

Reiki Your Sex Life

- Danielle Cavallucci, Reiki Master, & Yvonne K. Fulbright, PhD, MSED

Ever feel as though your batteries could use a good recharge? What if there was a way to rev up your engine instantaneously with a method that:

- Reduces stress, promotes relaxation, and heals your mind, body, spirit, and emotions better than a weekend of spa treatment.
- Leaves you feeling like you just had amazing sex, as a wonderful glowing radiance flows throughout your body and all around you.
- Evokes feelings of peace, security, and well being as you've never known.
- Is safe, simple, natural, and free.
- Is easy to learn and not dependent upon intellectual capabilities.
- Involves no dogma and is not religious in nature, but still leaves you feeling like a supreme being.
- Helps you to charge your lover's batteries in addition to your own.

Suddenly, this too-busy world's quick fixes of caffeine, nicotine, adrenaline-pumping video games, and porn, to name a few, sound infinitely less appealing. When you consider that none of those stimulants can leave you feeling like a deity between the sheets, your interest may perk up even more. And when we tell you that you can achieve such godlike stature without physically arousing a single of your lover's hot spots, your interest is sure to skyrocket!

While most appreciate highly skilled sexual maneuverings resulting in your lover's climactic "Oh God, Oh God!" gasps, what's really going to make you look and feel godly isn't about what you can do with your loins or your tactile technique. The reaction you can affect is touch-free and infinitely more powerful and dramatically more effective and soul-stirring.

What on earth is this magical force we are talking about, you ask?

It's the universal life force energy behind the simple practice known as Reiki. That's right - we're getting at a holistic practice that empowers you to renew your partner's entire being without laying your hands on an inch of their body. The world's most restorative, regenerative energy source can transmute the two of you into energized entities and accomplished lovers within minutes. Behold the power of Reiki.

So where do you get this product? This toy? This drug? Would you believe you already have it? Oddly enough, the most powerful battery charger on earth is coursing through you this very moment! The “universal life force” affecting each and every one of us, flowing through, in, and around every part of the dynamic universe promises to change your life when you’re attuned to its uses and able to direct its flow.

Anyone with desire and a little bit of time can become a Reiki level 1 or 2 practitioner or master. To get you well on your way, check out our quick’n’easy e-guide – “Sensual Fusion Essentials: The Power of Reiki” – for Reiki basics and how to add more energy to your sex life.

For those wanting experience, training or certification in Reiki, there are a number of Reiki circles and courses hosted by local holistic centers. So be sure to check out the offerings in your area. If you aim to become a Reiki Master, know that most reputable programs require at least three months between each of the three attunements required to earn ‘master’ level practitioner status. Healing and attunements can have intense repercussions and effects on the body, mind and spirit, well beyond the actual time spent at the attunements, which leads to the popular wisdom that waiting until the lessons of each attunement are fully absorbed and actualized is the best course of action.

Obviously, there are some fast-track programs out there, but we stand behind those with some waiting period. The long-term effects of deep healing may not be immediately evident to the newly attuned, and may take days or weeks to manifest. Thus, we recommend attaining level 1 and waiting as long as three months before your level 2 attunement.

In the meantime, take advantage of the time between attunements to gain ‘in-field’ practice, so you will be more keenly tuned to the sensations and feelings accompanying your individual experience of Reiki. The more you use it, the more confident in your abilities and awareness you’ll become.

The power and benefits of Reiki can hardly be overstated. We wish you and your lover the blessings, abundance and supercharged sex life afforded by free flowing life force energy, and hope that you will use this new tool as a force of good in your lives and the lives of others! Better yet, we hope that your newfound Reiki energy will bring the two of you closer together, helping you to feel more connected and intimate during lovemaking.

Danielle Cavallucci: Co-author of *Your Orgasmic Pregnancy: Little Sex Secrets Every Hot Mama Should Know*, Certified Fitness and Nutrition expert Danielle Cavallucci strives to help others discuss and unleash their fullest potential for joy, health and abundance utilizing the Sensual Fusion model developed with Dr. Yvonne K. Fulbright in 2006. She is a mother, birth mentor, activist, and Reiki Master residing in California.

Yvonne K. Fulbright, Ph.D., M.S.Ed. - Originally from Iceland, sexologist, sex educator, and relationship expert Dr. Yvonne K. Fulbright is the author of several books,

including *Touch Me There! A Hands-On Guide to Your Orgasmic Hot Spots* and *The Better Sex Guide to Extraordinary Lovemaking*. Regularly featured in media outlets worldwide, Dr. Yvonne is the “sexpert” columnist and sex expert for Foxnews.com, a regular contributor to disaboom.com, and a professor of human sexuality at Argosy University. She founded Sexuality Source, Inc., a communications and consulting organization specializing in the topics of sex, sexual health, sensuality, and relationships in 2004. For more information on Dr. Yvonne, her projects, and services, visit www.sexualitysource.com.