

The Truth About Sex – Part 1

I recall the days when I was a teenager, hanging with my friends, doing my best to resist peer pressure with no reference point to avail me. My mother and every adult in my life shunned teen sex but they never told me and other teens what we could do in its stead. They never even took into consideration the sexual abuse that most teens face when they are younger and how that greatly influences their sexual energy. Instead, the preach shame and guilt upon the child that engages in sex at an early age. By thus doing, the child retreats into an imbalanced form of self-expression and living that is interpreted as rebellion.

The lack of self-knowledge of the parent and by the parent puts the family at a disadvantage of balance and harmony because they know not what other options are available to their children. They know not about the energetic anatomy of themselves and thus, cannot begin to teach it to their children. With overactive or underactive sexual energy radiating from the adults who run the society at large, it can be a confusing time of puberty for the children.

CONCEPT OF CONCEPTION

Most people believe that fetuses only inherit the biological make up of parents and fewer are aware of the fact that they inherit emotional habits and patterns of both parents as well.

This also includes mental and spiritual inheritances as well as everything is energy. When dealing with the human body, areas of science such as Quantum Physics, PNI (psychoneuroimmunology), and metaphysics teach us that everything is energy. There are also ancient spiritual teachings that support these "new found" beliefs such as Taoism, Buddhism, Kemeticism, and many more "isms". But before you stop reading, all one needs to do is study the human body. There are many talks of electro-magnetic frequencies within the medical field. The instruments that are used to measure biological functions (bio-feedback machines) of the body are based on frequencies emitted from the body. Frequencies, as defined by American Heritage Science Dictionary is "The rate at which a repeating event occurs, such as the full cycle of a wave. Frequencies are usually measured in hertz." Electromagnetic is defined as "pertaining to or exhibiting magnetism produced by electric charge in motion; [electromagnetic energy]." So here you have the frequency which represents the rate at which something is in motion and the electromagnetism which is the "kind" of energy being emitted.

So where am I going with all of this? How is it that doctors are aware of the energy emitted from an individual, but the individual is not aware of the energy it emits itself? How could we allow something, that is literally right in front of our face, get passed us? As humans, we give off energy in the form of vibes. Ever go somewhere and get an uncomfortable feeling? The feeling you experienced was the manifestation of the energies present in that space and your own personal energy interacting with it. You either feel it or you don't. Just stay with, I am taking you somewhere with all of this.

So now, here we are, as adults, not aware of the many different energies that are present within the human body. No knowledge of the main energy centers in the body known as chakras. No knowledge of the channels of energy that flow through the body known as meridians and nadis and no knowledge of the fact that our thoughts direct our emotions which are pure energy. The thought itself is pure energy as well. We have several energy systems within the body that we just simply never learn about unless we are willing to take a step and read uncommon material.

So as parents, who are pure energy, who have inherited the energetic makeup of their parents and so on and so on and so on, we are literally just passing down what is already existent in ourselves. Each child that you have represents your state of consciousness during the time of conception, including what was going on with you emotionally, mentally, physically, and spiritually whether you were aware or in denial or not. Your child is carrying everything about you in one form or another within themselves. What they have to do, is evolve from that state of consciousness through a process called soul evolution. Life is giving them a chance to sharpen and overcome the things that you, the parent, did not overcome. Life is giving them a chance to break or transmute the energetic frequency that has been passed down from generations. This is what many refer to as generational curses which really isn't a curse since one gets the chance to eliminate it for the future generations.

Sexual energy, one of the strongest, if not the strongest, energies in the body, is so powerful that it actually creates another life. The act of creating life almost holds no significance in America as it has taken a back seat to self-gratification, and is no longer considered a sacred act. We have something called chakras (pronounced chuck-rah) through out body and beyond. Each houses certain energies to sustain the life of our organs and filter out the energy from the planet that we receive to support our internal life systems. With

some of us, our sexual chakra (called the sacral chakra) is already active especially if one has been raped, molested, or incested. Otherwise, this energy awakens during the state of puberty and needs to be directed by transformation into a more refined energy. When we tell our children to not have sex, ignoring the fact that this energy is awakened, we are telling them to suppress that energy and it further attributes to their malignant behavior. Energy, including sexual energy, must stay in motion and the minute it ceases circulation or movement, is when dis-ease begins to set in, manifesting first in the energetic subtle bodies that inter-penetrate our physical body, then affecting our moods and behaviors through our thoughts and emotions. There is a solution, and no, I'm not referring to the children actually having sex. I am referring to sexual circulation. It only takes 10 minutes a day to do, in order for one to maintain their sanity (we all know what it is like to feel horny and not be satisfied).

Stay tuned for part 2 of this blog as I go into sexual circulation and its benefits and how we can direct our pre-teens and even ourselves to use this technique as an alternative. Remember, we cannot tell our children, or anyone, to NOT do something without giving them another option - or a point of reference.