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Color meanings are powerful tools. **Color** is more than a combination of red, green, and blue or cyan, magenta, yellow, and black.

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Colors often have different **meanings** in various cultures. In Western societies, the **meanings** of various **colors** have changed over the years. Today in the US, ...

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What **Color Means**: **Color Symbolism** and Emotions of **Color** Explanation of ...
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Meaning was attributed to each **colour**. Blue was held to be concentric, passive, ... **Colours** also have different **meanings** from culture to culture. ...

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How **colors** influence us in marketing products through web design.

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[Progress In Colour Studies - Speakers, Co-Authors & Exhibitors](#)

Meanings of Colour in the Mexican University Population. Biggam, Dr Carole P., Dept of English Language, University of Glasgow, UK ...

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white

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silver

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- Traditional Meanings of Colour
- Colour in Symbol and Ritual
- The Psychology of Colour
- Healing Through the Aura
- Finding Your Soul Colours
- Dowsing for Colours
- The Chakras
- Colour Dislikes
- Feeling Colour

gold

red

pink

Main

orange

purple

yellow

green

blue

brown

grey



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Feeling Colour

Red

Main

Orange

Yellow

Green

Turquoise

Blue

Indigo Violet Purple

Magenta

White

Gray

Silver

Gold

Brown



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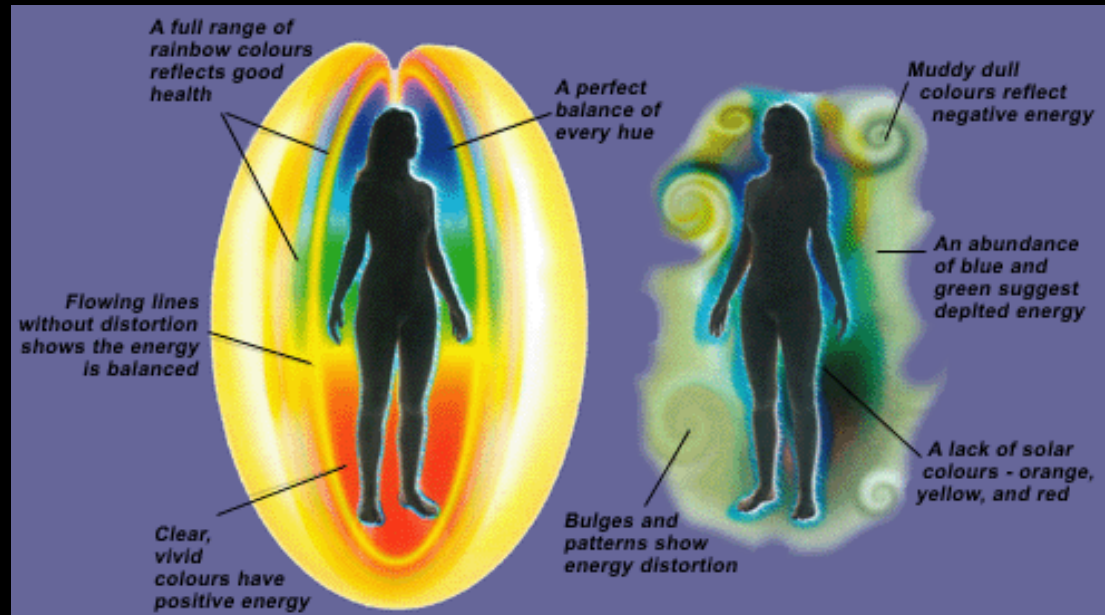
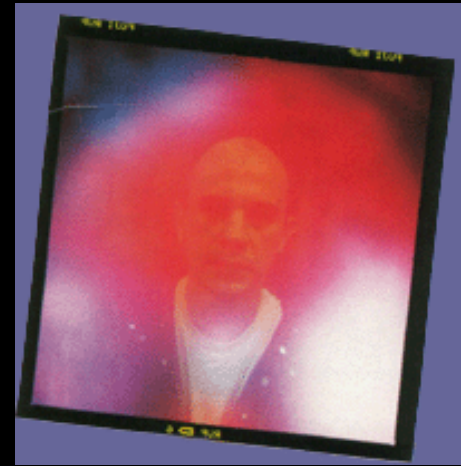
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Bands of the Aura



The Colour of Auras



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Colour Dislikes

Feeling Colour

If you wear red...

Main

If you wear pink...

**If you wear orange, peach, or
apricot...**

If you wear yellow...

If you wear green...

If you wear light blue...

If you wear dark blue...

If you wear violet...

If you wear purple...

If you wear white...

If you wear gray...

If you wear brown...



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Colour Dislikes

Feeling Colour

Main

Colour Energy Associations

| | |
|--------|--|
| red | |
| pink | |
| orange | |
| gold | |
| yellow | |

| | |
|-----------|--|
| green | |
| blue | |
| turquoise | |
| dark blue | |
| purple | |
| | |
| white | |
| brown | |
| gray | |



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Spiritually too, **colour** is of immense significance. ... Green creates a **feeling** of comfort and relaxation, calmness and space, lessening stress, ...

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Itten's **color** wheel took into consideration the subjective **feeling** that's ... As intonation lends **color** to the spoken word, **color** lends **spiritually** realized ...

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In their mind, they're actually **feeling** or smelling the **color**, texture, ... Does it mean the person is **spiritually** strong? What else could it mean? ...

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Color Psychology

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The Meaning of Colors

Medical science has proven that different colors have definite and various effects upon our nervous system and that they act quite independently of our eyes or minds. All matter emits vibrations. A human being also radiates subtle emanations of everything of which he is composed. A person with extra sensitive sight is able to see the colors of these rays known as a person's aura. Colors are of the deepest significance to us throughout all phases of our life. They have more influence on us than we can possibly imagine. If we use them intelligently, they can help us by strengthening, soothing, and inspiring us. Dark, drab and dingy colors can harm our spirits and health. Strong bright colors may bring out the best in us, physically, spiritually, mentally and emotionally.

Quickly select your favorite color and click on it to read a personal evaluation of your personality based on the color you chose!

Red:

Spectrum: 1st color - the lowest of the seven spectrum colors

Planet: Mars - God of War

Element: Fire

Gemstone: Ruby

Metal: Iron

Musical Note: C - the lowest note on the scale - martial music

Attributes: Strength, force, power, control and leadership. Stimulation, warmth, excitement. Good health, physical energy, love, sex, passion, courage, protection. Birth, life and death, birth and volcanic eruptions. Red is the chief color in any herbs or medicines having a heating and stimulating effect, such as cayenne, cloves or musk.

Characteristics: A person who likes red can express many personality traits. The positive ones being passion, energy, and money making. The darker manifestations of those who favor reddish-brown colors can be addictions such as drugs, alcohol, eating disorders or emotional instability. Red-oranges are dynamic people persons who love the outdoors. High emotions are characteristic of those who like red with blue overtones. They can be energetic people to be with. Red personalities are seductive. Men are attracted to a woman wearing red regardless of how good looking she may be. Business people who wish to stand out wear red to meetings, expressing their desire for power and control. They crave the attention. The red personality makes others feel more energetic and vital. This personality may have a volatile temperament but cools off just as quickly. A bit of a know-it-all, the red person is quick to give others answers to any question. What they don't know, they will find out, as they are terrified of appearing stupid. They want everything done in a hurry. They are expert power nappers when they run out of energy and then bounce back as before.

Red personalities feel all powerful and convince others that they are but they do not make good leaders. Under proper direction, they do make good followers and have no problems doing whatever needs doing to finish a job. A bit scattered, red personalities can go off on tangents, their attention span being limited. Quick minded, bright people, when focused, they can be very determined.



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Orange:

Spectrum: 2nd color of the seven spectrum colors

Planet: Sun

Gemstone: Amber

Metal: Gold

Musical Note: D - emotional music

Attributes: The color of nature, warm, invigorating, confident and courageous. Encouragement, helpfulness, concentration, attraction, adaptability, stimulation.

Characteristics: As nature lovers, orange people love being outdoors, whether walking in the forest or participating in sports. Nature invigorates them and being housebound depresses them. They feel an affinity for both flora and fauna, recognizing that all people are also part of nature. Well thought of by others, orange personalities make good friends and excel at careers such as farming or ranching, wilderness guides or professional sports.

They may sometimes make others mad but it is short-lived, it usually doesn't last very long. Most are the nicest people but it's not smart to put them in a corner as they will bite. They are generally considered good lovers with a decidedly kinky side, in that they are completely open to try anything to please a partner. Egalitarian, they like to support the underdog and are very much good Samaritans. They do talk a lot, project their voices loudly and are not afraid to express opinions on anything. Learning from past mistakes, orange people are thoughtful and very aware of their actions and surroundings. Orange personalities are completely secure in knowing that what they wish for in life is theirs for the taking and that they deserve the best.

[Top](#)**Yellow:**

Spectrum: 3rd color of the seven spectrum colors

Planet: Mercury

Element: Air

Gemstone: Topaz

Musical Note: E - lowest of the seven notes martial music

Attributes: Intellectual, wise, quick witted, confident, divinity, communicative, eloquent, full of movement, luminous, thoughtful and royal. Attractive, persuasive, trustworthy and charming. Yellow is the main color in all herbs which are purgatives or nerve-stimulants, such as senna, sulfur, fig juice, tartar, castor oil.

Characteristics: Yellow is the color of the Buddha and His followers. Yellow people make good leaders as they are methodical in their thinking and decisive. They analyze before acting.

People with yellow personalities are very business minded and like to be thought of as educated. They use their minds to achieve their goals and as a result, love games and are particularly good at chess. Yellow people can be stubborn and if they favor mustard yellow, they can be pompous and cause suspicion. The darkest characteristic of yellow is deceit and cowardice.

Yellow personalities consider all points of view prior to making decisions. They can bury their emotions when they are feeling stressed out, believing it to be a sign of weakness and refuse to allow others to see them this way. They are insular, keeping their circle of intimate friends very small and limited to those who are also business types. Even having

friends, yellow people depend only on themselves. Both males and females are considered clothes horses, liking to look good at all times.

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Green:

Spectrum: 4th color of the seven spectrum colors

Planet: Saturn

Element: Earth

Gemstone: Emerald

Metal: Lead

Musical Note: F - minor key, melancholy music

Attributes: Stability, harmony, pacify, luminosity, quietude and peace of mind. Money, luck, success, prosperity, abundance, employment, fertility, healing, growth and cooperation.

Characteristics: Green personalities are nurturers. They wish to help, heal, or mother others. As such, these people can be found in the medical profession or social work. Others view them as good listeners and trustworthy as they keep their thoughts to themselves. As natural observers, they make excellent guidance counselors, human resource people, psychologists and psychiatrists. They can see all sides to issues and respect all positions.

Green personalities treat others as they wish to be treated and can put others at ease with no effort. Loving harmony makes them born peacemakers. Their homes reflect this by being comfortable and warm for visitors. If one likes dark green the person may be envious or overly concerned with the lives of others. In some cases they have to help others to feel good about themselves, which in its extreme form is codependent. As sometimes over-functioners, they must avoid the tendency to become martyrs.

All in all, green personalities make excellent friends because they are happy, caring and trustworthy. Needless to say, they are natural gardeners and pet lovers.

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Blue:

Spectrum: 5th color of the seven spectrum colors

Planet: Venus

Element: Water

Gemstone: Amethyst

Musical Note: G - romantic music

Attributes: Love, devotion and harmony. Healing, peace, psychic ability, patience, happiness. Symbolic of the ocean, sleep, twilight, and the sky.

Characteristics: Blue people are emotional and stay within themselves. They tend to not trust others as they carefully watch them. Pale blue is the color of devotion and reflects one who prefers things to be in order. As blue becomes darker, it becomes moody and depressed, hence the term, 'the blues'. Lovers of royal blue can be on either a large high or in a deep pit of emotion. Navy blue is favored by those who are very emotional but wish to conceal it. They tend to indulge themselves in their emotions and can, in extreme cases, become obsessed. Being feelers, they cry when they are happy or sad and as a result leave themselves wide open to others. They can easily gauge the mood of any person they are around regardless of their state of mind. Blue personalities can't explain the range of their emotions, as they are products of their environment. Looking for sympathy in others, blue people can be miserable to be with when they expect you to be down with them. Codependently, they need you to feel

as they do. Too much blue around will create depression so it needs other colors to balance it.

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Purple:

Spectrum: 7th and last color of the spectrum

Planet: Jupiter

Element: Fire

Gemstone: Sapphire

Metal: Tin

Musical Note: B - sacred music, hymns

Attributes: Nobility, spiritual aspiration, honor and self-esteem. Magnetic, tense, powerful, healing, spiritual, meditative, religious, royal and divine. Medically, it cools the nerves and is antiseptic.

Characteristics: Purple personalities strive to better themselves spiritually, mentally and emotionally. They are voracious readers, constantly seeking knowledge, particularly in tales of the lives of others. Wanting a greater spiritual connection, they love the subjects of theology and religion. Thus armed, they love to spread their findings to others to help them on their spiritual paths.

Being perfectionists, they are prone to self-sabotage by being overly critical of themselves. In an extreme form, those who like the muted shades of purple can become religious zealots who feel the God given right to judge others and mete out retribution. The search for spirit is lost in their fanaticism.

Those who favor darker purple work to find inner peace and love and a connection to God or their higher power. As givers, they are fine friends as they don't seem to ask much for themselves. If they do seek help from another and are not clear in their desire, they may resent the fact that their request is not forthcoming. They can develop a hard-done-by attitude in this case. Over-functioner resenting under-functioner.

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Pink:

Attributes: Peace, love, friendship, compassion, relaxation. Gentle emotions and unions. Overcoming evil, honor, morality, friendship and success.

Characteristics: People who love the color pink either seek or already enjoy a peaceful state of grace or bliss. They smile constantly which can sometimes irk others who are not in the same space. These people try to see and bring out the best in others, truly loving everyone. If they don't believe someone is essentially good, then you can be sure there is a valid reason they would conclude this.

Pink people are very intelligent and contemplative. They study, analyze the best way to go about something before they take action. They may appear slow as a result, but are merely methodical in their thoughts and hard working.. Sometimes overly optimistic, these people tend to look younger than their years. They view the world in such a positive light it can be dazzling. Shy, they would like to be more active but fear precipitous action, choosing not to make mistakes because they do not wish to be judged unfairly by others. Humor is a tool pink people use to make others happy although they may not be raucous or ribald, instead possessing a dry wit.

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White:

Attributes: Protection, purification, freshness, cold, and potential.

Spiritual strength, faith, truth and sincerity. White reflects all light rays and is therefore cooling and restful. It is the sum of all colors.

Characteristics: White is the color of purity, of new snow or heavenly light. Despite outward appearances, those who favor white may have flaws not apparent to others. They observe others and camouflage themselves in their environment, seeing themselves as special and above it all. Sometimes these people show a false sense of shyness, waiting to be noticed so that they may express their very outspoken thoughts.

Regardless of their behavior, white people express a virginal attitude and are known for this by others. They examine others critically while not making them feel judged. Once approved, they tend to be happy at their appraisal. White personalities are reluctant to discuss their beliefs with others despite firmly holding to their beliefs. They are confident and assured in their self-awareness which is not to say they are not pleased when another acknowledges their beliefs as truth. Self-importance then, is integral to their personality and can be both a positive attribute or negative depending on the individual.

[Top](#)

Black:

Attributes: Negativity or the removal of negativity. Outer space, the universe, night. Fertility, wisdom, sadness, mourning, loss, death, discord, confusion, fear and evil. Black is the absence of colors, absorbing all the light of the spectrum.

Characteristics: Black personalities are methodical statisticians who want every thing done in detail. They make fine accountants and tax IRS auditors and collection agents. They always finish what they begin. Although not leaders, under direction, they are hard-working fixers who zero in on the essence of any problem. They tenaciously love to find the mistakes and faults of others like detectives or puzzle fans.

People who like black hold things inside and do not want to be touched. They put a barrier between themselves and others, keeping their strength inside so that they can better protect their emotions. They want no one to take advantage of their sensitivity despite their wish to be part of the world around them.

For many, black is a 'comfort' color, making them feel at ease and when necessary, allows them to hide from world. The 'evil' aspects of black are largely and historically religious in nature in our western culture. Other people use black for celebration and marriage attire. The irony is that we wear black to funerals but also to the most elevated of formal affairs.

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Abundant Spirituality + codependency recovery + inner child healing + Love = Joy2MeU

"This dance of Codependence is a dance of dysfunctional relationships - of relationships that do not work to meet our needs. That does not mean just romantic relationships, or family relationships, or even human relationships in general. The fact that dysfunction exists in our romantic, family, and human relationships is a symptom of the dysfunction that exists in our relationship with life - with being human. It is a symptom of the dysfunction which exists in our relationships with ourselves as human beings."

"Codependency is about having a dysfunctional relationship with self! With our own bodies, minds, emotions, and spirits. With our own gender and sexuality. With being human. Because we have dysfunctional relationships internally, we have dysfunctional relationships externally.

Codependency is an emotional and behavioral defense system which our egos adapted in early childhood to help us survive. We were raised in shame based, emotionally dishonest, Spiritually hostile environments by parents who were wounded in their childhoods by patriarchal, shame based civilization that treated children and women as property."

"The point that I am making is that our understanding of Codependence has evolved to realizing that this is not just about some dysfunctional families, our very role models, our prototypes, are dysfunctional. Our traditional cultural concepts of what a man is, of what a woman is, are twisted, distorted, almost comically bloated stereotypes of what masculine and feminine really are."

"Codependence deals with the core issues of the human dilemma. Codependence has grown out of the cause from which all symptoms arise. That cause is Spiritual dis-ease: not being at ease, at one with Spiritual Self."

"We are not sinful, shameful human creatures who have to somehow earn Spirituality. We are Spiritual Beings having a human experience."

"In order to start be-ing in the moment in a healthy, age-appropriate way it is necessary to heal our "inner child." The inner child we need to heal is actually our "inner children" who have been running our lives because we have been unconsciously reacting to life out of the emotional wounds and attitudes, the old tapes, of our childhoods."

(Quotations in this color are from Codependence: The Dance of Wounded Souls by Robert Burney)

Formula for Recovery - for Empowerment, Serenity, and Freedom from the Past

Codependence / Codependency / Adult Child of Alcoholic/dysfunctional family Recovery

+

inner child healing (develop Loving ongoing relationships with the wounded parts of self)

+

emotional energy release / grief (including rage) process work

+

reprogramming of dysfunctional codependent mental attitudes and false beliefs

+

internal boundaries to counteract toxic shame and abuse of critical parent / disease voice

+

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Joy and Love to You & Me - to Me & You

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"I am a 52 year old psychotherapist and have struggled with codependency all my life. Up until tonight I have been disappointed in the literature and treatment of codependency. Your work is brilliant! I can't find words to express my appreciation with the depth I am feeling."

"When I found your book, I found myself."

"I truly believe that I have made more progress on a personal level in the few weeks I have had Robert's book and tape than in the preceding eight plus years when I first found out what codependency was. THANK YOU"

I finished your book, you are a rock star. Already had a friend order it. She wanted to borrow mine and I told her I'd sooner give her my hand."

Robert, you are a metaphysical Stephen Hawking. Thank you."

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The Web Site of Spiritual Teacher, codependency counselor, grief therapist, author, Robert Burney and Joy to You & Me Enterprises

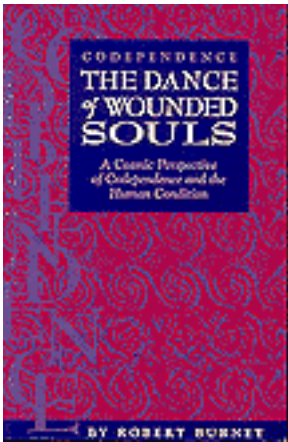
"Codependency is about having a dysfunctional relationship with self! With our own bodies, minds, emotions, and spirits. With our own gender and sexuality. With being human. Because we have dysfunctional relationships internally, we have dysfunctional relationships externally.

Codependency is an emotional and behavioral defense system which our egos adapted in early childhood to help us survive. We were raised in shame based, emotionally dishonest, Spiritually hostile environments by parents who were wounded in their childhoods by patriarchal, shame based civilization that treated children and women as property. We formed our core relationship with self in early childhood - and built our relationship with self, life, and other humans based on that foundation. Programmed to feel shame about being imperfect humans, and trained to be emotionally dishonest, we were set up to live life reacting to the emotional trauma and dysfunctional intellectual programming of childhood. Because we feel shame about being human, we have a relationship with life that does not work to bring us Joy or inner peace.



**Robert is the author
of the Joyously
inspirational book**

Codependence: The Dance of Wounded Souls.



For ordering info click [cover](#).

February 9, 2006

Please HELP!!! See

New & News Page

Site index page

Holiday Season Offers

***World map* showing
location of last 500
visitors to
Joy2MeU.com*New***

Telephone Counseling

**Dancing in Light with 2
online books**

Site Search Engine

Translation Page

Tell-A-Friend

Testimonials for site,

We do not have the power to change others - we do have the power to change our relationship with self by healing our codependency / wounded souls. We can access the capacity to accept, embrace, forgive, have compassion for, and set boundaries with, all parts of self. Learning to Love our self will allow us to gain the capacity to Love others in a healthy way. Changing our relationship with life can transform life into an exciting adventure." ~

Robert Burney

"It is necessary to own and honor the child who we were in order to Love the person we are. And the only way to do that is to own that child's experiences, honor that child's feelings, and release the emotional grief energy that we are still carrying around."

"Codependence is an emotional and behavioral defense system which was adopted by our egos in order to meet our need to survive as a child. Because we had no tools for reprogramming our egos and healing our emotional wounds (culturally approved grieving, training and initiation rites, healthy role models, etc.), the effect is that as an adult we keep reacting to the programming of our childhood and do not get our needs met - our emotional, mental, Spiritual, or physical needs. Codependence allows us to survive physically but causes us to feel empty and dead inside. Codependence is a defense system that causes us to wound ourselves."

"Codependence is a very vicious and powerful form of Delayed Stress Syndrome. The trauma of feeling like we were not safe in our own homes makes it very difficult to feel like we are safe anywhere. Feeling like we were not lovable to our own parents makes it very difficult to believe that anyone can Love us."

"We are transcendent Spiritual Beings who are part of the ONENESS that is the God-Force. We always have been and always will be. We are perfect in our Spiritual Essence. We are perfectly where we are supposed to be on our Spiritual Path. And from a human perspective we will never be able to do "human" perfectly - which is perfect.

We have been trying to do human perfect according to a false belief system in order to get Spiritual. It does not work. It's dysfunctional."

Spiritual Teacher and Codependency Therapist Robert Burney, whose work has been compared to John Bradshaw's "except much more spiritual" and described as "taking inner child healing to a new level," has developed a unique approach to emotional healing that is the next level of recovery from codependency so many people have been seeking. He has pioneered an inner child healing paradigm that offers a powerful, life changing formula for integrating Love, Spiritual Truth, and intellectual knowledge of healthy behavior into one's emotional experience of life - a blueprint for individuals to transform their core relationship with self and life.

tapes, and book.

Metaphysical Law: Giving and Receiving ~ [Donations / Love Offerings](#) page



Robert, whose process is firmly grounded on twelve step recovery principles and emotional energy release / grief process therapy, specializes in teaching individuals how to become empowered to have internal boundaries so they can learn to relax and enjoy life in the moment while healing. It is the unique approach and application of the concept of internal boundaries, coupled with a Loving Spiritual belief system, that make the work so innovative and effective.

His personal belief is that we are Spiritual Beings having a human experience that is unfolding perfectly from a Cosmic perspective - with no accidents, coincidences, or mistakes. He considers Spirituality to be a word that describes one's relationship with life - and anyone, regardless of religious belief or lack of it (who is not completely closed minded), can apply the approach he shares on this web site and in his book, to help them transform their experience of life into an easier, more Loving and enjoyable journey.

In his book [Codependence: The Dance of Wounded Souls](#) "A Cosmic Perspective on Codependence and the Human Condition" he postulates that Codependence (i.e. outer or external dependence) is The Human Condition - and that we have now entered a new Age of Healing and Joy in which it is possible to heal the planet through healing our relationships with self. He combines Twelve Step Recovery Principles, Metaphysical Truth, and Native American Spirituality with quantum physics and molecular biology in presenting his belief that we are all connected, we are all extensions of the Divine, and that ultimately Love is our True essence.

Robert shares his beliefs and experiences in relationship to codependency recovery, emotional / inner child healing and Spiritual Awakening / integration including excerpts from [Codependence: The Dance of Wounded Souls](#)

[Codependence Pages Index](#)

Codependence / codependency =
outer / external dependence =
The Human Condition

30 Pages that explain the condition of Codependence / Codependency. Includes:

[Inner Child Healing Pages index](#)

An innovative new level of Inner Child Healing - a healing paradigm that includes tools, techniques, and perspectives for achieving Spiritual integration & emotional balance.

32 pages that focus on the Process / emotional healing / integration / inner child Work.

Includes:

[What is codependency / codependence ?](#)

[Inner child healing - How to begin](#)

[The condition of Codependency / Codependence](#)

[Inner child healing - Why do it?](#)

[The evolution of the term "Codependence"](#)

[Learning to Love our self](#) 1 of 3

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| <u>Codependence vs Interdependence</u> | <u>Union Within</u> 1 of 2 |
| <u>Codependence</u> as Delayed Stress Syndrome | <u>Fear of Intimacy</u> |
| <u>Emotional abuse</u> is Heart and Soul Mutilation | <u>Grief, Love, & Fear of Intimacy</u> |
| <u>Emotional Honesty & Emotional Responsibility</u> Series 1 of 5 | <u>Positive Affirmations</u> 1 of 2 |
| <u>Setting Personal Boundaries</u> | <u>Choosing a counselor or therapist</u> |
| <u>The codependency movement is NOT ruining marriages!</u> | <u>Grieving</u> - examples of how the process works |
| The codependency movement and marriages! <u>2 Romantic love</u> | <u>Co-Creation: Owning your Power to Manifest Love</u> |
| Online book in progress: Codependency Recovery: Wounded Souls Dancing in The Light <i>Book 2: A Dysfunctional Relationship with Life:</i> <u>Author's Foreword</u> | The Recovery Process for inner child healing series 1 of 6 includes: <u>Sharing experience, strength, and hope through the fear</u> <u>The Process of Processing</u> |
| Chapters titles include: <u>false self image</u> <u>Codependency = conditioned programming/Pavlov's Dog</u> <u>Codependents as Emotional Vampires</u> <u>Codependency = Emotional Anorexia</u> <u>Normal Families are Dysfunctional</u> <u>Codependent Counselors Therapists</u> <u>Codependency in New Age Movement</u> | Some newly added articles: <u>Reprogramming our dysfunctional ego defenses</u> <u>Internal Boundaries - the key to balance</u> <u>Inner Child Paradigm</u> <u>Inner Awareness - Internal Census</u> <u>Common Emotional Defenses</u> <u>Recovery from Codependency</u> |

[Assignments for Jump Starting Codependency Recovery](#)

| | |
|--|---|
| <u>Spiritual Belief System Pages index</u> We are Spiritual Beings having a human experience - this is the polar opposite of the beliefs which underlie Civilization - it changes the whole game. 18 Pages on Robert's Spiritual Paradigm. Includes: | <u>Alcoholism Pages Index</u> Bill Wilson would have loved to have had the tools we have available to us today. He would have run to an ACA or CoDA meeting where he could have found the roots of the depression which tormented him. 12 Pages on disease of alcoholism & 12 steps. Includes: |
| <u>Truth vs emotional truth</u> | <u>The Death of an Alcoholic</u> |
| <u>Loving and Nurturing self</u> | <u>Questions about Alcoholism</u> |
| <u>Powerlessness & Empowerment</u> | <u>Grave Emotional and Mental Disorders</u> |
| <u>Mystical Metaphysical Spirituality</u> | <u>Expectations & Serenity</u> |
| <u>Spirituality for Agnostics and Atheists</u> | <u>Gratitude</u> |

[Spiritual Integration](#)

[The Miracle of The Twelve Step Recovery Process](#) 1 of 4

[Serenity Prayer series](#)  [To Parents of Alcoholics / Addicts](#)  [Enabling & Rescuing vs Tough Love](#)

Metaphysical Pages Index

A New Age has dawned in human consciousness and we now have tools, knowledge, and access to healing energy and Spiritual guidance that has never before been available.

