



Path to Passion

Love, Synergy, Joy & Ecstasy at Your
Fingertips

Class 1 - Sex and Intimacy

With Alina Frank & Dr. Craig Weiner

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Class #1 – Sex and Intimacy

Welcome to your free introductory lesson in our 7 part series on sex and intimacy. My name is Alina Frank. Together with my partner Dr Craig Weiner, we will be taking you on an exciting journey from healing your sexual challenges to expanding your capacity to feel greater and greater connection in your relationship. We will accomplish all this through the quick and easy techniques.

I am an EFT practitioner, mentor, coach, and a moderator on Gary Craig's EFT Women Wise Forum. I have instructed and assisted thousands of clients and students around the world and my experiences have inspired this body of work.

Hello, my name is Dr Craig Weiner and I am very excited about working with you today and hopefully throughout the rest of our class series.

In case you are finding yourself smiling and wondering did they really say their names were Frank and Weiner...the answer is yes. It is both cosmically humorous and serendipitous that we have joined together and offer this course to you on intimacy and sexuality. We laughed together as we entertained the possibility of re-naming this program the Frank 'n Weiner Show, but ultimately decided against it. Let's just say there is a sense of destiny here that does not go unnoticed.

Personally, I have been a practitioner in the healing arts field for nearly 25 years, 18 as a doctor of chiropractic, and also as a workshop and retreat leader, lecturer, and creator and director of cross-professional educational and healing programs.

My interest in sexuality as a path for healing has led me to teachings in the fields of sacred sexuality, Tantra, Native American Quodoshka Sexual teachings and more.

This background, together with a passion for Energy Psychology techniques have led me to presenting this information to you which I hope you will find to be both inspiring and life-transforming.

After years of specializing in the field of relationships, I have yet to come by a faster, more effective process for creating joy, greater sensual and sexual expression, ecstatic adventures, and a mutually loving bond that only increases with time.

In each class you will receive a 30-40 minute downloadable presentation filled with clear instructions, tapping scripts, and homework designed to step by step eradicate blocks that interfere with your living your dream of having a physically and emotionally satisfying sex life. Bring a glass of water and something to jot notes down with to each week's class. Make sure you view this entire 1st video as you will get your first assignment near the end.

Now I'd like to go over the basics of tapping, which is at the heart of energy meridian therapy. You can visit my website at www.tapyourpower.net, click on the free gifts section and print out a chart to help you. Don't worry if you haven't memorized this entire process by the time we actually do some tapping, I will verbally guide you each and every time.

We will use the terms EFT, and tapping interchangeably throughout the series. If you have never done anything like this before, you can have fun online where you can explore hundreds of sites and a growing number of studies on this topic. I especially recommend visiting the epicenter of the EFT world at www.emofree.com where you can learn the technique in more depth with over 140 hours of instructional DVDs and also pick the EFT manual that has been distributed to over 1,000,000 people in 14 languages.

In the energy psychology worldview, we assume that most issues are emotional and that negative emotions are a result of blocks in the energy system. What causes those blocks? Trauma, painful experiences or basically anything that is really too much for your mind to handle when it is actually happening. You put things that stress you aside, create time between the event, and you think that you are done, but unfortunately that is rarely the case.

You will often continue to re-create situations that will trigger you until you finally release the disruption through some process. Nowhere is this cycle more obvious than in bed. The largest and most powerful sex organ in the body is not between your legs, but between your ears.

Incidentally, we are referring to the same energy system that has been used for thousands of years in Chinese Medicine and this is why we say that we are performing emotional acupuncture without needles.

What do we use instead? Our very handy fingertips. That's right. As weird as this might seem at first, you will soon be convinced, as you start to feel the results almost

immediately. You will be tapping on points on your head and upper body. To begin, you will take the fingers of your dominant hand and tap on the area on the side of your other hand, between the base of the pinky and the top of the wrist. This is known as the karate chop point for obvious reasons. We begin all the rounds of tapping by stating an affirmation statement three times while continuously tapping this area.

