



The nature and benefits of sexuality

Conception of every human being on earth began with sex and it is our birthright to engage in sexual pleasure throughout our existence. Appreciating and embracing our sexuality is a key part of flourishing. When it is joyous, the body, mind and spirit of two unite as one. Sex is beneficial to the immune system. It increases circulation, lowers blood pressure and lower cholesterol levels. It is a great form of aerobic exercise. By releasing cortisone and endorphins the act of sex can relieve pain. It helps regulate menstrual cycles and even improve PMS symptoms. It lifts spirits and gets creative juices flowing. With all of the positive features sex has to offer, why is it so many females still struggle to converse about and express this normal urge?



When we accept ourselves and our lover's imperfections, we create a place where shame falls away and beauty prevails. Sex, love, health and happiness are what most humans spend their lives searching for. In ancient times sex was considered sacred. Let us restore this sense of sacredness in sexuality. Let us love each other with a sense of gratefulness for being here, on this planet, in this body, capable of love, sex, union and pleasure. Let us take back our womanhood and reclaim our sexual vigor.



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Dr. Tollefson

Healing Sexuality



Teaching women
how to embrace &
nurture their normal
sexual desires.



Let's talk about sex.

How to reclaim our female sexual energy

Recipes:

First we must change our conception of sex from a sinful and shameful act to a beautiful one. There are so many swearing terms linked with sex. When we are angry, stressed or fearful we sometimes spout out these negative, angry words. In order to find the high vibrations associated with sex and heal sexual vocabulary, we must let go of the anger and negativity in these words. A disbelief in the sacred power of sex allows no sexual energy to flow.

We must have self-love. We must love and accept our bodies exactly the way they are. We must realize that the portrayals of women in the media are not real, and we cannot compare ourselves to them. Make a conscious decision to allow yourself to experience pleasure. Positive affirmations can help increase inner beauty and self-esteem and allow pleasure to flow. Tell the universe what you want and need to fulfill your sexual desires. Become completely familiar with your own body, including your clitoral system and your pelvic floor. Do not be afraid to explore it yourself. When you know what you like you can share this with your partner.

Herbs can offer a safe and natural way to nourish the body and boost sexual vitality. Herbs can be taken as teas, tinctures and capsules. Ashwagandha enhances libido, boost fertility and strengthens the adrenal glands. Schizandra berries and raspberry leaf can be taken to heal sexual trauma. Damiana stimulates the genitals, boost nerve sensitivity and improves orgasmic ability.

Dong quai is a classic women's herb and increases a women's sex drive. Maca increases the production of estrogen, testosterone, and progesterone. It also enhances libido and treats vaginal dryness.

Essential oils - Coriander promotes harmony in relationships and has been long used as a love potion. Ginger's stimulating sent helps open the heart. Jasmine helps move emotional blocks and calms fears and anxiety related to sex. Rose is a supreme heart opener and it will help bring closeness to the emotional center. Sandalwood and vetivert are good for calming, comforting, grounding and uplifting.

Becoming aware of the connection between sexuality and spirituality can empower and elevate the capacity for ecstatic sex. Women are creations of God and we must see the body as a sacred expression of the universe. Lovemaking can invigorate the soul and become a spiritual experience. The cycles of mother earth are greatly reflected in the female body. Sexuality is also abundantly reflected in nature. Become connected with nature and become attuned to the sexual reflections of nature. Let all of the earthy scents, sights and sounds awaken your erotic abilities. Try sunbathing naked and exposing your genitals to the open rays of the sun.

Take time to heal from sexual wounds. Forgive yourself.

Libido Boosting Tea Blend for Women

2 cups damiana herb
2 teaspoons schizandra berry
1 ½ teaspoons rosemary leaves
1 ½ teaspoons organic rose flower
1 teaspoon clove bud
3 cups water
Combine all the herbs. Place 3 tablespoons of the herb mixture into quart canning jar. Add 3 cups of boiling water. Cover and let sit overnight. Strain the infused water from the spent herbs. Drink 1 cup of the tea before each meal during the day. Continue the daily program for one to two months.

Easy Massage Oil

2 drops jasmine absolute
1 drop sandalwood essential oil
1 drop ylang ylang essential oil
1 drop neroli essential oil
1 ounce almond or apricot oil
Mix all oil until blended. Apply to your lovers skin for a sensual massage.

Sexual Ritual Smoke Blend

1 ounce Damiana herb
Pinch of organic peppermint herb
Pinch of organic rose
Roll in smoke paper. Smoke as a ritual with your partner before lovemaking.