10 Pages on Metaphysical aspects of belief system. Includes:

Romantic Relationships Pages index

It is so important to realize how we were set up to feel like failures in Romantic Relationships - to really get it on a gut level, so that we can forgive ourselves.

25 Pages focused on Romantic Relationships. Includes:

[The New Age](#)

[Toxic Love](#)

[Old Souls & Karma](#)

[Romantic Relationships and Valentine's Day](#)

[Jesus & Christ Consciousness](#)

[Wedding Prayer/Meditation on Romantic Commitment](#)

[Jesus & Mary Magdalene](#) - Jesus, sexuality, & the Bible

[The Heartbreak of Romantic Relationships](#)

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[Codependent Relationships Dynamics](#) - part 1 of 4


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Spiritual beliefs: [Abundant Spirituality in the New Age](#)

[An Adventure in Romance](#) - Loving & Losing Successfully

[Monogamy - A Spiritual Teachers Perspective](#)  [Falling in love as a choice](#)  [Sexuality Abuse](#)

 [Emotional Intimacy = in to me see](#)

Miscellaneous Topics Pages index

I have written a monthly column/article - first for a local paper, then for a Recovery paper in Texas, lately for the internet - for most of the last six years. Many of the pages of my web site contain the actual columns, some pages grew out of columns.

26 pages - Miscellaneous articles and columns.

Includes:

Information Pages index

This page also includes links to 20 past Update Newsletters for the Joy2MeU web site (29 web pages), as well as testimonials & reviews (for book, web site and phone counseling) a referral page to local healers, special offers, awards, etc.

30 Informational pages + 29 Update pages

Includes:

| | |
|--|---|
| Empowerment | Dance of Wounded Souls Ordering information |
| Self Worth | Authors Foreword from the book |
| Emotional Incest | Authors Biographical info Updated 2/03 |
| Emotional Defenses 1 of 2 | Future Publications |
| Roles In Dysfunctional Families | Recommended Books |
| Happy Holidays, Sad Holidays | Recommended Links |
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| Fathers | Joy2MeU Journal information |
| The True Nature of Love 1 of 6 | Premier Issue Joy2MeU Journal |
| Buddha, Buddhism, and Japanese cultural dysfunction 1 of 2 | Referral page to local counselors / therapists / healers |
| Attack on America - A Spiritual Healing Perspective | Find CoDA Meetings locally |

[Obsession / Obsessive Thinking](#) Part 1  [Letting Go of Unavailable People](#)  January 2006 [Update Newsletter](#)

Testimonials:

"I just read your wonderful book, thank you for writing it. I have been a spiritual teacher since childhood, however, your book let me organize my thoughts a new way, a new perspective. I now have a much deeper understanding and am still learning from it. Dance, is one of the truly transformational works of our time."

"Today, when I read some of your writing, it struck me that your perspective on philosophy, spirituality and psychology is really unique. I've read and listened to many spiritual people, but I've never found someone who combines love, acceptance and humor in such a profound manner."

"After years of analysis and reading many self help books on other subjects to try to find out the answers about my struggles in my life, I had always been under the impression that the subject of codependency was a term referring to people who enable alcoholics or drug dependent people, so I never even thought to read up on it. Now, after reading your writings, a miraculous door of insight has opened up for me, and many pieces of the puzzle are finally falling into place"

"I find it very exciting that you have brought the whole definition of codependence to this spiritual level, where I can much more relate to it's truth."

"I can't thank you enough for the very profound spiritual healing your book on tape has provided to me. I cannot express in words that which I feel as a result of having truly "heard" your message of self-love and

E-Mail List for Update Newsletter

I regularly add new pages and information to this site. If you would like to be on Joy2MeU's electronic mailing list, or if you have questions or comments, please send me an e-mail.

[E-mail Robert@Joy2MeU.com](mailto:Robert@Joy2MeU.com)



Update Newsletters are posted once every 3 months or so, and brief announcement e-mails are sent to people on the mailing list.

During the time between Updates I announce any changes on my New and news page [New page](#)

spiritual awakening. Your message has forever changed my path in this lifetime. Thank you so much for sharing your perceptions and experiences through your book, and your website. You are a guide and a healer, I will be forever grateful for having connected and crossed paths with you and your work."

"I have been on your web site and have been reading and copying so much of your work. It speaks to my heart and soul like nothing else I have come across. I have read and studied many authors on this healing journey of mine but you really relate to all of my issues like no one else. I have read over 300 books in the past few years but you explain everything in simple but yet so enlightening truths. God bless you and you are making a difference to many. Oprah needs to read your work."

"I was reading this site and it was as if you were addressing me personally. This is my story. My inner child is running my life. I am so glad I found this web site. Thank you so much. You've given me much needed hope."

"I just came across your excellent site this evening, while looking for material that will assist in explaining the broader concept of 'codependence' to my clients. Never before have I seen it described with such heart, clarity and with the spiritual /existential tones appropriate for discussing a dynamic so fundamental to the human condition. Thank you!!"

"I love the fact that you are able to clearly bridge and tie in Christian teachings and (so-called) New Age philosophies in a clear and concise way for so many to hear at the same time."

"I not only have enjoyed reading your book, but I am still enjoying listening to you on tape. I have sent one copy of the book to each of my two daughters My wife is also reading the book, and I have referred at least a half dozen people to your website including a number of my clients. I am a counseling psychologist with a private practice in ___ I was blown away by your references to one of my favorite books "Illusions" and to one of my wife's favorites "The Book of Runes". . . Needless to say I believe that your book, your tape and your website make a great contribution to the shifting of the energy on this planet. I particularly admire the comprehensiveness of your scope. Thank you Robert for your courage, your wisdom, and your clarity, not to mention your perseverance. I'm glad to to have found another kindred spirit."

"This is probably the worst I have ever felt in my life and I dont' know what to do with the pain. I sat here tonight and typed "heartache and recovery" into my search engine and your website came up so I started reading your thoughts and opinions on codependency. . . After reading some of the things you've written, I had the realization that my "Quest" has begun. . . I'm glad your website was there and maybe it is not as hopeless as it feels right now. My name is ___ and I'm someone out here that is touched by your profound words and deeply grateful that I found comfort tonight, if only for a while."

"I stumbled upon your site and discovered myself. I'm telling everyone about your site. Thank you!"

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Joy to You & Me Enterprises is the publishing company that Robert formed to publish his book. It is a sole proprietorship with Robert as the owner and only employee.

Joy to You & Me Enterprises

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Original Joy to You & Me Web Site @
<http://www.silcom.com/~joy2meu/>

Launched 2-28-98

**This site: Joy2MeU.com Launched
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Links to past Update Newsletters can be found on the [Information index page](#)

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(Go to [Testimonials](#) to read heart touching messages from all over the world about the book, tapes, and web site.)

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Psychology of colour

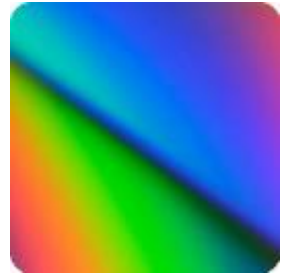
You are here: [Home](#) > [Design Room](#) > [Psychology Of Colour](#)

Across every continent and in every culture, colour dominates and permeates our lives. Few of us realise this and in our fast-moving world we are constantly bombarded by colour, yet many of us have lost touch with its meanings. Colour surrounds us, feeding and nourishing our senses. We see it, feel it and absorb it. Our minds, bodies and spirits are profoundly affected by it.

Our bodies are stimulated and energised by some colours, or calmed and relaxed by others. Mentally and emotionally, colour works on a deep level; changing our mood and our sense of well being, as well as others' perception of us.

Spiritually too, colour is of immense significance. Employed in religious ritual throughout time, colour is the language of the soul. From the saffron robes of Tibetan Buddhist monks and the royal blue of the Virgin Mary's cloak in Christianity, to the black and white worn to represent death, birth and renewal the world over, the beliefs that colour symbolize are communicated with an extraordinary immediacy which words can never match.

We humans are not the only creatures on this planet who are affected by colour. In the animal and plant worlds colour can mean survival or extinction. Colour is used to attract, camouflage, ward off danger and send sexual signals. Colour is intrinsic to life and it is as important to us as in the plant and animal kingdoms. It is a lost language we must relearn for our own health, happiness and well being.



● Red

Red is a powerful colour that has always been associated with vitality and ambition. It can help overcome negative thoughts. Red is the most physical of all colours. It is the colour of blood and has a stimulating action on our heart and circulation; red light will raise the blood pressure. Our body system is fortified by red; it stimulates the adrenal glands, helping us to become strong and build up our stamina. Red: power, prosperity, ambition, vitality, courageous, assertive, anti-depressant. We use Red as our Corporate Brand colour, a colour which is particularly important in Asia.

● Orange

Orange is a warm, joyous colour. It frees and releases emotions, stimulates the mind, renewing interest in life. It is a wonderful anti-depressant and lifts the spirits. Orange: fun, uplifting, glowing, creative, stimulating, laughter, joy, humour. We use Orange as the brand colour for our Isowarm range of under floor heating systems.

● Yellow

Yellow is also a happy, bright and uplifting colour, a celebration of sunny days. It is associated with the intellectual side of the brain and stimulates our ability to think clearly, make decisions and assists our memory. It also helps good organisation, assimilation of new

ideas and the ability to see different points of view. It builds self-confidence and encourages an optimistic attitude. Yellow wavelengths of light stimulate the brain, making you alert, clear headed and decisive. Yellow: happy, uplifting, light, bright, mentally stimulating, optimistic, and logical. We use yellow as the brand colour for our Peran range of decorative floor finishes for commercial environments.

● **Green**

Green has a strong affinity with nature, helping us connect and empathise with others and the natural world. We instinctively seek it when under stress or experiencing emotional trauma. Green creates a feeling of comfort and relaxation, calmness and space, lessening stress, balancing and soothing the emotions. Green brings physical equilibrium and relaxation. It has a balancing quality. Green: peaceful, natural, free, contented, mentally and physically relaxing, calming. We use green as the brand colour for our Isocrete range of early drying floor screeds

● **Blue**

Blue is a cool, calming colour. It represents the night, so makes us feel calm and relaxed as if we are being soothed by the deep blue of the night sky. Light and soft blues make us feel quiet and protected from all the bustle and activity of the day. Blue: soothing, cooling, calming, relaxing, peace, tranquillity. We use shades of blue for our range of Industrial Floor Finishes Flowguard, Flowshield and Ultrafresh as well as Deckshield, our Car Park Deck Waterproofing systems.

● **Purple**

Purple is a powerful psychic colour associated with the right side of the brain, therefore stimulating intuition and imagination. Purple is also connected with artistic and musical impulses, mystery and sensitivity to beauty, stimulating creativity, inspiration, sensitivity, spirituality and compassion. People attracted to purple have to guard against living in a fantasy world. Purple: spiritual, creative, intuitive, medative, mystical, inspirer of beauty, artistic. We use purple for our Mondeco range of seamless terrazzo.

● **White**

The colour of ultimate purity is white. It is an all around colour of protection, bringing peace and comfort, alleviating emotional shock and despair, helping cleanse emotions, thoughts and spirit. If you need time and space to reflect on your life, white can give you a feeling of freedom and uncluttered openness. Too much white however can be cold and isolating because white separates us from other people. White: purity, virginity, peacefulness, cold.

● **Black**

Black is associated with silence, the infinite, uncharted and mysterious. Black can also prevent us from growing and changing. We often cloak ourselves in black to hide from the world. Black: restrictive, protective, mysterious, death,

● **Grey**

Associated with independence, self-reliance and self-control, grey acts as a shield from outside influence. However grey generally has a negative feeling associated with fog, clouds and smoke. Grey is the colour of evasion and non-commitment since it is neither black nor white. It relates to walling everything off, remaining separate, uncommitted and uninvolved. Grey: separating, independent, lonely.

● **Gold**

Like yellow, gold is associated with the sun and is therefore related to abundance and power, higher ideals, wisdom and understanding. It is mentally revitalising, energising and inspiring. It can also help to fight against fear and uncertainty. Gold: Abundance, wisdom, understanding, high ideals.

● **Brown**

The colour of Mother Earth, brown brings a sense of stability, alleviating insecurity. Brown: Nurturing, supportive, earthy.

● **Silver**

Silver is the colour of the moon, which is ever changing. It balances, harmonises and is mentally cleansing. Silver: Balancing, harmonising, sensitive.

This is just a short introduction on the psychology of colour. At Flowcrete we are passionate about colour and eager to assist you in any way possible to assist you with the best colour for your project.

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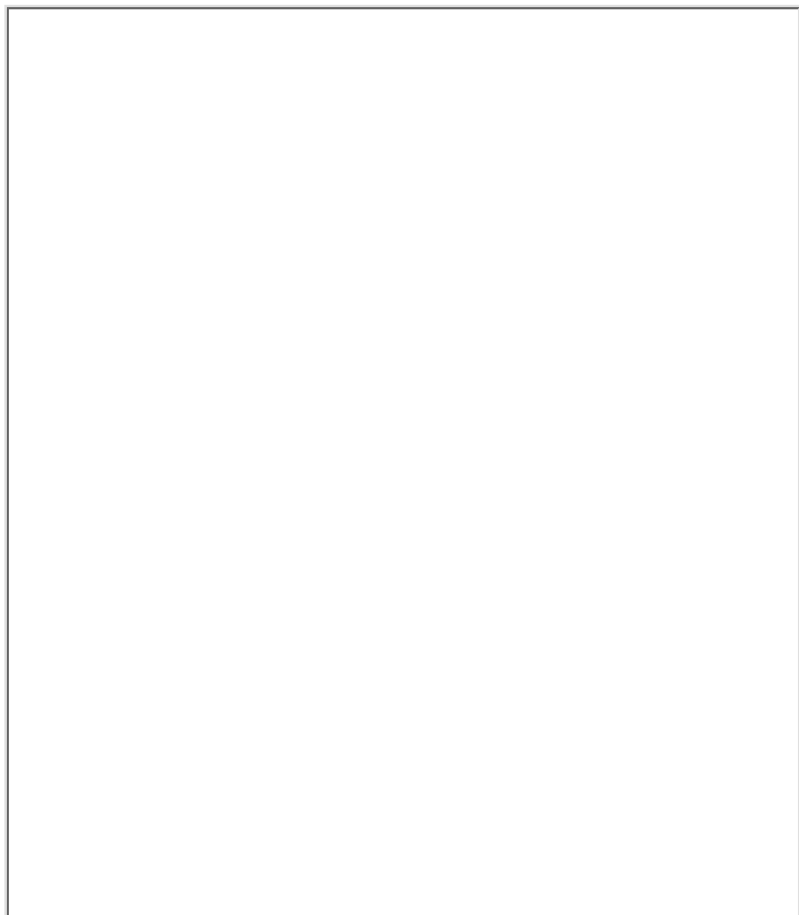
Colour Integrated with Aromatherapy

by **Gwyneth Pick**

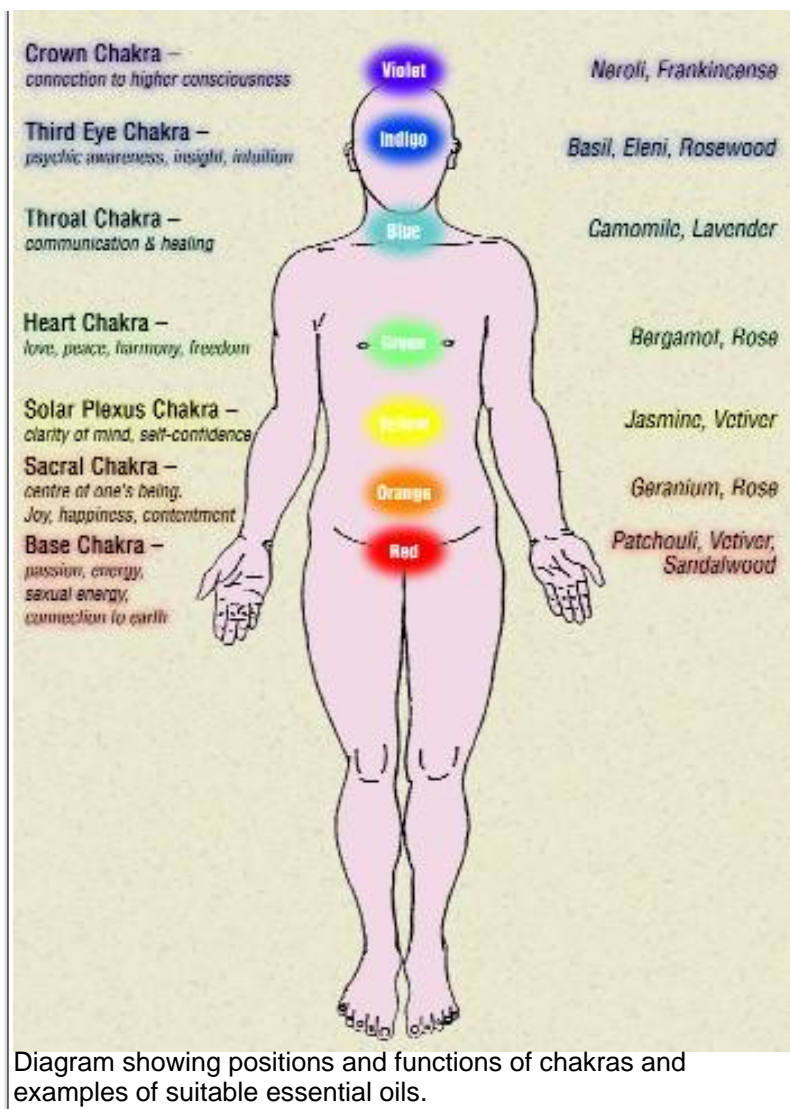
Over the last twenty years, the subject of Aromatherapy has been much talked about and is fairly well understood by most people. The shop shelves are well stocked with 'aromatherapy' products of one kind or another. Colour Therapy, however, has perhaps only more recently been brought to the attention of those interested in so called 'alternative therapies.' I would like to explain a little of how these two ancient healing methods can be used together and how they complement each other.

About the author

Gwyneth Pick has worked as an alternative health therapist for the past seven years with aromatherapy, reflexology and as a reiki master. She has always been fascinated by colour but did not understand its effects fully until after going through a divorce, when she realised that she craved the colour green. She wanted to wear green, be surrounded by green, and found peace and tranquillity in the green of the countryside. She realised that green was having a healing effect on her life. Since then she has been through



several colour phases and it has been these experiences that have led to the creation of Colour Therapy Bath Foam.



Over the last twenty years, the subject of Aromatherapy has been much talked about and is fairly well understood by most people. The shop shelves are well stocked with 'aromatherapy' products of one kind or another. Colour Therapy, however, has perhaps only more recently been brought to the attention of those interested in so called 'alternative therapies.' I would like to explain a little of how these two ancient healing methods can be used together and how they complement each other. Ancient cultures and civilisations used aroma and colour as healing tools and I am sure that the use of these two combined is not a new concept.

How do these two therapies work together? The answer is simply because both are vibrational healing methods. Colour is light energy vibrating at different frequencies. We recognise this energy as different colours through colour sensory nerve cells at the back of the eyes. On perception of a certain colour, our mind will throw up many thoughts, emotions, memories associated with that colour, perhaps connected through personal experience and memory, which will make us feel happy, sad, angry, etc.

The vibrational frequencies of colours also resonate throughout our aura and are specifically associated with the seven main energy centres or chakras of the body. These seven colours are usually perceived as red, orange, yellow, green, blue, indigo and violet – in fact all the colours that we see in a rainbow!

Essential oils, like colours, also resonate at varying frequencies and contain the vibrational healing energies of the plants, trees, flowers or fruit from which they were extracted. Many essential oils vibrate at similar frequencies to the chakra colours and in this way it is possible to integrate colour with aroma in order to stimulate, heal, relax and balance ourselves, physically, mentally and spiritually. For example, some oils and

colours just simply do not work well together, such as frankincense and the colour red; like two instruments playing out of tune; resulting in disharmony and imbalance. The reason being, whilst red energy vibrates at a very low frequency, frankincense oil vibrates at a much higher level.

Twelve months ago, the idea occurred to me to create a product that would combine the use of colour and essential oils and so Colour Therapy Bath Foam was born; one bath foam in each of the seven chakra colours. The product would be essentially relaxing but the client would choose the chakra colour that they were most attracted to. Within each bottle of coloured bath foam is an aromatic blend of essential oils which resonate and complement each colour.

After a great deal of research I asked a client to test the product out.

Moving into the age of Aquarius, many of us are becoming more spiritually aware and are becoming more attuned to our minds and bodies; more importantly, we are beginning to use our intuition rather than just logic. Listen to your intuition. If you are attracted to a certain colour, indulge yourself with this colour; use the essential oils which resonate with the colour and feel the effects. Sometimes we are attracted to colours and oils for months or years at a time; sometimes these colour phases are more short-lived. This depends on what is happening currently in our lives, our experiences and environment and how we address and deal with situations and problems we find ourselves in.

The easiest way to use colour and aroma together is by using essential oil in the bath or in an oil burner and to visualise your 'favourite' colour or to focus on a lit candle of that colour. Silk chakra scarves can be placed around the body, over the corresponding chakra points themselves or wherever needed.

The Crown Paint Company has even brought out a range of paint colours designed by a colour therapist so that you can now decorate your home with your favourite colours if you feel the need to have large areas in your chosen chakra colour!

The most important factor, I feel, to remember when using colour and aroma together, is to listen to your inner voice of intuition and choose your colour and scent accordingly.

Further Reading

Davies Patricia. *Subtle Aromatherapy*. CW Daniel. 1991

Merivale Philippa. *Healing with Colour – An Experience of Aura Soma*. Element Books. 1998.

White Ruth. *Chakras – A New Approach To Healing Your Life*. Judy Piatkus. 1998.

Case Studies

Case Study: Orange

Cheryl had just lost her job, her car, her partner and the business into which she had invested time, money and effort. She had been through a traumatic experience to say the least and was feeling rather lost. I asked her to choose the colour bath foam that she most felt drawn to, and after a few moments and being told to eliminate thoughts of which one would match her bathroom, she chose orange. She herself was very surprised at this because she did not really 'like' the colour orange and would never dream of wearing it. Nevertheless, she felt strangely attracted to it. Not only this, she loved the scent of the bath foam and enjoyed religiously bathing in the product every day. To enhance the colour aspect, I gave Cheryl an orange candle to light and focus on whilst she enjoyed her aromatic bath. She soon asked for more bath foam and continued using it for some time.

Cheryl has now found another job and is well on the way to leading a settled life where she feels in control of her own destiny.

Orange is a shock absorber. It is good as a post-trauma remedy as it lends a sense of joy, happiness and reassurance, helping us to put ourselves back together to the person that we know and recognise. Geranium oil is a great balancer which complements orange very well and rose has a nurturing effect helping to heal the mind body and spirit,

particularly following a physical or mental trauma.

Case Study: Violet

Sue runs her own successful essential oil business. She has worked on her own spirituality for some time but has carried grief over the death of her father for many years. He died when she was a child. On Christmas Eve she went into a deep depression which she describes as a mini-breakdown. She decided to use the violet bath foam which contains neroli, an oil which resonates at a very high level.

After her bath, she felt relaxed and felt ready to connect to her higher consciousness. Sue lit the violet candle and went into meditation. She felt literally embraced by spirits surrounding her, reassuring her and enabling her to finally let go of the grief over her father's death and to shed tears which had been stored up for so long. After letting go, she felt on a spiritual 'high' and full of a feeling of joy and optimism for the future.

Violet connects us to our higher consciousness, making it easier to meditate and connect to spirit. It is also a colour of transition as it connects us to the higher astral planes. Neroli and frankincense are both oils that resonate at a high frequency and therefore complement violet very well.

Case Study: Green

Mrs L. had lost her husband to a terminal illness, and although she knew that he was going to die, she felt lost, alone and heartbroken after his death. Despite this, she recognised the need to go on and provide a happy home for her two young children. She chose the green bath foam. Green resonates with the heart chakra and relates to freedom, peace and balance. Mrs L. certainly felt the need to heal her heart and put her life back into balance.

After a few months, she had managed to sell the family business and move to another area with her children to start afresh in a new home and a new business.

Green helps to heal the heart and bring a sense of harmony to us. Relating to the heart chakra it bridges the gap between our own self will and the will of the divine. Bergamot oil lends a sense of freshness, space and freedom, whilst rose and inula oils help to heal and calm this chakra.

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Introduction

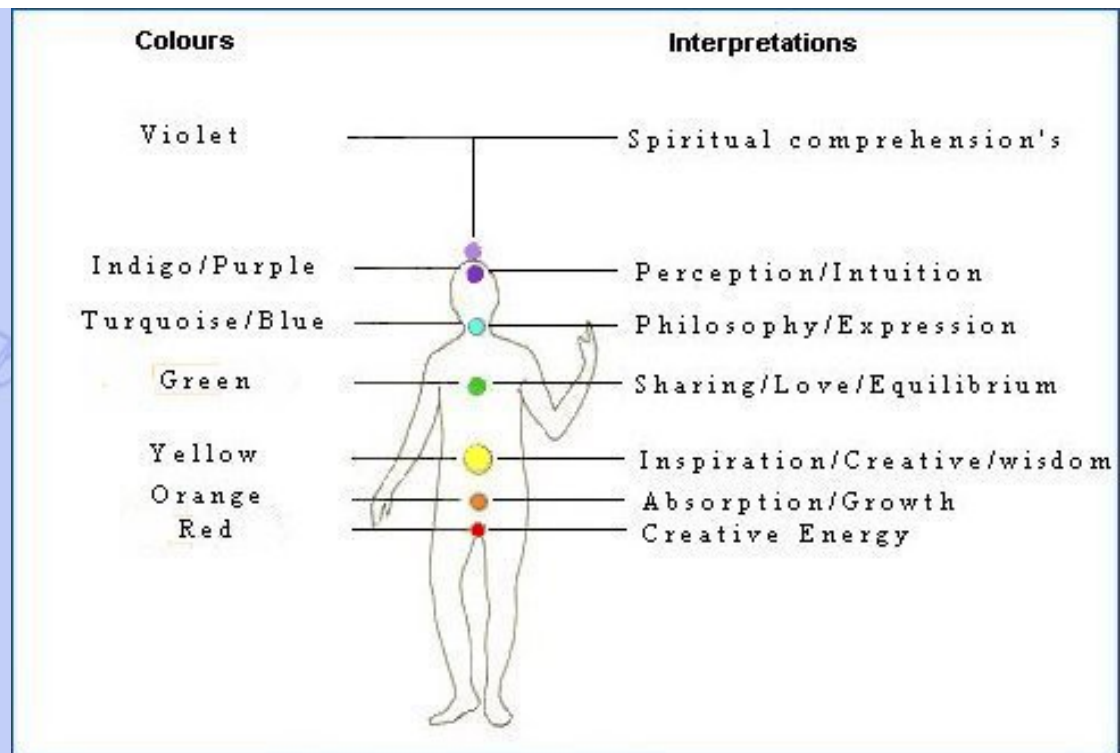
As seen in the diagram, the spirit contains all three of the base colours and therefore can generate all the secondary and other subsequent variations of colour.

