

## Silent Joy Merging Female and Male Energy

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Breath - especially the Connected Breath - is like an Emperors way into the different aspects of our Being.

Using visualisation as well as a very precise and fine connected breath, we are able to consciously merge our masculine and feminine energy.

In this workshop I will demonstrate and teach the essential elements that can create a state of peaceful joy, deep within ourselves.

A workshop for people, well experienced in conscious connected breathing and feeling safe with their sexual energy.

### **The beginnings**

Since my very first rebirthing sessions, and especially after a lot of sessions I received from Leonard Orr, I have always been deeply interested in the precision of fine-tuned breathwork.

Leonard actually taught me to play the breath like a violin.

In the sessions he gave me he would continuously correct my breathing, asking me to make minor changes in depth, in tempo, in length of the inhale. I tried to follow his instructions as best as I could, sometimes growing desperate because I never seemed to get it right. And then, completely unexpectedly, my mind would begin to empty itself and the 'blah blah blah' of my thoughts - mainly judgments about myself - would stop. Leonard would again instruct me to change the rhythm again and again and then all of a sudden there would be ... silence. Connection with what I call God.

Leonard was a master in playing the breath like a musician plays his instrument. He would not give up before he reached whatever he had in mind. He would not be satisfied with a mediocre result, concerning the breathing technique. He was merciless in the way he kept instructing me to make all these changes in my breathing. I sometimes hated him, but in the end, it was worth it.

The day right after that session, a client came to see me in the afternoon. Leonard told me to employ with this client the same technique as he had used with me. It worked!

I felt excited.

Since that day, I began to use that same precision of breath with myself and with my clients over and over again. I practised until I had mastered how to reach the state of being where I felt connected with source, as well as guiding my clients into that state.

Don't let yourself miss out on the ecstasy of feeling that connection. Don't let your clients miss out on that experience. Don't miss out on connecting with Essence.

I love guiding people to get the breathing rhythm as perfect as possible. Why? My experience is that when the breath falls into its natural and personal perfection, the mind gets quiet. The person experiences a deep sense of Self, of peace and of oneness with himself. In addition to feeling connected to the world, he will feel a connection with what is bigger than we are, the universe and often a connection with Essence or God.

But what I didn't feel at that time, nearly 40 years ago, was the sensation of being fully incarnated in my body, down to my pelvic floor. That happened a couple of years later.

I vividly remember the very first time that I experienced landing completely in my physical body. I had finally incarnated. The energy of my out-breath had fallen right into the pelvic floor, my perineum. It created a sense of being seated and grounded in a soft and at the same time very strong pyramid of energy. A very pleasant feeling as if I was slightly aroused, and at the same not really aroused. (An old student of mine used to call it a "pre-horny" feeling.)

In my lower body, I was sitting in a pyramid of grounded energy, a soft kind of rock.

In my upper body, the energy felt like a strongly formed pyramid opening upwards and pointing downwards. Close to my heart the tips of the pyramids met, letting me feel extremely strong in my upper body and soft and grounded in the lower body.

The streaming of energy that I already knew so well was there, but the falling down of the out-breath had given me the necessary grounding in my body, as well as the connection with a sensual life force.

## **Dealing with large amounts of energy**

Conscious Connected Breathing often brings the client to feel large amounts of energy.

We have to learn how to handle such a high amount of energy.

Young children usually feel a lot of energy in their bodies because their vitality is still intact. While growing up, we all experience – some more than others – how our enthusiasm is controlled by our surroundings, and how, our feeling of being free and alive is diminishing over time. Our sexual energy, as it is the source of our life force, has been fading as well.

Finally, we get used to living in a more confined energy body. Later in life, on those occasions that we open up to more energy, something in us stays alert and on guard, to check if it is OK to feel truly alive. We hardly trust that it can be allowed to feel so alive.

We have become so used to keeping our vitality in check, that it becomes very unusual for us to allow a lot of energy to flow freely through our bodies.

Sadly enough, many of us have thus lost the connection with the sexual and sensual energy that lies waiting deep down in our bodies, to guide us back -if used wisely- to our original life force.

Basically, everything we feel is a form of energy, whether happiness or sorrow, fearlessness or anxiety, love or hate. We may not be there yet, but I have noticed both with myself and with my clients, that it is not only within our potential to integrate the so-called negative emotions, but also to fully experience that beautiful feeling of complete aliveness that is our birth-right.

