Stop Wasting Your Sex Life—Tantric Secret Fixes ED, Divorce & Brain Fog | Jennelle Gordon | Ep. 64 Transcript

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Introduction to Tantra and Janelle Gordon

Tantra is the ultimate biohack because we're all about preserving the sexual energy so that you can have more connection, more intimacy, and that's you could use that to go to higher states of consciousness.

So if you were to define the tantra in one sentence, how would you define that? I would say… Meet Janelle Gordon, a tantrum master, founder and author of…

life. Through Shakti living, she blends ancient wisdom with modern healing, leading retreats and trainings that awaken intimacy, heal trauma, and restore the sacred in our lives.

Get ready for a powerful journey into healing empowerment and deep connection. You can't. And in fact, I think a lot of people's misconception is, oh, for intimacy, you need a partner.

You have a part. The partner is you boo. Tantra is a sensory practice. It's a practice that takes all the senses and puts them into one. How long does it take someone to be fully immersed into tantra?

Most of my students don't go that deep, but they go deep enough to get the basics to help them have deeper intimacy. Does every woman have a g-spot? Every woman has a G-Spot.

And by the way, newsflash, it changes every month. Let's talk about that. You know, a lot of women won't do sex. Is it something that they should? So you can't really just say, oh, It's good for all women.

But I will say it is good. For a small group of woman and for every women, I think that They should experience it once. Welcome to another episode of a healthy point of view podcast.

I'm your host Sam Tahata. And as you know, we bring experts from all over the world. Let's talk about health, wellness, beauty, and a bunch of other great stuff for you to be able to live a You know, we talk about sexual health all the time and this is a little bit different of the way that she actually works as a practitioner in sexual.

This is called tantric intimacy. Expertise is what we brought here to a healthy point of view. Today we have Janelle Gordon. How are you? I'm doing outstanding.

Thank you. I got a good night's sleep. First night was a little rough. Three podcasts in Miami yesterday, but… Oh, really? Yeah, I did three and three today as well.

So you're the first. You're on the roll. See, you got me fresh. Yeah. Fresh to death. But yes, doing amazing. Super happy to be here. Was just telling my business partner, Keith Mitchell, who I do my retreats with, he's…

You should have him as, well he is an NFL player churned for 10 years. turned yogi because he was paralyzed from a spinal contusion from the waist down and he is yoga and breath work to to, you know, rehabilitate himself.

And then he's trained with some of the best tantra masters on the planet, myself included.

Origins of Tantra and Sexual Polarity

So I was telling him, I said, Yeah, he s in Brazil now. I'm at this place, this, med spa, wellness, holistic biohacking center, if you will. but they have like a sexual wellness component.

And I said, no places have that, you know? And that's why I'm so enamored with what they do. So I think it's a niche that a lot of people don't really tap into.

If they kind of just put it like, their marketing subtly or like we offer this too but I love that you guys have such a you know a pronounced stance on it and that, you promote it because sexual wellness is make or break in life you either your lingam either works or it doesn't you have a connected intimate sex life or you don't so these are all I mean, really, it's one of our five pillars, right?

And one other thing that is important when we start talking about it on a clinical standpoint is that your intimate life, your sexual health, actually will give you a lot of details of how your overall health is.

With men, erectile dysfunction could be a cardiovascular issue, all kinds of stuff. So I wanna dig a little bit more into your expertise because You know, I'm not too familiar with the tantric.

Where does that come from? So great question. So Tantra is an ancient practice mostly taken from the Indian culture, from if you know anything about India, you.

Know I am not, but it's like kind of my second home because I've so invested in this work. Right. But yeah, so I. Moroccan and Mexican, But I just I have an affinity for India.

I feel. very closely connected there and I love it there. And I'm due for a trip back. But anyways, so the tantra philosophy is rooted mostly in the classical Indian tantras.

What most people don't realize about India is that When you look at India as a whole, you sort of see this very interesting society, right, of lots of deities and gods and colors and foods and spices and things, but also kind of maybe a little bit more reserved and conservative and the veils and scars that cover and You also have heard about maybe sexual violence in India in the news and things like that in past.

But India used to be very not sexually repressed. They used very sexually abundant and sexually open. Hence, the Kama Sutra came from India and I think people forget that.

And then, of course, when the British came in and colonized, religion came. And that did what? Well, it wiped that out completely, right? And so the tantrics went underground.

And if you go to India today, you will see that in the temples, in The Tantric Temples, some of the things in my book, pictures of men and women and bisexuality, homosexuality.

You'll see it all carved into the walls of these temples because India was very sexually open. So that is where we pull most of our information from, is from the classical Indian tantric viewpoint.

But we also pull it from Tibet. The Tibetan tantras, the Taoist tantra, if you've heard of Mantak Chia, He's a famous Taoist master and also the Buddhist Tantra.

So there's several different schools or disciplines and Indian classical being the main one that we look to. for its rich history. So yeah. If you were to define the tantra in one sentence, how would you define that?

I would say the ultimate divine union of balancing sexual polarity. Okay. And I know that probably still doesn't make sense, but you're like, what is that, the Ultimate Divine Union of Balancing Sexual Polarity.

That just really came across. I'd never even actually put it like that before, you're a man, I'm a woman, you have a wife. And so we can use you guys as an example.

Tantra as a Solo Practice

She's the feminine, You're the masculine energy, right? Probably most of the time I know that she's, runs part of a

company. So there's probably times that, she is probably in her masculine because to run a, company you, have to have that energy just works a soft feminine energy.