We each have our own individual and unique aura that in itself is a reflection of our own identity and moods etc. Here is an example of some of the more predominant colours that can be seen in human aura, light to dark blue, aqua, turquoise, indigo, light to dark green, purple, violet, cream, yellow, gold, orange, red, pink, silver and white can all be seen in the aura. There are also a number of other mixtures and shade's of colour that can be seen to lesser degrees than these more predominant colours.

There are also colours that can be seen within the aura that represent depletions in the spirit such as physical or emotional ill health, these colours are often muddy darker colours or greys. Colour as with most things all have a different vibration and are greatly used and help in many forms of spiritual work and development, such as in healing and using the clairvoyant and psychic gifts. Healers sometimes see or sense colours on patients that can relate to deficiencies or needs and each of the spiritual chakra energy centres has its own colour that resonates the energies and colours that can be seen in the aura.

Colours form a very important part in our daily lives and can effect our moods and how we feel, such as if we get up in the morning feeling a little down we might naturally put on a Grey or bland colour that reflects our mood, however if we were feeling very positive we might wear a bright colour or something floral and this would naturally make us feel uplifted.

So if we are feeling in the doldrums instead of putting dull colours on we should try to brighten ourselves up by adding a little colour, maybe a healing colour such as blue which helps relaxation or green to help uplift and calm the nerves, or if we want to be very bright and bubbly then yellow would do the trick or if we felt we wanted lots of energy then some orange, although not too much as orange can be overpowering as also can red as red is a great colour for upliftment and passion but if worn too much it can cause us to become irritable and angry, so break such overpowering colours up a little...



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Pink is a colour that brings warmth and love although men seem to shy away mostly from wearing pink, but maybe a little on a tie would look ok. Maybe we can realise just how uplifting colours can be if we have flowers in our home or walk in a beautiful garden full of colourful flowers that can bring a sense of peace and tranquillity along with upliftment. Often just seeing our favourite colour can cheer us up. A great deal of research has been done to test the effects of colours and some are found to increase healing and upliftment while others can have good effects for short periods, while others can depress our moods such as grey.

Below are interpretations and meanings of colour and uses of colours in healing, although the use of colour in spiritual healing is important, the healer should not try to dictate or control either the healing powers or colours that are given during healing. We should realise that colours are not the only healing energies or vibrations that are being imparted within the healing powers and there are many energies on many different levels of vibration that cannot be seen or sensed by ourselves. Colour healing is a beneficial form and way of giving healing, but it is best coupled with spiritual intuition and awareness along with being an open channel for spirit to use.

Interpretations of Colours

WHITE INTERPRETATION

White is seen to be of high Spiritual Purity, Virtue, Attainment, Enlightened, Inner attunement to the spiritual self and is present in more naturally innocent or peaceable individuals or in more spiritually evolved souls along with a multitude of other colours. Many of us at times have a small band of white within the aura that just rises off the skin 1cm, but it is less common to see white in the outer bands of the aura, however when we are a positive and charitable or have a good spiritual vibration, white can sometimes be seen in the aura.

WHITE HEALING

Is seen to be one of the purest of the healing colour as while light contains all colours within itself, therefore it is seen to be good to help bring a harmonious balance and is good for purifying and cleansing. It can help to remove negative manifestations and purifies body and mind as well as being a good for general healing, however it normal is only used for a brief during healing, white is good also for relieving pain and general distress and is believed to be connected to the crown chakra and relates also to the mind along with the right eye and temple.

VIOLET INTERPRETATION

Spiritual and Psychic Awareness, Intuitive Wisdom, Optimism, Sensitivity, Peaceful Nature and Healing.

VIOLET HEALING

Is seen to bring balance to the equilibrium and passivity and again helps insomnia. Good for general upliftment and recharges the body. Related to the Crown chakra.

PURPLE INTERPRETATION

Purple is seen to be associated to the brow chakra within the mind and is considered to bring spiritual intuition and concepts with an ability to both receive and interpret spiritual wisdom and then convert it into action. Positive spiritual strength and growth along with being confident, tolerant & purposeful with a cool and even or passive temperament. Purple is a spiritually cleansing colour and those that have it can or have develop a good even sense of spiritual values and often have a caring and considerate nature as well as good healing abilities.

PURPLE HEALING

Is seen to be a colour that brings harmony to the spiritual self and can help to settle nerves. It can help insomnia, fits, arthritis, rheumatism, epilepsy, headaches, Cancer, infection, leukaemia, diabetes, purifying and detoxifying the body and can help tissue and bones to repair. Related to the brow chakra.

INDIGO INTERPRETATION

Spiritual Perception & Endurance, Ability to listen & give intuitively in healing.

INDIGO HEALING

Is as blue and green a good all round healing colour and is also seen to be good for clearing blockages of the mind and healing the eyes ears nose and throat.

BLUE INTERPRETATION

Spiritual Conception and clairvoyance, Confident, Peaceful, Positive, Placid, Good Natured Temperament, Thoughtful with a sense of calm and Healing Abilities.

BLUE HEALING

Is seen to be a colour that is good for all round general healing and is one of the most used healing colours along with green. Blue helps to bring about peace both in the mind and body and soothes agitated Conditions, the colour is also good for emotional instability and nerves, also good for under active thyroid, fevers, abscesses, burns and nausea and is related to the throat chakra.

TURQUOISE INTERPRETATION

Spiritual Balance & Harmonising, Optimistic, Forthright and Emotional Stability.

TURQUOISE HEALING

Is seen to be a colour that bring stability, a good colour for healing problems with respiratory system and circulation.

GREEN INTERPRETATION

Spiritual Balance & Growth, Inner Peace, Pragmatic, Devotion, Intuitive, Healing Abilities, Compassion & Empathy, Gentle Nature and Good Temperament.

GREEN HEALING

Is seen to be a colour that can bring balance and is good for helping those that suffer with nervous conditions and emotional problems, high blood Pressure, heart, lungs and ulcers, it helps to bring about calmness. Green is also good for general healing and repairing deep wounds and bad joints. Related to the heart chakra.

YELLOW INTERPRETATION

Spiritual Wisdom & Power, Perceptive, Inspirational, Inner Confidence, Mental Agility, Learning and clear thinking.

YELLOW HEALING

Is seen to be a colour the can stimulate the mind and help mental growth and helps clarity of thinking and wisdom to develop. Again an uplifting colour but it should not be overly used for prolonged periods and cam help mental depression, stomach complaints, indigestion, bladder problems, kidneys, liver, Gall bladder, pancreas, Spleen and nervous system. Related to the solar plexus chakra

GOLD INTERPRETATION

Spiritual Insight & Wisdom, Unfoldment, Humility & Virtue, Ability to Teach Spiritual Values and Philosophy and Healing.

GOLD HEALING

Is seen to be a strong general healing colour all round but should not be overly used for prolonged periods.

ORANGE INTERPRETATION

Vibrant, Joyous, Enthusiastic, Vitality and an Open Outgoing Nature with ambition and emotional stability.

ORANGE HEALING

Is seen to be a colour of upliftment, sexuality and has revitalising energies that strengthen the immune system and to increase sexual energy and aids the reproductive system, it is meant to give the immune system a boost to fight off infections in the kidneys and lungs also pneumonia and multiple sclerosis. It is also thought to aid digestion problems. Again this colour should not be given for too long as it can upset the emotions. Related to the spleen chakra.

RED INTERPRETATION

Over Reactive, Anger, Emotional Turmoil, Depletion, Stimulant, Appease. Red is not one of the colours that is desirable to have in the aura for prolonged periods but it can be seen in romantic situations or on occasion it represents love or lust.

RED HEALING

Is seen to be a colour that can help to give power, energy and upliftment, as well as helping circulation, cuts, depression, distress, anaemia and multiple Sclerosis. But is not a colour that is recommended to be given to a patient for a prolonged period as it can induce anger and aggressive feelings. Related to the base chakra.

LIGHT PINK or RED INTERPRETATION

Sensuality, Passion, Romance, Love, Sexuality, Desire, Fulfilment Affection, Peaceful, Endearing, Considerate and Healing.

PINK HEALING

Is seen as being able to help those who are depleted and feel unloved and is a good colour to be given initially to help patients relax and feel warmth, pink can bring peace of mind and help emotions to settle.

The Remainder of These Colours Are More Associated to The Earth's Vibration

BROWN INTERPRETATION

Material Inclined and motivated, Very earthly.

Brown is not generally used in healing but can help to bring balance to those who suffer mental delusions.

BROWN/RED

Deep Seated Anger or Fears, Temperamental, Explosive and Subdued Emotions, Earthly.

GREY INTERPRETATION

Depressed, lost, Worry, Negativity, Pessimistic and Despondent.

Grey is not usually used in healing.

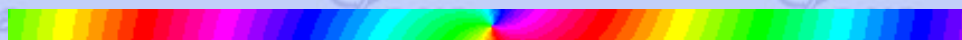
BLACK INTERPRETATION

Strength, Endurance, Deprivation, Oppressed, Disillusioned, Unemotional, Suppressed and on a rare occasion can represent a bad nature, also can be a colour that represents the earth.

Black is not generally used in healing



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SPIRIT SPEAKS

Aura



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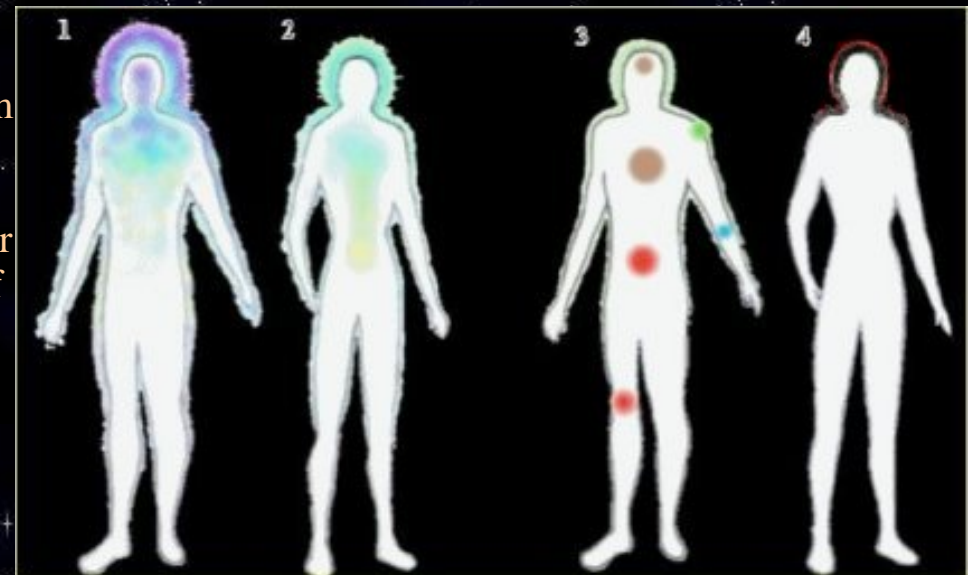
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Description of the Aura

The description of the word aura means atmosphere of multi-coloured light called "aureola" and the human aura is a multi-layered energy field that is primarily generated by the spiritual chakra energy centres, which reside within all spirit and what has been the perceived halo effect around the head is called the "numbus", also a small part of the aura is made up by electromagnetic energies that are generated by atoms within matter that give off a small energy field. The aura reflects moods, personality and traits, emotions, general well-being, spiritual abilities and evolution and is made up of several layers or bodies reflecting and relating to different chakra and aspects of our spiritual and material life and nature. For those who can psychically view the aura, it can be seen to visibly brighten and change when for instance we are addressing others, or in some way pulling on the resources of our spirit such as in spiritual healing or meditation or in other activities, as well as in normal daily events of our life.

Introduction to Aurals & Energy Fields

The auras featured in the diagrams are given as general examples of how the aura and colours of the aura can vary from one person to the next and different colours in the aura can represent a persons attributes depending on, moods, emotions, physical and mental states of well-being or any disharmonies or illnesses that may be present, as well as the individuals level of spirituality and progression, together with general spiritual abilities and their general nature and personality are all reflected and can be seen and picked up through the aura. The aura can expand several fold if spiritual attributes are being used such as clairvoyance, psychic and healing abilities including ESP and astral projection.



Starting with Fig.1. This example is given to show how using the psychic abilities to see aura, how a fairly evolved persons aura might look upon the earth, although there are energies that do extend out further than many psychics can see because their vibrations are so high they are not visible to the naked psychic eye. The aura is a little larger than one would normally see and reflects the individuals spiritual state of progression. As one becomes more spiritually evolved the spiritual energy centres called the chakra develop and begin to resonate more power and energy, thus they radiate a larger aura often with colours closely associated to abilities and moods etc.

Fig2, shows a comparatively normal aura. Our auras are less radiant than what they would be within the spirit realms as a result of our mortal bodies because they act a little like a dampening field that slows down the speed at which our spirit energies vibrate. (For those who are wondering what the spirit vibration is, it is that all material and spiritual life and matter vibrates and resonates at different frequencies, whether it is a stone a colour a sound a person or a spirit everything has a vibration. The main difference is that not all things vibrate at the same rate and spirit vibrates much faster than anything of a material nature, hence why it is so hard to detect and takes attunement to the right vibration to find in most cases) Because mortal density slows down our spirits vibration within the mortal body to find spirit we need to speed up our own spirits vibration by opening the chakras in meditation, while spirit guides and alike attempt to blend within our auras lowering their vibration to find attunement to our vibration, something like meeting them half way.

As mentioned spiritual colours can vary greatly and the chakra energy centres can resonate both the primary and secondary colours allowing a very broad spectrum of colours to be seen within the aura. In effect the chakra are a little likened to an artist's mixing pallet, as one chakra opens and becomes more active a new blending of colours can take place within the aura. One or several coloured layers or energy fields can exist and be generated and viewed psychically surrounding a person including, animals or any other life and as mention material matter itself also has a small energy field that can be viewed by psychics. Many have questioned and said, "Is it only the atomic energies that can be seen around all life, as energy fields can be seen surrounding non-life matter such as a stone and other matter".

This theory has been put to the test by those who can see aura and the aura of life close to mortal demise has been viewed just prior to demise and within seconds of demise there is a dramatic reduction in the aura, which if the aura was only generated by the atoms within matter, then there should not be any reduction at demise and this reduction happens as the spirit is thought to depart from the mortal host, only leaving a small amount of atomic energies surrounding the remains. Thus it is safe to say that the majority of the human aura is produced by spiritual presence.

Fig3, Is a good example of someone who is in need of healing, the aura can visibly be seen to be reduced which is an indication that there is normally some form of depletion within the spirit due to an illness or disharmony of some kind, this can be caused by the mind emotions or the physical body or on occasion spiritual depletions-cause through spiritual work. In this example hot spots can also be seen where there are depletions or needs of healing. For those who can see or gain a

sense of the aura it is sometimes possible for them to pick up on these hot spots by psychically attuning into a persons aura and seeing or sensing these disharmonies and they often show up as muddy colours, greys and sometimes red which can indicate anxieties when seen in the aura. In fig3 there are two brown hot spots one on the head and another on the chest, these indicate depletions in the spirit possibly caused by an emotional or physical imbalance and disharmony of the material being, that is being reflected through the spirit and indicates a need of healing in that area. The hot spot seen about the head could either be a physical, mental or emotional problem and could be caused by stress and the amount of other problems the patients seems to be suffering or could be as simple as a headache.

The brown seen in the chest area could be as simple as a cold or a smoking problem or other chest related disorders. In this example there is also a hot spot in the stomach area, this hot spot can be seen as red and indicates that there may be a more serious condition in the stomach area, again it may not be anything more than an upset stomach and it is not for the healer or those who are not qualified to give opinions or try to guess what the condition might be. Also on fig.3 on the patients left shoulder and elbow a green and blue area can be seen, these are also indications that there is a need of healing, only that in these cases they are not shown as hot spots, rather the healer is seeing them as healing colours which might help the condition. Interpreting which are hot spots and which are needs is not a necessity when acting as a healing channel, all the healer need to do is channel and allow the healing power to pass and flow freely through themselves, allowing spirit guides and God to do the rest and give what is most appropriate to the patients needs. To see patient/healer care in the healing section click [HERE](#).

Fig4, In this example of such low spiritual energy it is being suppressed more than caused by an physical illness and in this case the spirit is depleted of natural energies due to the spirits nature being suppressed by the individuals actions. As explained the more in harmony with the true nature of spirit we become the more the energies develop and grow outwardly through the aura. The opposite effect is that negative actions produce not only often a reduction in the aura but also darker and more ominous colours in the aura such as black which is not often present in aura other than as a depletion in character, also red among the black can be ominous, but red also just on its own can mean anxiety or even at times passion and romance. But red can also be seen in people that are angry. So it is not best to jump to conclusions as even black at times is a good earthly colour. However a certain mixture of colours within the aura can by some psychics be seen to be a ominous evil or bad aura and it is true to say our own spirit is our best judge as it reflects our character through the aura. There is a simple solution to rectify this problem and that is to become good, respectful, peaceable, loving and kind in ones life and toward all other life.

The Seven Aura Bodies Produced by the Chakra

As mentioned it is believed that there are seven main bodies that are reflected in layers through the aura although this does vary a little depending on the belief systems one follows. Each of these bodies is thought to be connected and correspond to one of the spirits seven main chakra energy centres, which produce the auric layers. These seven main aura bodies are known as the, Etheric Aura; Emotional Aura; Mental Aura; Astral Aura; Etheric Template Aura; Celestial Aura; Ketheric Template Aura.

Base Chakra: Red; Etheric layer of the Aura, **Sacral Chakra:** Orange; Emotional layer of the Aura, **Solar Plexus Chakra:** Yellow; Mental or Intellectual layer of the Aura, **Heart Chakra:** Green; Astral layer of the Aura, **Throat Chakra:** Light Blue/Indigo; Etheric Template layer of the Aura, **Brow Chakra:** Indigo/Purple; "Third Eye" Celestial layer of the Aura, **Crown Chakra:** Violet; Ketheric layer of the Aura.

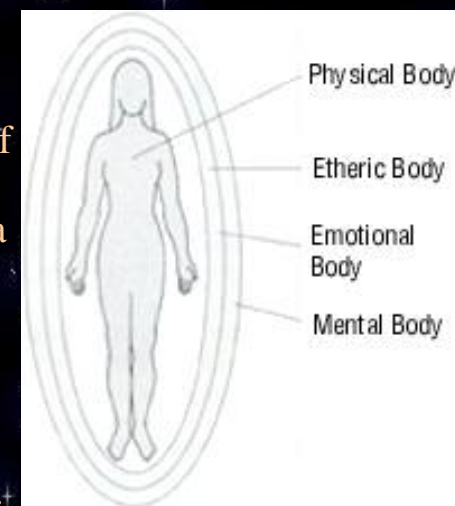
The colours described below do not always match that of the associated chakra, this is due to a blending that takes place of one or more of the main seven chakra along with a multitude of secondary and subsidiary chakras may be involved in the makeup of each of the main seven bodies of the aura and although the aura is thought to possibly extend up to 40 inches off the body in places it is very unlikely that many psychics would be able to see it, that is not to say at times it cannot be seen or sensed by other means, just that in most cases the aura is only normally seen 2 to 4 inches off the top of the head, where it can usually most prominently be seen and perceived.

The Etheric Aura

The etheric aura extends about two inches out from the physical body and is usually a shade of blue in colour. The shade of the blue relates to the physical condition and health of the physical body. Athletes have strong etheric aura's of a deeper blue in shade. In the etheric aura you feel all the sensations, both pain and pleasure.

Emotional Aura

The emotional aura extends about two to four inches from the physical body and appears as rainbow coloured clouds. This aura is associated with feelings. Positive feelings generally create bright colours, where as negative feelings generally create dark colours. Problems in this aura will eventually lead to problems in the first and third aura's.



Mental Aura

The mental aura extends about four to eight inches from the physical body and is usually a bright shade of yellow in colour. Within this aura are our thoughts and mental processes. The more active our thinking processes the brighter our mental aura becomes. Within this aura can be found thought forms.

Astral Aura

The astral aura extends about eight to twelve inches from the physical body and appears as brightly coloured rainbow clouds. The astral aura is the bridge between the physical world and the spiritual realm.

Etheric Template Aura

The etheric template aura extends about twelve to twenty four inches from the physical body and appears as a blue print form. There is an empty groove in the etheric aura into which the etheric aura fits. The etheric template aura holds the etheric aura in place. It is the template for the etheric dimension.

The Celestial Aura

The celestial aura extends about twenty four inches from the physical body and appears as a brighter shimmering light of light colours. This is the level of feelings within the world of our spirit. Here we communicate with all the beings of the spiritual world.

Ketheric Template Aura

The ketheric template aura extends about thirty six to forty eight inches from the physical body and appears as an extremely bright golden light that is rapidly pulsating. This aura surrounds and protects everything within its boundaries.

Kirlian Aura photography



Kirlian photography was discovered by Semyon and Valentina Kirlian in the USSR, this photography was not developed for taking pictures of the aura in mind and was developed to take pictures of the electrical activity or corona produced around the 200KHZ frequency. More recent research is concentrated on a different audio frequency ranging under 10KHZ. Of course in some regards the aura is not so unlike corona, both are energy fields that are generated and resonate around a number of energy sources, as we know the sun has a powerful corona and to a much lesser degree so does the earth and all matter gives off atomic energies.

However it is believed that there are energies that underlay those of the material atomic nature, these energies are what mediums call the etheric counterpart or are believed to be what the Chinese call the chi or the Japanese call the ki energy which is of a more of an etheric and spiritual nature and used in acupuncture allowing these energies to be released and flow more freely to help restore good health. I feel science is still some way from being able to unlock the mysteries and secrets of the spirit and its energies. Although of all Kirlian photography has come close and is able to pick up on some energy that we resonate. The question that is raised is what percentage of these energies that are seen are actually being generated by the spirit rather than the material atomic nature.

Kirlian photos can be quite different from the normally observed aura using the psychic abilities. The energy fields seen in Kirlian photography are often bigger in proportion and the colours can vary compared to what is seen psychically. Most auras do not extend more than 2 to 4 inches off the top of the head as normally seen with the psychic or psychic third eye. In Kirlian photos the energy field can extend over a foot from the top of the head.

Admittedly the camera lens does not lie it takes a picture of what it is sensitive to and in this case I feel the camera lens is sensitive to an energy field that resonates on maybe a different frequency of vibration to that of the normally observed aura that many psychics see about four to six inches off the top of the head, that is not to say other energies do not resonate further out, only that mostly we are not spiritually aware of them. There is I'm sure value in these pictures and keeping an open mind to this photography as possibly being a valued tool to discover more about the human aura and energy fields is a good idea, but as of yet I personally feel there is nothing more reliable than our own psychic abilities to best accurately view and understand the aura.

Feeling the Aura

Most people that have not seen or felt the aura are quite surprised how easily it can be felt when it is attempted. Firstly to feel the aura, find yourself a volunteer and sit them down on a chair where you can stand behind them. Next allow yourself to attune to your own spiritual abilities to sense their aura by touch and then hold your hands about two feet directly over the top of their head, close your eyes and slowly allow your hands to move down toward the top of their head until you

find contact with their aura, this in most cases will be between 2 to 6 inches off the top of their head.

You will know when you have found the aura when you can feel either a tingling sensation on your hands or you may feel a warmth or coolness when you make contact with the aura, the other thing you may feel is a wind like sensation on the hands, this is caused by the motion of the aura its self, as I have mentioned the aura waves somewhat like a heat haze in appearance. When you find the aura over the top of the head keep your hands so they are just in contact with it then slowly see if you can follow it off the top of the head down the side of the head and over the shoulders. If you find success, try to find others who will allow you to feel their aura, as at times the aura of others can produce different effects and feelings.

Seeing the Aura

The gift of being able to see aura directly or in peripheral vision with the naked eye, is somewhat of a gift of the spirit and psychic abilities. Those that do see aura not only look in a certain way to view the aura, but at the same time they are psychically attuned to be able to see it with the aid of the spiritual sixth senses or psychic abilities.

To actually see the aura or the energy field that is produced and resonates, not only around all living things of spirit but also around all things of matter, as all matter gives off atomic energies that can also be viewed psychically and seen to have an energy field, such as, a stone which is non life and has an aura or a tree which is spiritual life and has both atomic electromagnetic and spiritual energies present within its energy field. One may find it best to have the subject indoors against a fairly plain and light background as aura is often harder to see in bright daylight. The distance at which one looks at the object to see the aura most easily does seem to vary. With people it is not quite so hard and at close proximity, within a few feet is most preferable, but aura can often be seen on people at 20 or 30 feet distance.

The best place to look to view the human aura is just over the top of the head coming down to the shoulders, the looker should look to see the aura over the top of the head whilst at the same time taking their eyes out of focus to see it, this is what immensely helps when trying to see aura, it is within the blurred vision that we pick up the energies and colours of the aura. When looking it is often best to look through the aura whilst trying to find how much to take the eyes out of focus either in front or behind the aura.

It can be a bit awkward when looking at someone's aura if they do not know what you are doing as to maintain the eyes in being out of focus it does take a narrowing of the eyes and to any unsuspecting soul that happened to look at someone who was trying to view their aura it would look as if they are giving them the evil eye. So when you look at aura if your eyes are out of focus and you feel that you must be looking as though you are giving them the evil eye then you are probably doing it just right. Aura can very often also be seen more through a gaze than looking directly and many find that they see aura in peripheral vision out of the corner of one eye and when they look directly it cannot be seen, most who see aura in the beginning see it as a milky white haze or glow that has defined edges.

Again this is a gift of the spirit and it takes lots of practise for most to develop, however there are those who are naturals at seeing the aura and as mentioned it is not limited to only being seen on people. Aura can be seen around all living things such as a blade of grass or a tree or a fish or pet cat or dog etc. So they all have aura and the aura is given off from living things partly by the material but mostly from the spirit. None life also has an energy field that is given off, crystals are always quite good to practise on and often energy fields may be seen around furniture such as a wooden chair which becomes non life when the spirit departs soon after it is cut down and the aura that can be seen is the material atomic energy that is given off by all matter.