You will be going at a pretty quick pace. Something like tap, tap, tap, tap, tap, tap.

How hard should you tap? Tap about the same pressure that you would apply if you were drumming a tabletop or pushing the numbers on a touchtone phone whose keys are a bit sticky. It makes no difference if you tap harder and you may actually bruise yourself, so be gentle.

OK. Step one is complete...you tap on the side of the hand while repeating the affirmation. The next place to tap is the Top of the Head. You will be using the 4 fingers of your dominant hand again and again. You will be tapping continuously at a quick pace.

Next, take 2 fingers and tap on the Center of the Forehead. This is called the Third Eye Point.

Next, 2 fingers on the start of the eyebrow closest to the bridge of the nose. This is the Eyebrow Point.

Next, 2 fingers on the Side of the Eye, on the bone just outside the socket, but not so close that you blink. It does not matter whether you tap on the right side of the face or

the left, or both sides with both hands simultaneously...it really does not make a difference.

The next point is Under the Eye and that is about 1 inch below the center of the pupil on the bony ridge.

The next point is under the nose and midway between the bottom of the nose and the top of the upper lip.

The next point is below your bottom lip on the indent or line above your chin. This is the Chin Point.

The Collar Bone Point is next. For this point you will make a fist and gently tap on the area where a man would tie the knot of his necktie.

The next point is under the arm and since this is a large area you will want to use 4 fingers. It is located under the arm pit on the side of the body where a woman's bra strap crosses to her back. This is called the Under Arm Point.

Finally, you will go back up to the head and tap on the top of the head and I usually ask you to take a deep breath in and out to finish the tapping series.

Don't worry if this seems like a lot to learn all at once. We will be verbally guiding you when the time comes.

WHY IS SEX SO IMPORTANT?

Images of sex dominate conversations, magazine covers, television commercials and movies. References to sex are ubiquitous. We all know that Sex sells. Internet bandwidth has more pages and sites dedicated to sex than any other single topic. So, it is undeniable that sex, or at least the referencing to it and the discussion of it, is certainly prevalent everywhere we look and listen...but does that make it important? Let's explore some of the ways that you might find that having a healthy sex life is of importance to you...

How about Sex and Happiness? I certainly imagine that YOU wish to be happy; and guess what? According to a Dartmouth study of over 16,000 Americans, "Sex is THE activity that produces the SINGLE LARGEST AMOUNT OF HAPPINESS."

And if you think that Being Happy may be overrated and that Living Longer is where it's at, a study from the Journal of Gerontology reported that "Happiness was found to predict Longevity better than any other health aspect or physical activity."

On ageing gracefully, According to research extolled by Dr Oz, Oprah's favorite physician, "Having 200 orgasms a year can reduce your physiological age by 6 years".

The beneficial affects of sex on your health are enormous. Here is but a short sampling of studies that speak to how frequent shagging helps to keep the doctor away...

Worried about your heart? A Queens University study reported that men who have sex 3 or more times per week will result in a 50 percent decrease in a mans risk of heart attack and stroke.

Do you have frequent colds? A Wilkes University study showed that sex 1 to 2 times per week boosted immune response by 30 percent.

Do you not make it to the gym often enough? The exercise and fitness aspects of regular romps in the hay increases heart health, burns off a good 200 calories, tones core muscle and pelvic muscle strength, regulates women's' menstrual cycles, reduces a mans risk of prostate cancer, produces endorphins to reduce physical pain and yes, has even been shown to offer temporary relief from yes, headaches.

If we take a look at if actually having sex is important to us, we find that over 20 million men are seeking pharmaceutical assistance with Viagra alone, on a regular basis. Heck, Viagra alone has been Yahoo searched over 2 million times, and over 30 million American men have the Big...or Little...problem of impotency of E.D. or Erectile Dysfunction and are looking for any way to overcome it. All statistics show this problem to be on the rise and we find that dealing with the underlying emotional issues through tapping is a safe, extremely effective and side effect free approach to helping to create a healthier sexual life by healing unresolved emotional issues which can interfere with healthy and free sexual expression.

