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*Rock bottom became the solid foundation  
upon which I built my life.*

JK Rowling,  
in her 2008 commencement address to Harvard

## **Introduction**

I am a whole, healed being. With a great deal of assistance, help, and support, I have taken a tangled knot of fragmented consciousness and lovingly unwound each thread, smoothing as I went. I have braided the threads together into a cohesive weaving with a beautiful pattern of integrated colors and textures. I love who I have become. My life is overflowing with joy. It is not without times of sadness and difficulty, for this is the human experience of contrast that we are all here to explore. The challenging times provide us with information about our inner experience so that we can make informed choices. *You* are a whole, healed being. Perhaps it does not feel that way to you right now... and yet, here you are, taking a healthy step in the right direction.

The time has come in the evolution of our species to embrace wholeness. What does this mean? Wholeness is defined as “an undivided or unbroken completeness or totality with nothing wanting.” As we align ourselves with the accelerating planetary shifts, everything that is not about love is being asked to be transformed in our bodies, our energy fields, our lives, and our relationships. We may find our own personal shadow, our pain, guilt, and fear, clamoring for integration. Our past strategy of ignoring or setting aside these parts of ourselves is no longer serving us. But there are ways to liberate them and find peace.

Embracing the lost, sad, shameful, forgotten parts of ourselves is the first step in reclaiming our sexual wholeness. As we acknowledge and release that which no longer serves us, we create spaciousness for the inherent expansiveness of love to fill our beings. We begin to love all of ourselves, not just the shiny parts that we are projecting to the world. As we fully accept and appreciate ourselves, compassion flows from us effortlessly.

Often we hold shame and guilt in our sexual center, remnants of childhood events that imprinted us well before we could make informed choices. Religious doctrines, sexual abuse and trauma, and our parents' own childhood imprints get passed down generation after generation. We can choose to shift ourselves, breaking the generational patterns that unconsciously drive us. There are many tools and helping professions available to us now that were unheard of twenty years ago, and many choices for healing methods. Had I known then what I know now, my healing process would have most likely been a much shorter and easier journey.

This book specifically addresses sexual addiction stemming from childhood sexual abuse, and is based on my own experience of healing and recovery. Having been sexually, physically, and emotionally abused by a stepfather between the ages of five and ten, I acted out my power and self-esteem issues as an adult until I reached the bottoming out point of deciding to turn and face my past. I self-diagnosed as a sex addict, and embarked on a decade-long (life-long) journey of healing and recovery. I chose methods that would be considered "alternative," and rejected the mainstream approaches to recovery as unsuitable for myself. As I reflect back on the incredible beauty of the journey to wholeness that I took, it takes my breath away.

My journey eventually led me into the healing professions, first as a Reiki practitioner, then a massage therapist, and finally into the work of therapeutic somatic sexual healing. My training in these arts greatly assisted me in my own inner work, and over time I was able to achieve mastery of my sexual energy and the level of integrity that would allow me to assist others on their healing and recovery journeys. This is a perfect example of the “wounded healer” archetype. To quote the film *The Wounded Healer* by Humanity Healing Network, “Carl Jung believed that a malady of the soul could be the best possible form of training for a healer. In the search for our own cure, we discover how to help others. Wounded healers bring compassion and empathy, because they have experienced their own pain and healing process.” I feel a strong resonance with these statements.

This book uses the chakra system as a guideline for the healing journey. It also includes my deeply personal accounts of some of the amazing, magical experiences I had along the way in the form of short stories. I am not trained as a therapist, nor do I have a college degree. I took a very alternative path to my education as well as my recovery. What I do have to offer you is an open heart that overflows with love, compassion, and empathy for your personal process. I am able to transmit those qualities to you as you read these pages, as part of the magic of intention and energy. Please receive as much as you can, as much as you choose to, and use it for your highest and best good. This book is my love offering to the world.