Who's just quiet meek and subservient and okay, let's do whatever. she's not running a company, I promise you that. There's a sense of energy that it takes to gain respect and to lead and make decisions that are tough but are needed.

So that's the balancing of the masculine and feminine energy. And it plays out in everything we do in life, from outside the universe to inside of us.

In the tantric philosophy, we coined that energy of divine masculine, Shiva, divine feminine, Shakti. And we acknowledge that because until you acknowledge it and name it, you can't do anything with it.

Then from there, we created a rule book on how to keep that intimacy or that rather that energy balance so that you can create lasting passion, connection and intimacy, and that's you, can be more abundant.

It's like, I say tantra is like the ultimate biohack because we're all about preserving the sexual energy so you that can have more connection, more intimacy aka sex and you could use that sex to go to higher states of consciousness, meditation, enlightenment.

And that sort of the nitty gritty if that makes sense. So, you know, I was fortunate enough to do a little research on what you do before the podcast.

And I noticed that there's a huge connection between mind, body and then your spirit throughout this process. Yes. OK. Yeah. So the when someone decides to like, You know what?

I want to give this a try. And like anything else, there's different levels of it. At what point would you say, how long does it take someone to be fully immersed into Tantra?

Well, I will say that most of my students don't go that deep, but they go deep enough to get the basics to help them have deeper intimacy. more embodied pleasure, deeper presence with their spouse, a more cultivated sense of vulnerability.

And we know that to create intimacy, you need presence, vulnerability and surrender in the middle. That sort of bridges that gap and that creates intimacy.

Many couples today don't really have that. They don't really have a very nuanced sense of, oh, I like you, you like me. I know it sounds superficial, but like, let's get married.

Let's have kids. That's create something. And life gets in the way and things happen. In every tax bracket, it's often the same, maybe slightly different.

But it is like intimacy is left as the last thing to do on your list. It's like at night before bed, I'm going to give you all five minutes that I have left in my day for men we know.

That's a pun. And for women, they're often tired, but then they are often not really in their body. They don't really, you know, they're not connected.

So when they do have sex, You're finishing in five minutes and they are not finishing at all. And that's the biggest problem that we're having. It's like a disconnect.

and then women will often go and reach for the vibrator, the drawer and pull out the Vibrator. That's, just desensitizing their yoni because a man's lingam cannot do that on good days, bad days any days.

it just will never perform that way. For the listeners, what is the yonis? So the yoni is the Sanskrit word for vagina

and lingam is a Sanskrit for penis.

The reason why I used those before I was podcasting is just there's no charge. Everything in the universe has an energy vibration. It has a charge, it has frequency.

This room has the frequency Miami, Fort Lauderdale has a frequency, this mic has frequency. If you hear a certain word, it has the frequency and it holds an energy that's attached to it.

And most of the time, if I say the word dick, or pussy or words I won't say on here, there's a strong connotation or energy, that you're like, Oh, what's happening?

what's going on here. It's a little bit very vulgar and almost like a negative connotation behind it. And for most people, there's not a word that's like neutral.

So we say Lingam and Yoni because of that. There's no charge there. Then it's also safe for social media and stuff, so it was kind of a nice thing, if you will, that makes sense.

Yeah, it does. When it comes to the tantra, we're talking about couples being intimate. Can you do tantra as a solo person? You can't, and in fact, that's a fantastic question.

Many people who come to my work are both single and then I have married and I always am looking at the numbers to see who's coming more and it's always just about the same.

Maybe a little above it and if it vacillates, fluctuates, but even at my retreats we'll have like, three couples and we'll have like nine singles or something or eight singles.

Sometimes we will have, you know, it just always is like very close, right? So I think a lot of people's misconception is, oh, for intimacy or for any work in intimacy, I need a partner.

And that's the main problem in Intimacy. You have a Partner. The partner is you, Boo. If you haven't figured and discovered intimacy with yourself, there's not a chance in hell that you're going to have that and cultivate that with someone else.

So in my work, when I was in Tantra training in Thailand, I spent a year there studying at my teachers and my gurus, their ashram there, as well as I did some work in India as, well, because they have a sister school there.

And I do everything alone. Like I went to this tantra school alone, and I didn't have partner. Many of my colleagues had you know, boyfriends, girlfriends that were in the school with them and that they could do the exercises with.

And I remember this time like just feeling very like out of place, like a fish out a water. Like I had been, you have traffics in strip clubs in Vegas for a decade.

So I knew like strip and that's it. I didn't have a family. It was in the foster system. And I just felt like I did not belong. These people have been studying at these yoga centers for ages and I left the pole.

So it was a very humbling experience to do this work alone. I remember on certain nights, we'd have these rituals and things that you need a partner, you know, and they would say, You're just meditating and then you're going to do this to yourself and you visualize someone else, but you are doing this with Shiva, which means like God, if you will.

And so I was like, this is terrible. This is a self pleasure type of self-pleasure, also rituals like different Like tantric marma points, we call them different points of like energy up the spine, up on the body.

So maybe, in tantra we like rituals. We like doing things with oils and frankincense and incense and drinking milk and honey and things like that and all these things.

Why is that? Does it make it different, the experience? I would assume. Yeah, I think because, here's the thing. And then I'll answer that question more fully.

If you think of anything that happens, any person who's good at anything, take an athlete, do they just sit down and watch tapes all day of their games?

No. Do they do that? Yes, they absolutely do because they need to know kind of how they fucked up right and what they did good so they can build and train and they Can rewrite the programs and and the plays off that.

