

Sacred, Not Secret:

An Integrated Approach to Sexual (R)Evolution

A Sexual Health Journal

Christine Laplante, LMHC

NOTICE

Sacred, Not Secret: A Sexual Health JOURNAL

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PO Box 732

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ISBN: 9781798497203

Sacred, Not Secret: A Sexual Health JOURNAL

This guide book is meant as an aid to the exploration of your sexual health and development...JOURNAL STYLE!

Each section corresponds to the Chakra and Developmental stages as laid out in Sacred, Not Secret. This is not meant to be done in order, but rather to go through at your pace when/where you feel you need to work. Do a page on the root and move on to the next section, coming back as you need... or delve deep into the root and move onto the next section when you feel you have explored and expanded all you want/need to at that stage.

You will find:

- *lined and unlined sections*
- *question prompts based on chakras and developmental stages meant to provoke introspection and meditation*
- *coloring and drawing sections...*

...the inspiration for this tool came after much thought, contemplation and conversation with those benefitting from the experience of reading my book, but also wanting to go just a little bit further!

*While it is not necessary to have read **Sacred, Not Secret: An Integrated Approach to Sexual (R)evolution**, this guided journal works as a great companion to it!*

Sex is SACRED, NOT SECRET and no amount of talking about it will diminish the mystery of experiencing it! Feel free to participate in our online Sacred, Not Secret Facebook Group and share what you have uncovered!!

Most importantly...Remember to Enjoy your Exploration and to Celebrate your Discoveries!





Root of Our Sexuality

Trust Vs. Mistrust





**Root Chakra:
Trust vs. Mistrust**

I am grounded,
I am Connected,
I feel safe,
I trust,
I AM

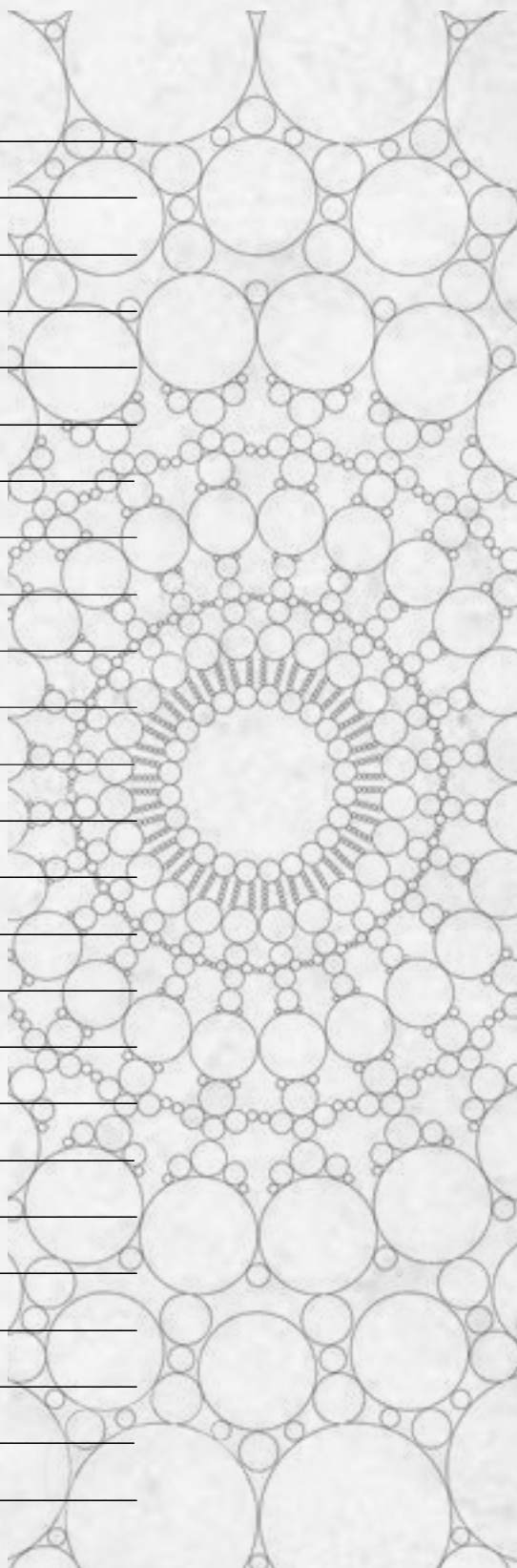
Question to Contemplate through
this SECTION:

What is at the **ROOT**
of my
SEXUALITY?



