's evocative on many levels. It is emotionally evocative like certain colors make us feel happy. We have associations with colors or some sort of universal associations with color like, for example, the Catholic Church or a lot of churches use different colors for different purposes. We think of white in the west as a virginal color whereas in India I believe it's red that's used for weddings. So it can be culturally associated. But some churches use like purple is considered a color of spirituality or royalty in the past. Yellow is a sunshiney color, right? Red is passionate. Green is considered healing. So there are all these different associations.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

But these colors also relate to certain energy centers of the body. You might be familiar with the chakras. For those of you who aren't, the chakra system, the primary system are these energy vortices which run along the spine from the base of the spine, the tailbone, the coccyx, all the way up to the top of the head. And it's not physical; these are energetic. They are often associated with different colors like at the base of the spine. Red is considered the color of passion and tribal associations, groundedness, family and so forth.

Moving up it's kind of associated with the reproductive organs. Orange is associated with this and actually red-orange in particular. A lot of systems don't include the colors between. The red-orange is very strongly associated with guilt and shame. Orange affects not only our sexuality but money. It has to do with reproductivity and creativity and sex money and artistry, for example.

Moving up we have the yellow which is like the solar plexus in the center of our power. Moving up we have the heart associated with green and compassion and love. Moving up toward the throat -- and I'm talking generally now in these regions; there's in between colors. Around the throat is the self-expression. Typically, the color blue is associated with our sense of communication and so forth. Indigo is the third eye color and the sense of our intuition, and the top of the skull is usually violet or sometimes white or gold, the connection with spirit.

So when we use color we go from one color to another and I use this in my office or online. I have color fields set up so that we can be working with colors, and we can be using eye movement at my direction with color and with breathing and somatic awareness because as you look at these colors and removing your eyes, oftentimes feelings and memories or sensations in the body will start to come up. This is how we start to access the source of whatever issue is coming up for you. For example, this is a pretty dramatic example but that reason I'll tell you.

I had a woman -- I'll call her Diane because I don't give anybody's real name; it's always protected, you know, confidentiality -- but a woman 38-year-old single mother had lupus disease. She came to my office and she had been sexually and psychologically abused by her father as a child with the knowledge and compliance of her mother. Her current problem was that she just had a sonogram detecting massive fibroid tumors in her uterus, and they were growing and causing her pain. Her doctor insisted that she must have invasive surgery to have them removed as soon as possible. But because Diane had lupus, she was concerned that she wasn't healthy enough to survive the procedure which required a general anesthetic.

So during her first session, actually this was one of the rare cases where we just had one session because she had such dramatic results. So it's rapid. This is probably the most rapid examples so I wouldn't tell people to expect this. But in her first session, she actually intuitively sensed that she should look at violet. What happened for her was that she had a very spiritual and transcendent experience and that she was looking at this light, and she started to see as if it the earth starting backing up,

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

backing up, backing until she saw herself floating above the earth. She developed sort of a heavenly, almost exalted perspective over the earth.

And then she saw her parents. For the first time in her whole life, she was able to recognize and deeply empathize with their pain and realized that they had also been victims, and now they were just in turn perpetrating their victimization onto her. At this point, amazingly, she was able to forgive them for all of their transgressions against her.

She said later this didn't mean she ever wanted to see them again necessarily or to reconnect with them on a regular basis. For certain, she didn't want to do that. But she said it was really a qualitative difference in how she felt having this huge experience of forgiveness and release. Her abdominal pain went away after that.

So ten days later she had another sonogram and the uterine tumors had subsided to such a great degree that her doctor who could not explain the change obviously, he decided she didn't need surgery anymore. She didn't need the surgery after all because her uterine tumors were almost gone. I talked to her many months later and she still had no recurrence of those tumors. So that's an example of what can happen.

I had another gentleman. Phil came to me deeply hurting after his girlfriend left him for his best friend. Oh, my God! His heart was broken. We had weekly sessions together for maybe close to two months in this case and that I didn't see him again. He felt he was done. A year later I received a wedding announcement from him with a photo of him and his lovely new bride. It was a different woman. Since they live in the same general vicinity that I do, 20 years later I'm still running into them from time to time and they are still happily married. So that is very rewarding because I first worked with him in the early '90s.

These kinds of results are really rapid. As I mentioned, talk therapy can be a little slower, quite a bit slower because it's still very much in the head whereas we're working with the body awareness and the emotional source. Mel in San Rafael, California said that he'd gotten more out of six sessions in our work together than he had out of six years of therapy. I've had many people tell me that that a couple of sessions are worth a couple of years of therapy.