But what do They do the most they review tapes, but they go on the field and they actually practice, right? They do it. They, you know, then, and then a lot of them, if they're good players, they have a visualization practice as well, some kind of meditation.

So tantra is a sensory practice. It's a practice that takes all the senses and puts them into one. Can you imagine what it's like to have the climax in your heart?

Right. And then for your partner to that climax, in her heart, at the same time. You feel like you've taken some kind of drug, but you're both sober. So at my retreat, we facilitate these environments where it's sensory based.

We're not just talking to you, it is your sight, your smell, what you touch, taste, everything. the visuals. So it's like an experience. You'll never find this anywhere on the planet, I'm convinced.

And I do that because I want people to like feel everything. Some people are audible, some people or visual, and some are kinesthetic, you know, all these things.

But when you put them into one, it becomes a part of you. The rituals, if you will, people get triggered by that word, but that they would have us do were things that would help us to embody the tantric practice more.

So I remember doing these alone and back to can people do this single. But what I learned in all these experiences is that the more that I was, and I don't want to say force because that word is kind of triggering.

The more I sort of encouraged or left to my own demise with myself to do is it was like I had to face myself.

Sensory Rituals and Internal Climax

I have to soul gaze with myself for hours, I add to, to discover my body, i had two rediscover my climax because in tantra we we tell people to stay women to not, did not focus on clitoral climax at all.

In fact, it throw it out all together. What are you focused on penetration by Max? Well, I didn't have a partner, so it's about exploring your body through using your hands, using Yoni wands and things like that, crystal wans, all these things.

So it is about exploiting your own body and learning all the spots and all of the different 11 forms of climax that you can have. 11 Forms of Climax. Yes, and I talk about these in my book and in retreat I give like a two hour lecture on it.

Can you give us a few examples of different climaxes that are out there? Um, yeah, I'll do that. So to answer your question all in all is tantra is a solo job.

And for men as well, and especially for Men and remind me to ask you to remind you ask me about why tantras good for man to start at solo versus incorporating the wife.

The climax is for women and why we discourage clitoral is because if you understand anatomy, which you obviously do, you know that the clitaurus is the tip of the head of a lingam.

That's, it's the same thing for men is that tip-of-the-head and lingham for woman. It's cletaurus, but it is same anatomy. Is basically what differentiates that, um, the double X from the XY chromosome when they split at conception, correct?

So that's what tells you your sex if you're going to be a man or a woman. So when women are having these types of short-lived, fast up, and fast down climax, it's very masculine.

It's a very up and then down. For you guys, your climax I don't know what it seems like, but it is very fast, right? Unless you have a tantric practice and you've mastered semen retention and tantric retention, things like that.

It's up. The pleasure builds your blood pressure, your heart rate, and your body tenses, tences, tenses. And then it crashes and then you're down and the mighty have fallen.

You go to sleep, you take a cigarette, there's a refrain. This is modern sexology. it's the same for every man. I've been blessed to have dated some athletes.

And even with athletes, professional, my ex was an NFL player, they still have a time where they have to come down. It might be smaller in duration, but they had that time.

So for women, that type of climax, it's just, not serving them. because it's outside of their body, if you will. And remember, our anatomy is actually internal.

We have to receive you. So we want to focus on those more internal climaxes. Doing that requires exploring the body. It's like if take a brand new Lamborghini, Diablo out, do they still make those?

I don't know. Gallardo, whatever your car is. And you're just like, okay, I'm gonna go get in this and drive it. You've only ever driven like a Honda your whole life.

There's some stuff happening in here that I've never seen before. I have driven these before and there's a lot to look at, right? And to drive and to play with, and you can go really fast.

All this stuff, so it's like checking out what's going on. is the same thing with women. So we have to learn to explore our own pleasure, our yonis before we can expect a man to make us pleasure.

And so that's what some of the internal climaxes are. One of biggest under-diagnosed, if you will, I don't know why that came to my mind, under diagnosed climax that is available for women would be the nipple orgasm, the Nipple climax, where a lot of women can have this just with some stimulation of the nibbles, you're not touching them at all.

Like, You're Not going anywhere near their yoni. So that's a very powerful climax for women, because it's so closely connected to the heart chakra, which is in the center of that chest.

It's right here and the energy sort of flows all through here. So you feel that and it's so opening and so healing now men have nipples. They but they can do it too.

And I actually think that this is one I think this an area for men that a lot of women forget is a sensitive area and if you know what you're doing and You can bring a lot of pleasure to a man by using them nipple stimulation for them, too I like to do this with men because I think it helps put them in their heart more, you know all my life I've been trying to figure out what my nipples are for.

Yeah now I figured it out Pleasure and so these are the type tapes of things and then it puts you in your heart and men typically aren't always in their heart.

They're probably more in the head and the higher chakras. So if you're doing nipple stimulation and you bring him a lot of pleasure there and then you move a lotta energy there, and send it to his heart, he's gonna feel that.

He's going to be more, you know, in that heart-like energy. Right. That's another one. Another climax that I think is more widely known is the G-spot climax.

There's a lot of controversy on controversy rather on if this exists, is this made up, this is a real form. Does every woman have a G spot? Every woman has a G spot.

And it's different for every woman. By the way, newsflash, it changes every month because your cervix drops, your cervical changes in correlation to where you are on your moon cycle, on you're monthly cycle.

you might be able to find it one time very easily and then she might halfway through her cycle and things change. I started to really take note of it myself and I'm like, oh yeah, I can find so easily.

