



**Our intent is to inspire and integrate aspects of Yin - the feminine - into our lives through articles, inspirations, tips and tools.**

**Welcome to our June Edition - Sexual Healing**

A woman's sexuality is an integral part of her power. We have been taught to use it, abuse it, ignore it, and manipulate with it. There are not many places that we can safely and sacredly talk about our sexuality. We at *The YIN Project* aim to be one of those places for you.

We hope this newsletter opens your mind, heart, and body to another way of relating to your sexuality.

Much Love,  
Rachael Kennedy and Kim Keller



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**Featured Article:  
Uncovering the Mystery of Sexual Healing**

For years we have heard Marvin Gaye sing the praises of Sexual Healing, but I didn't really have any idea what he was talking about. When I attended my first Tantra workshop 2 years ago, I had no idea what I was getting myself into. A friend recommended the workshop based on my sharing of personal suffering around the attachments I had built in my life. These were attachments to people, to my ideals, to the ways I thought things "should" be, and to my very limited ideas of what it meant to be sexual, sensual and open. It was suggested that Tantra would assist me in learning to be present for whatever showed up in my life. That seemed a good idea at the time.

I walked into the workshop room without much of an idea of what to expect. I hadn't read the book everyone in the room was talking about, I hadn't met or seen the facilitators (in fact, when they walked in I thought they were other workshop participants), I had had very few intimate partnerships in my life, and I wasn't long out of my 23-year marriage that had ended with an amicable divorce but lots of pain. I now found myself in a room full of people looking to "explore, connect, heal, understand, enhance, expand, deepen, emote, challenge, and increase their intimacy and eroticism." What was I doing with these strangers who were speaking of their "hopes in finding God through greater sexual techniques"? I didn't know then, but I do now.

I've learned that we are complex beings. I have spent the bulk of my professional career in the study and practice of the psychological intricacies of human nature and the subsequent attitudes, behaviors and ideas that we manifest in our lives. What I have found is that they leave us with a variety of dysfunctions, unresolved issues, pain and confusion. We wonder why we respond a certain way, why we work to change our thought processes, and why we struggle with understanding the "hows" and "whys" of our lives and characters. I believe the use of various therapies and psychologies are often an important piece to our overall wellbeing and our ability to live our lives as productively and lovingly as possible. I have also come to learn that there is only so much that traditional therapies can uncover. For some, there is another way of continuing our healing while finding wholeness and personal satisfaction in our lives, our loves, our relationships and ourselves. This is where sexual healing comes in.

Along with all these mental approaches, I have come to understand that we are energetic beings. We each carry a core of energetics in our body. It is important to become familiar with how these energies run through our being, and learn how they can become blocked or severed from one another. When these energies are in alignment and connected to one another, there is a feeling of harmony. When they are not cohesive, there is dissonance. We become confused about what we are feeling or experiencing, causing us to grasp at ideas and philosophies in hopes of explaining the ensuing pain and chaos. We then continue with our old patterns of coping and struggle, hoping something will change.

Sexual healing is not just about sex; it is about bringing these energies together in a way that allows them to work in harmony and wholeness. It is a process that includes, but is not limited to, accessing your sexual center and sexual energy. As a woman in the 21st century living in Western culture, I had learned to keep my sexual energy neatly tucked away in its own separate compartment of my life. Mostly what happened "down there" was yucky and messy and smelly. I knew there was some hidden pleasure spot, but even that was only occasionally accessed. I had thought of myself as sexually exploratory and open, as long as it was within the "appropriate" setting - mostly marriage or monogamous relationship. To think of exploring this part of my body with sacred touch and ceremony, with loving presence, acceptance, celebration, honor and love was a brand new concept for me. I certainly would never have thought that accessing these sexual energies could somehow help me in my parenting, help me in my work, expand my creativity, assist me in my relationships and enhance my overall well-being. It was all new to me, and I was petrified.

During my very first Tantric session, as I gazed deeply into the eyes of the man I was partnered with, I felt a flood of emotions that I had not previously known I was holding. As the tears flowed I felt the release of disappointments and pain that I had unknowingly been holding for years. As he held me, I physically experienced a feeling of release in my heart, as if a rubber band that had been constricting my heart's flow had been removed. His training had prepared him to expect anything. He had been told that a woman in her process could be ecstatic, angry, distraught, frustrated or any other of the hundreds of emotions we carry. His challenge was to stay present with whatever showed up, and to be willing to hold those feelings, and me, regardless. He did that beautifully as I cried, went numb, laughed and cried some more. Over time I have gained an entirely new understanding of the masculine and how much healing there is when it comes together with the feminine with the intention of healing and wholeness. As our session came to a close we both laughed and cried together. I continue to be in awe of the power of presence, intention and healing touch that we can gift to one another. His sense of presence was certainly a gift to me.

After two years of practice, continued training, and eventually becoming a certified Tantric educator, I now know I had only been partially present in my own life. An invaluable part of me had been closed down in such a way that it was difficult to access the higher levels of joy, bliss, insight, intuition and connection. I now realize I had spent a lifetime in shielded protection from being loved too deeply, being seen too fully, opening too widely and being held too closely.