When the aura is viewed it can be seen in a variety of ways, what we all wish to be able to see is a number of energy fields and possibly bands of colour such as seen in the rainbow, surrounding the subject we are looking at, however although aura can often be seen as bands of colours one blending into the next the aura is often not seen to be as uniform as what a rainbow might be and a number of colours maybe viewed some blending into each other and in some cases vivid spots that show up in a non uniform manner within the aura. i.e. there may be blue and pink for instance around the head, but to one side only there could be a bold spot of any colour. So the aura may not be seen as typically as what the uniform rainbow might be and can end up being seen as a multitude of varying colours and formations with some irregular patterns or just simply as a milky white and this can quite often be seen as a double to one side that surrounds a person or even furniture.

As mentioned those who often begin to develop the gift and ability of seeing aura actually often begin by seeing a milky white glow around people and other objects and can be quite a strange experience even sometimes disorienting, when one start seeing what almost looks like a milky coloured double of everything, including life and non life. This experience of seeing milky white aura surrounding everything is not uncommon to those who are sometimes developing psychic and spiritual awareness and it can often happen when we are in a more spiritual mode or state of mind, especially after a spiritual experience or meditation as well as when we are resting daydreaming or going to or waking up from sleep. Aura can also sometimes be seen as clear energy without colour, surrounding both life and non life, on a person it is usually best seen coming off the top of the head about 2 to 6 inches, this energy swirls and looks almost identical to heat haze that can be seen coming off a road on a very hot day.

Apart from being able to see the auric field with the naked eye it is also possible as many developed mediums and psychics do, to see or sense the aura without seeing the aura with the naked eye, this is achieved by using the psychic powers and senses to feel and perceive the aura, the psychic then forms an impression of the aura and colours within their mind or minds eye, this method is used to great success and is just as accurate as direct viewing of the aura.

If you are interested in finding out more about the spiritual realms there are a variety of topics covered such as out-of-body experiences etc on the "Insight Questions and Answers pages" To visit this section click [HERE](#).

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Spirit Colors

*Catherine Adams
Clairvoyant Counselor, Healer and Teacher*

What does your color say about you?

Color is a manifestation of frequency, or the oscillation of energy.

Reds vibrate more slowly than do blues and violets. When a clairvoyant looks at your aura, he/she sees patterns of color. I look for one main Spirit color for your being in the lifetime, then I look for other colors in your aura that show up as patterns. I do not like to rate people based on their colors as more or less highly evolved, because the Spirit color I see in the aura shows primarily the path of the person in this lifetime, not the overall evolution of the person's Spirit. For example, one can be a yellow and not be very spiritually aware, and another can be yellow and be extremely aware. As you read below, you will realize that it is not worthwhile to categorize who is more evolved, because each color is such a gift to the world, and we need them all. Each color provides a different expression of the same pure spirit that can be found in the highest expressions we can think of.

The Spirit colors I usually see as a clairvoyant are variations of yellows and blues mostly. I have seen indigo (purplish blue), lavender, purple, orange, gold, green and tan but never red. I believe the reason why I have never seen red is that people with red Spirit colors are not interested in getting readings. I seldom see tan, and no tan has ever called me for a session. I think that reds are too interested in physical expression to stop and ask for insight, and tans are too pragmatic and probably do not feel a need for spiritual insight. Greens and golds are interested in spiritual matters, but keep to themselves often. Oranges can be very spiritual, but are too busy with adventures to think of asking for some insight.

Secondary Colors are the spices of the aura. Red usually indicates anger, conflict or inflammation in some part of the aura. Purple halos around the head indicate spiritual thinking and high spiritual guidance. Lavender is similar, but is lighter in mood and represents a connection with fairies, light humor and mischief. Blue or green spots in the aura are friends or mates of the person hanging out in his/her aura. Black is a dead space, usually just a layer over the underlying aura that denotes lack of attention or energy to that part of life. A white area is spiritual inspiration, unless it is interspersed all over the aura, which then indicates the person is spacey and leaves the body a lot.

If a color is completely overlaying the person's aura, another person or energy is blocking the person's expression or the person is hiding from being seen by others.

I find that one's basic spirit color can change during a lifetime, but it is not a common experience. Change of spirit color has to do with completing the lesson of that color and moving on to another.

For example, yellow can change to blue during a lifetime.

The colors outlined below are trends I have seen from my own experience and not completely indicative of everything I might see for you. If you want more information, here are some good books that might interest you:

Life Colors: What the Colors in Your Aura Reveal by Pamala Oslie

Journey of Souls by Michael Newton, PhD

What does your Spirit color mean?

In general:

Yellow

Many yellows are earth healers and are specifically working on valuing their own spirits in this incarnation. You process emotions and thoughts by doing. You are physically active. You also operate on inspiration and creativity. If you are not being creative and inspired, you probably feel half dead. It can be hard to be a yellow because people wonder why you are so spontaneous and fun loving. They wonder why you don't do something serious for a change. You are very vulnerable to energy, so you can grow up feeling very defensive about these criticisms, with good reason. You are supposed to be the way you are! You are the color that radiates joy and inspiration to those around you. If they are criticizing you, it is probably because they are stuck, and your spontaneity reminds them of that. You need a job that allows you to move and talk. Being a teacher, a spiritual counselor or healer, a dancer or an actor work well for you. You need fun in your life. You need to be inspired. You need to shine. You need to be who you are even with your vulnerability.

Gold

You are a healer just by virtue of your warm and generous aura. People flock to you just to feel your warmth. You may be the humanitarian in your neighborhood or the philanthropist for an organization, donating money to good causes. You have a gentle sense of humor, but you see more than you can possibly express to people, mainly the pain and lack of insight most people have. Your gentle warmth and love helps to lift everyone to see that we live in a generous universe, if we would only believe and open our eyes.

Orange

If you are orange: you can fit almost any category, but you tend to be a loner, a risk taker (to the shock of others, sometimes), physically active like yellows, but with more focus. You are not as expressive of your inner emotional states as yellows are. You simply jump off the cliff in your hang glider! Your risks can take the form of physical risks or spiritual ones. You could be a star child who is aware of ETs and talking perfectly lucidly about them with your shocked family or you may be a physical daredevil. You do not fit into groups well because you hear the beat of a different drummer, so to speak. You are usually the pioneer rather than the family icon.

Green

You are a reluctant leader. You tend to be behind the scenes, handling the responsibility of the entire company or family. Everyone dumps things in your lap because everyone knows you can handle it. You organize, you delegate, and everything turns out alright. You are often a healer, as well, but in a sense that others feel safe around you and can relax. You are usually clairvoyant (as are all the signs) but you do not share what you see very often. You keep much to yourself because you know others wouldn't know what to do with it.

Turquoise

You are aware of ideas that are ahead of your time and you feel that sometimes the ideas are too difficult to put into practice. You may wonder where these ideas come from. You can be more mental than emotional. Actually you are visionary. Water is something you are usually attracted to. Dolphins may seem to be your totem animal. They usually are. You need to realize your visions are part of who you are, and work on writing articles about your ideas or painting pictures of your visions. Get people together who are interested in your ideas and get a movement going. I see this color as being sooo Aquarian even if you are not born under the sun sign of Aquarius.

Blues

Blues in general internalize emotions and thoughts, contrary to Yellows who act them out. All blue characteristics can overlap, and some blue characteristics may be similar to yellows.

Turquoise does not fit the Blue Profile, so I gave it a category of its own.

Light Blue

You have a hard time putting your thoughts into words. You are sensitive to energy, aware, usually

a healer. You may be interested in art, helping others in some way or teaching. Your environment is usually clean and refined because clutter and mess upset you. So does harshness in words and actions. Beauty means the world to you. Signs that resonate with this color can be Pisces and Taurus but mostly Libra.

Medium Blue

You are a true friend. You like to laugh, socialize and you like to help others find their way even if it is only to the next crosswalk. You can get stuck if you think too much and don't go outside and interact with others a few times a week. Laughing and connecting with others heals you, and you heal others.

Dark Blue

You are what I call a far seer. You understand the overview of things, and can easily see the outcome of certain actions and attitudes of others. You make a good parent, manager, engineer, leader or teacher. You hold much of your awareness to yourself and share your deep insights only with someone whose integrity you trust. It is hard for you to find words for your deep awareness. You have a lot of integrity and dignity. You can be a little stubborn about your ideas at times, but when you feel understood, your light truly shines. You have a good analytical mind as well as a deep emotinal nature.

Purple

If you are purple you may want to hide in the background yet you know you have a big job to do. You are creative, interested in things others wouldn't even think about, have a twist in your humor that others don't quite get, have a deep compassion for humanity yet are working behind the scenes and have a feeling that you don't quite understand yourself because you don't match others around you. You may be involved in drama or interested in some period and place in history. You love it when someone can see you, but he/she has to look for you.

Indigo

Like purple, this is not a color I see often, but you are very sensitive, empathic and aware. Much of your traits match yellows, but they are usually not as connected with their Higher Selves at such a young age as you. It can be hard to live here on earth unless you are in an environment where people listen to what you say without discounting you. You are usually careful about watching violent films because your empathic reactions go overboard. You internalize your thoughts and emotions as blues do. Because of the violet in your aura, you are aware of the creative, inspired energies around you, and gardens that are full of faeries are perfect for you. This is often seen with yellows, too. You are most likely an artist, a teacher, a healer or a writer. You are here to teach everyone that our connection to the stars and to our Higher Selves is already a given, if we would only let go of fear and accept it.

If you want to find out what your color is, as well as the intricate details that sets you apart from everyone else, consider booking a session with me.

**Contact me through email
Catherine@litespirit.com**

or call (408)246-4385 (Santa Clara, CA)

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Female Orgasm

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| For Pre-Orgasmic Women | Female Ejaculation | Female Orgasm on Video |
| Vaginal Orgasm | Orgasm: Did She? | Sexual Dissatisfaction |

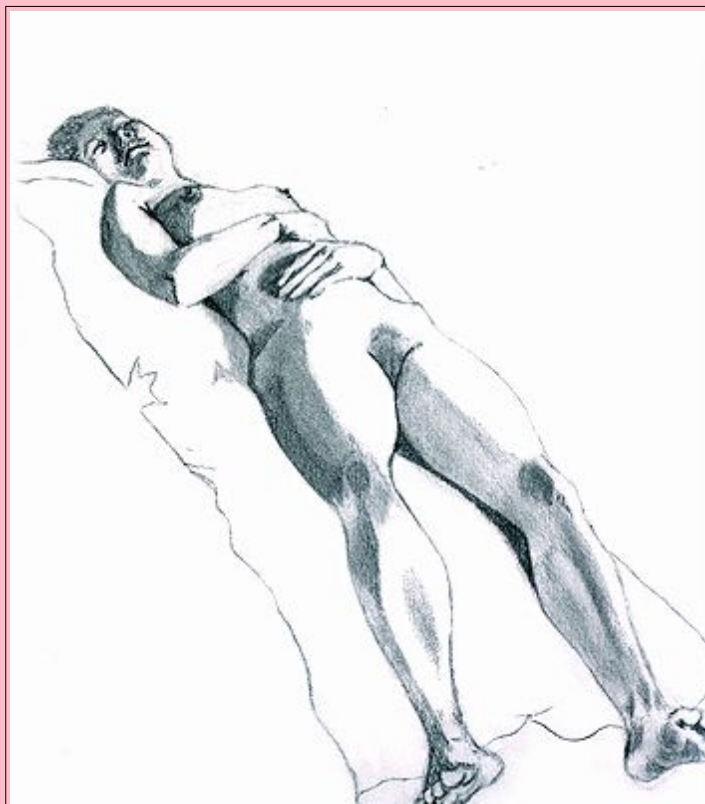


Illustration by Patsy
Website FromLifeDrawings.com

Survey Results: *Jane Magazine*, June/July 2004

Based on 2,137 responses to an online poll this is what their readers had to say about their frequency of experiencing orgasm during sex:

I have an orgasm (or five) *every* time I have sex 43%

I've had "the moment" a few times 38%

Still waiting for that one 19%

"It's happened twice to me. But if you ask my boyfriend, it happens every night." -Savana, 18, Niagara Falls, NY

"Not intercourse, but all the time in outercourse." -Lola, 28, Merced, Calif.

"Sheet, I am a one-minute man." -TJ, 24 Cincinnati

"Only if one of us is double-clicking the mouse." -Christen, 21, Leola, Pa.

To be honest, I am surprised 43% report experiencing orgasm every time they engage in sex, which for some could be masturbation, but on the other hand, the 19% who have not experienced orgasm exceeds the 10% usually reported. I suspect *Jane* magazine has a young readership, which may explain a better success rate during partner sex and higher than expected pre-orgasmic rate. Many young women don't learn to masturbate to orgasm until in their late teens or early twenties, often times after being sexually active with a partner for several years. Young men today have access to the Internet, which may provide some enlightenment on how to please a woman, versus prior generations who read *Penthouse*. The 38% who experience orgasm irregularly, and some of the 19% who have never experienced an orgasm, may have inexperienced sexual partners and/or experience the reality that every woman isn't going to be in the mood or able to experience orgasm every day of her life, which brings the 43% into question, but perhaps this later group only engages in sex when in the mood, or they are always in the mood; being young and all. Overall, the data and comments provide some insight into how varied women's experiences with orgasm really are; one size does not fit all.

Female Sexual Arousal & Orgasm

Female sexual arousal and orgasm is a complex process involving the entire woman, mind and body. The human mind receives in sexual stimuli from the body, processes it, and based on past learning and experience causes the body to respond to it. The brain may start the sexual arousal process in response to thought (sexual fantasy), visual stimuli (seeing a partner nude), audible stimulation (hearing a partner's voice), olfactory stimuli (the smell of a partner's body), and taste (the taste of a partner's body). The body may start the arousal process as the result of a woman, or her partner, touching her genitals or breasts, the feel of air flowing across her exposed skin, or her cloths stimulating her breasts or genitals. The mind and body while able to experience sexual arousal separately, cannot experience orgasm separately. Orgasm requires both the mind and body to work together. Mental thought alone may result in orgasm, but you still feel the orgasm in your body. All the sexual stimulation and arousal may originate in one or the other, but orgasm takes place in both.

At birth we respond to sexual stimulation based solely on instinct. If we feel safe and our basic material needs are met, we will most likely respond to sexual stimuli very easily. This is perhaps why the simple acts of nursing and exposing the genitals to air results in sexual arousal in infants. At birth we are very sensitive to sexual stimuli, and our minds have not learned "appropriate" sexual response yet. As a result, at birth, orgasm is probably controlled more by physical stimuli than mental thought processes. Orgasm is a simple physical reflex response at birth.

By the time puberty rolls around we have already been taught "appropriate" sexual response. We perhaps know that any sexual response is bad. We may have been so isolated from our physical sexual self's that we are not even aware of it when we are sexual aroused. This is more true of girls than boys, as boys experience a tell tale erection. We know what "good girls" and "bad girls" are. We know who a suitable mate is, even if we cannot think of them in sexual terms. Teenage girls, and adult women, may not permit themselves to be in situations that result in them feeling sexual, if they categorize those feeling as bad. They may perceive sexual arousal as "being in love." They may tune out any sexual feelings, denying they occur, or they may respond so negatively to sexual stimuli that sex itself is impossible.

Some women do not have many negative feelings toward sex and are openly sexual. They enjoy being aroused and seek out sexual stimuli freely. They do not care who or what causes them to feel aroused, they just enjoy it. Of course society views these "sexual girls" and "sexual women" negatively and labels them "sluts" and "whores." In our confused society, the girl who shuns all sexual feelings is considered more "normal" than a woman who is openly sexual. This is less true than it was twenty years ago, but still very much true.

Orgasm may be more of a mental perception than a physical experience for women, more so than it is for men, as the result of the greater sexual restrictions placed on women. A man's ability to achieve an erection and ejaculate is a symbol of his manhood, a woman's sexual arousal and sexual enjoyment may be seen as "out of control" and "wanton." This is perhaps why women are often times less orgasmic than men as one has to speculate that both are equally orgasmic at birth.

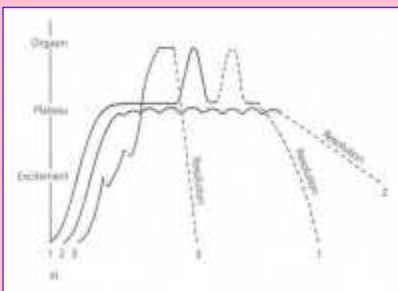
Much More Than A Physical Response

The traditional view of female sexual arousal, presented below, has focused on the physical changes associated with a woman's genitals. It was believed that [sexual desire](#) led to physical sexual arousal and orgasm. Studies have found that sexual desire is not one of the major reasons why women say they engage in sex. Women were also believed to be acutely aware of the physical changes that occurred in their genitals during sexual arousal. Additional research has shown a low correlation between when a woman believes she has experienced sexual arousal and when she has actually experienced the physical changes associated with sexual arousal. Women are not necessarily aware of when vaginal lubrication and blood engorgement of their vulva has occurred. A [survey](#) that looks at female sexual arousal on this website indicates the majority of women are very aware of what it feels like to be sexually aroused, but it appears their brain may filter this information out at times leaving them unaware. A woman's perception of sexual arousal appears to be very much dependent on context, whether her brain believes it is appropriate and desired. So instead of a simply linear or straightforward concept of female sexual arousal with a beginning and end there is now a much more complex circular concept with a lot of possible factors involved. I have created a flowchart that tries to present this concept in a manner that is easier to understand than what is presented in the medical articles I have on the subject. The flowchart is in the form of a GIF file that is 143K bytes in size. To see it please click [here](#).

The Physical Changes of Sexual Arousal

There are two physical changes the body must under go if a woman is to experience orgasm. The first is "vasocongestion," the pooling of blood in the breasts and genitals. This results in the breasts and genitals becoming larger, the body feeling warm or hot to the touch, the change in color of the breasts and genitals, and vaginal lubrication. The second is "Myotonia" or "neuromuscular tension," the build up of energy in the nerve endings and muscles of the entire body. Myotonia is the "sexual tension" I refer to in my masturbation advise for [pre-orgasmic](#) women. Myotonia is not "bad tension" experienced as the result of negative feelings. You may experience strong myotonia as the feeling of fullness or tightness in your body prior to orgasm, the point of no return. Some women when confronted with strong myotonia cannot allow themselves to go over the edge, let go, and hence they do not experience orgasm.

It should be noted, that any disease, drug (prescription and non-prescription), or illness that affects the blood flow, muscles, or nerves can restrict or prevent myotonia and vasocongestion. If you cannot experience myotonia and vasocongestion, you may not be able to experience sexual arousal and orgasm. If you have a disease or illness that directly affects the circulatory, nervous, or muscular systems, you may experience orgasmic impairment. If you have been diagnosed with one of these, please see the [health](#) and [disability](#) pages for more information. If you feel you are not able to experience sexual arousal, or only in a limited way, seek a doctor's advise.



Click on image to see it full size.

"Three representational variations of female sexual response. Pattern 1 shows multiple orgasm; pattern 2 shows arousal that reaches the plateau level without going on to orgasm (note the resolution occurs more slowly); and pattern 3 shows several brief drops in the excitement phase followed by an even more rapid resolution phase."

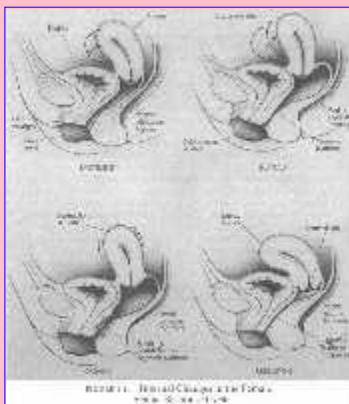
From the book "Masters and Johnson on Sex and Human loving" Page 58
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Sexologists have broken the sexual response cycle into four phases, excitement, plateau, orgasm, and resolution. These are arbitrary definitions and a person is not likely to be aware of their body experiencing each individual phase. The amount of time a person spends in each phase, and even the order in which they experience them may vary. A woman on a date may become sexually aroused several times, even without her knowing it, without her ever reaching the plateau phase. She may experience arousal and the plateau phase during an intense session of dancing, but return to her un-aroused state during the ride home. Once home she may quickly experience arousal and orgasm as the result of direct genital stimulation without experiencing the plateau phase. The manner in which a person experiences each phase is unique to them, and even this will change depending on their mood and who they are with.

Arousal may be accompanied by these physical responses to mental and/or physical stimuli:

- Vaginal lubrication begins first, within 10-30 seconds.
- The inner two thirds of the vagina expands.
- The uterus and cervix are pulled upwards.
- The labia majora flatten and spread apart.
- The labia minora increase in size.
- The clitoris increases in size.

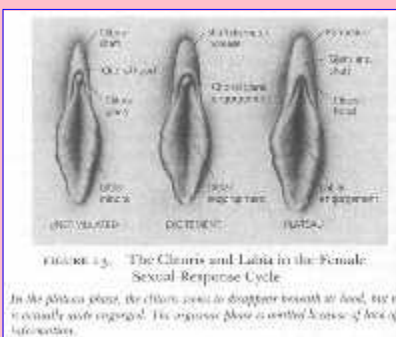
- The nipples may become erect as the result of muscle contractions.
- When highly aroused the breasts may increase in size.



[Click on image to see it full size.](#)

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As mentioned above, the vagina lubricates as the result of vasocongestion of the vaginal walls. Moisture "seeps" from the vaginal walls as the result of increased blood pooling there. The process is called "transudation". Small droplets of moisture form within the vagina, as the result of this seepage. These droplets may collect together and flow out of the vagina, resulting in the vulva becoming moist. The amount, thickness, and smell of a woman's vaginal lubricant varies between women, and with the same woman depending on many factors, including her current menstrual state, and what she has eaten. The presence of vaginal lubrication does not signify that a woman is fully ready for intercourse, nor does the absence of it indicate she is not sexually aroused. Some women produce very little moisture and require the use of water-based lubricants, such as K-Y Jelly. (The use of petroleum-based lubricants can result in vaginal infections.) While it may be perfectly normal or temporary, if you experience a problem with vaginal dryness during intercourse, bring it to the attention of your doctor. Other women produce so much moisture they get everything soaking wet, which can be embarrassing when it occurs in a public place. This too is normal, and is just the result of variations in women's bodies.



[Click on image to see it full size.](#)

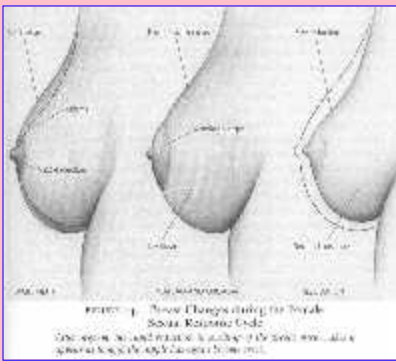
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During the Plateau phase a woman may experience:

- A marked increase in sexual tension.
- Increased vasocongestion in the vagina causes the outer third of the vagina to swell, resulting in the vaginal opening decreasing in size, perhaps 30%.
- The inner two thirds of the vagina balloons out. A woman may experience a strong desire to be filled, a vaginal ache.
- The amount of vaginal lubrication may decrease during this stage, especially if prolonged.
- The clitoris becomes increasingly erect, the glans moves toward the pubic bone, becoming more concealed by the hood.
- The labia minora increase considerably in thickness, perhaps 2-3 times.
- The increased size of the inner labia may spread apart the outer labia resulting in the vaginal opening becoming more prominent.
- The color of the labia minora change considerably. Going from pink to red for women who have not given birth, from bright red to deep wine in women who have. The actual colors may vary, but not the marked change in color.
- The areola, the pigmented area around the nipples, begin to swell.
- The breasts may increase in size 20-25% for women who have not breast-fed a child, for women who have, there is less or no increase in size.
- 50-70% of women experience a "sex flush" on their chests and other body areas resulting from increased blood flow near the surface of the skin.
- The heart rate increases, perhaps beating noticeably.
- There is a marked increase in the amount of sexual tension in the thighs and buttocks.
- A woman's body is now fully ready for vaginal intercourse.

Masters and Johnson report they never observed a woman experience orgasm who did not first experience the dramatic change in labial coloration. If a woman did experience this color change, she was more than likely to experience orgasm.

If you look at all the physical changes in the internal and external sexual organs, you can see that women are not fully prepared for intercourse until late in the plateau phase. A woman's body signals her readiness by opening up her vulva, exposing her vaginal opening. Vaginal wetness alone does not indicate readiness. This perhaps indicates that women need prolonged mating rituals prior to vaginal intercourse(*).



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From the book "Masters and Johnson on Sex and Human loving" Page 67
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During the Orgasmic phase a woman may experience:

- Rhythmic muscle contractions occur in the outer third of the vagina, the uterus, and anus. The first muscle contractions are the most intense, and occur at a rate of a little more than 1 per second (0.8 seconds). As the orgasm continues, the contractions become less intense and occur at a more random rate. A mild orgasm may have 3-5 contractions, an intense one 10-15.
- The "sex flush" becomes even more pronounced and may cover a greater percentage of the body.
- Muscles throughout the body may contract during orgasm, not just those in the pelvic area.
- Orgasm also takes place in the brain, as indicated by monitoring brain waves.
- Some women will emit or spray some fluid from their urethra during orgasm. This is often called female ejaculation. While the jury is still out on whether it is urine or female ejaculate that is expelled, the source of the fluid is not of great importance, women often report very strong orgasms when it occurs. That should be all that really matters, women's pleasure. No one questions male ejaculation, even if it too is messy.
- Myotonia may be evident throughout the body, especially in the face, hands, and feet. A woman's facial expression may indicate that she is in pain when she is having a pleasurable orgasm.
- At the peak of orgasm the entire body may become momentarily rigid.

Women who have never experienced orgasm, and women who are not sure if they have, often ask, "What does an orgasm feel like?" This is a hard, if not impossible, question to answer. Imagine trying to explain to someone what it feels like to sneeze or yawn. Not easy to do. How our senses and brain interpret physical stimuli is subjective, that is dependent solely on the individual's perceptions. While we can measure the physical stimuli, we cannot measure how a person perceives it. Even if a woman is connected to monitoring equipment when she experiences 15 strong orgasmic contractions over a 10 second period of time, how do we know she experienced it more intensely than another woman who only has a 5 contraction orgasm lasting 4 seconds? The woman having the ten-second orgasm may be wondering why her orgasms are so weak! If a woman has experienced some form of nerve damage, she may not be able to tell if she has had an orgasm.

Here is Masters and Johnson's description of female orgasm: "Women often describe the sensations of an orgasm as beginning with a momentary sense of suspension, quickly followed by an intensely pleasurable feeling that usually begins at the clitoris and rapidly spreads throughout the pelvis. The physical sensations of the genitals are often described as warm, electric, or tingly, and these usually spread through the body. Finally, most women feel muscle contractions in their vagina or lower pelvis, often described as "pelvic throbbing.""