As I get closer to my cycle, it's It's gone now, it's a little harder to find. So imagine I'm a woman, this is my life's work and I am doing this, but for the average guy who just thinks, oh, I just gonna go where I've always gone, which men are very creatures of habit.

You guys do something that works, you do it fucking again, right? So, knowing these things and we talk about all this stuff in my book, It is like know thyself, someone amazing said that, so we know thy sexual self, like you have to know your body.

And so that's another one. That's a huge one, and then we talked about that, you know, I'll give you three that the anal climax, which is a such a okay, awesome, wild stuff in on my page.

I never expected for this post to go so viral, like almost 10 million views. It's amazing to me, i didn't realize people had so many, you know, around, and thoughts around anal sex.

So this was a new one for me. Let's talk about that, because a lot of women won't do anal-sex. Yes, yes. And is it something that they should, or, I mean, what's the benefit of it?

I like to say and I get, you know, there's very few people that kind of school me or check me. I read all my comments. there's very few people who know this work and say things that sort of co-sign what I'm referring to.

There's been a few who said, yes, this is actually the ancient practice. You can look at our Vedas, which is our scriptures in India, and all our texts and see that this true.

But basically, I think every, I know every woman is different. And I went to Institute for Integrated Nutrition back in 2011, absolutely changed the trajectory of my life, my health.

And we learned something called bio individuality, which I think is very important. Everyone says do this, do that. And that's it. Like they, you know, and everyone has a soap box today.

I also think in many ways it's not good because not everyone who has the same body, has same health history, same challenges, the constitution. In Ayurveda we talk about vata pitakafa, I think it's like indo, ecto, like the weight training things.

It's similar to that. So you can't really just say, oh, it was good for all women. But I will say it is good a small group of women often. And for every woman, I that they should experience it once.

Here's why. What I was referring to in the Sean Kelly podcast when I talked about these sort of anal retentive women, have you heard that phrase before?

No. I know what you mean. Interattentive. It's I think it's an English terminology. And I'm sure there's phrases that don't translate in Spanish as well.

Right. We're like, what does that mean? Inter attentive. They're kind of a pain in the ass, if you will. But they're also

very like some might say Virgos, If you well, we are like that.

These type of women who, what I say is they're kind of little bitchy, they kind want to always be in control. They might have like high stress jobs. they might just be high strung, that's a word we've heard, tense.

You're just like, why doesn't this be just relax a little bit, right? Like, I know, because I coach men, They've said this before, Right? Right. A lot of times those women, whether it's their constitution, their job, Their stress levels, Makes them that way.

And what's a really good thing for them to have an experience is anal sex. During anal-sex, something happens where it pushes the energy up. Opposite of what it goes.

We call this a panavayu. It's down world spiraling moving energy. And when so basically, I'm trying to explain, there's an energy opening here and here.

So when I am doing energy work, i'm fixating on building the energy here, and sending it up to the higher chakras. If I wanna close the energy up, I'm sort of putting my head here or putting hands here appropriately.

If doing work on a partner, obviously I am touching it because I want to stop that energy. It's like putting a lid on the cap, right? So when you're having anal sex, you are pushing that bitchy energy, if you will, up and sort and then it flows upward versus downward, and they feel better, because remember, we're balancing everything.

It's the yin and yang as she was talking. Would you say that the experience changes drastically depending, a few things, the size of the guy, right? How often the female does any kind of anal sexual activity?

And the reason why I say this is like in the MedSpot world. Yes. Now you're seeing, especially in like gay community, the med spas there, you've seen them do whole talks where they actually put Botox in in an anal area.

G-Spot, Anal Climax, and Pleasure Exploration

To get it tight. Well, no, it relaxes it. Oh, to relax it? Right. Because the Botax is a neurotoxic. Always the relaxing. Same thing with the PRP shot.

because it gives you the size and length. Yeah, it increases it, but the Botox, what it does, is it relaxes the muscles of expression, like when you get it on your forehead, so then you really can't move your muscles, and that's why it looks nice and smooth.

So when they do it in the anal area, That's the first time I've heard of that. So where I'm going with this is like, you know, a female's experience to go through it, does that make a difference on them being able to accomplish what you're talking about?

And here's and here is the reason why many women don't like the idea. One, because it is Let me think about this closely. I don't like saying pain with sex because that is a trauma response and it's also a, it a collective conscious programming that's been sort of pushed out there.

Like you should never have pain when you have sex, period. But isn't there like a pleasurable type of pain? Yes. So that's another one. We'll get to that in a moment.

It's so hard to go into all this stuff because it's long, but we'll go back to the anal risk part. For women, and I'll speak from experience, I've been with someone very large.

And so we talk about Kama Sutra and size compatibility. And for me, that size works nice. And that's what fits best. For me. Everyone's different, right?

With my Yoni, his size. So, my previous partner was very large. Like, I always used to joke, telling me he's in the

1%. Because he has a large lingam.

So anyways, so the point is, I know that it seems like it's impossible. How does it not hurt? It is possible, but it is the right formula again that is needed to do this.

What most guys don't understand is that they skip opening the woman. They think if they just go downtown and just start doing some foreplay using their fingers that that's doing it.

No, it's not. So opening happens in different ways. We go over that in my retreat, but basically starts in the heart chakra. And then the other thing that I think is really important for people to understand is that It's this concept that whatever you resist persist.

So if you are contracting as it's coming in, because basically when you're in pain, people do that. It can contractions even with birth. That's why I did hypnobirthing where I trained myself to relax through the pain.