Date _____

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Sacral & Sacred

Autonomy vs. Shame/Doubt





Sacral Chakra:

Autonomy vs. Shame/Doubt

I am Creative,
I Want Joy,
I Enjoy my Body,
I am Sexual,
I FEEL

Question to Contemplate
through this SECTION:

What do I find
SACRED
within my Sexual Self?









Solar Flare

Initiative vs. Guilt





Solar Plexus

Initiative vs. Guilt

I am Strong,

I am Worthy,

I am Confident,

I Choose to Move Forward,

I DO

Question to Contemplate through
this SECTION:

Do I Trust Myself,
and My **GUT**,
Sexually?

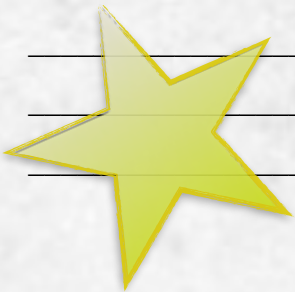


What Words Describing Sex Feel Good to You?
(write them anywhere)



Date _____

How I Will Love my Mid-Section...







Heart On

Industry vs. Inferiority





Heart Chakra

Industry vs. Inferiority

I am Receptive,

I am Joy,

I am Forgiveness ,

I Choose to Celebrate Others,

I LOVE

Question to Contemplate through
this SECTION:

Do I Open my **Heart**
when I share myself
Sexually?





I Turn My Heart On By....

Date _____

I let love/my heart guide me when....

Handwriting practice lines consisting of multiple sets of solid top and bottom lines with a dashed midline.





Singing Through Sex

Identity vs. Role
Confusion





Throat Chakra

Identity vs. Role Confusion

I Express Myself ,
I Have the Words I Need,
My Voice is Strong ,
I Choose Truth,
I SPEAK

Question to Contemplate through
this SECTION:

Do I **Speak** my truth,
do I sing when I share
myself Sexually?





Draw your vocalization sounds here...







Eye See You

Intimacy vs. Isolation





Third Eye

Intimacy vs. Isolation

I Envision Clearly,
I Know My Answer,
I Create My Reality,
I Choose Divine Light,
I SEE

Question to Contemplate through
this SECTION:

What do I **SEE** when I
manifest healthy sexual
interactions with self
and others?





I Choose...

I Create...

I Know...

I Envision...