These results are long-lasting. Besides Phil I had one gal contacted me five years after we worked together. She said, "Well, the sexual and relationship thing is handled. Ellen, I really attribute a lot of the wonderful things that have happened in my life to the work I did with you five years ago. Soon thereafter, I went to India and met my soul mate. We came back to the US, got married and bought a lovely home. I've since launched into freelance work and I'm very happy."

So those are the kinds of things that can happen. Again, it's because working with the light and the eye movement and somatic awareness and these various tools, which sometimes include regression, we don't get into a big storyline. All we have to

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

do is access the source and then with breath and eye movement and shifts in color and so forth, we can very quickly release those patterns. And then the body has its own natural way of healing because once you release the old patterns, then it can kind of organize itself, reorganize its energy system.

When I mentioned to you a little bit ago about the chakras, that is an eastern philosophy that had been widespread in the west over the last few years but even before the east brought it to the west, there was a man named Wilhelm Reich who wrote in the early 1900s, did a lot of research on orgasm and the orgasmic wave. He was convinced that there are seven places in our body. If you draw a horizontal line to the body, there are several places where our sexual orgasmic energy gets blocked. And as you drew those lines, they very clearly divided the body in the same places I described when I was going through the chakra system.

So there is both eastern and western knowledge about this. Basically, when we are having sex and we're having an orgasm that response. It might not just be that full peak orgasm but an orgasmic wave that flows through our whole system and gives great pleasure and connection with all that is and connection with our partner and our deepest self. Wherever that energy is blocked, it can't flow any farther. It's moving from our pelvis all the way up through our body up the top of our head and there are so many places where that can get blocked. But it's also very easy to go in and dive in and release those blocks so that wave can continue to flow.

So we're going to take our last break and when we get back, I'm going to guide you through a somatic awareness process, a great exercise that can help begin your healing right here on this show.

[Commercial Break]

This is Extatica: The Way to an Erotic, Ecstatic Love Life. Do you have questions or comments for Ellen Eatough or her guests? Call in live at 1-866-472-5795 or send an email to radioshow@extatica.com. Now back to the program.

EE: Welcome back. This is Ellen Eatough, the Soulful Sex Coach. We're discussing Rapid Sexual Healing. The only question I got over the break by email was how do you find out about my services. So I'll tell you what they are. Well, first of all, you can go to extatica.com and click the services button and that's extatica.com/services, or we're setting up a link to go from rapidsexualhealing.com so that will be easier.

I work with people privately via phone or Skype and I also do from time to time group sexual healing programs, and this is especially good for folks who want to keep a minimal cost and have the support of a group but in an anonymous setting. There are sexual healing groups around the country and this is not to replace the hotline that one would call after being raped or molested. That has an important function. And I'm not saying that this is to replace the support of a therapist. In fact, if we're doing a group program, I do recommend that you have a therapist or a very close trusted family member that you can have as a support system during a group

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

program. But we accomplish a lot in a group program over the telephone or on Skype. So again, extatica.com is where you can get that information. Just go to services or rapidsexualhealing.com.

So this process I wanted to walk you through is a talk to your body experience. Now I want to say if you have a history of serious sexual trauma like rape, molestation or incest that you're aware of, I would recommend you not do this process just listening to this show until you're in a company of a safe and supportive person. For most people that's just fine. Also, it's probably not good to do while you're driving because it's going to take your attention away from the road. So don't do this if you're driving. Come back to it later. Just go to extatica.com and get the transcripts or the MP3 and then play it when you have time. Even if you don't have any sexual inhibitions, this is great for any other aches or pains you might have or whatnot.

So first think of a part of your body that's calling for your attention. It could be tightness in your shoulders. It could be anything, cramping your stomach, varicose veins, pelvic numbness. It could be something that's not hurting right now or a problem with, let's say, erection issues for a man, orgasmic issues for a woman. It could be a site where you've had a little tumor removed or something.

So ideally, we'll do this out loud and the reason is that we tend to space out if we just do it in our heads and kind of disappear on ourselves. So do this out loud.

So let's say it's your knee. Let's say you've got a problem with your knee. So say, "Knee, left knee, will you talk with me?" And then wait and listen for that little -- it might not be audible in your head but you'll get a sense of an answer. "Left knee, will you talk with me?" Now, often the first answer is no and I'll tell you why. It's because you may never have listened before. It will say, "No," and then you can say, "Why not?" And you got a response like, "Well, you never listened to me before. Why should I talk to you now?" or "I don't believe you'll pay attention to what I have to say."