It sounds crazy, but it's possible. So what most women's mistake is, and I could take this from someone who's been with a very, very large endowed man and was able to successfully did anal not just once, a few times, because it was enjoyable.

I was like, wow, this is nice. And someone he didn't really like was younger, like 15 years younger. So he was not a fan of having sex on my period. And we didn't see each other often.

When we were together, we still wanted to have sex. This is what we did. But it's about relaxing and almost pushing out versus contracting. Then when you pair that with stimulation in the front, I don't know how to explain it any way other than it just becomes seamless.

And then if you can get through the uncomfortability of it for a few moments, if your will, and you have one of the most radical climaxes of your life.

Some of them women were talking about it. I was penning their comments because I they were like, this climax is something they they are describing it.

And they're just like I can't explain it what happens. They were just going on and on. I was like yes. Interesting. So again, most women are just afraid because they like oh, you're not put even if you are small or not small they just know you not putting that near me.

I think it does take maybe an open-minded woman who's more curious about her pleasure, curious. It's like that Lamborghini, I wonder what does this button do?

Or what's this? What's gonna happen here, right? And so curious, about pleasure and wants to experience deeper pleasure. And this journey of like pleasure pathways is all about communication with your partner and taking her body to places no man has ever gone before, literally, right?

That's a flex, like I was able to bring my wife to this climax because she trusted me and we listened to her body and I guided her and opened her, she wasn't premature, penetrated, all these things, to me, these are amazing.

So let me ask you this, that anal climax that you're talking about versus a regular climax through the vaginal, if you were to explain it, what's the difference?

Uh, well, we didn't even talk about the deepest climax there is, but I think, how do I describe it? So the Aino one, it's something more like, trying to like put it into words.

It's like, it's a first chakra, a root chakra energy, which is like the earth. So it is unrefined, tribal, savage, this deep guttural, you know, sometimes if you've ever watched someone give birth, very intense experience.

Every woman is different. And I went there in my times, just like this animal side of you comes out and it's a part of, you what's your first chakra. So the climax is like that.

It's like this really deep. That's what that's the word like deep, dense, heavy, like, and just builds and builds. And, when it like hits. It's so deep and dense and grounded and heavy and rooted that it just explodes a little bit.

But then the inner climax, the cervical uterine climax that's something vastly different. Its internal like in your, in basically where God sits in, your cervix, like God is in you cervics, I believe that.

The most divine feminine energy is there. It creates life. So like how more spiritual can you get, right? So that type of climax, it's That, that you will sort of leave your body.

I feel like I've left my body countless times during those moments of climate. You're just like, it's uncontrollable. And you're like crying. It's like you were like meditating.

it's it because what happens is it builds in in the cervix at the opening of the uterus and it sort of comes comes, comes and then explodes and that moves into the heart because the service is pointing up.

So the energy naturally goes up and Then if you know how to move energy, which I do, and if my partner did, then that's even better, than we're moving it together.

And it just like, You just, it's like, you feel like you want to die, but you're in heaven and it splits. And, and to me, It's sad that women don't have these experiences, right?

They're settling for a cheap fast food McDonald's G-spot climate, or not G spot, clitoral vibrator climax, And they're calling it a day. In your retreats, do you ever use any kind of plant-based medicine to achieve climax or anything?

We don't do that. Although Keith, who teaches retreat with me when he can and when you can't, I still teach them alone, but always having that polarity, it's nice.

If he's not there, or I'll just use some of my team or a couple and to demonstrate things. But he is very open and has done a lot of these journeys and things for myself personally.

I don't do anything. Like I even tried the, I was going to ask you about that. I tried that methane blue cause the company sent me some and I felt like kind of wild.

It was like, like I think I took too much. And I'm just so sensitive and also it tastes terrible. So how do, what do I do to mask that? I scared to mix it with anything cause I know it's a compound.

Methyl blue has a direct effect for like sexual No, no, but I just felt like different. So for me, I don't experience that. But I will say some of my attendees have said they've done ayahuasca journeys, and that's how they were able to open up their mind and heart to the idea of tantra.

And I understand the reason why my stuff goes off and is just always viral and triggering. It's because you're talking about the most delicate. People say it's your finances.

No. Yeah, finances is like, it's private information, right? But you're talking about deep seated sexuality, which a lot of times holds beliefs, patterns of beliefs around shame, oppression, religious dogma, trauma, pain.

and then I'm openly talking about this, like we're talking the weather, because I've done so much healing work, and a lot of the concepts are so foreign, it's just so jarring for people.

It's like a train wreck. You want to look, but then you're like, should I look? So I think that when you are dealing with this type of work it can be very, very even intense for people to walk into this.

I've had people pay for full retreats. My retreat's are not cheap $10,000, you know, seven to 10, that's 10 thousand per person. It's not a couple Oh, we get to come know you're paying individually.

And and I had People pay in full. and then not show up really and i tell them it's non-refundable because i'm renting venues right and I rent a venue on in relation to how many people I know are coming right right which is why I'm coming funny is Why I do like early birds and stuff like if you pay in full like and they're just like, and They could never explain to me why they didn't come and to this day.

I am like And it just it. Just it Tantra is a karmic path. If you find it, you have a good karma. if you don't, You have missed something very profound in life.

Wow. So most people that sign up for the retreat like what what's and I know it's it varies of why they're showing up. Yes. What's the most common reason and this is more for The listeners if someone's like out there like maybe this for me, right?

like who are the people who typically would signup and the other question is like When it comes to tantra, at what age is it appropriate to start at? Yes, great question.