While all orgasms are organically the same, varying only in strength and length, a woman may not experience them all the same. How a woman experiences an orgasm during masturbation is usually totally different than how she experiences it during partner sex. In fact, women often report their most "satisfying" orgasms occur during masturbation, perhaps because they are the center of attention, and not worrying about or distracted by a partner. A woman may experience an orgasm totally differently if her vagina is empty than when a penis or hand is inserted. She may be more aware of her vaginal contractions when her vagina has something to clamp down on, or when it is empty and contracts on itself. Women experience total body orgasms, clitoral orgasms, vaginal orgasms, and uterine orgasms. While electronic gadgets may say they are all the same, women will beg to differ.

Masters and Johnson, and others, feel all healthy women are capable of experiencing orgasm while being stimulated by vaginal intercourse alone since the thrusting penis will push and pull on the inner labia, resulting in there being indirect stimulation of the clitoris. Other sexologists do not agree with them. While it may be technically possible, it seems practically improbable.

If women's masturbation habits are any indication, vaginal stimulation is less likely to result in orgasm than are activities that directly stimulate their clitoris. Ninety percent of women who masturbate do so by stimulating their clitoris. Only ten percent of women stimulate their vagina while masturbating, and even they usually stimulate their clitoris at the same time. When a woman masturbates, she is almost guaranteed an orgasm. Even if a woman's clitoris was not her primary sensory sex organ, habit alone may dictate that she is most orgasmic from clitoral stimulation, not vaginal stimulation. Is it reasonable to believe women masturbate in any way other than what works best?

As I mentioned above, a woman's body is not fully prepared for intercourse until she is highly aroused, and at the plateau stage. If a woman is highly aroused then it seems possible that indirect stimulation of her clitoris, combined with vaginal stimulation, could result in orgasm. If there is a strong emotional bond between a woman and her partner during intercourse, that psychological stimulation alone may result in an orgasm, if she is highly aroused. The same may not be said of a woman who tries to go from a low degree of sexual arousal all the way to orgasm by means of indirect clitoral and vaginal stimulation. If a woman's vagina is numb to penile thrusting she may find indirect stimulation of her clitoris alone is not enough to push her over the edge even if she is highly aroused. It is reasonable to expect women to need direct clitoral stimulation to prepare them for intercourse even if they do not need it during vaginal intercourse to achieve orgasm.

During the Resolution phase a woman may experience:

- If sexual stimulation continues, a woman may experience one or more additional orgasms.
 - The vaginas, and vaginal opening, return to their normal relaxed state.
 - The breasts, labia, clitoris, and uterus return to their normal size, position, and color.
 - The clitoris and nipples may be so sensitive that any stimulation may be uncomfortable.
 - The "sex flush" disappears.
 - There may be heavy sweating, and breathing.
 - The heart may beat rapidly.
 - If orgasm does not occur, a woman will still experience most of what is listed above, but at a much slower rate. The blood trapped in the pelvic organs, not having been dissipated by orgasmic muscle contractions, may result in a feeling of heaviness, and pelvic discomfort.
-

If a woman experiences one orgasm, she can usually have many more in one session, as long as adequate stimulation continues. Some women will have one orgasm right after another, for as long as the stimulation is continued. Practice seems to make this more probable. The clitoris may be extremely sensitive after the first orgasm, requiring a very light or indirect touch. A woman may need only to slip a little ways away from the point of orgasm before she can have another. In this case, deep breathing may help a woman recover more quickly, enabling her to move onto her next orgasm. Most multiple orgasms occur during masturbation as there is nothing or no one to distract a woman from her pleasure, and a vibrator is more likely to be utilized. An electric vibrator does not get tired, unlike a woman's own hand, or that of her partner. A male partner who has himself experienced an orgasm may find himself incapable of continuing his stimulation of his partner. If a partner wants to bring their female partner to multiple orgasms, they will probably have to forego their own pleasure, at least temporarily.

Is orgasm necessary for female sexual happiness? While it is true that there are millions of women who have lived happy and fulfilling lives having never experienced an orgasm, their lives probably would have been more enjoyable if they had. Orgasm is a normal bodily function. If a woman does not experience orgasm, she may find herself feeling very uncomfortable after sex, because of the excess blood trapped in her pelvic organs. Some report, women develop back pains and other health problems as a result of this unreleased sexual tension. Doctors in the past used vibrators to bring female patients to orgasm as a means of treating female health problems. While orgasm is not necessary for female happiness, it does make life more enjoyable.

For women who are pre-orgasmic, and for those who experience orgasm only with great difficulty, achieving a balance between their desire for orgasm and their sexual happiness can be a challenge. Lets face it, there is a lot of social pressure on women to have orgasms these days. The mass media is full of references to the joys of orgasm. Women want to experience orgasm not only for their own benefit, but to make their partner happy and to be like their peers. To a certain extent, orgasm has become a chore, versus a simple pleasure, for some women. When women try too hard to achieve orgasm, sex becomes unpleasant and frustrating, for them and their partner. You cannot force yourself, or a partner, to experience orgasm. If you become too preoccupied with the mechanics of orgasm, you can loose out on the intimacy of sex.

It is usually easier for a woman to learn to orgasm while masturbating than it is for her to have her very first orgasm as the result of partner sex. It is for this reason that pre-orgasmic women may want to have partner sex simply for the pleasure and intimacy of it without trying to have an orgasm, at least part of the time. Saving their attempts at orgasm for masturbation sessions, when they are alone and able to think only of themselves. Women usually are not capable or willing to be selfish enough to make themselves the center of attention during partner sex. They try to fulfill the needs of their partner at the same time they are trying to fulfill their own, but their own needs usually end up falling by the wayside.

Faking orgasm is definitely a bad idea. What starts out as a means of saving face in front of a new partner, and as a means of giving a partner a morale boost, usually ends up being a permanent way of life. Women tend to blame themselves for everything that goes wrong in a relationship, so their inability to orgasm is their own fault, so they pay the price. Women are afraid to tell their partner they have been faking orgasm because it will upset them, so they do not. When you have faked orgasm, and decide to tell your partner, you have to admit not only to not having had orgasms, but you must admit to lying to your partner, to hiding something from them, and to fooling them. Women who fake orgasm face becoming so frustrated by their inability to orgasm, and their partners lack of skill, that they soon find themselves avoiding sex altogether. When a woman experiences an orgasm, real or faked, she is indicating to her partner that they have done a good job, that they do not need to do anything differently next time. A woman who fakes orgasm is telling her partner that they do not need to change their sexual technique, which is totally opposite of what she should be telling them.

New Study: Glamour Magazine, October 2000

Based on 1,500 women's responses to an online poll at Glamour.com

In response to the question, "How often do you fake orgasm?" the women responded:

I never fake it 45%
1%-25% of the time 34%
26%-50% of the time 10%
51%-75% of the time 7%
76%-100% of the time 4%

When the majority, fifty-five percent, of women admits to doing something they are not supposed to be doing, that is fake orgasm, it indicates a serious problem. In this case, the problem is that society is leading women to believe they should always have an orgasm during partner sex, and that there are negative consequences when they do not. An orgasm is no longer just an orgasm. Orgasm has become the benchmark by which we measure the quality of our sexuality and even our social standing within our community. Society leads us to believe "normal" women always have orgasms, and her "caring partner" always stimulates her to orgasm. In the past we ignored female orgasm, today we perhaps place too much emphasis on it. It is important for women to realize this is a social problem, not a personal one. No woman is going to have an orgasm every time she engages in partner sex or masturbation. This is just the way it is. Making orgasm the sole goal of sex can actually make sex less enjoyable and even boring, if not extremely frustrating. If you want to experience intense and prolonged sexual pleasure, try not having an orgasm.

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INNER PHYSIOLOGICAL PHENOMENA AND REACTIONS DURING HUMAN SEXUAL INTERACTIONS

To understand the human conjugality, it is very important first to understand the anatomy of the other's sex and biological and physiological functioning of sexual parts of the both. As the marital sex is based on mutuality, unless each understands the anatomy and physiological functioning of their parts, the interactions of which only giving the ultimate conjugal pleasure, they will not be able to satiate each other which is very vital for their marital happiness.

Therefore we will study the functioning of and functioning inside of the private parts of a man and woman during their heterosexual activity. In this aspect we will follow masters and Johnson's who have make an extensive practical study with the technique observing, recording, and measuring during the human heterosexual interactions, and their contribution in this field is the authentic work even today to know in detail what happen when the human male and female response to sexual stimulation.

The human male's and female's cycles of sexual response may be divided into 4 separate phases. They are: (1) excitement phase; (2) plateau phase; (3) orgasmic phase and (4) resolution phase. The excitement phase develops from any source of somatogenic or psychogenic stimulation. The stimulative factor is of major important establishing sufficient increment of sexual tension to extend the cycle. If the stimulation remains adequate to individual demand, the intensity of response usually increases rapidly. In the plateau phase sexual tensions are intensified and subsequently reach the extreme level from which the individual ultimately may move to orgasm. The duration of the plateau phase is largely dependent upon the effectiveness of the stimuli employed, combined with the factor of individual drive for culmination of sex tension increment. The orgasmic phase is limited to those few seconds during which the vasoconcentration and myotonia developed from sexual stimuli are released. The involuntary climax is reached at any level that represents maximum sexual tension increment for the particular occasion. Subjective (sensual) awareness of orgasm is pelvic in focus, specifically concentrated in the clitoral body, vagina, and uterus of the female and in the penis, prostate, and seminal vesicles of the male. Total body involvement in

the response to sexual tension, although physiologically well defined, is experienced subjectively on the basis of individual reaction patterns. There is great variation in both the intensity and the duration of the female orgasmic experience, while the male tends to follow standard pattern of ejaculatory reaction with less individual variation. The human male and female resolve from the height of their orgasmic expressions into the last or resolution phase of the sexual cycle. This involuntary period of tension less develops on a reverse reaction pattern that returns the individual to an unstimulated state.

Basically one should understand that physiologic responses of the human body to sexual stimulation are two-fold character. The primary reaction to sexual stimuli are widespread vasocongestion and the secondary response is a generalised increase in muscle tension. We are going to study how each private part of female and as well as male is going to respond to the sexual stimulation during each phase; so also what is the general reaction of the vital parts in the body while the person is undergoing through the different phases. Lastly we will compare the similarities and the differences in the reactions between male and female during the sexual act. As a female contains more private parts consisting of sexual and reproductive parts, unless we study the all we will not in a position to understand her needs for satiation. With regard to a woman's parts to be studied in this subject are: breasts, urethra, rectum, vulva consisting of labia majora, labia minora and clitoris, vagina, and uterus.

Now coming to the first part of a female's sexual part, i.e. Her breast, a woman's breast is the main motivating factor for a man during his active sexual performance. Even though her genitals are vital for sexual act, it is her breast which attracts her man to hers. The shape, colour, texture and softness make the mad; he compromises even his ego and self-respect for this. A lot and lot of literatures are written in every language about a woman's breast. It plays very vital role for a man in romance, petting and during excitement phase. Like sunrise and moonrise the breast rises from bra, or jacket, of a woman motivates him, thrills him and eventually makes him mad to compromise anything at that moment to grab them.

In the excitement phase, nipple erection is the first evidence of the breasts' response to sex tension increment. Full erection response may increase nipple length by 0.5 – 1.0 cm and base diameter by 0.25 – 0.5 cm over unstimulated measurement. A second physiologic alteration developing during the excitement phase is that of increased definition and extension of the venous patterns of the breasts. As sexual tensions progress toward plateau-phase levels, there is and obvious increase in the actual size of the breasts: this size increment results from the organs' deep vasocongestive reaction.

Now coming to plateau phase, even though marked areolar engorgement develops late in the excitement phase, the areola become so tumescent with plateau-phase tensions that they impinge upon the erect nipples, creating an illusion that the responding woman partially has lost the nipple erection. This impression is corrected as resolution-phase areolar ditumescence again reveals the erect nipples. However women who have suckled children frequently show a little or no increase in breast size under sex tension influence.

The appearance of sex flush, or otherwise called rashes, on the body indicates the enjoyment of sex by the woman; as a rule the severity of flush reaction may be considered a direct indication of the intensity of the sexual tensions experienced by the responding woman. In fact both intensity and distribution patterns of the sex flush vary among individuals. This maculopapular type of erythematous rash first appears over the epigastrium either late in the excitement or early in the plateau phase of the sexual the sex flush reaches a peak of colour concentration and its widest distribution later in the plateau phase and terminates abruptly with orgasmic experiences.

There is no specific breast reaction to the experience of orgasm. But the rapid disappearance of the sex flush and the simultaneous detumescence of the areola signal advent of the resolution phase. With aerolar detumescence the nipples appear to regain full erection.

Rectum: - voluntary contraction of the external rectal sphincter together with the gluteal musculature may be employed during both excitement and plateau phases of sexual response. Many women use this stimulative technique when driving for sex tension increment. External rectal shinctor contractions occur most frequently during an orgasm elicited by automanipulation but occasionally have been observed during coition.

Hyperventilation: - hyperventilation develops late in the plateau phase of the female's sexual cycle, lasts thro' the entire orgasmic experience, and terminates early in the resolution phase.

Tachycardia: - the heart rate usually is elevated significantly during late plateau and orgasmic phases of the sexual cycle. The highest cardiac rates have

been returned during female masturbatory sequences rather than during coition.

Blood pressure: - elevations of pressure of 30 to 80 mmhg have been recorded from female subjects late in plateau or during orgasmic experience. Diastolic pressure elevations are usually in the range of 20 to 40 mmhg. With minimal-intensity orgasmic experience, diastolic pressure readings essentially may be affected.

Perspiratory reaction: - approximately one third of female study subjects display a tendency toward the perspiratory reaction. It appears simultaneously over all body sites in the immediately post orgasmic time sequence and is the first indication of resolution of the superficial vasocongestive response of the skin (sex flush) to effective sexual stimulation.

Vulva: - the female's external genitalia is called vulva and consists of labia majora, labia minora and the clitoris. Here the labial response patterns will be discussed for both nullipara and multiparous women. As the sexual tensions rise for the nullipara during the excitement phase, the major labia thin out and flatten against the perineum. There is also a slight deviation of the labia in an upward and outward direction away from the vaginal outlet. This labial flattening and anterolateral elevation of displacement usually are completed late in the excitement phase or soon after plateau phase levels of sexual tension are achieved. For the multiparous women the labia majora become markedly distended with various blood – a two or three fold increase in labial diameter has been demonstrated. There is no flattening or elevation of the swollen labia against the perineum; they hang pendulous and swollen as a partial curtain to the vaginal outlet. There is, however, a slight lateral movement away from the mid-line, so that even the swollen vasodilated major labia of a multiparous woman do not interfere with the normal mounting process.

Labia minora: - when sexual tensions reach plateau-phase the labia minora increases at least two, occasionally three, times the diameter. Vivid colour changes develop in engorged minor labia during the plateau phase of the sexual response cycle. These colour changes may be equated with the parity of the individual. As a rule the darker the colour changes in the minor-labia, the more severe the degree of pelvic and labial varicosity involvement. No pre-menopausal woman has been observed to reach plateau-phase levels of sexual tension, develop the 'sex skin' colour changes, and then not experience an orgasm. When the sex-skin reaction develops, the woman has reached plateau-phase levels of physiologic response to sexual tensions. Generally the more brilliant and definitive the colour changes, the more intense the individual's response to the particular means of sexual stimulation. It should be emphasized that the development of the sex-skin reaction is clinically pathognomonic of impending orgasmic phase expression. No woman ever has been observed to attain orgasmic release of sexual tensions without first demonstrating the specific minor-labial colour changes. In essence, the changes in the labia (major and minora) that plateau-phase levels of sexual tension develop result in opening the vaginal out-let by removing the natural anatomic protection from the vaginal orifice.

Clitoris: - the rapidity of clitoral response depends upon whether the stimulative approach is direct or indirect. During breast, or vaginal, stimulation the clitoral response will follow established patterns, and there is a distinct delay in the onset of these patterns as opposed to the rapid reaction developed from direct stimulation of the clitoral body or the mons area. During the excitement phase, there is definitive increase in diameter of the shaft which is a constant development regardless of shaft size. Shaft elongation develops only after the normal vasocongestive increase in shaft diameter has been stabilised. Elongation of the shaft has been observed only during direct manipulation of the mons area and not in response to the stimulation of other erotic areas of the body, fantasy, or active coition, shaft elongation is confined to excitement phase levels of sexual response. Now during the plateau phase, clitoral-body retraction develops in relation to mild and effectiveness of sexual stimulation. In resolution phase, after an orgasmic episode the return of the clitoris to normal prudential-overhang positioning occurs within 5 to 10 seconds after cessation of orgasmic platform contractions. Those individuals who achieve plateau-phase levels of sexual response but do not obtain orgasmic-phase release of the accumulated sexual tensions occasionally maintain venous engorgement of both clitoral shaft and glans for a matter of hours after termination of all sexually stimulative activity. When clinical tumescence of the clitoral glans did occur, it developed long after there was obvious production of vaginal lubrication and paralleled a vasocongestive increase in the size of the minor labia. A minimum of a half-hour of exposure to stimulative literature was necessary to produce an observable glans tumescence in any woman. We will now see certain facts about the clitoris during sexual interaction. There has been absolutely no relationship established between the size of the glans and the rapidity and intensity of the individual's ability to respond to effective sexual stimulation.

Sexually responding woman achieves orgasmic levels of sexual tension without regard to variables in the basic anatomy and physiology of the clitoris. The clitoral glans often becomes extremely sensitive touch or pressure immediately after an orgasmic experience, and particular care is taken to avoid direct glans contact when re-stimulation is desired. Mons area manipulation produces a sensual experience that although somewhat slowed to develop from direct clitoral shaft massage.

If there is no psychosocial distraction to repress sexual tensions, many well-adjusted women enjoy a minimum of three or four orgasmic experiences before they reach apparent satiation. Masturbating women concentrating only on their own sexual demands, without the psychic distractions of a coital partner, may enjoy many sequential orgasmic experiences without allowing their sexual tensions to resolve below plateau phase levels. Usually physical exhaustion alone terminates such an active masturbatory session. Once plateau phase clitoral retraction has been established, manipulation of the general mons area is all that is necessary for effective clitoral-body stimulation.

Vagina: - during excitement phase, as sexual tensions rise, a 'sweating' phenomenon may be observed developing on the walls of the vaginal barrel. As tensions increase, the droplets collect to form smooth, glistening coats for the entire vaginal barrel. This 'sweating' phenomenon provides complete lubrication for the vaginal walls early in the excitement phase of the human female's sexual response cycle and certainly is the first evidence of the vaginal barrel's physiologic response to sexual stimulation. In a matter of seconds the sexually responding woman may develop sufficient lubrication for coital readiness. In fact, initially, there is a lengthening and distention of the inner two-thirds of the vaginal barrel. Irregular expansive movements of the vaginal walls may be observed as sexual tensions mount toward the plateau phase. Before termination of the excitement phase, the vaginal barrel is markedly expanded. The walls of the inner two-thirds of the vaginal barrel expand involuntarily and then partially relax in an irregular tensionless manner. Slowly the demand to expand overcomes the tendency to relax and the clinically distended vaginal barrel of the sexually responding woman is established. In addition to the expansive effect in vaginal fornices, the cervix and corpus are pulled slowly back and up into the false pelvis as sexual tensions mount. In the Master and Johnson's study, 100 nulliparous study subjects have been measured repeatedly at a 2 cm diameter in the transcervical plane (just anterior to the resting cervix of an anteriorly placed uterus). As sexual tensions mount, transcervical vaginal wall expansion ranges from 5.75 to 6.25 cm. Vaginal length (fourchette to posterior-forne wall) of the unstimulated nulliparous vagina has been recorded as ranging from 7 to 8 cm. During excitement-phase response the vaginal length measurement increases to 9.5 to 10.5 cm. With multiparous individuals the statement still can be supported that regardless of prior degree of vaginal expansion or increase in barrel length, the vaginal will increase significantly in its measurable length, and transcervical width under effective sexual stimulation. As excitement-phase reactions progress towards plateau there is flattening of the rugal pattern of the well stimulated vaginal wall; this thinning or stretching of the vaginal mucous is obviously a corollary of the involuntary expansion of the inner two-thirds of the vaginal barrel.

During the plateau-phase, the entire outer third of vagina, including the bulbus vestibuli, becomes grossly distended with venous blood. The base of vasocongestion whitish encompasses the entire outer third of the vagina, together with the engorged labia-minora, provides the anatomic foundation for the vagina's physiologic expression of the orgasmic experience. This area of plateau-phase vasocongestion has been termed the 'orgasmic platform'. The production of vaginal lubrication reaches its full potential during the excitement phase. The production rate actually slows during the plateau phase, particularly if this level of sexual tension is experienced for an extended period of time.

During orgasmic phase, the specific response of the vaginal barrel to the explosive physiologic entity of orgasm is confined to the orgasmic platform in the outer third of the vagina. This localized area of bulbar vasoconcentration contracts strongly in a regularly recurring patterns during the orgasmic expression. The contractions have onset a 0.8 second intervals and recur within a normal range of a minimum of three to five, upto a maximum of 10 to 15 times with each individual orgasmic experience. The inter contractile intervals lengthen in duration after the first 3 to 6 contractions of the orgasmic platform and the measurable intensity of the contractions progressively diminishes. The duration of the orgasmic platform's recurring contractions and the degree of the contractile excursions vary from woman to woman and within the same individual from one orgasmic experience to the next. These recurrent contractions in the outer third of the vagina are the only physiologic responses of the vaginal barrel that are confirmed entirely to the orgasmic phase of the sexual cycle. At the highest tension levels, the orgasmic platform may respond initially with a spastic contraction lasting 2 to 4 seconds before the muscle spasm gives way to the regularly recurrent 0.8 second contractions described above.

In the resolution-phase, the return of the cervix to the vaginal axis from its elevated position in the pelvis and the co-ordinated collapse of the vaginal fornices frequently take at least 3 to 4 minutes to complete after inorgasmic phase release of sexual tensions. The rapidity and intensity of the response mechanisms of lubrication production, inner-barrel lengthening and expansion, transcervical tenting effect, and vasocongestive development of the orgasmic platform always parallel the degree of sexual tension experienced by the individual. The vagina truly provides a direct physiologic reflection of female psychosexual tensions, as it involuntarily prepares for and then accommodates the act of copulation.

Uterus: - the uterus under the influence of sex tension increment, together with the outer third of the vagina (orgasmic platform) the minor-labia, and the breasts, reacts specifically to effective sexual stimulation by a marked vasocongestive increase in organ fluid content and consequently in organ size. There is no definitive evidence to date to support the concept of an active uterine role in aiding and abetting sperm migration from vaginal disposition sites.

It is current belief that the corpus contraction patterns initiated in response to automanipulative techniques are of greater intensity and duration than those resulting from coitally induced orgasmic experience. Certainly it is subjectively true that study subjects report that usually the experience with orgasm induced by masturbation is more intense than, although not necessarily as satisfying as, that resulting from coition.

Female orgasm: -

Physiologic factors: - the muscles of the neck and the long muscles of the arms and legs usually contract into involuntary spasm. Uterine contractions may have onset almost simultaneously those of the orgasmic platform, but the contractive intensity of the uterine musculature is accumulated slowly and contractions are too irregular in recurrence and duration to allow pattern definition. Physiologic tracings of uterine orgasmic contractions resemble the patterns of first stage of labour contractions. The nipples remain erect and are turgid and quite rigid (the false-erection reaction). Rapid detumescence of the vasocongested areolae, resulting in a constricted, corrugated appearance, occurs only with orgasm and is an obvious physical manifestation that provides for visual identification of female orgasmic experience. If orgasm does not occur areolar detumescence is much a slower process, corrugation does not develop, and false erection reaction of the nipples usually is reduced in intensity. The sex flush, a maculopapular rash distributed superficially over the body surfaces, achieves its greatest intensity and its widest distribution at the moment of orgasmic expression.

Of interest from both physiologic and psychologic points of view is the recorded evidence of an initial involuntary spasm of the orgasmic platform, developing before the regularly recurring contractions of orgasmic expression. The study subject identified the onset of orgasm and vocalised this subjective experience before the onset of regularly recurrent contractions of the orgasmic platform.

Understandable, the maximum physiologic intensity of orgasmic response subjectively reported or objectively recorded has been achieved by self-regulated mechanical or auto manipulative techniques. The next highest level of erotic intensity has resulted from partner manipulation, again with established or self-regulated methods, and the lowest intensity of target-organ response was achieved during coition. The fundamental physiology of orgasmic response remains the same whether the mode of stimulation is heterosexual or artificial coition or mechanical or auto manipulative stimulation of clitoral area, the breast, or any other selected erogenous zone. The obvious, rapid detumescence and corrugation of the areolae of the breasts and the definable contractions of the orgasmic platform in the outer third of the vagina remove any doubt as to whether the woman is pretending or experiencing orgasm.

Psychologic factors of orgasm: -

Stage-1: - lasting only an instant, the sensation is accompanied or followed immediately by an isolated thrust of intense sensual awareness, clitorally oriented, but radiating upward into the pelvis. A simultaneous loss of overall sensory acuity has been described as paralleling in degree the intensity and duration of the particular orgasmic episode. Often a feeling of receptive opening is expressed.

Stage-2: - a sensation of 'suffusion of warmth' specifically pervading the pelvic area first and then spreading progressively through out the body.

Stage-3: - a feeling of involuntary contraction with a specific focus in the vagina or lower pelvis. The initial phase was expressed as contractile, followed immediately by a throbbing phase, with both sensations experienced as separate entities. The 'pelvic throbbing' sensation often was depicted as continuing until it became one with a sense of the pulse or heartbeat. Relative norm of orgasmic intensity and duration is reflected by approximately five to eight vigorous contractions of the orgasmic platform. A level of eight to twelve contractions would be considered by observer and subject to be an intense physiologic experience. As orgasmic expression reflected by 3 to 5 contractions usually is reported by the responding female as being a 'mild experience' unless the woman is postmenopausal.

In our culture, the human female's orgasmic attainment never has achieved the undeniable status afforded to the male's ejaculation.

Now we will turn to male's sexual response. The human male's physical evidence of sexual tension develops through out the entire body. Just as with the female, physiologic response to effective sexual stimulation follows the two patterns: first, widespread vasocongestion (superficial and deep) and second, myotonia (generalised and specific).

Sex flush: - the human male develops the same maculopapular sex flush described for the human female. During the refractory period of the male's resolution phase the sex flush disappears with extreme rapidity. It disappears initially from the shoulders and extremities, secondarily from the diaphragm and anterior chest wall and, finally, from the neck, face and forehead.

Rectum: - the external rectal sphincter contracts irregularly subsequent to direct stimulation in both the excitement and plateau phases of the sexual response cycle. During the ejaculatory experience the sphincter also contracts involuntarily.

Tachycardia: - the heart-rate of the responding male increases in direct parallel to his rising sexual tensions.

Blood pressure: - elevations in systolic blood pressure ranging from 40 to 100 mm hg have been recorded from male study subjects during coition and automanipulation. Diastolic pressure deviations have ranged from 20 to 50 mmhg.

Perspiratory reaction: - many males evidence an involuntary sweating reaction immediately after ejaculation. Approximately one third of all male study subjects developed the perspiratory reaction.

Penis: - the initial physiologic response of the human male to effective sexual stimulation is erection of the penis. This reaction is the neurophysiologic parallel to the human female's production of vaginal lubrication.

