

Lovingway Coaching & Retreats

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Soulful Sex: A Course in Sexual Liberation

COURSE SYLLABUS

1. Open course package materials and download the **Soulful Sex** e-book that is the course text.
2. Call 928-445-7501 and schedule your 30-minute orientation telephone interview with Diana. You may send Diana a short email at any time at diana@lovingway.net with your questions or concerns about the course. Diana will answer you with support and direction to enhance your learning.
3. Purchase a journal to use to record your reflections as you read the book and your responses to the exercises. Purchase crayons, chalk, magic markers or colored pencils to draw in your journal. If you want to use other art modalities to express yourself such as paint or modeling clay or wonderful dancing music, purchase these.
4. Download the *Creative Play Exercises* and print out *Exercises for the Spirit, Exercise 1: Coming to Terms with Sexuality, Spirituality & Love, and Exercise 2: Creating Sacred Space*.

5. Read *Introduction to Creative Play Exercises* and *Exercise 2: Creating Sacred Space*. Write your answers to the questions in your journal. Write your intention for taking this course in your journal. Answer the rest of the questions in this exercise as it applies to taking and completing this course.
6. Read the *Prologue* and *Forward* to the book and *Chapter 1: Discovering Sacred Sexuality*.
7. Complete *Exercise 1: Coming to Terms with Sexuality, Spirituality & Love*. Answer the following question and put in your journal: What is your view of the relationship between sexuality, spirituality and love?
8. Read through *Exercise 3: Meditation, Cultivating Sacred Space Within*, Find a place to practice meditating. Have a sound system and your CD *Tantra Prayers* beside you. Sit on the meditation cushion or chair. Put the CD into the sound system, take the meditation position and turn on *Tantra Prayers* and listen to the entire CD. Then meditate for 10 minutes. In the future, begin your meditation practice, by doing 1 or 2 of the *Tantra Prayers* to create sacred space, then meditate in silence. Every time you meditate, read through *Exercise 3* before you meditate until you do the steps automatically.
9. Read through *Exercise 4*, then practice *Exercise 4*. Use this deep breathing exercise when you meditate. You can use the visualization exercises when you meditate or simply focus on your kath as described in *Exercise 3*.
10. Read *Chapter 2: Capacities of Trust & Love*. Write in your journal what you learned or were reminded of in this chapter. What did you like, disagree with? What questions do you have?

11. Listen to the CD by Steve & Lokita Carter. Record what you learned or were reminded of in your journal. Develop the practice of finding 1 thing in particular that you like about the Carter interview, 1 thing that you disagree with and 1 question that you have. Record these in your journal.
12. Read *Chapter 3: Ecstatic Loving & Living*. Record in your journal what is one thing that you're taking away with you in your understanding of sacred sexuality?
13. Read and complete *Creative Play Exercise 5: Sacred Sexual Breathwork*. Record in your journal what your reactions to this exercise were? What did you learn? Was there anything you felt uncomfortable about? What felt pleasurable? What were the distinctions in the sensations when you breathed into your genitals versus when you breathed up to your brain, then out to the universe? What did you like best?
14. Read and complete *Exercise 6: Body Blessing Exercise*. Record in your journal how you felt doing this exercise and afterwards. What did you learn? Was there anything that was hard or uncomfortable about this exercise? How will you treat your body after this exercise? What is 1 thing you can commit to that would help you honor and take care of your body better?
15. Read and complete the *Creative Play Energy Exercises*. What did you learn? What questions do you have? Write about your learning in your journal.
16. Listen to the CD interview with Margot Anand. Record what you learned or were reminded of in your journal.
17. Read Chapter 4 in the book, *Eight Secrets to a Great Love Life*. Record in your journal what your most important learning was. Do you have any questions?

18. Complete the *Exercises of Love* in the *Creative Play Exercises*. What did you learn about yourself from doing these exercises. How open are you to giving and receiving love? Do you have any blocks to loving or being loved? What are they and how do you intend on resolving them? Did you get a partner for any of these exercises? Why? Why Not? How would you rate yourself as a loving person on a scale of 0-10, 0=totally not loving; 10=totally loving.
19. Read *Chapter 5: Relationship as a Spiritual Path*. Record your learning, insights and questions in your journal.
20. Listen to CD of Gaia Reblitz, *Playful Pathways to Sacred Sexuality*. Record in your journal what you learned and any questions you have.
21. Read *Chapter 6: Playful Pathways to Sacred Sexuality*. What were you reminded of or what did you learn?
22. Read and complete the *Exercises in Sexuality*. What did you learn about yourself? Do you have any questions?
23. Listen to the CD on Suzie Heumann. Record your learning and your questions.
24. Read *Chapter 7: Tantra & Transformation in Everyday Life*. What impressed you about this chapter? What are you able to apply to your everyday life?
25. Read and complete the exercises on *Moving Energy for Pleasure & Transformation*. What did you learn? How will you apply this to your life?
26. Read *Chapter 8: Living the Tantric Life*. Record what you learned and any questions you have.

27. Read and complete the *Orgasmic Bliss Exercises for Women and Men*. What did you learn? What are your questions. Was there anything you were uncomfortable with? Did you experience a genital orgasm? G spot or p spot orgasm? Blended orgasm? Cosmic orgasm? What did you like best? What is your growing edge in regard to orgasm?
28. Read *Chapter 9: Seeds of Enlightenment*. What did you learn? Do you have any questions? How do you feel about how you integrate sexuality and spirituality into your everyday life?
29. Review your vision of what you wanted from reading this book? Have you met your goals? How so? Are there areas you did not learn about that you wanted to learn? Where do you want to go from here? How are you going to apply your learning to your everyday life?
30. Schedule and complete your 1 hour closing phone call with Diana Owens, 928-445-7501.