

# Orgasmic Flow

## Shame + Guilt

The difference between shame and guilt is immense. Guilt has to do with others, and shame has to do with the self.

With guilt, you believe that you "did something that wasn't good."

With shame, you believe that you yourself "are not good."

I'd like you to think about your sexuality -- your body, your thoughts surrounding it, past sexual experiences, etc. -- and look at the things that you feel guilt or shame over. It might take time, but let whatever is there to come up. Do your deep orgasmic breathing as you do so. This will allow everything to flow! Please use a separate sheet of paper, if you need more room...

- 1. What -- in regards to sex, sexuality, your body -- do you feel guilty about?**
- 2. What -- in regards to sex, sexuality, your body -- do you feel shame about?**
- 3. Imagine your life without the sexual guilt and shame. What would it look like?**

## NOW TAKE ACTION:

1. Do the shaking exercise I taught you last week. Use the items you wrote down in response to questions #1 and #2 to form your "I RELEASE" statements. Don't forget to turn on some awesome music that makes you feel ecstatic while you shake and release. Try to do this for at least 10 - 15 minutes.
2. At the end of the shaking, let your body be still. Keep your eyes closed and imagine what you would look like, feel like, move like, speak like, be like, without all of the sexual shame and guilt. And know, deep down, that as you see it is as it is.

Namaste ~