Excitement phase: - penile erection has been maintained by study subjects for extended periods by carefully controlling variation and intensity of stimulative techniques. Erection has been partially lost and subsequently rapidly regained many times during an intentionally prolonged excitement phase. Penile erection may be impaired easily by the introduction of asexual stimuli, even though sexual stimulation is continued simultaneously.

Plateau phase: - the penis that apparently has achieved full erection during excitement phase undergoes a minor involuntary vasocongestive increase in diameter as the orgasmic (ejaculatory) phase approaches. This additional plateau-phase tumescence is confined primarily to the corona glandis area of the glans penis. Deepening the mottled-reddish purple colour of venous stasis may develop in the glans-penis late in the plateau phase and this pre-ejaculatory colour change, when well established, is reminiscent of the pre-orgasmic discoloration of the minor-labia of the human female.

Orgasmic phase: - the ejaculatory contractions involve the entire length of the penile urethra and force the seminal-fluid content from the prostatic and membranous portions of the urethra to and thro' the urethral meatus. The seminal fluid is expelled the full length of the penile urethra under severe pressure created by the involuntary but coordinated contractions of these muscle groupings. The inter-contractile intervals of the initial penile contractions have been timed at a rate similar to that of the orgasmic-platform contractions, which develop in the vagina during the female's orgasmic experience.

Resolution phase: - when an erection is maintained for many minutes, particularly during long-continued intravaginal containment, advance degrees of

penile vasocongestion frequently continue after the actual ejaculatory experience.

The penis as an organ of male sensual focus can be related to the functional role of the clitoris in the total of female sexual response. The gross difference between these two organs is that the clitoris serves only in a functional role whereas the penis has both a functioning and a functional capacity.

Penile fallacy: - the delusion that penile size is related to sexual adequacy has been founded in turn upon yet another phallic misconception. Piersol stated that the size of the penis has less constant relation to general physical development than and after detailed examination of the study subject population, Piersol's contention that there is no relation between man's skeletal framework and the size of his external genitalia. Although there is little to support the concept that erective size is proportional greater for the larger than the smaller penis, there remains the theoretical concern of the man with the small penis as to his potential coital effectiveness.

Functional role: - the penis serves as a psycho physiologic transformer of sensual stimuli through the proprioceptively stimulating process of erection. The male's sexual tensions elevate from late excitement into plateau phase and toward ejaculatory demand as a result of proprioceptive stimuli plus successive contact and pressure stimuli created either by the thrusting of the engorged penile shaft within the accommodating vaginal barrel or by manual contraction of the penile shaft with manipulative techniques. Both penile containment and thrusting provide stimuli, fundamentally exteroceptive in character, that are transformed through higher cortical centers into those levels of sensual focus that ultimately develop ejaculatory demand.

Male orgasm: -

Physiology of orgasm: - This actual expulsion of seminal-fluid content from the accessory of secondary organs or reproduction (prostate, seminal vesicles, ejaculatory duct, etc) into the prostatic urethra and the progression of the fluid content under pressure through the full length of the penile urethra to the urethral meatus are the physiologic expression of male's orgasmic experience. The ejaculatory process may be divided physiologically into two separate stages; in which the first stage consists of expulsion of seminal fluid substrate from the accessory organs of reproduction into the prostatic urethra, and the second stage includes the progression of seminal fluid content from the prostatic portion of the urethra through both the membranous and the penile segments of the urethra to the urethral meatus.

Psychology of orgasm: - in the process of stage 1, in the human male a sensation of ejaculatory inevitability prior to, and then parallels in timing sequence, the first stage of ejaculatory process. The subjective experience of inevitability develops as seminal plasma is collecting in the prostatic urethra but before the actual emission of seminal fluid begins. In the process of stage 2, during the second stage of the ejaculatory process, first, a contractile sensation is stimulated by regularly recurring contractions of the sphincter urethra. Secondly, a specific appreciation of fluid volume develops as the seminal plasma is expelled under pressure along the lengthened and distended penile urethra. The larger fluid volume is appreciated subjectively as a more sensually pleasurable sensation than is the lower volume ejaculate. When female study subjects were interrogated in the laboratory after multiorgasmic experiences, the second or third orgasmic episode usually pleasurable than the first orgasmic episode. When male study subjects were multiorgasmic in the laboratory, inevitably the first ejaculatory episode was reported as the most satisfying experience. In contrast to the fact that orgasmic experience of the human female can be interrupted by extraneous psych osensory stimuli, the male orgasmic experience, once initiated by contractions of the accessory organs of reproduction, cannot be constrained or delayed until the seminal fluid emission is completed.

Sociological factors: - there has been cultural attempts to control ejaculatory frequency and to direct ejaculatory occasion, but not to repress the ejaculatory process. This is one factor of ejaculatory necessity has relieved the male of psycho-social pressures that have been imposed upon the female's orgasmic experience. Fears of performance in the female have been directed towards orgasmic attainment, while in the male the fears of performance have related toward the attainment and maintenance of penile erection, and orgasmic facility always has been presumed. Cultural concerns for male sexual performance do not focus on orgasmic attainment.

Male and female's physiologic responses in resolution phase: - the male has an unique refractory period which develops as the last, irregular, nonexpulsive contractions of the penile urethra occur and is maintained until sexual tension in the male has been reduced to low excitement phase levels

of response. The female has no such refractory reaction. She generally maintains higher levels of stimulative susceptibility during the immediate post orgasmic period. She usually is capable of return to repeated orgasmic experience without post orgasmic loss of sexual tension below plateau-phase levels of response.

Due to the post orgasmic loss of stimulative susceptibility, the male pelvic viscera tend to lose superficial and deep vasocongestion more rapidly than do those of the human female. Loss of penile erection in the male occurs in two stages. The first stage evidences rapid loss of vasocongestion until the penis is perhaps one to one-and-a-half times enlarged. Second stage penile involution is a slowed response, particularly if the excitement –and/or plateau phase levels of the specific sexual response cycle have been prolonged markedly. If penile erection has been maintained for long intervals before ejaculation, the second-stage involution of penile vasocongestion is usually an extended process.

Loss of testicular vasocongestion and return of the testicles to the depth of the scrotum, together with less of congestion of the scrotal integument and the re-appearance of the scrotal folding pattern, occur parallel in time sequence with the rapid primary involution of penile erection.

The female loses the deep vasocongestion of the orgasmic platform and the superficial sex-skin discoloration of the minor labis more rapidly than any other postorgasmic involuntarily process. Yet these resolution reactions do not occur as rapidly as primary involution of penile erection. Thereafter loss of minor-labia vasocongestion and the return of the walls of the vaginal barrel to unstimulated width and length frequently are extended over many minutes, despite a most satisfying orgasmic experience. The loss of the vaginal barrel's deep vasocongestion is slowed when compared to the rapid loss of scrotal and testicular vasocongestion.

Myotonia in sexual response: - muscle tensions develop in response to sexual stimuli irrespective of the sex of the responding individual. Generally, the degree of muscle tension increment is related to specific levels of sexual tension.

Excitement phase: - total-body response to sex-tension increment is characterized clinically by increasing restlessness, irritability and rapidity of voluntary and involuntary movement. Under the stimulation of sex tension increment, there is gradual transition from the slow stroking or gently holding mannerisms of an initial stimulative approach to a more rapid, forceful, and purposeful muscular movement.

Plateau phase: - increasing to elevated sexual tension levels, the individual frowns, scowls, or grimaces as facial muscles contract involuntarily in semipasm. Evidence of myotonia in the long muscles of the arms at plateau phase levels of sexual tension may express sexual demand. With orgasm imminent, clutching or grasping by the supine coital partner is well-established response pattern. Late in plateau phase, immediately prior to orgasmic expression, the rapid forceful pelvic thrusting of either sex essentially is involuntary in character. With coital onset, the legs of the supine female partner are abducted from the mid-line and may be elevated. Most of the female's structural musculature is involuntary contraction to support both his, and, if necessary portions of his partner's weight during excitement-phase the supportive musculature frequently contracts in semipasm in an essentially involuntary manner.

Orgasmic phase: - since there may be significant subjective loss of conscious focus during an orgasmic experience, muscle strain from severe spastic contractions frequently is not identified at the moment it occurs.

Resolution phase: - in other than target organs, myotonia usually does not resolve as rapidly as superficial or deep vasocongestion.

Annexure

Sexual response cycle of the human female –extragenital reactions

Breast

Excitement phase: - nipple erection; increased definition and extension of venous patterning; increase in breast size; tumescence of areolae.

Plateau phase: - turgidity of nipples; further increase in breast size; marked areolar engorgement.

Orgasmic phase: - no observed changes.

Resolution phase – rapid detumescence of areolae and involution of nipple erection; slower decrease in breast volume and return to normal venous patterning.

Sex flush

Excitement phase: appearance of maculopapular rash late in phase, first over epigastrium, spreading rapidly over breasts.

Plateau phase: well-developed flush; may have widespread body distribution late in phase.

Orgasmic phase: degree of flush parallels intensity of orgasmic experience (est.75% incidence).

Resolution phase: rapid disappearance of flush in reverse order of its appearance.

Myotonia

Excitement phase: voluntary-muscle tension; some evidence of involuntary activity (vaginal wall expansion, tensing of abdominal and intercostal musculature)

Plateau phase: further increase in voluntary and involuntary tension; semispastic contraction of facial, abdominal, and intercostal musculature.

Orgasmic phase: loss of voluntary control, involuntary contractions and spasm of muscle groups.

Resolution phase: myotonia rarely carried more than 5 min. Into phase but not lost as rapidly as many evidences of vasocongestion.

Rectum

Excitement phase: no observed reaction

Plateau phase: voluntary contraction of rectal sphincter as stimulative technique (inconsistent).

Orgasmic phase: involuntary contractions of rectal sphincter occurring simultaneously with contractions of orgasmic platform.

Resolution phase: no observed changes.

Hyperventilation

Excitement phase: no observed reaction

Plateau phase: appearance of reaction occurs late in phase.

Orgasmic phase: respiratory rates as high as 40/min: intensity and duration indicative of degree of sexual tension.

Resolution phase: resolves early in phases.

Tachycardia

Excitement phase: heart rate increases in direct parallel to rising tension regardless of technique of stimulation

Plateau phase: recorded rates average from 100 to 175 beats per min.

Orgasmic phase: recorded rates range from 110 to 180+ beats per min; higher heart rates reflect more variation in orgasmic intensity for female than for male.

Resolution phase: return to normal.

Blood pressure

Excitement phase: elevation occurs in direct parallel to rising tension regardless of technique of stimulation.

Plateau phase: elevation in systolic pressure of 20-60 mm hg diastolic 10-20mm hg.

Orgasmic phase: elevations in systolic pressure of 30-80 mm hg diastolic 20-40 mm hg.

Resolution phase: return to normal

Perspiratory reaction

Excitement phase: no observed reaction

Plateau phase: no observed reaction.

Orgasmic phase: no observed reaction.

Resolution phase: appearance of widespread film of perspiration, not related to degree of physical activity.

Clitoris

Excitement phase: tumescent reaction of clitoral glans; vasocongestive increase in diameter of clitoral shaft; shaft elongation.

Plateau phase: withdrawal of clitoral body (shaft and glans) from normal pudendal-overhang positioning and reaction against anterior body of symphysis.

Orgasmic phase: no observed changes.

Resolution phase: return to normal positioning within 5 to 10 sec after cessation of orgasmic-platform contractions; slower detumescence and loss of vasocongestion.

Vagina

Excitement phase: appearance of vaginal lubrication within 10 to 30 seconds after initiation of any form of sexual stimulation; expansion and distention of vaginal barrel; vaginal wall colour alteration from normal purplish red to darker purplish red of vasocongestion.

Plateau phase: development of orgasmic platform at outer third of vagina; further increase in width and depth of vaginal barrel.

Orgasmic phase: contractions of orgasmic platform starting at 0.8 sec intervals and recurring 5 to 12 times; after first 3 to 6 contractions, intercontractile

intervals lengthen and contractile intensity diminishes.

Resolution phase: rapid detumescence of orgasmic platform; relaxation of vaginal walls; return to normal colouring (may take as long as 10 to 15 min).

Uterus

Excitement phase: partial elevation of anteriorly placed uterus; development of corpus irritability.

Plateau phase: full uterine elevation into false pelvis; cervical elevation produces tenting effect in mid vaginal plane; increasing corpus irritability.

Orgasmic phase: corpus contractions beginning in fundus, progressing through midzone, and expiring in lower uterine segment; contractile excursion parallels intensity of orgasmic experience; multipara, est. 50% size increase.

Resolution phase: gaping of external cervical os which continues 20 to 30 min; return of elevated uterus to unstimulated resting position in true pelvis; cervical descent into seminal basin.

Labia majora

Excitement phase: nullipara: -flattening, separation and anterolateral elevation of labia away from vaginal outlet;

Multipara: vasocongestion increase in diameter; slight lateral movement away from midline.

Plateau phase: nullipara: labia may become severely engorged with venous blood during prolonged phase.

Multipara: further vasocongestive swelling depending upon degree of varicosity involvement.

Orgasmic phase: no observed reaction both in nullipara and multipara.

Resolution phase: nullipara: return to normal thickness and midline positioning.

Multipara: involution of labial vasocongestion.

Labia minora

Excitement phase: major labial thickening and expansion extending vaginal barrel approximately 1 cm.

Plateau phase: occurrence of vivid colour change ranging from bright red to deep wine colour; this sex-skin reaction pathognomonic of impending orgasm.

Orgasmic phase: no observed reaction.

Resolution phase: colour change from deep or bright red to deep or bright red to light pink within 10 to 15 sec; loss of vasocongestive size increase.

Bartholin's glands

Excitement phases no observed changes.

Plateau phase: secretion of drop or two of mucoid material aiding in lubrication of vaginal outlet during long-maintained coital connection.

Orgasmic phase: no observed changes.

Resolution phase: no observed changes.

Sexual response cycle of the human male – extracental reactions

Breast

Excitement phase: nipple erection (inconsistent and may be delayed until plateau phase)

Plateau phase: nipple erection and turgidity (inconsistent)

Orgasmic phase: no observed changes.

Resolution phase: involution of nipple erection (may be prolonged)

Sex flush

Excitement phase: no observed reaction

Plateau phase: appearance of maculopapular rash late in phase (inconsistent); originates over epigastrium and spreads to anterior chest wall, neck, face, forehead, and occasionally to shoulders and forearms.

Orgasmic phase; well-developed flush; degree parallels intensity of orgasm (est.25% incidence).

Resolution phase: rapid disappearance of flush in reverse order of its appearance.

Myotonia

Excitement phase: voluntary-muscle tension; some evidence of involuntary activity (partial testicular elevation, ensign of abdominal and intercostal musculature).

Plateau phase: further increase in voluntary and involuntary tension; semispastic contraction of facial, abdominal, and intercostal musculature.

Orgasmic phase: loss of voluntary control; involuntary contractions and spasm of muscle groups.

Resolution phase: myotonia rarely carried more than 5min into phase but not lost as rapidly as many evidences of vasocongestion.

Rectum

Excitement phase: no observed reaction

Plateau phase: voluntary contraction of rectal sphincter as stimulative technique (inconsistent)

Orgasmic phase: involuntary contractions of rectal sphincter at 0.8 sec intervals.

Resolution phase: no observed changes.

Hyperventilation

Excitement phase: no observed reaction

Plateau phase appearance of reaction occurs late in phase.

Orgasmic phase: respiratory rates as high as 40/min; intensity and duration indicative of degree of sexual tension.

Resolution phase: resolves during refractory period.

Tachycardia

Excitement phase: heart rate increases in direct parallel to rising tension regardless of technique of stimulation.

Plateau phase: recorded rates average from 100 to 175 beats per min.

Orgasmic phase: recorded rates range from 110 to 180 beats per min.

Resolution phase: return to normal.

Blood pressure

Excitement phase: elevation occurs in direct parallel to rising tension regardless of technique of stimulation

Plateau phase elevations in systolic pressure of 20-80 mm.hg diastolic 10-40 mmhg.

Orgasmic phase: elevations in systolic pressure of 40-100 mmhg diastolic 20-50 mmhg.

Resolution phase: return to normal.

Perspiratory reaction

No observed reaction in excitement, plateau and orgasmic phases but in

Resolution phase: involuntary sweating reaction (inconsistent), usually confined to soles of feet and palms of hands.

Penis

Excitement phase: rapid occurrence of erection which may be partially lost and subsequently regained during a prolonged phase, or may be easily impaired by the introduction of asexual stimuli.

Plateau phase: increase in penile circumference at coronal ridge; colour change in coronal area (inconsistent)

Orgasmic phase: expulsive contractions of entire length of penile urethra; contractions start at 0.8 sec intervals and after the first 3 to 4 are reduced in frequency and in expulsive force; minor contractions continue for several seconds.

Resolution phase: detumescence occurs in two states: (1) rapid loss of vasocongestion until penis is from 1 to 1 1/2 times enlarged; (2) slower involution to normal state, usually extended process.

Scrotum

Excitement phase: tensing and thickening of scrotal integument; flattening and elevation of scrotal sac.

Plateau phase: no specific reactions.

Orgasmic phase: no specific reactions.

Resolution phase: rapid loss of congested, tense appearance of scrotum and early reappearance of integumental folding, sometimes delayed process.

Testes

Excitement phase: partial elevation of both testes toward perineum accomplished by shortening of spermatic cords.

Plateau phase: enlargement of testes to a 50% increase over their unstimulated noncongested state; elevation to a position of close apposition to perineum; full testicular elevation pathognomonic of impending ejaculation

Orgasmic phase: no recorded reaction.

Resolution phase: loss of vasocongestive increase in testicular size and full descent of testes into relaxed scrotum; may occur rapidly or slowly depending upon length of plateau phase.

Secondary organs

No observed changes in excitement, plateau and resolution phases, but in

Orgasmic phase: contractions of secondary organs which develop sensation of ejaculatory inevitability and initiate ejaculatory process.

Cooper's glands

No observed changes in excitement, orgasmic and resolution phases but

Plateau phase: have been suggested as source of preejaculatory emission of 2 or 3 drops of mucoïd fluid; timing is essentially same as that of secretory activity of bartholin's glands in female; active spermatozoa have been observed in this fluid.

-----end-----

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Dream Catcher



Hello and welcome to my page on Aura's

This is based on my own personal experience. I have been seeing color for all of my life and it was not until I got older that I realized that what was normal for me, was not necessarily true for others. It is hard to explain exactly what it is like in a way for some of the colors, because some of them I see 24 hours a day. I don't know if any of you have seen positive ions floating and flitting around in front of you. It is similar to this as they look like tiny pin points of light dancing around. Some of you may have seen these flitting about after a rain just as the sun is coming back out. In my case they are multi-colored. I also see floating larger colors from quite small to large. Also Spirit, which I will probably talk about at a later date as I don't want to get into too much detail here. Like I said the following is based on my experience with Aura's and energy.

Aura's Their color and energy have been a fascination for many people all the way back in the ages. These colors show many aspects of a person. Their character, personality, health, and Spiritual growth. A lot of people feel that the seeing of Aura's is a gift and only for a select few. I disagree, I feel it is a part of all of our inherent heritage from and within the Creator. All of us have the ability to see Aura's. It is just something that needs nurturing and developing and when one is ready he or she will start questioning, and gradually develop this part of themselves. Most people will feel, "vibrations" from another which leads to a feeling of, "I feel I know this person", "I feel good when I am around this person.", to, " I feel really uncomfortable around this person". This is part and parcel of the aura. I am not going to get into individual color's in this, as one color can mean many things. For example, Red. Red is considered a "life energy force", a physical color. The blood of life. Now take this from the lowest to the highest. In the lower vibrations the red's will be darker, muggier, heavier, less clear. towards the higher end of the scale the color becomes clearer, brighter, lighter and translucent. It can be very creative energy or very destructive energy.

One of the best ways to analyze color is to combine it with what you feel. Yes, this takes practice, but it is all worth it. Color is after all a form of energy, so if one learns to combine what they "feel" with what they "see", they will get a truer meaning of the color, or that person. Trust yourself, all knowledge is within.

So one must remember that in dealing with color, whether to do with character and personality, spiritual development, mental, emotional and physical health, that the clearer and more luminescent (the more light), the more spiritual the person and the less clear and more muddy or muggy the colors the less spiritually aware the person.

One thing to remember though that in the case of health, some of the colors in the affected area will appear different than that of a healthier person. Remember, that the Aura includes the whole person in all aspects. Also, some people are more or less developed in different areas of the Aura. For example, if a person is a natural healer, they are more than likely going to pick up on a persons, physical, emotional and mental health.

Color can indicate one's mood, whether, angry, despondant, happy , sad and so forth. Most people will pick up on this quite readily by the vibrations emanating from that person especially if they know them well, without seeing any color.

Another thing, no one has only one color. We are all a mixture of colors. So no two people will have the same colors as we are all unique and special in our own ways. Further more, think of an artist mixing colors and what colors are mixed to get secondary colors. Orange is a mixture of red and yellow, so the more or less yellow or red that is mixed is going to make the difference in meaning as well.

Its interesting to note that in science they say that the intensity or vibration of white light is very strong and lighter and that black is a very low intensity and needless to say less light. (Also, both black and white contain all the colors of the spectrum)

Another thing I personally have noticed in relation to color and energy is that the more divine in nature, the more tingly and light I feel.(like a floating sensation) In the case of lower vibrations, I have had an intense, prickly sensation, almost of getting poked by little pins, also a very heavy feeling and the colors correspond very much to these feelings.

Here is a little experiment for those of you who would like to see color and haven't, or have but wish to develop it even further.Take a blank sheet of white paper and dim the lights. Take your index fingers and place them together in front of you. Now move the tips of your fingers farther apart expanding the space between. Yes, you are really seeing color. Compare your experience with others.

Another thing you could try is to have one person sit up against a wall(preferably white) and the other person sit back and watch the person and try seeing the colors around the head area. Don't try to force it just relax. Try looking at them from different angles. Sometimes it helps to throw the eyes out of focus a little.

Lots of times questions lead to more questions, and this is good. It is a very good way to learn. Many times the only one that can answer certain questions is "Self". Sit, relax, clear your mind and trust your higher self, The answers will come. Also, ask for first truths only. Sometimes a little music helps, a candle some incense and water, just as though you were going to meditate. It helps to set the mood.

If anyone would like to discuss Aura's and other topics, check out my forum on the link below, "Children of the Blue Star". We have a message center where you can share your experiences, knowledge, dreams and many other things with others to learn and grow Spiritually. All are welcome. Also, I will be adding other pages for other topics soon. Keep an eye out for my faq's page.

God bless and love and peace be with you on your journey.

Bird Woman

If anyone would like to contact me for any reason, my email address is:Bird Woman

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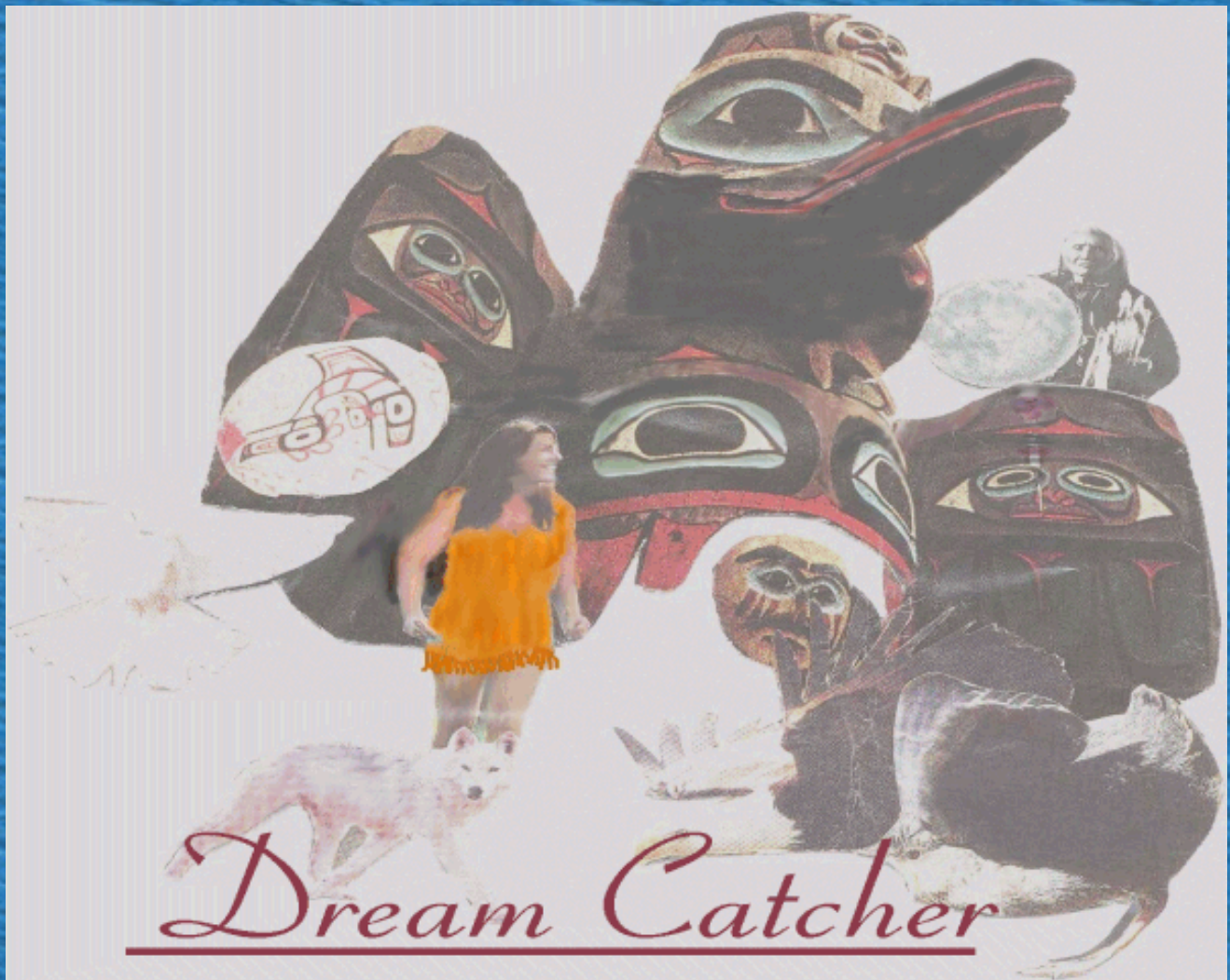
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Dream Catcher



AM I DREAMING? AM I WAKE?

Night enfolds me in a velvet mist

*I close my eyes
Spinning, spinning
Now I rise
Am I dreaming?
Am I wake?*

*I float upon soft feathered air
Down the stairs
And to outside
Across the lawn
I feel drawn
To Gramps old house.*

*Once inside I look around
Wander here
And wander there
Old wood stove
And Dad's new boat
Memories from long ago,*

Today,

Tomorrow,

ALL SEEM ONE.