The effect of this work has been far-reaching. For months following the workshop I noticed how different my world looked and felt. Food tasted different, the wind on my face felt different, my interactions with people on the street were different, and certainly the quality of my close relationships became deeper, stronger and more profound than anything I had ever experienced. And now, as I work with clients from around the world, I am able to witness the power of sexual healing for others as well.

Tantra practice has opened me to new ways of accessing my heart, my feelings and my very being. Yet along with increased highs came increased lows. My range of emotion continues to grow exponentially and my ability to hold them all is increasing as well. I am learning that it is not without contraction that we find expansion, and the work of sexual healing certainly causes both. As the inhale and exhale of our breath brings life, so the inhale and exhale of our hearts brings depth. I continue the practice, I continue the learning, I continue the expansion and I continue breaking through barriers. Sexual healing, as well as my overall wellness, is a process, not an event, and my process is leading to greater joy and satisfaction than I ever could have imagined.

Written by Kim Keller

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**Yin and You: An opportunity for exploration**

**Tantric breathing**

Breath is core to accessing the energy centers in our body. Following this three-step process, set aside 10-15 minutes to practice Tantric breathing, and notice the energetic effects you feel on your physical body.

**Step One:** Find a comfortable upright position (lying down can tempt you to fall asleep instead of finding focus). Place your attention on your pelvic floor as it rests in the chair or on the ground.

**Step Two:** Imagine there is a live wire of electricity running from your tail bone up your spine, out the top of your head, wrapping back down the front of your body, returning to your tail bone and back up your spine, creating a complete "circuit" of energy. As you inhale, the energy runs up your spine, and as you exhale the energy runs down the front of your body. Once you have this breathing motion moving smoothly and consistently, move to step three.

**Step Three:** With each inhale tighten your vaginal muscles. On the exhale, release those muscles. Continue contracting and releasing these muscles with each breath.

Practice this breathing pattern along with the muscle contraction and release for 5 minutes. If this exercise seems easy you may wish to expand your practice time to 10 or 15 minutes. However, this breathing can really "charge you up," and if this is a new practice for you, be cautious not to overload your system. Practice gently, and notice the feelings you experience throughout the rest of your body -- before, during and after the exercise.

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**Upcoming Events:**

**Healing by Design: A private retreat designed just for you**

**This retreat is one of the safest and most sacred ways to explore *The Power of the Feminine and the power of Sexual Healing*.** Sexual Healing is about uncovering the fears, insecurities, and awesome power that arise when we connect with our sexuality.

It is for women who want to **access deeper levels of intimacy** within themselves and their relationships.

- Discover new ways to connect with your sensuality and sexuality that will add more joy and pleasure to your everyday moments.
- Experience being much more **comfortable in your own skin**.
- More fully understand how connecting to your feminine energy helps you *attract the intimate partnership* that you desire.

**Designed with a variety of schedules and budgets in mind.**

*Best of all, this experience is customized and created just for you.*

For more information visit: <http://theyinproject.com/Yin/events.asp#retreat>

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**Messages from the Men**

"We all have a sexual core, a sexual essence, if you will. Rarely have any of us been educated with the specific details that define what one's sexual essence is, be it masculine or feminine. With a clear definition of what is masculine and feminine and how to relate to where you most reside in your sexual core, there would be much less confusion, struggle and suffering in intimate relationships."

-Michael Jasz, Relationship Coach, New York

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**Join our Feminine Leadership and Coaching Program**

**We are now looking for 15 compassionate and optimistic women who are dedicated to their own self growth and to creating peaceful and sustainable communities.**

This entire program has been designed so it can be experienced from your own home. This provides both flexibility and convenience for the busiest of schedules.

Program starts: **Sept 9th.**

**Would you like to be of service to the world in a way that feeds the heart and soul of those you inspire?**

**During this 4-month program you will:**

- *Become more of an authentic and compassionate communicator and leader.*
- **Examine why certain situations and types of relationships continue to occur for you.**
- *Learn how to be the master of your own emotions rather than have them run you and your behaviors.*
- **Gain tools to inspire and motivate others to feel better and contribute more.**
- *Consistently discover how to feel more joy and ease no matter what is going on around you.*
- **Build confidence in using your intuition and that inner voice that is always there helping you towards your goals.**
- *Experience your power and confidence in asking for what you want.*
- **Learn how to increase intimacy and passion in your relationships by relaxing into your feminine radiance.**

... and much more.

**If you want to inspire others, and be a role model for a new way of being an empowered woman, and create sustainable, positive, life-long changes for yourself, [click here](#) find out more about;**

**[The YIN Project's Feminine Leadership and Coaching Program](#)**

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**Yinspiration:  
A message from Rachael**

I have been through my own experiences of sexual healing which have expanded my life in ways I could never have imagined.

It was a few months after I had participated in two different workshops on feminine sexuality, and what seemed to be a lifetime of being single, that I started dating Datta, my sweetheart. We are getting married at the end of this month. I am a very happy woman.

- Rachael Kennedy

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**Share the YIN Project with a friend**

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