A healthy sex life can bring about greater intimacy in a relationship. The physical act alone causes surges in the hug hormone, Oxytocin that result in increased levels of trust, bonding, connection, touching and cuddling. which simultaneously lowers stress, increases desire and sends messages to the brain to secrete neurotransmitters that just make us feel good about ourselves and our partner.

Lastly, lovemaking is important because it can be a vehicle....a path to wonder...to seeing your partner in their greatest most godly aspects....This same act has the potential to

create the most miraculous of things, a new life. This path to sacredness and the birthing of new connections and new life is worth the time and effort to make it all it can be.

So, I know that you knew that sex was important, but now we have expanded the scope of it from a joyful and pleasurable act to something that is important for happiness, longevity, health and sacredness....

THE PROBLEMS:

There are 4 types of Sexual Dysfunction:

First, Sexual Pain Disorders, or “Ouch that Hurts!”. I have seen this in my practice more in women than men. It can be as severe as vaginal atrophy where sex can be physically impossible or as simple as discomfort during penetration.

Secondly, Sexual Desire Disorders...or “Honey, I have a headache.” Incidentally, the little blue pill does nothing for desire, but merely increases blood flow to the penis. It does not address the root emotional cause of why a man would not want to have sex or have sex with a particular person in the first place. All you have to do is to look on the manufacturer’s website to see that the side effects of these drugs can be devastating. Why not try tapping on the cause instead? One question you can ask yourself to discover the cause is...”If I could be fully sexual again, what might the repercussions be?”

I have seen male clients who were so traumatized by past relationships that when it was time to consummate a new loving partnership they just could not do it until they healed those old wounds.

Thirdly, Sexual Arousal Disorders, or “I’ve fallen and I can’t get it up”. This problem is far from being isolated to men.

According to USA Today, between 30 to 50 percent of adult women have no sex drive. Many sources are claiming that we are currently in the midst of an epidemic of sexless marriages in the U.S.

If we know that stress, time pressures, lack of connection, and financial strain can kill your libido, is it that far of a stretch to suggest that most if not all sexual problems can be healed by applying energy psychology?

Fourth, Orgasmic Disorders, or “HHMMM, I’m so frustrated!” You want to scare an inorgasmic woman to death? Tell her that you can read her mind during sex. It might read something like “oh, this is silly”, “I feel fat”, “I don’t know what’s taking him so long”, or “what’s for dinner” or “my mother would die if she saw me now”...

Quite often simply tapping on all those nagging voices before climbing in the sack can relax a woman enough. The pleasure that an orgasm can bring is not only important for the health reasons Dr Craig went over but many men report to me that there is nothing that gives them greater satisfaction and joy than bringing their partners to orgasm.

The associations and connections that our minds create are amazing. One that consistently shows up for pre-ejaculators in my experience is the memory of having

been “caught” self pleasuring at a young age. The trauma and embarrassment of getting busted by a family member, friend or anyone for that matter, causes these men’s subconscious minds to reach climax quickly so that it can never happen again. Lastly, the areas of internet pornography, addiction and past sexual abuse are so pervasive that we will address them individually in a later class. The greatest contributing predominant negative emotion to these dysfunctions is Fear.

FEARS AND RESISTANCE:

We’ve evolved from the reptilian brain to the crowning glory of Homo sapiens, the neocortex. However, that part of our distant past still plays a part in our sexuality. We are hardwired to detect danger in our surroundings including: Who we are physically close to and who we become reactive or triggered by.

We can choose to have hot animalistic sex (Reptilian Sex) but, to create real intimacy, to find greater self love and self –expression, to reach altered states and nurturing connection with another, we need to activate the higher functioning, more evolved neocortex.

