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THE  
MODERN

*medium*

SPIRITUAL SEXUALITY

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*with Tara*

THESPICYMEDIUM

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# Feminine Sexuality History

## **18th–19th Century Suppression**

In Victorian Europe, the clitoris was deliberately ignored or pathologized. Female orgasm was seen as irrelevant—or worse, as a sign of hysteria or illness.

Some physicians even advocated clitoridectomy (surgical removal) as a “cure” for hysteria, masturbation, or unruly female behaviour.

This era cemented a cultural silence around female pleasure that persisted for over a century.

## **20th Century Rediscovery**

1900s: Psychoanalyst Sigmund Freud confused the conversation. He labeled the “clitoral orgasm” as “immature” compared to a supposed “vaginal orgasm”—a belief that caused generations of women to feel “deficient.”

1998: Australian urologist Helen O’Connell published groundbreaking work showing the full size and structure of the clitoris (much larger than the tiny “button” most people thought it was). She revealed its extensive internal network, almost like an iceberg.

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# The Clitoris

**Stress relief:** Clitoral orgasm activates the parasympathetic nervous system (the “rest and digest” state), lowering cortisol and increasing oxytocin and endorphins. This creates deep calm, relaxation, and even pain relief.

**Neurological reset:** The intensity of orgasm acts almost like a nervous system “discharge,” helping release built-up tension, anxiety, or emotional stagnation.

## Energetic & Chakra Perspective

**Sacral Chakra (Svadhishthana):** The clitoris is a key portal of the sacral chakra, linked to creativity, sensuality, intimacy, and flow. When this energy center is activated through pleasure, it can unblock stuck emotions and reawaken passion for life.

**Root–Sacral bridge:** Clitoral energy rises from the root (safety, grounding) into the sacral (pleasure, expression). A healthy relationship with clitoral energy strengthens both survival instincts and joyful expression.

## Wellbeing & Wholeness

**Emotional release:** Clitoral orgasm can help release grief, frustration, or shame stored in the pelvic bowl—literally “shaking it out” through waves of pleasure.

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# The Clitoris

Spiritual traditions: Ancient Tantric and Taoist practices saw female climax as powerful and even divine, linking orgasmic energy to healing and higher consciousness.

## To take with you...

THE CLITORIS HAS OVER 8,000 NERVE ENDINGS  
(DOUBLE THAT OF THE PENIS)  
AND EXISTS SOLELY FOR PLEASURE—IT HAS NO DIRECT  
REPRODUCTIVE FUNCTION.  
THE HIGHEST CONCENTRATION IN THE HUMAN BODY. AND  
THOSE NERVES CONNECT TO ABOUT 15,000 MORE  
THROUGHOUT THE PELVIC REGION.

WOMEN'S CLIMAX IS NOW BETTER UNDERSTOOD AS A  
COMPLEX INTERPLAY OF CLITORAL, VAGINAL, AND PELVIC  
STIMULATION, ALL TIED INTO A DEEP NEUROVASCULAR  
NETWORK.

CULTURAL TABOOS AND LACK OF EDUCATION MEAN  
MANY WOMEN STILL GROW UP WITHOUT FULLY LEARNING  
ABOUT THEIR ANATOMY OR PLEASURE.

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# Sexual Expression

IN ALL THE ROLES WE PLAY, IN ALL THE  
WAYS WE SERVE OTHERS... HOW COME WE  
FORGOT TO INCLUDE OURSELVES

HOW COME THEIR NEEDS, JOY, PLEASURE COME  
BEFORE OURS OR IN MANY CASES, INSTEAD OF...

WHERE AND WHEN DID WE LEARN THAT PASSION,  
PLEASURE AND PLAYFULNESS WAS SHAMEFUL

HOW HAVE PAST EXPERIENCES SHAPED HOW YOU  
SHOW UP IN YOUR SEXUAL EXPRESSION

## Embodied Connection of the Sacral Chakra

pleasure  
creativity  
flow

**When in my life have I felt the most alive and embodied in my sensuality—and what was different about me then?**

✨ *Ritual:* Close your eyes, place your hands over your heart and sacral chakra. Breathe slowly. Let a memory rise, then *feel* the textures, smells, and sounds from that moment. Let your body subtly sway as if you're reliving it.