We'll start with the first one, what type of client signs up or is curious. I have all kinds. My age demographic is, I've had people 18, 19, early. all the way up to 60s sign up.

I would say my target demo is probably more in the 40s or maybe 35 to 55 range in there. And probably simply because maybe more stable in life resources have money, can take off five days, things like that.

A lot of my couples come because they're at an impasse. They're either going to get a divorce or come to my retreat. That's a big one. And I've been known to help save people's marriages in five days or less.

Bring the spark back. Yes, and cultivate intimacy, which is the foundation of the human experience. And then another thing is infidelity is a big one.

Another thing is issues like miscarriages or trouble, like maybe they've had children, they want more they can't or they never had Children, things like that.

Because these things can tear up a marriage or They can bring it together right there. It's like cheating, you know, losing a child not being able to consider these are heavy topics, right.

And often if it's just two people dealing with it, You do your patterns. So when you have like a different perspective in It's like it brings a different conversation to the table and the different questions, different conversations, and different answers and solutions.

It is interesting that you bring that up because I remember when I worked at the fire department for the 12 years, there were guys that It was very difficult to get their wives pregnant and it got to a point where, you know, they were doing the ovulation test.

Yeah. Whenever, hit that window. They had to like they had, and they have to actually like get prepared and just have sex when no one's like really mentally ready.

So I would hear some of these guys talk about like, man, I have to put pornography on the shows and then I gotta work myself to then just jump inside of her.

And it really affected their sex life as partners because they went through these months, if not months years of trying to conceive where they're going through this traumatic experience of doing it with the testing of one.

So I would only assume somebody who's gone through that would benefit from a retreat, right? Yes, because not only do we help them to heal and to open where they are, but we also give them, we talk about conscious

conception and a lot of things that they can do that are not in mainstream media to help.

And so that's a huge part of our retreat is these lectures for men, sexual anatomy, and women's. But these happen on the second to last day. People look at me and they think sometimes, I don't know, this is like some eyes wide shut, some crazy like ditty thing, but it's not any of those things at all.

This is real work, real connection, and real intimacy. And then back to your question, a lot of people will also come, singles will come because they have unhealed, unresolved trauma and want to attract their forever love.

You know, they they just have they've exhausted their options. And what are those traumas look like? What are the typical traumAs? Wow, on my first night, we have this whole shake the shame.

It's a activity I created about removing shame from the body. Shame is the lowest vibration on the planet. It keeps so many of us enslaved to our traumas and to pain, and it hinders us from having the connection and intimacy we want.

So shame for women could be rape, sexual molestation by family, friends, whatever later on in life even. And for men, you'd be surprised but it's the same things.

It could be negative experiences with their first time, finishing too quickly, being made fun of it, maybe having some kind of horrible masturbation first-time where someone walked in or someone all kinds of things.

And people don't realize that their first early, early sexual experiences shape and and correlate and create and sort of make the blueprint for their sexual intimacy, sexual and intimate relationships forever.

Wow, wow So tantra what age? All right, so I have these people are sort of sexually act being sexually active. Yeah, my son. It just turned 10 last month Um, he's a young 10 on purpose.

He's not in school He is in schools, but he is not traditional school. Schooled online. Is with me. he has traveled to 20 countries He is, you know, very in tune with his powers.

He's a healer, but he's also a kid too. Um, he is obsessed with Pokemon. And he has about 20 Pokemons. We take the dolls, the toys out, these like stuffed animals, and we do like parties and put them on the trim.

Do we still play kid stuff? and I'm encouraging it as long as I can. Our children are growing up too fast, I believe.

Retreat Clients, Trauma, and Healing

My son's a gamer, so I have to watch that, but he's also a basketball player, he is a hooper. So I kind of have a nice balance where he, is hooping, He's gaming, playing, has friends, about to start in martial arts.

I think it's pretty well-rounded. Um, not perfect, But this is what I've noticed. A lot of other kids his age I see are like kinda whiling out. Like, I just was shocked at how some of the kids his age.

What do you mean by that? Like? Just like they're they sexually. They're just too much like girls his. Age. I see them and I'm in Newport Beach and Bastion Island will be walking.

These girls are in like shorts with their like. And the way kids look today, we did not look like that, right? Fully formed. I'm just like, I am crying.

No way. Oftentimes I was like maybe I'll put him back. Maybe I will consider Christian school when he gets older. But no. Your child's purity is their currency for life, for a healthy, intimate relationship in life.

Keep them pure as long as they can. You will win the game of this fucked up sexual BS that we have going on. Excuse my language, but that's how I feel about it.

So I would say I used to say when my son's 12. I don't know, I have to just see his development. But I wouldn't say for the average kid, probably around, you know 12 to 14. I want to send him to my master's.

I'll go as well and do some training aswell in Thailand, but Iwant himto learn about his lingam, about gelking, even though my son does not need to gel, just about how to practice sort of semen retention and things like that.

No, because I think something like starting from a young age to learn it the right way where it doesn't become so transactional. It's conditioned. There's more connection, there's energy, And understanding that at the point in time that, you know, he decides to break that purity, right?

And be with another woman is at that point, do it the right way. Do it right the way and he knows, and I want him to understand the power of his lingam, the powers of jazz, power the semen and that he, knows to lose, I, want to train him semen retention when he's, you know, of age 14, 15, maybe.