*What's that.... calls to me?
I turn
Ahh.....Beloved!!
Orca
Great Killer Whale
Carved in stone
Upon a shelf.*

*Waiting, waiting
To come to life
I wish, I wish
To set you free.*

GREAT THUNDERING.....SHATTER

*Burst forth from stone
In one glorious
And momentous song
One with wind
and one with sea
We set upon our life long quest.*

*Then next I know
Thunderbirds wings
Enfold us both
Gently, gently
Placed on clouds.*

*Then all to soon
I open eyes
To morning sun
I shake my head
ALL fades away
Like drifting smoke*

I WAKE?

[NEXT](#)

I haven't yet decided what colors, font or graphics to use yet.I wanted to get my poem in first, just to get a start. Make sure to come back soon to check my progress!

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Dream Catcher

Welcome



LIL' FOLK WISDOM



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Children can bring us much joy and laughter and at times they can shock us speechless with their words of wisdom. I have decided to combine these words of wisdom with funny stories as well. If any of you have any of these special little stories please send them to me at birdwoman270@hotmail.com

My Grand.Daughter,3 years old: After having a temper tantrum and kicking me,I told her it hurt. She replied rather indignantly, "Well! When I was big and you were little and in my tummy, YOU kicked ME!BWv

My girl friend was driving when she saw an eagle and said, "Look at the Eagle!"
My daughter replied, "With these eyes or my thirdeye?"BWv

My oldest daughter: I had friends over and we were discussing the many things to learn so that we were more Spiritually aware when it was our time to cross over. My daughter said she was not going to worry about it until the time came and one of my guests said, "And then what?" She said,



"I'll just say, ' Take me to the 7th level please." BWv

This morning my 6 year old grandson phoned me and the conversation went like this: "Grama, my mom is being mean to me and when I wouldn't spell 'Tanner' right, SHE GROUNDED ME! SHE'S MEAN TO ME!" Still groggy and being awakened from a good dream I responded, "Well Brandon, what would you like me to do about it?" His tearful little voice responded with "Well....you're her mommy and I want you to ground HER!"Libby L

Sitting down to dinner one night, my Husband says to one of our grand daughter's that when the juice jug is empty,"Please put it in the sink, not back into the fridge." She very quickly replied, "But,I poured the last glass for Sharon." mmm...now that's logic!BWv





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Dream Catcher



POEM'S

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These poems are written by family, friends (on and off the net) and myself. I hope that you enjoy them and you are welcome to contribute to these pages. I will be doing work on an on going

RARE GIFT



If I were to give you a rare gift,
It would be a day just like today,
With soft white clouds, and blue sky,
And sunshine to warm your heart.

I can see your lovely smile,
When you greet me,
Your laugh when we talk,
And the glint of excitement
In your eyes.

I give you red roses,
To express my love for your
Friendship and compassion,
That show in every word you utter.
Think of me as I am thinking of you.

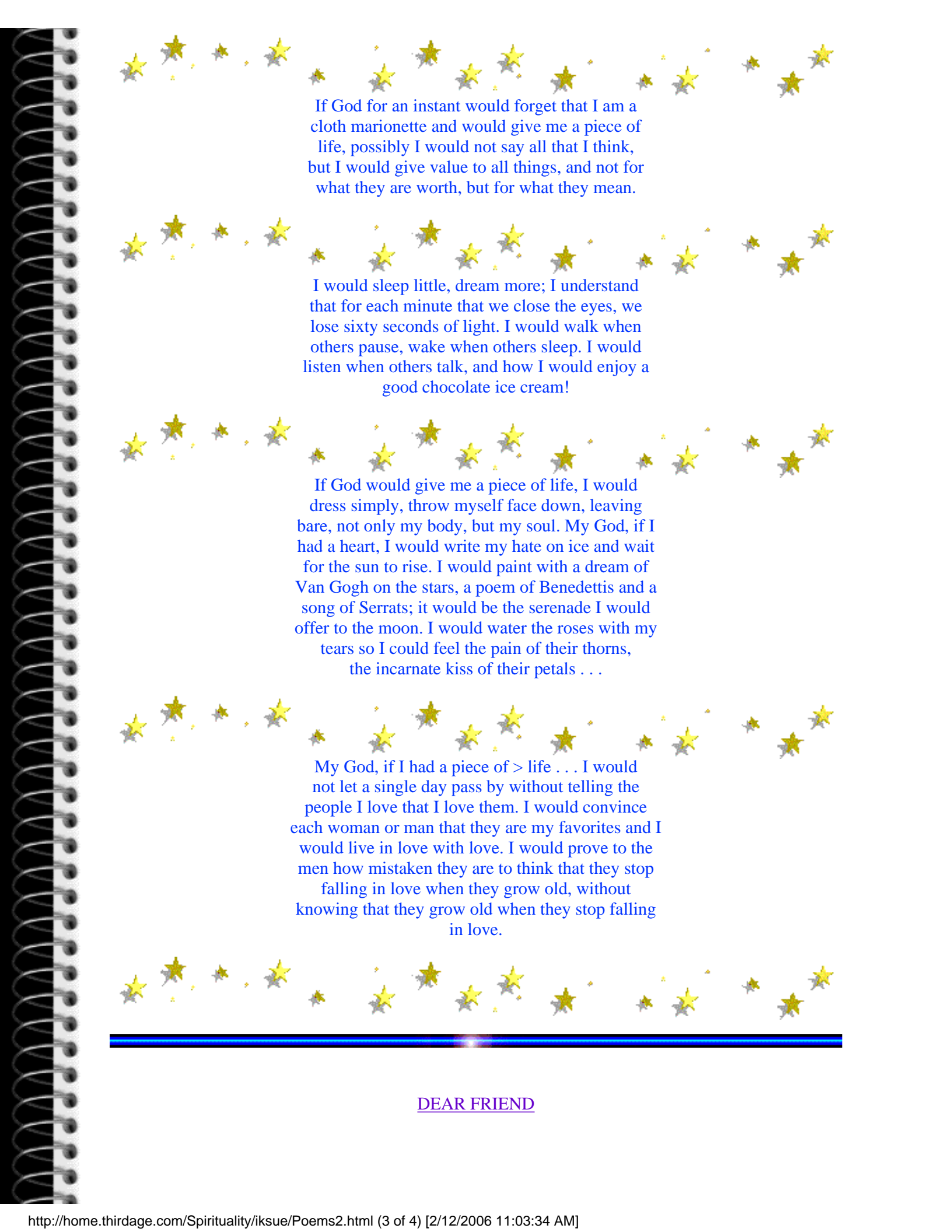


-Hal G.Stephens-

A man says farewell . . .Gabriel Garcia Marquez,one of the most brilliant Latin-Americans of recent times, has retired from public life for reasons of health: lymphatic cancer. Now it seems that he grows ever more ill. He has sent a letter of farewell to his friends, and thanks to the Internet, it is being diffused: Used with permission by Azaella of askme.com



SOMETHING SPECIAL



If God for an instant would forget that I am a
cloth marionette and would give me a piece of
life, possibly I would not say all that I think,
but I would give value to all things, and not for
what they are worth, but for what they mean.

I would sleep little, dream more; I understand
that for each minute that we close the eyes, we
lose sixty seconds of light. I would walk when
others pause, wake when others sleep. I would
listen when others talk, and how I would enjoy a
good chocolate ice cream!

If God would give me a piece of life, I would
dress simply, throw myself face down, leaving
bare, not only my body, but my soul. My God, if I
had a heart, I would write my hate on ice and wait
for the sun to rise. I would paint with a dream of
Van Gogh on the stars, a poem of Benedettis and a
song of Serrats; it would be the serenade I would
offer to the moon. I would water the roses with my
tears so I could feel the pain of their thorns,
the incarnate kiss of their petals . . .

My God, if I had a piece of > life . . . I would
not let a single day pass by without telling the
people I love that I love them. I would convince
each woman or man that they are my favorites and I
would live in love with love. I would prove to the
men how mistaken they are to think that they stop
falling in love when they grow old, without
knowing that they grow old when they stop falling
in love.

DEAR FRIEND



[My Dear Shalomi](#)

[I once was your friend,](#)
[Your very dear friend,](#)
[We walked in the gardens of love,](#)
[Walked hand in hand above the land,](#)
[I didn't believe and I fell,](#)
[Now I search for this friend,](#)
[This very dear friend,](#)
[Who now walks in the light of the Gods.](#)

[All my Love, D](#)



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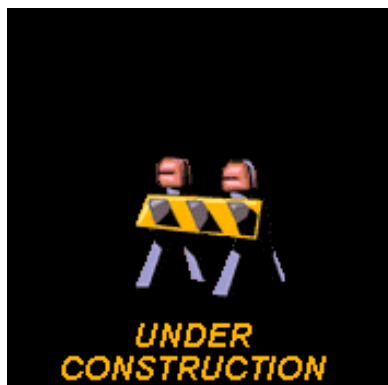
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Personal Portraits



Dream Catcher



I see a Kaleidoscope of moving, luminous color,
Manteled, bright shimmering figures.
Welcome, beauteous Master's of Light!"
Soft, lapping waves of melodious music,

Tranquil voices, soft tinkling bells.
Sweet vibrations fill my soul.
I touch robes of shining, vibrant color,
Light and sound with heightened senses.
I Am, color, sound, light

by: BirdvWoman



CAST AWAY

You with your raven locks
and aqua color eyes
has the bile within
which makes your mood insipid
darkest powers shall twist and turn within thee
causing spouts of hatred and madness
to spill over those mortels nearest thy body
hating, cast away, to rid foreverafter
alas!thine sunshine, and goodness shall win
replacing madness with peace
hatred with love

by: Jason

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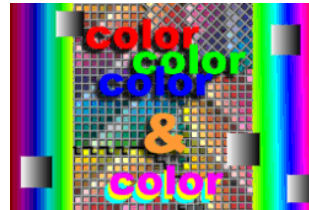
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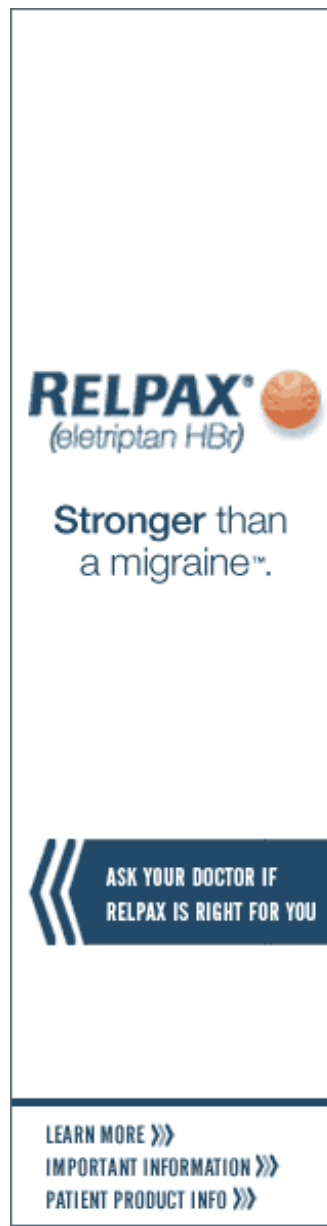
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Color Meanings and Colors That Go Together

Colors are more than a combination of red and blue or yellow and black. They are non-verbal communication. Colors have symbolism and color meanings that go beyond ink. As you design brochures, logos, and Web sites, it is helpful to keep in mind how the eye and the mind perceive certain colors and the color meanings we associate with each color.

Sometimes colors create a physical reaction (red has been shown to raise blood pressure) and at other times it is a cultural reaction (in the U.S. white is for weddings, in some Eastern cultures, white is the color for mourning and funerals). Colors follow trends as well. Avocado, a shade of green, is synonymous with the 60s and 70s in the minds of some consumers.

In addition to understanding color meanings, it helps with mixing and matching colors to know the relationship of adjacent, complementary, and clashing colors. The subject is more fully explained in this [Color Basics article](#). But below is a brief synopsis:

- **Adjacent** or **harmonizing** colors appear next to each other on the color wheel. Harmonizing colors often work well together but if too close in value they can appear washed out or not have enough contrast.
- **Complementary** colors are separated by another color on the color wheel. Complementary colors printed side by side can cause visual vibration making them a less than desirable combination. However, separate them on the page with other colors and they can work together.
- **Clashing** or **contrasting** colors are directly opposite each other on the color wheel. Despite the name, colors that clash are not always a bad combination if used carefully. They provide great contrast and high visibility.

On each of the cool, warm, mixed, and neutral pages are links to profiles of specific groups of colors with descriptions of their nature, cultural color meanings, how to use each color in design work, and which colors work best together.

On the next few pages we'll explore the color meanings of four

different groups of colors.

- [Cool Color Meanings](#) (calming): Blue, Green, Turquoise, Silver
- [Warm Color Meanings](#) (exciting): Red, Pink, Yellow, Gold, Orange
- [Mixed Cool/Warm Color Meanings](#): Purple, Lavender, Green, Turquoise
- [Neutral Color Meanings](#) (unifying): Brown, Beige, Ivory, Gray, Black, White

Or, jump directly to each of these colors to explore their nature, cultural color meaning, language, and which colors work well together.

[Blue](#) | [Green](#) | [Turquoise](#) | [Silver](#) | [Red](#) | [Pink](#) | [Yellow](#) | [Gold](#) | [Orange](#) | [Purple](#) | [Lavender](#) | [Black](#) | [Gray](#) | [White](#) | [Ivory](#) | [Brown](#) | [Beige](#)

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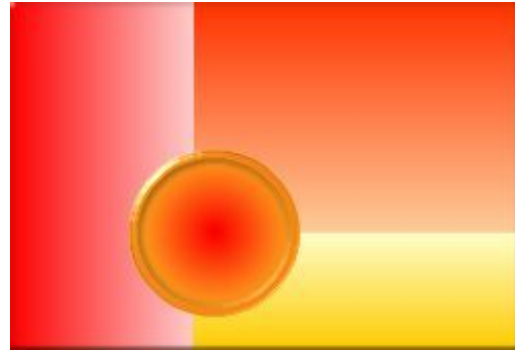
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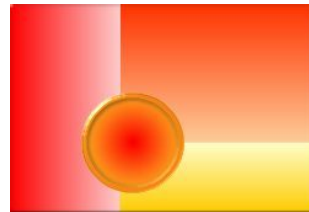
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Warm Colors

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The Colors of Excitement

Warm colors rev us up and get us going. The warmth of red, yellow, or orange can create excitement or even anger. Warm colors convey emotions from simple optimism to strong violence. The neutrals of black and brown also carry warm attributes.

In nature, warm colors represent change as in the changing of the seasons or the eruption of a volcano. Tone down the strong emotions of a warm palette with some soothing cool or neutral colors or by using the lighter side of the warm palette such as pinks, pale yellows, and peach.

Warm colors appear larger than cool colors so red can visually overpower blue even if used in equal amounts. Warm colors appear closer while their cool counterparts visually recede on the page.

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Auras & Aura Colours

and the chakras

Perhaps you can sometimes see a light around a person's head or you may sense somebody's mood. If so, you may be becoming aware of the human energy field that psychics call the [Aura](#). The colours of the aura are a good indicator of the personality, health and spirituality. The aura is many coloured and flows and moves with you, changing colour with your moods, feelings and spiritual condition.

In this section you can find out about the aura. We also offer online classes in the member's area to teach you about this subject.

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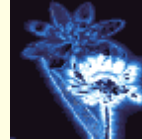
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Auric Light

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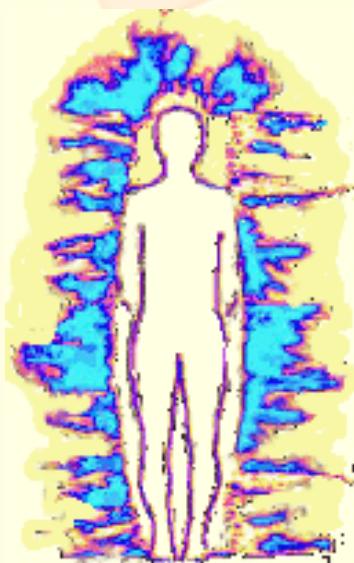
What is the aura?



Firstly, its something that I and other psychics see. You may also see it or sense it. You may see a light around a person's head or you may sense somebody's mood. One could think of it as an atmosphere around the human body- just as the planet earth has an atmosphere.

In short, the aura is an energy field- it's our life force. It takes two forms - the cosmic vibratory energy that is omnipresent in the universe, structuring and sustaining all things and the specific aura that sustains each human body. You will learn how to draw upon both of these incredible sources of energy.

Recognition of the fact that humans are surrounded by an aura dates back millennia- Christian saints are of course traditionally shown with a halo around the head, the ancient Egyptians did the same for their gods or important human beings as did the Hindus, Buddhists, Greeks and Romans. And these beliefs continue right up to the present day. The aura is generally recognised as having seven layers. Most psychics only see the first three- those closest to the physical body. The outer auric layers are concerned with the soul and spirit whereas the inner auric layers relate to mind, emotions and health.



The aura is shaped like an egg made of fibrous light surrounding the whole of the body. To some, it is like a heat haze radiating all around the person shimmering with light and energy. It has every colour imaginable including those that are beyond the visible spectrum. Or in the words of Sir Winston Churchill "I expect orange and vermilion will be the darkest and dullest colours and beyond them will be a whole range of wonderful new colours which will delight the celestial eye."

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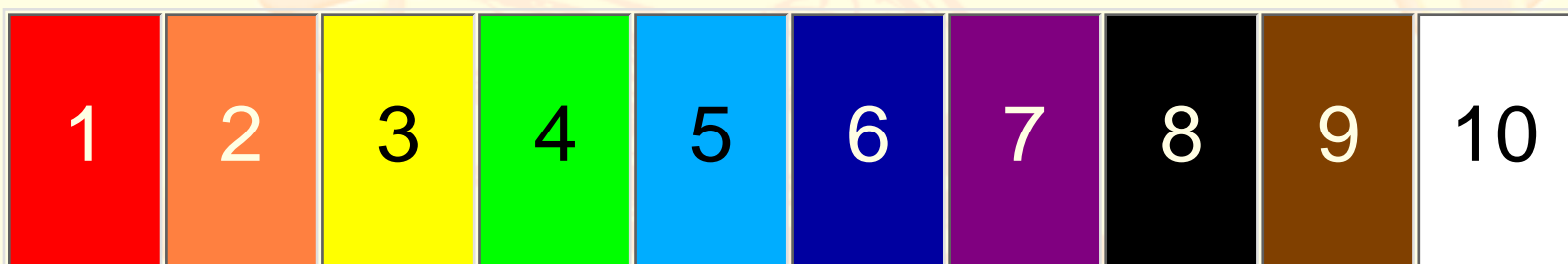


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Understanding the AURA

The colours of the Aura

Your intuition knows what colours your aura is lacking at any given time. Now look at the colours below and ask your unconscious mind which colour you **NEED** at the moment. **Which colour do you feel most drawn to at this time? Look at the colours below and decide which one you feel you most NEED right now.**



Now find out what your given colour says about your present state of mind:



THE COLOUR RED

If this was the colour you chose then you're probably at a low ebb at the moment and you need to raise your energy levels. Athletes often have red auras as it's the colour of physical fitness. So if you feel a lack of this colour, then a little exercise may be just the energiser you need. Alternatively, if you feel this colour expresses how you are feeling now, then perhaps you need to calm down a little- we've all heard of "seeing red" when angry. In this instance, one could change the vibration by visualising the opposite colour green, which is calming

EXERCISE: If the colour you were given at the beginning of this tape was red, then this is the centre that you need to draw universal power The red base centre shines with a brilliant red light infusing the whole body with strength and stamina. In particular those of you who enjoy sporting activities or about to expend a lot of physical or sexual energy may draw upon the red light of this spiritual centre and your performance may be enhanced. Once you've felt the benefit allow the centre to quieten down and close.



THE COLOUR ORANGE

Orange controls the area of the aura around the spleen which psychics consider to be the cleansing and distributor centre. A lack of orange in the aura means that you may need a good emotional tonic. You need stimulation, perhaps go out and enjoy yourself socially and feel your vitality return

EXERCISE: If your given colour was orange then this is the centre that you may need to work with today. Imagine that the world is awash with light and now draw this energy into your sacral centre. The centre illuminates with a bright orange light and then fills the whole body with purity and calm. Its healing energy will restore your poise and re-establish your sense of balance and

harmony.



THE COLOUR YELLOW

Associated with the area around the solar plexus, yellow auric light controls the digestive processes of the body and the intellectual faculties of the logical mind. You may have been working too hard at work or concentrating too hard on a decision. Yellow is also an optimistic colour, like golden sunshine, stop worrying and think positive - everything will be all right.

EXERCISE: If yellow was your given colour imagine now that yellow light is being drawn into your body through this centre. Follow the process for opening the centre and draw yellow light through your solar plexus. By doing this you will transmute your negative feelings and become more peaceful within. Also, this centre is the source of the creative energies. Artists, inventors and inspired people in general would benefit by doing this technique prior to starting a creative or new project.



THE COLOUR GREEN

A need for nature's colour means that you are seeking peace and harmony. Green is associated with the area around the heart and a need for this colour indicates that you would benefit from relating to your innermost feelings. Express yourself and seek the restorative power of Nature..

EXERCISE: If green was your given colour today then you need to work with the heart chakra. Pull energy in the form of light into this centre. Feel it come alive with bright, vibrant green light infusing your body with healing energy. Notice how soothing this colour is. It makes you feel at harmony with yourself. The heart centre is the seat of compassion and unconditional love. Feel the warm embrace of the love that is inherent in all things. Love is the breath of life. Give yourself the green light to feel good about yourself.



THE COLOUR BLUE

Healers often have a blue colour in their aura. A lack of this colour means that you need to slow things down a little- concentrate on letting your body and mind find their natural harmony. If you've been overexcited lately, try relaxing with some music or just putting your feet up. Blue is the ideal colour to work with if you need to give or receive healing energy.

EXERCISE: By drawing brilliant light energy into this centre it will improve your communication and auditory skills. It might be beneficial to work with this centre when doing any activities involving sound such as talking, or listening to music. On a subtle level working with this centre increases your mediumistic powers and in particular clairaudience- the ability to hear spirit communication. The Tibetans lamas worked with this centre to trigger out of body travel during the dream state. If you imagine a blue light at the throat centre which floods the back of the brain as you are about to fall asleep it may help you to experience lucid dreaming.



THE COLOUR INDIGO

Indigo auric light is connected with psychic abilities. You may enjoy taking an interest in the paranormal or Extra Sensory Perception. Your attention wants to turn inwards. Perhaps you could understand yourself better if you wrote down your dreams and interpreted what they are trying to tell you. This is a time of contemplation and renewed self-awareness. A time to listen and receive guidance from the inner self.

EXERCISE: If this was the colour you were given you may want to draw light into the centre of the forehead. By imagining a brilliant indigo light in the centre of your forehead, you will trigger

your intuitive powers. Ideas may come to you, and simple solutions to problems could become apparent when you draw upon this energy. This is the centre to work with when imaginative skills are needed.



THE COLOUR VIOLET

This is the spiritual colour. If you feel that this colour is the colour your aura needs, then now may be the time to start a spiritual discipline. So forget your material worries for a while and focus on the higher things in life and find a deepening of your inner stability and harmony. I have noticed that the aura of vegetarians often has a violet hue. Dietary consideration may therefore be of importance.

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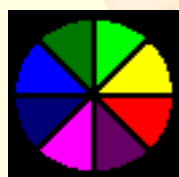
THE COLOUR BROWN

It's usually the brighter hues that are seen by psychics in the aura. You are probably drawn to brown for psychological reasons. Brown is a strong colour- the colour of the Earth. You would benefit most by concentrating on practical solutions to life's problems. You may need grounding or centring.



THE COLOUR BLACK

Black is the absence of light. It can act as a protective shield around the aura if you're feeling over sensitive. It will seal you from negative vibrations. On the other hand, you also may feel that your aura is lacking in colour. You don't need more black, you need brightening up a bit. Imagine that you radiate a rainbow of lights all around your body and you'll soon feel your spirits rise. Colour can help lift depression.



THE COLOUR WHITE

Purity is implied by white. It is the colour of spiritual energy. If this is the colour you feel your aura needs, then you may be seeking divine inspiration. Re-establish your contact with your core beliefs. "Know thyself" as the saying goes. Have you been taking life a bit too seriously perhaps? Humour and laughter are God's best medicine. How about a funny video or book to cheer you up? Link-up with the free and innocent part of yourself.

Find out more:

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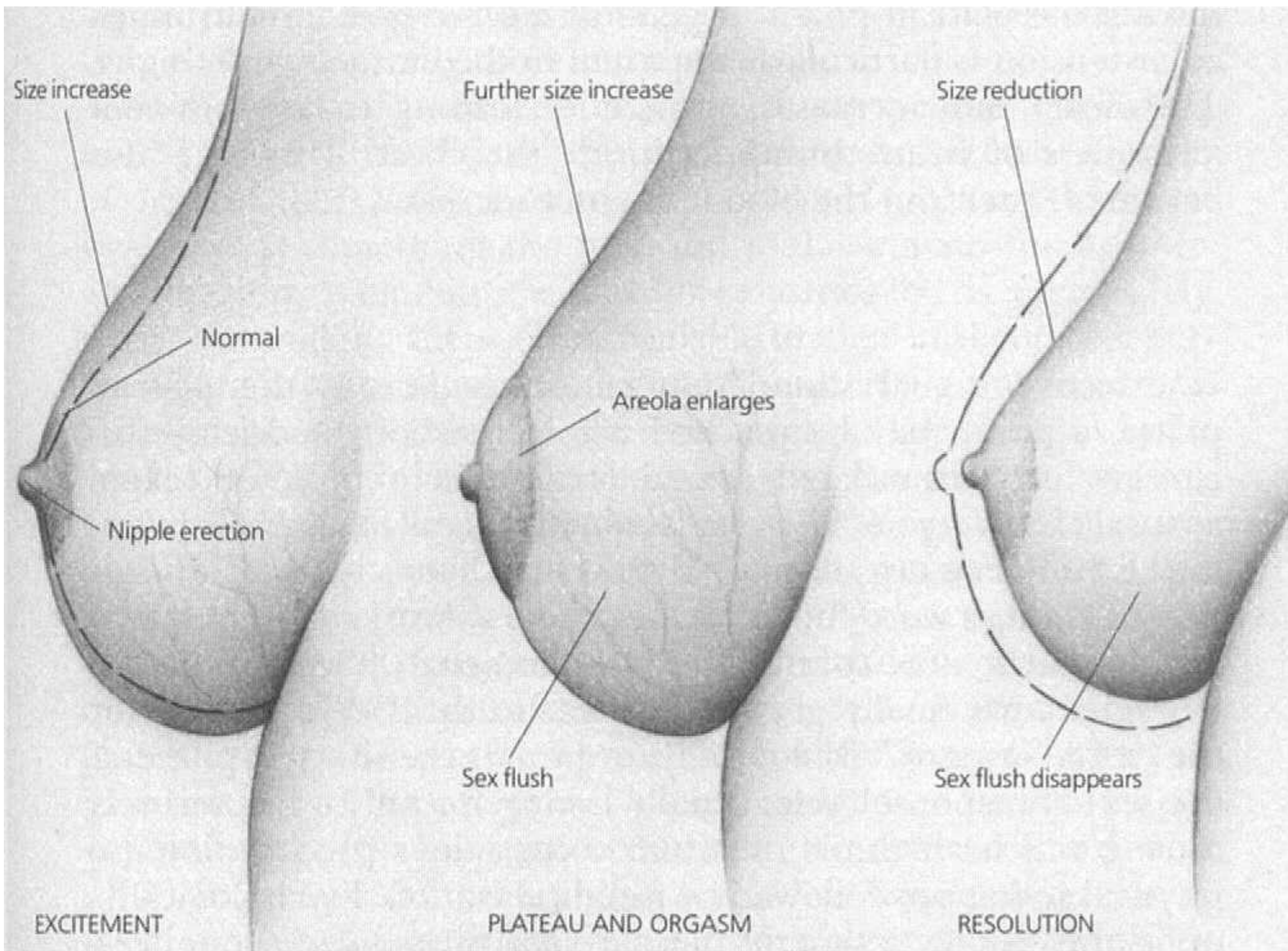


FIGURE 14. Breast Changes during the Female

Sexual Response Cycle

After orgasm, the rapid reduction in swelling of the areola often makes it appear as though the nipple has again become erect.