## **Merging masculine and feminine energy**

Getting used to feeling our sexual energy as a silent joyful force, means we have to be at ease with it and also be able to determine how to use it respectfully within ourselves, as well as respectfully towards others. We have to learn to contain it and at the same time not killing or suppressing it.

It's a force to be reckoned with. First of all, it is there for us personally. It has the power to carry a tremendous amount of inspiration and pleasure.

The energy in our bodies functions just like electricity, it streams from plus to minus and from minus to plus.

*The feminine side* of our life force is more contained within itself. It is receiving, resting and opening. It is the "Moon" in all of us, men and women alike. It is the minus pole.

*The masculine side* of our life force is more outgoing, reaching out and conquering. It is the “Sun” in all of us, men and women alike. It is the plus pole.

When I am not able to contain my sexual energy, I might walk around scattering my energy in a way that can create the impression that I am always chasing, inviting sexual activity. It can make me feel dependent upon another person to feel complete and so leave me unsatisfied within myself.

When I suppress my sexual energy, that is, when I contain it completely, I will begin to feel dried out, uninspired and unsatisfied as well. I will lose my spark and my creative movement.

It is obvious that we, being therapists or trainers, have to find a healthy balance between masculine and feminine energies within ourselves. And we have to contain our sexual energies in order not to move into the danger-zone of unconsciously reacting to the sexual tinted activities of our clients.

We have to be fully awake, completely present in body, mind and spirit. We have to be aware of our being human, sexual, and energetic beings.

However, the work we are addressing here is much more about consciously melting the masculine and the feminine and using the intelligent power of both energies to create an inner, silent, joyful space to live in and feel fulfilled, with or without a partner.

The body is meant to be a pleasurable place.

So that if a partner comes into our life, she or he will be more like the Crème Chantilly -the whipped cream- on the cake, instead of having to fill up a lack inside of us.

### **Chacra's**

Chacra's are energy centres in the body that regulate and distribute the Chi, or energy in and through the body.

The basic or root Chacra is located in the perineum. This Chacra is about how we treat our body, and about safety. It is about building a foundation inside. It is about body memory. If the foundation isn't stable and safe, there will be fear. In order to sink into the pelvic floor, the energy passes right through the body, and along the emotional or sex Chacra. If there is fear around sexuality and pleasure, there will be an inhibition in moving through and down.

Because moving down into the basic chacra, the energy will glide through the second chacra, the sex chacra. We will most probably begin to feel physical sensations in our sexual organs, because they are very close to our perineum,

where the basic chakra is located. That means, we may begin to feel pleasurable sensations. If this causes fear of not being allowed to feel pleasure, we easily may get confused and clamp up. Then, it might feel scary to move down into the body.

The answer is to keep relaxing into all the feelings you encounter. And move deeper and down into the foundation where you belong.

Being hurt or wounded sexually is therefore always inhibiting the feeling of safety inside the body. Healing these energies, learning to carry them consciously, and contain them without suppressing them, will make not only your own world but also the world at large a safer place.

When we feel completely connected to our whole body, we know our strength just as well as our deep vulnerability. Thus, we know instinctively that other beings carry the same kind of vulnerability as we do, and we will therefore treat them with care and not with aggression.

### **Inhale**

The air in the inhale moves into your nose and then into your lungs.

However, in your forehead the air will transform partly into energy.

So, energetically, as you inhale, you reach with your energy through the forehead, through the top of your head in order to open the pass way to heaven. You open the upper gate.

The inhale is a moment of activity; there is a certain amount of strength involved. We have to create the concentration as well as the intention to reach up into heaven.

At the same time that you inhale, you need to open the lower gate, the pass way into earth energy. You do this by actively opening your pelvic floor. A little trick, that works good for me is to press my toes a bit into the floor, only during the inhale. This is an activity as well; it is an intentional movement, although it takes only a slight effort.

Thus, the inhale is concentrated, relaxed, and intentional with just the amount of energy that is needed

### **Exhale**

Then the exhale happens. Everything relaxes. You do **not** do anything. You do **not** control your exhale. You do **not** try to reach your pelvic floor, although you would very much like to be landing right there.

You follow the law, that you only work and do something during 50% of your time. That's when you inhale. The other 50% of your time, you do nothing. That's your exhale. Gravity or God does it for you. Don't think you know better than her!