Those things can’t happen if your fight, flight or freeze response is engaged through the emotion of fear.

Here are some of the most common fears regarding sexuality that we will actually tap on to release:

Think about unearthing something about your feelings toward wanting or not wanting sex that you don’t want to know....how scary is that possibility?

I am scared of finding some issue that is too big, too frightening or too dark for me to address.

I am scared of causing a rift in my current relationship.

What if I suddenly want more sex?

My current relationship might have to change to be fulfilling.

My fear or embarrassment of having to actually talk about it out loud.

My partner might judge what I want and am asking for.

My embarrassment about my preferences or what others will think, feel or say about them.

I am scared that I might not get what I want so I would rather not ask for it at all because I will be disappointed.

I can't tell my partner because he or she might feel hurt or even offended.

OK, good, let's get started with the tapping:

Start tapping your Karate Chop Point....Set up phrase:

“Even though I am scared that I will uncover some problem that is too big for me, I fully accept myself.”

“Even though there is a part of me that would rather remain in the dark about my sexual problems, that's OK, and I can accept where I am right now, in this moment.”

“Even though I don't want to face my greatest fears in bed, I love myself anyway.”

TH: I'm scared of what I might discover

TE: I might find something I don't really want to know

- EB: I'm afraid
- SE: I'm really scared
- UE: It might be too dark to be revealed.
- UN: There is a part of me that would have it remain buried.
- CP: It might feel too overwhelmed.
- CB: I'm scared of looking for the problem
- UA: I might actually find it.
- TH: What if I could simply allow it to reveal itself?
- TE: To bring awareness to it could actually lighten it.
- EB: If I allow myself the insights, I might actually be taking a step towards healing.
- SE: What other areas of my life could possibly expand as a result of this awareness?
- UN: There is a part of me that is ready to look at these issues to have them worked on.
- CP: I choose for this part of me to prevail now.
- CB: I am feeling hopeful about this process and choose to feel safe as I explore these issues.
- UA: I choose to feel compassionate, patient, and loving towards myself during this process.
- TH: I claim my birthright to be happy, peaceful, joyful and grateful about my commencing on this journey of full sexual expression.

THE POSSIBILITY FOR GREATNESS:

How far can this work take you? Well, how big do you dare to dream? How expansive are the possibilities of deep intimacy and outrageous shared sexual connection?

The possibility of greatness resides within the practice of cultivating this Life Force, Kundalini energy.

Wayne Dyer refers to the timelessness and universality of the pleasurable sound of “AAHHHH” in his book, *The Power of Intention*. That familiar sound that is used so frequently during the pleasures of sex, is interestingly enough, common to all the names of God: Yahweh, Allah, Ra, Jehovah, Krishna, Kali, Yeshua...So perhaps the religious separation of God and Sex has kept us farther away, rather than allowing ourselves to feel even closer to the Divine through our physical and sensory form.

Combining spirituality and intimacy is a concept beautifully explored in David Deida’s book, *finding God through Sex*. He states so eloquently, “Practice worshipping and relaxing in communion with the Divine through the physical form of your Lover....Actually feel your lover’s form to be the form of the divine.” And “ ... if you treat your lover’s form as divine, as a sacred incarnation of infinite spirit, then your sexing will serve to liberate him or her from anything less...”

In a different paradigm, thousands of years of study in the field of Chinese Medicine differentiates and speaks to the need for the balancing of Yin or feminine energy and Yang, or masculine or male energy.

Yin energy is nurturing, creative, cooperative, intuitive, receptive, yielding to outside forces and points the importance of beingness in order to achieve your dreams.

Yang energy is exemplified by giving and doing; it is action oriented, often strong, practical and dutiful.

The balance of Yin and Yang is where the magic happens, both within oneself and in the context of relationship. As an individual, as well as in the context of partners, the balance of giving combined with receiving has far more potential for healing than having double givers or double receivers. The most powerful sexual experiences are most often the ones when there is a clear definition in the moment, of potent masculine and feminine forces co-joined in balance, no matter which gender is carrying that energy at the time.