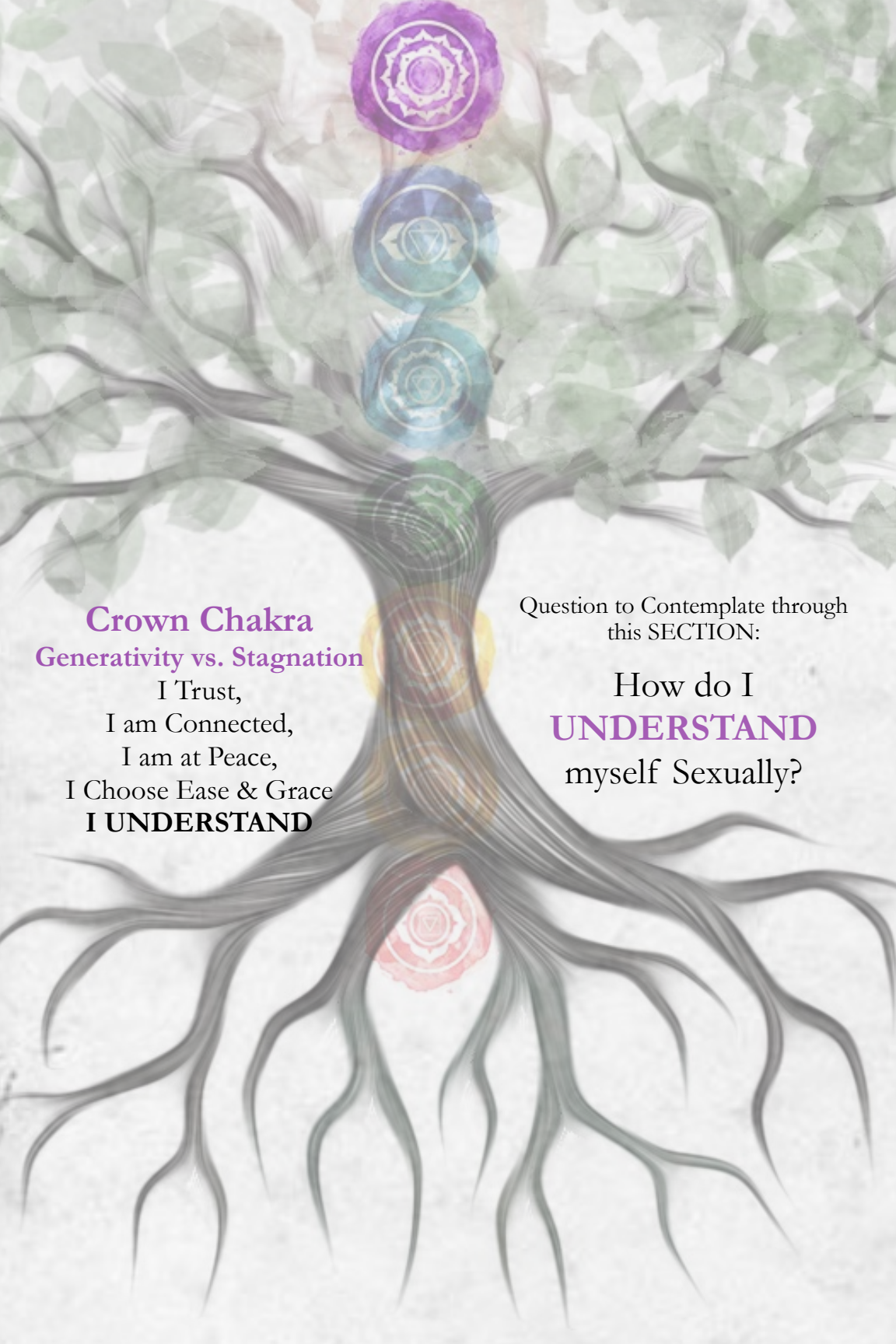


The background is a vibrant purple watercolor wash with a white circular mandala in the center. The mandala features a central circle surrounded by two layers of pointed petals, all enclosed within a white ring.

They Wear Crowns

Generativity vs.
Stagnation





Crown Chakra
Generativity vs. Stagnation

I Trust,
I am Connected,
I am at Peace,
I Choose Ease & Grace
I UNDERSTAND

Question to Contemplate through
this SECTION:

How do I
UNDERSTAND
myself Sexually?









Coming Together:
The Decent and Doing
it All Over Again

Integrity vs. Despair





*Time to Descend and
Do It Again*

I AM
I FEEL
I DO
I LOVE
I SPEAK
I SEE
I UNDERSTAND

Question to Contemplate through
this SECTION:

How do I **complete**
myself Sexually and
dive **deeper**, again?



My sexual poetry looks like this...





ABOUT THE AUTHOR

Christine Laplante, LMHC is a licensed mental health counselor providing authentic and integrated care from a human perspective. She has over two decades of experience working in the field of sexuality. You will find her at various events, organizations and colleges teaching classes and facilitating discussion on healthy relationships and sexuality. She has a private practice in upstate, NY and continues to do consulting work for various agencies on system development.

She currently lives in upstate New York with her family and travels often to spend time with community. You may also find her playing music, fermenting foods and tending to her garden when she is not writing.



*Sometimes... I just hand myself to you.
A gift that comes from my core.
Hold it tenderly and sacredly... and know that I
love you.*

Artwork

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Places to Find Me

Previously Published Work: (can be found on amazon.com)

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