It's an art to learn to do nothing. We are all trained to *do* instead of *be*. It is like trying to reach an orgasm. If that becomes hard work... .. no fun, no pleasure.

It seems to be another law; when we **try** hard to reach that place deep within ourselves, we are working hard. We are not relaxing. And it becomes difficult to get there.

Really incarnating, truly entering the whole body, filling it with our own energy is a gift, which is being received by relaxing into ourselves.

When we truly take the inhale, opening the upper and the lower gates, when we really relax the exhale, our energy will know where it has to go. It will be the gift for focussing on the precise technique of the breath. The mind will be finally still. You will be fascinated by the sensations in your body. Do not try to hold on to a certain experience, stay with the precise technique of the conscious connected breath.

Suddenly, we may experience inhabiting our body completely. Our consciousness will have moved completely into the body.

There is energy everywhere. But it is not raging. It has a quiet quality to it. We feel complete.

Our masculine outgoing urges are silent. Our feminine receiving urges are quiet.

### **Trying out the merging of masculine and feminine energies**

To try out this physical merging of both energies, you will want to sit straight, with your back in a position so you can feel the energy move along the inside of the spine. You are invited to work with that energy, moving it in the direction you want it to move into.

### **Some more information about the technique for women:**

Imagine and create the sensation that you are in contact with your inner woman - your inner goddess - as well as with your inner man, the god.

On your inhale, while opening the lower gate, it might help you to imagine that you open your vagina, to give excess to the penis of your inner man. When that becomes a clear image and a felt sensation, your inner man will automatically have to turn towards you. He will turn his urgent, outward going energy towards your inner woman.

On your exhale, relaxing into the sensation, you might begin to experience the power of your heart, filling you with self-love.

Technically speaking, remember the plus and minus poles of the body.

Your inner man unites with your inner woman. His minus pole enters your minus pole. The outcome is plus! Plus is active energy. Plus-energy rises up. However, you have to go down and land deep down inside yourself, before rising up.

### **Some more information about the technique for men:**

Imagine and create the sensation that you are in contact with your inner man - your inner god - as well as with your inner woman, the goddess.

Men, please remember that your lower body is the moon side, the minus pole - the receiving part - in your energy system.

On your inhale, while opening the lower gate, you connect with your feminine, receiving energy. It might help you to imagine that you are inside the vagina of your inner woman, who is receiving your inner man.

You feel completely receiving! You are not striving for anything. Your inner woman is entirely relaxed and safe. She is turned towards you. Accepting you, awaiting you.

On your exhale, relaxing into the sensation, you might begin to experience the power in your heart, filling you with self-love.

Technically speaking, remember the plus and minus poles of the body.

Your inner woman unites with your inner man. Her minus pole receives your minus pole. The outcome is plus! Plus is active energy. Plus-energy rises up in the body. However, you have to go down and land deep down inside yourself, before rising up.

Like Omar Chtioui said in his interview with Jim Morningstar, "Women are taking the lead in transforming the world. If women experience something good, they will spread it. It's in their nature to do so."

Men are men. Women are womb-men. Men with a womb.

So, although also women have to incorporate and integrate their feminine side, for men it is even more important.

If you keep the breathing going in a slightly active rhythm, you can choose to stay in silent, inner, joyful connection.

If you would activate your breathing rhythm a bit more, you could choose to move into a more sensual tinted experience and create an orgasm.

You are free to move into whatever direction.

But right now, you practice how to move -that is to relax into- a silent, joyful, inner state where you feel complete within yourself, not wanting, just being united with your complete consciousness. Your consciousness having fully entered your physical being. Being united with your masculine and feminine energy inside yourself. Living in your body as the pleasurable place you deserve to live in.

In life, we experience times of loneliness and times of deep fulfilment. Within ourselves, we have the capacity to create more and more and longer and longer states of being where we are fulfilled within ourselves.

When we practice the art of merging our feminine and masculine energies, our inner man and inner woman will be celebrating their heavenly union, which will result in us being the balanced beings we are supposed to be. We will carry our strength and vulnerability in harmony. We will be safe inside ourselves as well as for those around us.

Remembering that we are God's beautiful, energetic beings, will help us to begin to deeply trust the process of incarnation and peace, which is what we are searching for, the process of developing more peaceful consciousness in ourselves and carrying that consciousness into the world.

Peace begins inside of us. World peace begins inside every one of us.