Altered experiences during sex are not only set aside for lifelong students of Tantra. And even Jewish mysticism speaks of the sacred feminine and masculine energies in ancient texts and in fact the Kabbalahists consider the very erotic Song of Songs to be the most sacred part of the bible.

- Let him kiss me with the kisses of his mouth: for thy love is better than wine.
- Because of the savour of thy good ointments thy name is as ointment poured forth, therefore do the virgins love thee.
- Thy two breasts are like two young roes that are twins, which feed among the lilies.
- Until the day break, and the shadows flee away, I will get me to the mountain of myrrh, and to the hill of frankincense.
- I am my beloved's, and his desire is toward me.
- Come, my beloved, let us go forth into the field; let us lodge in the villages.

□ Let us get up early to the vineyards; let us see if the vine flourish, whether the tender grape appear, and the pomegranates bud forth: there will I give thee my loves.

□ The mandrakes give a smell, and at our gates are all manner of pleasant fruits, new and old, which I have laid up for thee, O my beloved.

The Mind shift Institute reports that 10 – 12% of adults in the U.S. have at least one transcendent sexual episode in a lifetime. Scientific research has revealed how when certain neuronal aspects of the brain are stimulated, and have been re-created in the laboratory, spiritual experiences can be created. Why not forgo the electrodes on your head, or the hangover the next morning and explore the truly great possibilities exist for you with a loving partner?

Let's do some tapping for the infinite greatness that you can begin to sense as you embark on this path.

Top of Head: I allow myself the chance to feel, see, and touch all those parts of me that may have been long dormant.

Third Eye: I chose to feel safe as I uncover those blocks that have impeded my growth in this area of my life before.

EB: What if this were something I could learn easily, joyfully, and could actually bring my partner and I closer together?

SE: How would I feel if we were to love that deeply on a physical and spiritual level?

UE: What could I gain from mastering my sexual nature?

UN: Are there other limitations that I could transcend as a result of this healing?

Chin: I am ready to do some tapping around this issue and I am ready to an open and honest assessment of my sex life.

CB: What have I got to lose but what is hindering me?

UA: I feel grateful for being given this vehicle for pleasure

TH: And now I intend to assist my mind, body, psyche, and spirit so they may work in conjunction with one another to so that I can see, feel, touch, and know how magnificent I truly am.

We hope that we have titillated and whet your appetite for what lies ahead in this series. Each week will build on the foundation of the last one. You will receive specific assignments to work out some of the most common challenges in the bedroom and move you closer to your own personal and unique sexual nirvana. Those weekly topics will include:

Monsters under the bed- dealing with past abuse, and relationships

The Mirror over the bed –healing body self image issues

The Doctor in the bed- physical arousal, hormones, disorders

The Priest in the Bed – working with morals and judgments

The Wired Bed- How stress affects lovemaking and how to reverse it

Who's In Your Bed Now? - Our top 10 tips for tending the flame or resurrecting the heat with your partner.

Your homework assignment this week is to go back to the list of fears and carefully sit with how those that are applicable to you and your situation and tap on each one while simultaneously listening to your inner voice. That inner voice will lead you to getting more specific and specificity is what super charges the tapping. For example if you find that the statement that most resonates is “I feel scared to tell my partner for fear that they might feel hurt or may be offended” then I would have you try to write down specific times in this relationship or in any other relationship you’ve had when you did hurt someone or they were offended by what you said. What you must realize that our minds learn by the law of associative memory. The fear that is showing up is most likely related to an event in your past and the more you can tap on the origin of the pattern of fear the more likely you are to completely collapse it. If at any time you feel particularly afraid, anxious, or sad then continue to tap on the points until the overwhelming emotions subside. You really don’t even need to say anything just keep tapping, and tapping until you feel relief.

We look forward to doing this again next week so until then. And don’t forget- Keep on tappin’