

Mini Guide: The 3 Pathways of Sexual Energy

Sexual energy is raw life force energy. It isn't good or bad — it's simply powerful. The difference lies in how you choose to use it. Below are the three main ways energy flows, with a simple practice for each.

▼ Pathway 1: Discharge

- **What it is:** Quick release of sexual energy through orgasm or fantasy, often without awareness.
- **How it feels:** Like blowing a fuse — pleasure in the moment but often followed by fatigue, emptiness, or craving more.
- **Practice:** *Pause before climax.* Ask yourself, “Am I choosing release or would I like to hold and redirect this energy?” This awareness is the first step toward healing use of your energy.

🔄 Pathway 2: Circulation

- **What it is:** Moving sexual energy through the body instead of losing it.
- **How it feels:** Warmth, tingling, waves moving beyond your genitals — rising into your chest, head, and whole body.
- **Practice:** *Pelvis-to-Heart Breath*
 1. Place one hand on your lower belly, one hand on your heart.
 2. Inhale, feel the pelvic floor expand.
 3. Exhale, imagine that warmth rising into your heart.
 4. Repeat for 3–5 minutes.

🌟 Pathway 3: Creation

- **What it is:** Directing sexual energy into art, healing, manifestation, or spiritual connection.
- **How it feels:** Inspired, overflowing, alive. Your body buzzes, but instead of draining, it fuels your creativity and focus.
- **Practice:** After feeling arousal or practicing circulation, immediately channel that energy into *something tangible* — write, paint, dance, or speak affirmations aloud. You're literally turning pleasure into power.

🌹 **Remember:** You are the *keeper of your sexual energy*. Every choice is valid, but awareness gives you the freedom to use it *consciously* as medicine.