So he knows how to do it. And I don't want him to just start aimlessly masturbating. If he learns when He's young, he is going to learn like, Napoleon Hill talks about and think and grow rich.

He literally gives the formula to make billions and he says, don t ejaculate. in the, it's sexual transmutation. You guys say I'm crazy, but look at him.

And so everything I've created in my life, I had, came from nothing, have nothing. I am nothing that's like my thing. No one, don't really care. Just I use these principles.

Use sexual transmission. That's how I created what I have created. period point blank, you know? And so I think when every parent knows their child, but I'd say before they start really getting into that like junior high, high school, like you know, they're in it, that you got to train them.

Now this all comes with when they hit puberty, when, you what I'm saying? I think you need to be a little bit ahead of that curve, right? So for instance, I had a guy who came and he loved it so much.

He said, "I want to bring my daughters." And his daughters were not of age. And I said, well, as long as you sign something, you know, I think they were 16. He said I want them to learn this.

I wanted them understand about their yoni. and I sent his daughter a kit of the yonis eggs, the Yoni wand, so she knows what to do. versus dressing the OBG's who are putting them on birth control, getting them the Gardasil shot, you know, sticking condoms, or not condom, that too, but tampons and pads that are sprayed with pesticides, herbicides, heavy metals, and then inserting that into their body.

That is insane to me. I don't know why I just cannot understand why we haven't figured this out yet. They're even talking about some of these yoga pants that are being made out of there.

The women that aren't wearing underwear and it's going straight into the bathroom. That's crazy. How does religion play a part? Because obviously so many people come from different spirituality and religion backgrounds.

So when people comes to the retreat, I can only assume that you're getting people from all different walks of life. Everything. I have faith-based. I think the time I never get nervous.

People are like, do you get it nervous? I'm like never. Going on stage, doing my TED talk, nothing. Nothing makes me nervous, I love it. I live for the spotlight.

It's like a drug to me. Maybe that's the one thing I am addicted to. But the one time I was a little speech nervous was when one of my best friends, her husband is one the best baseball players on the planet to this day and beat out several of Babe Ruth records and they were coming to my retreat.

And I were so nervous because they're heavily faith based. She was Christian and I believe he grew up Catholic in

the DR. So I And not that anything bad happens, but you know, I just was like, Oh my God, they're gonna, They paid for it.

They're going to hate it and leave. And what am I going do? I was freaking out. How did it go? They loved it. He loved, I think more than she did. Like he was like, this is amazing.

And he loved so much. Oh, it just made my heart so happy. So to answer your question, we have all religions, all walks of life. I have hardcore yogis.

Oftentimes they're the most annoying, but we still love them. People who know nothing, they just come in and then I'm like this awesome. Are there any groups of people that are like totally anti this stuff?

I mean, I've had I would say hardcore faith, like really fundamental Christians. And I'm sure probably Muslims, there's a few religions that aren't privy to this.

But the thing is, this is not a religion. That's why I tell everyone, you can pray to Jesus, Buddha, Muhammad, Gandhi, whoever you want to pray too. Whoever the Jews pray to, I don't even know.

Mary, doesn't matter. Whoever you subscribe to you can keep on clicking that like button and subscribe them and pray them. This work is just about balancing sexual energy and uniting sexual It's not a religion.

Does it stem from certain religions? Sure, it's based in the foundations of the metaphysical principles. Absolutely. I would be lying to you if I said they weren't.

But it is not religion, so you can pray to God. This work often just brings you closer to whatever it it that you believe in. So interesting that A few weeks ago, I had a guy who flew in from Columbia who is one of the largest.

I figure. Yeah. And he said something similar. He actually said, he says, it doesn't matter what religion or what spiritual background you come from. when you're doing the ayahuasca, you gonna connect to whatever it is.

So would it be safe to say that when someone goes to the practice of tantra, they should bring whatever their spiritual belief is and embrace it and allow it to be part of yourself.

But understand that there's a certain way to control that sexual intimacy that you are doing with your partner. Definitely, I felt closer. I healed my relationship with Jesus.

My Christian faith, if you will, was restored through doing this work. Because I grew up, you know, in a extreme, extremist, fundamental, Christian cult-like, ha, If you well, situation.

And it was a lot. It was lot to unfuck myself into the book. This practice just made sense to me. I didn't view my body as dirty anymore. I did not view sexuality as a sin.

These are all the things that I grew up believing. When I started to understand that sexuality is spirituality that it's the highest form of consciousness, which is God consciousness is in the sexual energy.

It just made sense to me. And I started to understand that, you know, I can use sex to get to God even moments faster than I could pray to Get to god.

This is the Highest vibration, the highest energy there is. So yeah, Does body count for male or female have an effect on your internal energy when it comes to intimacy?

Yes. So I think that I hate that word. I just want them to coin something else. What's that? Body count? I'm just so over it. Let's come up with another one.

Can we come with that. It's just like, oh, buddy, it makes me sound like it's some murder or something. Body Count.

Like, I don't know. We have to think of something Yeah.

Who you sleep with, who you have sex with it does affect you. It does effect your vibration, effects your energy, affects your health. There's some studies and I don't have facts on these.

So I know like pulling them out, but I've talked to some of my professors and there was one study where it was like the DNA of every man that you've had sex goes and it stays in you and even transfers up into the brain.

This was my brain professor and you can look in the studies on it. I don't know if that's fully true, but I do believe that a piece of you energetically, at least if not DNA wise, stays with you of every person that you've had sex with.

And we do know that the studies show that, the more people women have sex, with the, more challenging it is for them to pair bond and to have a happy, healthy marriage or long-term relationship.