\*and, if you haven't experienced this part of you YET, imagine and welcome meeting this version of yourself\*

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# What is Spiritual Sexuality?

A reclaiming of self:  
Openness, curiosity, playfulness, forgiveness

Meeting our shame, blocks, fears, or  
conditioning around sexuality and allowing  
it to be spiritual and sacred

Tuning into your vibration and marinating  
in the frequency that your pleasure and  
passion evoke

Allowing and nurturing space to explore:

**Desire:** what fantasies, kinks, ideas excite me  
**Arousal:** how do i like to be touched, played with  
**Expression:** how does my desire and arousal  
actually play out

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# Forms of Sacral Chakra Expression

Embodied Connection to the Sacral Chakra

**Create:**

Draw, write, dance, sing!

Allowing your creativity to spark and flow is honouring your sacral chakra in meaningful ways

**Masturbation:**

Can be used as a wellness tool.

Yes, it's a sexual practice/expression, but when we experience pleasure, allow our body to welcome an orgasm, our brains are flooded with happy hormones like dopamine and serotonin

**Shower Practice:**

Mindfulness while showering is a beautiful way to welcome alone time but through thoughtful, sensual practices.

*Play with temperature...*

how does it feel to be wrapped in warm or hot water, how does it feel when it's cooler (goosebumps, hard nipples).

*Pay attention to the scents you're using...*

allow your olfactory system to drink it it while you feel the slipperiness of the water and soap on your body.

How does it feel to feel your body be touched?

*Allow your hands to explore your labia...*

how soft do you feel, what thoughts or feelings arise... can you see them and suspend the self judgment for the sake of your pleasure? Your joy?

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# the benefits

## of connecting with your sexuality

Reclaim pleasure as sacred

Harness sexual energy as life force

Release shame & conditioning

Radiate confidence & creativity

Boosts mental health and personal  
well-being

Increased confidence and improved  
self esteem

Awaken and reconnect with your intuition  
and your divine feminine vitality

Heal wounds and reclaim divine essence

Harness sexual energy as life force

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# Reclaiming Sexuality as Sacred

**What stories about my sexuality no longer feel true, and what new story wants to emerge?**

✨ *Ritual:* Whisper the old story into your cupped hands, then blow it away like dust.

Rest your palms over your chest and speak the new story aloud in a voice that feels powerful, even if it's a whisper.

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# Awakening Magnetism & Creative Power

WHEN THE SACRAL CHAKRA IS ACTIVATED AND ENERGY FLOWS FREELY, IT OFTEN SHOWS UP IN MORE THAN JUST SEXUAL VITALITY — PEOPLE FEEL MORE MAGNETIC, CREATIVE, AND CONFIDENT.

Channeling sexual energy into creative projects, leadership, or manifestation practices.

Feeling more radiant and self-assured in relationships (romantic or otherwise)

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# why is self exploration so important?

Action that intentionally  
sparks joy

Being touched without  
any expectations of reciprocity,  
can allow your mind and  
body to fully surrender

Gives you information on  
what YOU enjoy- self awareness  
is key when embodying sexual  
expression

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# Embracing Your Sexuality

**If I could express my pleasure  
without shame or fear, what would  
I do first?**

**Welcome and embrace your sexual  
goddess energy**

✨ *Ritual:* Treat yourself like the magical, sensual being you are. Buy yourself new panties, purchase some sexy lingerie that's just for YOU, don't "save" it- wear it and see how your frequency feels and marvel in it

## **Masturbate**

Creating space for you to discover what YOU like is essential. Grab a toy or use your fingers/hand and play! Be curious and explore