So first, just listen. Ask your question to your body part. "Body part," fill in the blank, "will you talk with me?" And then wait and listen for the answer whether it's a yes or a no and then pursue that. If it's a no, see if you can strike a deal. For example, "If I promise to pay attention this time, will you talk with me?" So do that. Just again, "Body part, will you talk with me?" Let me give you a moment.

So let's assume you get to a yes or a tentative yes or, "Okay, I'll talk to you if you pay attention." And then say, "What would you like to tell me?" or "What do you want me to know?" Or if it's pain, you can say, "Why are you hurting me?" or "Is there a message in this pain that I should be aware of?" So ask that question.

And then once you get an answer, take it to the next level. For example, your name might say -- well, let's say, there is a person who had a hernia, an umbilical hernia. That's a little hernia right around the navel. She asked this question like, "Umbilical

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

hernia, will you talk with me?" First, the answer was "No. Well, you never pay attention. You never pay attention to me. Why should I talk to you?"

So finally she says, "Well, if I promise to listen this time, I'll really try, will you talk to me?" because often the body part say, "I've been screaming at you for years and you haven't paid attention, but if you promise to pay attention this time." "Okay, umbilical hernia, if I pay attention now, will you talk to me?" The hernia goes, "Well, okay." "What's this about? What are you telling me with this, hernia?" And the hernia's response was "It's time to spill your guts." And she went, "Oh, my God! Spill my guts about what?"

There was a deeply held secret that she had been unwilling to share, to tell the world. It was just out of fear of not being loved. One thing after another, during this conversation she started to process this like, "Wow, I can't just come out and just like dump this." But she started having advice come from this source in her belly asking her to first talk to her brother about the situation. Well, it's a little bit scary but this is one person that she was pretty sure would love her anyway. And then she's like, "Well, if I do this, will you heal?" And the body part is saying, "Well, you know you have to. Wait and see how you do."

This is like we're all in this together. We're one organism. Our bodies are like a hologram. In a hologram, every little piece contains all of the information for the whole. So heal one thing, you heal something emotionally and you start to heal the physiology that goes with it. So she got this information and she started following the recommendations of her body to start to share her secrets with the people closest to her.

One by one as she saw that she was loved anyway, she was able to heal emotionally. She was able to start relieving herself of guilt and shame and discovered that she would be loved anyway which started to give her a sense of greater trust, not trust in other people but trust in herself and the world, traveling a benevolent universe. These are the kinds of things that can happen. Gradually, her hernia started to heal. That often seems so miraculous but I don't really see it as so miraculous.

So ask yourself what parts of your body are crying out for you to listen to the message they have to say? It might be just a knee doesn't want you to do particular kinds of activities or for certain lengths of time or maybe it needs ice twice a day. Whatever it is, maybe you need to see somebody to get a special kind of treatment to help rebuild the cartilage. The body is so wise. I'd even had people who unexpectedly diagnosed a disease within themselves that they didn't know about and caught something in time to get the cure, a blood disease in this case. So that's the kind of thing that you wouldn't expect to discover. But your body has this incredible wisdom within.

This is why this kind of healing is so profound and so rapid because when we work with the energy system and the body and allow the body to speak to us and allow the emotional centers to start to flow again, it's not traumatic to re-pattern and to

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

release these kinds of energies. It's actually a huge relief and often we find that there is a great relaxation in our whole body that comes with it. We start to experience the world from day to day in a more open, more appropriate manner.

It doesn't mean we're not aware of situations to avoid and being trusting doesn't mean that we're not discerning. Not everyone is trustworthy but if we can be trusting and trustworthy in and of ourselves, there can be a whole new world of possibilities open to you and a whole new world of love and depth and incredible intimacy you may not have known existed and realms of sexual pleasure that may be beyond your wildest dreams.

So if you'd like to explore this further or would like more information from me, go to my website. It's extatica.com. Or you can also get your free Beyond Orgasm audio and e-book. You can learn more about my music with auditory pheromones and about my work on Rapid Sexual Healing.

Thank you so much for listening to Extatica. You can visit rapidsexualhealing.com.

This is Ellen Eatough in support of you having an erotic, ecstatic love life.

We hope you've learned from and enjoyed the show today. Join us again for another stimulating hour of Extatica: The Way to an Erotic, Ecstatic Love Life with your host, Ellen Eatough, on the VoiceAmerica 7th Wave Channel. This week, enjoy the best sex of your life.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music,
go to www.MusicForBetterSex.com/