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By Ishtara

Some years ago I wrote an article on women and sexual healing which was published in the Kali issue of *Tantra: The Magazine*. While the article examined women's feeling of being disenfranchised and sexually unfulfilled, men also responded very warmly to the findings. That is why I felt moved to write about men with a sense of personal responsibility in furthering our common healing. At the same time, I hope to cultivate an awareness of mutuality between genders.

My purpose here is to explore the many ways how men have also been wounded- such as the lack of sexual initiation, circumcision or social factors- and to suggest some initial steps men can take to begin healing.

I have worked privately with over a thousand men as an instructor of basic Tantric and Taoist practices and as a sexual healer over the last ten years. I have loved many men in my life, including six younger brothers. However, I must admit that it is with a limited confidence that I approach the subject of male sexual woundings because I am not in a man's body. I can't access the same cellular memory as when I talk about women. Nevertheless, I have seen, felt and heard men's woundings and the unnecessary suffering that results from having a penis.

Attempting to understand how a man experiences himself as a sexual being requires that we take a closer look at how we've all been wounded. We've all been victims of a socialization and discrimination process which defines our sexual identities and roles. We are seen only as either a "man" or a "woman. Eventually I came to understand how gender roles hurt everyone. Before being seen as a human being with very individual characteristics and choices, we are being labeled by our genitals as a male or a female and treated accordingly within our culture.

What It Means To Be A Man?

To be a "man" in most cultures requires the "person with a penis" to be a performer and provider. Men are trained and conditioned for these roles from an early age. The core of this macho training is a denial of the full range of emotions and body feelings. As Robert Bly says: "Contemporary business-life allows competitive relationships only, in which the major emotions are anxiety, tension, loneliness, rivalry and fear. Having no soul union with other men can be the most damaging wound of all. Much personal power is given away in the process of denying one's true feelings." **1**

Competition, success, ownership and external rewards become the foundation of Superman pseudo power.

Since emotions are categorized as "something for girls" young boys learn very early that:

A: it's not okay to feel like girls

B: there must be something wrong with being a girl

C: to be a man must mean he has to be strong, to be in control, to not show feelings and to see himself as superior to women; misogyny becomes identity.

This conditioning insidiously crystallizes the male role of performer, hero, macho, provider, achiever and doer. That's how we transform a human being into a human "doing". From that place of isolation from his true self, he becomes an easy prey to a system that only values external rewards such as success and ownership. Competition becomes the rule and the way to relate to other men. The degree of his denial of emotions and bodily feelings may lead him to extreme abuse of power, greed, destruction and violence. Wars and the destruction of our natural environment are just examples of such denial.

While Men Strive For Power, Sexual Powerlessness Results

An interesting study of Warren Farrel, Ph.D. further points out that "men are socialized to want sex as long as one condition is fulfilled: physical attraction. Women are still taught to be sexually cautious until two, three or all four conditions-attraction, respect, emotions, and intellect- are met. Many women add a fifth and a sixth condition:- singleness and status/success. Many add a seventh, eight and ninth: the man must ask her out; he must pay; and he must risk rejection by initiating the first kiss, being the first to hold hands, and so on. Men feel as if their expectations are so much lower than women's-there is only one

condition-and they can't even meet that. And so men feel sexually powerless." 2

While men are focusing on physical attraction and external rewards, internal rewards, such as communication, intimacy, love and commitment, remain unsatisfied. Lack of sexual fulfillment results in powerlessness for both men and women. Rarely do we think of men as sexually powerless mainly because we associate the male phallus as the symbol of sexual power. I see this powerlessness manifested in many ways. In my work I constantly encounter men having *premature ejaculations, difficulties with erections, lack of sexual feelings, and lack of skills and confidence in their sexual expression.*

"During sex, a phenomenon that Western psychologists call premature ejaculation happens to 75% of men, preventing them from experiencing a deep union. What this usually means is that the man has not allowed his partner to develop her energy into an orgasm. As a result, in normal sexual relations the percentage of women experiencing frustration and no orgasm may be as high as 80%." 3

Can you imagine when this situation persists? The results are performance anxiety, lack of self confidence, feelings of embarrassment, frustration and shame, lack of sexual fulfillment and deep suffering.

I am a firm believer in ejaculation control as a solution to World Peace, starting at home, by creating more sexual fulfillment. My personal contribution to this are two beautiful audio tapes: A step-by-step Sexercise Training which teaches *Total Ejaculation Control* and how to prepare the body for male multiple orgasm and *A Guided Erotic Journey/The perfect companion to the Sexercise Training* in which "Ishtara" reveals more of her sexual secrets and takes the listener *"into the world of sacred pleasure and endless ecstasy"*.

Male Are Wounded By The Absence Of Sexual Initiation

The absence of a rite of initiation into manhood with proper sexual training also contributes to male sexual wounding. Men are not trained to know how to love women. A man's first experience of female love is with his mother. This relationship will determine a man's capability to love and trust a woman. Most men have been severely wounded from deeply unfulfilled mothers who projected their own needs, dreams and expectations onto their sons. The son often became a substitute for an absent father and lover.

A man's fear of women's control affects how willing he is to surrender to women's sexual power. His unconscious fear of women's inexhaustible sexual power confronts him with his vulnerability, especially if he fails to meet his own expectations as a sexual performer. His desire for control is challenged by a temperamental male phallus which can let him down at



any given moment without notice. We call it "cumming" while it should be called "going." Because, unless a man learns to transmute his energy before he ejaculates, once he "cums" he is gone. His energy and his interest in his partner are gone. The man who repeatedly experiences this lack of control over his sexual energy will often end up feeling powerless.

The Abuse of Circumcision Is The First Sexual Wounding

Such experiences of powerlessness may tap into a man's earliest experience of having his genitals mutilated by circumcision: "No one is aware of the deep implications and life-long effect of circumcision. All that takes place in the first days of life on the emotional level and shapes the pattern of all future reactions. How could a being aggressed in this way, while totally helpless, develop into a relaxed, trusting person?" 4

"Could the trauma from this event have anything to do with our later feelings of shame about our bodies, our concern about the size of our penises, our anguish over sexual performance, our frozen feelings, or the male ability (liability?) to ignore pain? In order to begin healing our wounds we need to remember what happened to us and name it correctly. Cutting the genitals of newborn male babies is child sexual abuse. I encourage all men to join in ending this practice." 5

The more I read on the subject the more upset I become. (For additional information on circumcision, see bibliography at the end). 6

Social Factors Further Objectifies The Wounded Man

A more recent factor which, unfortunately, has also contributed to men's woundings is **feminism** with its oftentimes vehement objectification of men. In the spirit of retaliation there isn't much room for discernment. Sensitive men took a hard blow, right under the belt, in their power center. While the male power structure was actually the object of attack, many receptive men's personal power was blasted. On top of not having adequate male role models, now simply being a man was a cause of shame, blame and discrimination!

Finally, I am suggesting a last, yet certainly not the least, important factor of sexual woundings. It is the fear around sexuality which men have also inherited at a cellular level from patriarchal religions. Indeed patriarchal religions throughout the ages executed people for being sexually alive. The human body and its erotic power became a source of evil. What if, instead, it would have been considered a source of divine embodiment?

The New Age Man Attempts To Compensate For These Wounds

Perhaps the phenomena of the New Age man is a natural response to these woundings. I think it's a rather creative one. These men have opened themselves to their intuitive and receptive side. They know how to be gentle and sensitive which is exactly what women wanted from men. The problem is that through this process, men have often lost the more bold, active and penetrating qualities required for personal power. In that way they've compromised their maleness. And of course it's bound to affect their sexual power.

Whether or not modern man is in touch with his emotional pain, his body can't lie. The most striking way that sexual wounding is affecting men is through prostate disease. In this country, over 50% of men experience prostate difficulties beyond the age 50 while prostate cancer is one of the leading cause of male death. The medical establishment treats the symptoms of prostate problems while ignoring their causes. Aside from the physical causes, shouldn't we pay closer attention to the most obvious cause which is the surrounding environment: the quality of the air, water and food? Where you aware that the chemical substances present in the environment become particularly concentrated in the sexual organs?

At another level, the significance of the disease of the male sexual organ reflects the

difficulty to convert this tremendous testosterone power used for wars and destruction of the planet into a creative, peaceful and sacred source of energy. It is time to collectively give birth to the peaceful warrior. We celebrate the wise man who can meet the wise woman in true power and equality, mutually supporting our freedom of Being divinely human.



Gaining Awareness Of The "Core wound": Separateness From Being

I feel moved here to share part of my latest personal investigation in relation to healing. All my life, whether I could name it or not, there has been this deep undercurrent of isolation and distress at the core of my Being. I have devoted a great deal of time and energy trying to heal my core issues of abandonment, self-love and love of others. I finally came to feel that the primary focus of my investigation of Being was redirected to the "Core wound" of separateness from my essential nature,-and that the "Core wound" is at the root of all other psycho-physical wounds, limits and issues, and it is present in all beings. As a result an important shift in my process has occurred where I am experiencing a beginning and deepening of Freedom at the Heart of my Being. Since all this is fairly new I feel a certain level of vulnerability in sharing it here, and it's as much as I can say for now. As this process keeps unfolding, I certainly will have more to say.

How Can Men Begin To Reclaim Their Sexual Power?

First of all, by getting out of denial to recognize that they've been wounded. By moving through the pain of these wounds, one can find the key to the true erotic self. This connection to the erotic self is our connection to the life force. It is sacred in itself and should not be exclusively limited to the pleasure of the senses. The highest Tantric exploration is where sex is not used as an escape, no matter how blissful it is, but as a means to know who We are. As long as we identify with the realm of the phenomenal we're bound to be disillusioned. Once the key to know oneself is found, the whole body becomes the human receptacle, the holy grail, for erotic energy to move more freely and to be transformed into love, healing and creative expressions.

Secondly, men need to develop a whole new relationship with their penis. Most men are dissociated from their phallus. that's why for many men, their relationship to their car, for instance, is so significant. It is the modern stereotype of sexual power and identity. Dissociation also occurs when men masturbate in a very mechanical way, like a sex machine, with high speed, force and intensity. This creates rigidity which over time becomes armoring in the body. The natural sensitivity for the more subtle sensations and feelings is lost. They've also lost the intimate connection with themselves and the richness of the whole erotic body. Their experience is a very limited one strictly localized in the genital area. For most men, orgasm equals ejaculation and love making becomes a performance and a race to orgasm. Moreover sex easily becomes a routine to release stress. The compulsive need for outside sources of stimulation, such as pornography and the use of fantasies as necessary conditions to get turned on, indicate the level of dissociation from the sexual organs.

Vulnerability is the essential condition to reclaim sexual power. I have found that this is probably the most difficult quality for men to express, particularly in intimate relationships. Although a man might be a great adept of sexual and spiritual disciplines, he may precisely have used these practices as a way of reinforcing his more refined egoistic sense of power and the denial of his emotional body.

Healing Through The Work Of A Sacred Initiatrix

A long time ago, men were initiated in the arts of love by women who were trained as sacred courtesans. I know I have been one of them. It is from this deep recognition that I felt called,

in 1989, to begin to offer my sacred sexual healing work.

My work as a Sacred Initiatrix has mainly consisted in instructing men and women in how to circulate their sexual energy throughout their whole body for the purposes of health, rejuvenation and sexual ecstasy. The techniques I have used are mainly based in ancient tantric and taoist systems although adapted to our modern needs.

By using the breath and specific muscles which I called "the pleasure muscles" a man can learn to delay his ejaculation and prolong his love making for extended periods of time, strengthen his erection, experience orgasm without ejaculating and learn to prevent prostate problems. You can only imagine what these benefits can do to a man's self-confidence as a lover not to mention his partner's sexual satisfaction.

I believe that this information should be available to everyone. I knew that my work as a Sacred Initiatrix will sometime come to an end and I feel responsible for passing on the precious information that I have received.

I felt committed to making the essential instructions of my training available in an easy, concise and totally enjoyable way. That is how I created a personal guide and companion named Ishtara. With her sensuous voice she will keep encouraging the listener on his special intimate journey.

My joy keeps growing as more people come to discover the great value of these teaching tools. It is my personal contribution to men and the women who love them, on their sacred sexual journey. I'd like to complete this article by honoring the divine male in all of us with my poem.

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Come here and relax

Let the eternal feminine hold you tenderly

Come and penetrate softly

The fountains of silence

And rest in the depth

Of her golden cavern.



The return to innocence,
To the eternal womb of creation.
Let her hold you tenderly
While you be still and receive
The nectar of her inexhaustible passion

Relax

There is nothing to do

And nowhere to go

you've come here

To taste the ecstasy

That is your birthright.

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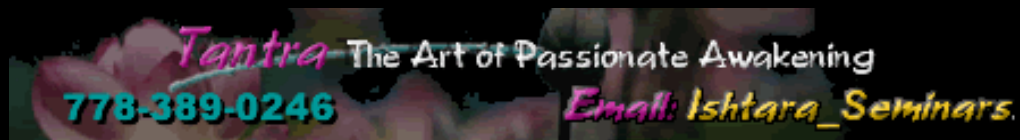
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Dear sacred erotic explorers,

Greetings!

After more than two decades of expertise as a Tantra teacher and facilitator, Breath therapy/Rebirther, Tantric/Erotic massage practitioner, and Sexual Healer I feel a responsibility to pass on the skills and the knowledge that I greatly value.

I have seen how this work has made significant transformations in people's lives and how much more integrated their experience of sexuality has been. Sexual healing work has tremendous power and needs to be held from a place of great clarity and sanctity. This I have been fully aware of and committed to offer over the years.

For those like me who first and foremost want to make a difference in their own life, as well as possibly make a contribution that is very much needed in our body-and-sex-negative culture, I decided to start offering a Tantra Instructor's Training.

My main intention with this training is to share the essence of what I have been blessed to receive on my own passionate awakening journey as well as in my professional life. That journey of reconciliation of sexuality and spirituality is what has carved my work as a sacred intimate. I believe that as more people get qualified to serve as Sacred Intimates, more of us will be able to contribute in the reconciliation of sexuality and spirituality.

My vision is also to create a Tantric community where Sacred Sexuality is honored and where we can truly support one another.

This basic training is designed to:

Give the participant who is considering working as a sacred intimate a practical understanding of how to work with sexual energy, a hands-on approach as well as theoretical knowledge based in the ancient Tantric teachings.

- Cultivate one's own sexual energy
- Expand one's professional services including sexual healing
- Address potential and actual clients in a clear and very professional way while protecting ourselves (avoiding leaking sexual energy)
- Empower the practitioner in a deep way

The training includes four main aspects:

- | | |
|--------------------------|--|
| 1. INSTRUCTIONAL | mostly based in traditional Kriya Tantra Yoga and some very basic Taoism including demonstrations, practices with coaching |
| 2. HANDS-ON | demonstration and practice with male and female models and time for participants to experience sexual healing ritual |
| 3. HEALING | learning and sharing simple and powerful Tantric healing practices) |
| 4. BUSINESS AND COACHING | Maryse's tips including Ethics of Touch based on 16 years of private practice and experience |

The four aspects above will also include:

1. INSTRUCTIONS:

- a. Self Practices for the practitioner consisting of techniques to cultivate their own sexual energy, centering, clearing and protection, all very important in order to remain clear specially when working with other's sexual energies. Creating safe and sacred space for rituals.

- b. Tantric Practices and Rituals to share with clients whether individuals or couples.

- The Sexercise Training (Maryse's instructional audio guide for men will be included with the training) A step by step program to optimize male's sexual performance and energy and prepare the body for full body orgasm.
- Sensual Communication Training to Deepen Intimacy.
- Tantra Polarity to balance electro magnetic energy and make the connection between sex and heart.
- Yoni (Vulva Massage) Healing Ritual for Women.
- Tantric Male Sexual Massage to heighten levels of pleasure, ecstasy and access optimum orgasmic potential.
- Tantric Dual practices showing how to harmonize energy with a partner generate and transform sexual energy into more refined energy for healing, love, bliss and Sexmagick.

2. The HANDS-ON Practice:

- Demonstrations on a male and a female model
- How to create safe and sacred space for healing
- How to work with raising and transmuting sexual energy
- Tantric massage Ritual for Men
- The Yoni Massage Ritual for Women

3. The HEALING will include:

- The Orgasmic Breath Process: A powerful purification practice to cultivate your sexual energy and open to full orgasmic potential.
- Tantra Polarity: A gentle and powerful healing practice to connect sex and heart.
- Participants in the training will experience those healing modalities for themselves.
- Tantric Massage Rituals for Men and Women as described above in #2.

4. BUSINESS and COACHING

- Being clear with your intentions
- Self Marketing/ How attractive can you be?
- How and who you want to work with?
- About being professional?
- Designing a series of sessions with a client.

- Phone work (the radar approach)
- Creating a goddess coalition (or some type organization) to support one another and distinguish ourselves as professionals certified tantric practitioners.
- The Use of Sex Magick and pujas to manifest what we want.

P.S.

Please take in consideration that this is a condensed Basic Training extracting the essence of what I have been teaching privately and to groups for all those years and which I consider essential to be working with people professionally. It doesn't claim to be more than it is: basic in its nature and yet suited to those who would like to integrate Sacred Intimacy as a professional practice (following lots of practice and personal sexual healing as the case might be). The limited amount of time doesn't allow for more supervised hands-on work than what is already scheduled within the course or for extra counseling although that can be offered separately on an hourly basis consultation fee after the training (also available by phone).

Pricing Information

I can be reached at 778-389-0246 or by email at essence1008@yahoo.com.

Testimonials:

"The training was the most transformative and healing experience I had had in my life, I love myself now."

Andy, 46, School Teacher

"I received practical tools in your training that have led to deep personal transformation in my sexuality. I am in awe at your skill and ability to transfer it to students in a sacred, effective and fun way".

Ki, 33, Sacred Sex Healer, Massage Practitioner

"It was a life's transforming experience that leaves me with a full heart, greater inner peace and interior wealth. Maryse is an inspiration...through her knowledge, her experience and candid openness and for her obvious passion for enhancing sex knowledge and expanding the life force and potential for pleasure".

Sophie, 30, Artist, Art Therapist



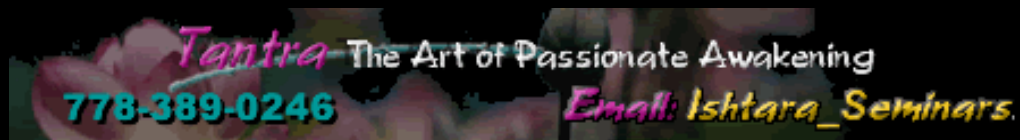
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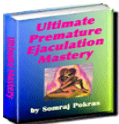
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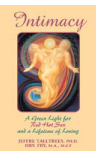
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Complete Tantra, Tantric Sex, Kama Sutra Listings

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What Do Our Clients Say?

"We have been searching for Tantra teachers to help us in our learning for several years. The two of you are very good at teaching and inspiring others. Thank you so much." -- AB from Dallas, TX

"The transformation has been so deep that no part of my life has not been positively affected. Every belief about my sexuality has been overturned. I have learned to turn my sensitivity into long periods of ecstasy. My confidence level has exponentially increased. I don't have premature ejaculation anymore." -- Michael from Providence, RI

"My phone consultation today was a major event in my sexual development. In one hour of personal contact today many of those seemingly disconnected ideas were linked and clarified in my mind. I'm looking forward to taking my new found information into the bedroom to achieve my goal of a stronger and more powerful sexuality." -- RAB from Durham, NC

Search Tantra

Enter search terms for Tantra, Tantric Sex, & Kama Sutra like G-Spot orgasm, female ejaculation, premature ejaculation, better sex...

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Tantra Contact Info

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Attention:

*Maryse is Available for Appointments
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essence1008@yahoo.com

778-389-0246

My Private Work For:
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MY PRIVATE WORK WITH COUPLES:

I love introducing couples to Tantra and Sacred Sexuality.

I like to share with them some of my favorite secrets, those which have consistently enriched my own intimate life.

Couples who come to me for a private training are often nervous at first, not really knowing what to expect since it is a new experience. That's very natural. It usually doesn't take much time though before they start to relax into the beautiful temple space where I work from.

Spice Up Your Love Life

THE OBJECTIVES OF THE SESSIONS ARE TO LEARN:

Ancient sexual secrets for health and longevity and to keep heightening sexual performance such as to last longer, make love for longer periods of time and feel more energized. To stay young, strong and juicy. I will share these secrets as part as my Sexercise Training, an instructional Five Step Program which comes with a tape.

Wonderful communication skills to deepen intimacy asking for what you want sexually and to feel more confident while giving pleasure. It's always a winner!

Fully opening yourself to love with heart connecting Tantric rituals.

Initiate you to be a healer for one another with a powerful yet simple Tantric healing practice.

To create sacred spaces and to connect sexuality and spirituality and open to new levels of sexual ecstasy.

The first three and a half hour training for couples isn't sexually explicit. I usually recommend to bring a change of clothes, a robe, scanty clothes, silky shorts if you like or casual comfortable clothes as you wish, it's really up to you.

In that first session I share solo practices to work on transmuting your own sexual energy and ways to harmonize your energies together. In your own private timing you can later on take it as far as you want once you know the basics.

The training can progress gradually after the first three and a half hour if you choose to continue. At that time nudity may or may not be required according to the readiness of the couple to move to a new level of exposure. My objective is to create a safe and supportive atmosphere for you to trust the process and to honor yourselves.

The Ten Hour Training (or longer) usually includes more sexually explicit hands-on work in the context of a ritual space where you can really be introduced to your own healing gifts and develop your sexual skills.

When couples come from out of town we schedule the ten hour training over two or three days.

I am also open to custom design a program that would fit your specific needs. Just let me know. I'll be happy to serve you!

I can be reached by phone in Vancouver at:

778-389-0246



MY PRIVATE WORK WITH WOMEN:

My Women s Work is all about opening to the feminine sexual essence. The sacred erotic. I love giving women the keys to their own erotic potential and to help awaken the goddess within.

The private sessions are a minimum of two hours and a series of sessions could include:

- Counseling
- Taoist and Tantric practices
- Nurturing Relaxation massage
- Sexual Healing Work
- Initiation in the Arts of Love
- Communication Training
- Core Ecstatic Movement.

THE OBJECTIVES OF THE WORK IS TO:

- Relax into your worthiness
- Expand your orgasmic potential
- Fully open yourself to love
- Heal the split between love and sexuality
- Awaken the goddess within and get juicy
- Develop new skills
- Deepen Intimacy
- Attract the lover you always wanted

My Women s groups also follow the same objectives in addition to being held in the spirit of sisterhood. A very trans formative experience!

You may call me if you have any questions or considerations regarding the work.

I can be reached by phone in Vancouver at:
778-389-0246



MY PRIVATE WORK WITH MEN:

Unless a man fully opens to love, he won t know how to penetrate the mysteries of the female sexual essence.

I have been a practitioner of Tantra for twenty-five years. I have had a private tantric practice working with men for fifteen years. During that time I have worked with thousands emphasizing the cultivation of male sexual energy using basic Tantric and Taoist practices. In order to make these valuable teachings available to my clients and others, I have recorded the essential aspects of these practices and principles in a beautiful series of instructional audio tapes available here on my website (click the buttons below to view more about the products and to order).



The 10-12 hour Tantra Training includes the following:

- Tantric
- Massage

- **Instructions & Coaching**
- **Energy & Breath Work**
- **Counseling**
- **Sacred Healing Ritual**

Massage:

20 years experience as a practitioner & teacher (AMA massage school). My Swedish Massage combines long connective strokes (effleurage), petrissage (kneading), tapping & more to relieve tensions, invigorate and relax your body-mind thoroughly.

My Sacred Erotic Massage aims at spreading your sexual energy throughout your whole body; it combines some of my "sexercises" training techniques and taoist erotic massage strokes showing you (men) how to separate ejaculation from orgasm and how to become multi-orgasmic.

For more Advanced Sacred Erotic Massage See below Sacred Healing Rituals/massages My Tantra/Polarity Therapy will help balance your electro-magnetic energy while alternating stimulation and stillness; it teaches you in a very practical and efficient way how to relax while building up to higher levels of arousal.

Instructions & Coaching:

In tantric & taoist practices & sacred sexuality. I have designed a Sexercises Training (available on tapes see "products") which I instruct one on one as part of my basic Training. Duration time: about an hour. The Sexercise Training teaches you how to Delay ejaculation, Increase arousal, Strengthen your erection, Prolong lovemaking, Build sexual stamina, Heighten Pleasure, Keep your prostate healthy, Experience Multiple orgasms.

Instructions from Kriya Tantra Yoga such as the Bandhas which are energy locks to control the movement of pranic (breath) energy. In longer training I also offer a basic Communication Training in how to give and receive touch and get to express our sexual needs in a concise and efficient way.

Energy & Breath Work:

Including Breath Therapy/Rebirthing & Tantric Yoga.

The Orgasmic Breath Process: A powerful purification breath practice which opens the energy pathways in the body and helps to access full orgasmic potential. I often use this powerful practice before the massage and find it to be a great catalyst. Tantric breath practices: aiming at harmonizing your energy with a partner. Yogic breaths to transmute your energy enabling you to last for hours and get the ongoing rejuvenating effects from the energy conservation.

Counseling:

Compassionate listening and gentle guidance

Sacred Healing Ritual:

The Male Sacred Spot Healing Ritual offered in reverence while I create a safe and sacred space.

THE OBJECTIVES OF THE WORK IS TO:

- **Enjoy greater vitality**
- **Experience richer emotions and fullness of life**
- **Relax into your worthiness**
- **Expand your orgasmic potential**
- **Fully open yourself to love**
- **Heal the split between love and sexuality**
- **Develop new skills**
- **Deepen Intimacy**
- **Attract the lover you always wanted**

My professional help and guidance can assist men discover the elements which may be missing from their lives. Being a true tantric lover involves so much more than knowing how to perform sexually. [Click here for My Article Sexual Healing for Men link.](#)

Call me at **778-389-0246** and we can discuss what type of program would be more suitable for your particular needs.

Attention:

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As an instructor, workshop facilitator, holistic healer and teacher for over 20 years, Ishtara's commitment to sharing this knowledge has resulted in this successful training series.



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