So we, do you know, that for men it, is different because men Men use sex to think about the idea of opening up to intimacy. Women need and crave intimacy before they can even fathom having sex with someone.

It's two polar opposites, right? Pardon me. So I think that with men, it is different. But you see men after a while, I know men who have thousands of body count and clients or friends or athletes I've known, they have a lot of women and you see they get tired of it.

They eventually are just like, I want one. So I think the sooner you can get to that, one, it's a good thing. I'm just picky. The thought I'm picky about my food.

Like, I won't eat at most restaurants. I don't wear most things. So when I think about someone entering the most sacred temple where God lives, it ain't happening, right?

So I need to be pickier and more choosier with who we let inside our body and who enter. For men, when you put your lingam inside a woman, you're basically downloading all of her crazy into you.

Like, you know what I mean? It's like, do you really want to do that, bro? And then if you give her a good climax, she's really screwed. And now she is going to be cuckoo for Cocoa Puffs for your link.

It is like the USB memory stick. You just download it and everything. Then you can't shake her. If you don't want a relationship, then you're in a lot.

I'm just going be real with my son. Women are complicated. We have an array of emotions, but it's what makes us beautiful. It's makes this different than you guys who are basically like this all the time.

So don't fuck around unless you want to get real and you spend time and give energetically to this person because it is unfair to do so, to not give her energy.

to not make sure her emotional needs are met, to no connect with her. It's just not fair to you, and if she's crazy, then good luck. I'm not gonna help you.

You know, it's on you! I agree with what you're saying because, you know when you are intimate with someone at that level, right? You're connected. That person that you're connected with you that person really needs to be vibrating at a high frequency because I'd say and I don't need a scientist to tell me this but Just right now without being sexually active with anybody Whoever is in my circle circle of friends.

Yes about guys girls, whatever it is. I You got to be vibrating at a high frequency because then if not, I absorb that energy. So just imagine the type of energy that you're going to absorb in intimate with someone else.

It's it's just at. A whole nother level. Oh, it is a ten axis. Right. You know, if you wouldn't just think of this, this just came into my mind. You wouldn't share your toothbrush with most people.

Some couples even don't want to share it with their spouse. They're like, there's I've seen these debates.

Age, Parenting, and Sexual Education

Oh, that's nasty. Or no, That's my you know, and people have their own things. some people would I'd give it to my wife. No way. My husband's gross. You know?

Whatever. But just think that your husband, your wife, right? Your kid, even with my son, sometimes I'm like your hygiene is questionable. I don' want share that with you as my s But yet we are like that about toothbrushes, but yet, we let total freaking strangers as women enter our yonis without a thought.

And the same thing for men. Like, I don't know. I was about older and I guess because of this work, like hygiene in regards to like for a man, I'd be grossed out.

If I watch someone eat a bunch of crap and then I'm like, no, just couldn't have sex with them. I just get gross out like thinking about it. You put that in your body and now that part of that's going to be imparted to me on some level.

It's just, it grosses me out and I think it's so energetically your energy bodies are mixing all the time. And when you're having sex, they're fully, like this, right?

That's why yam-yam is such a powerful practice. So I think not just physically, you think about the energy. Bodies mingling and then you take that on and you become that.

And that's why you start looking like your spouse over time, right? So that is what we have to highlight. For the people that are listening and viewing right now.

Wondering this whole energy thing. It's a real thing this this energy that is within you That comes from an outside source as well to can affect your energy and people have to protect their energy That's what we're getting to here.

Yeah, so I agree. So I want to talk a little bit about You know, Tantra, you know? Like, like, yes, there's like yoga moves that are being done and the different positions.

They're like what is happening here? Because earlier you were talking about there. There's there there are different centuries. Just the audible visual.

Yes. What is that all about? You like when you talk about audible and visual, is it like? What the person looks like. what you're thinking about is just someone moaning.

Like what are the things that. Are stimulating you? Well, everything is stimulating you. And I think it's important at my retreat, and if you're a client of mine, you do a lot of, like you guys do lab on your clients, right?

And if my clients are having serious problems and I'm referring them out for lab, but for the most part, I can solve most of it without doing any lab.

I just know what's happening. Oh, your addicted to porn. You've been on birth control too long. whatever the case may be, I just know, right? Get off that.

Let's see how you feel. See if your sex drive increased. You're not gaining weight anymore. I could kind of get a good idea. So I have my clients take quizzes, a sexual archetype quiz, which is my quiz that shares about their sexual archtypes and their preferences and what they're more predisposed to enjoy sexually, because when have you ever taken that quiz?

Never. But you're just supposed to know what your wife, who was a grown woman when you met her, likes, or maybe she wasn't maybe, she was virgin, but so she doesn't really know anything.

So it's like, If you want to get good at anything, you have to do the research, study, and then you put the work in and practice. We're taking a sexual archetype quiz, a love language quiz.

we're doing an astrology, we are doing a human design. After doing this neurology thing, I'm going to start having them do a neurologic quiz too. It's just so fascinating to me.

I want the most compatibility we can. with everything else. But sexually, for me, it's it has it. It's the first thing to go. So why don't we focus on it?

Yeah. Yeah, we're like, It''s not important. No, that's not true. Then just have a homie. Just have the best friend. Don't fuck your best friends. Right.

I was just like maybe some people do. And that was also problematic, too. the things that really turn your spouse on. And so at the retreat, we do different things like we oil, so we have aromas that heighten sensitivity, that heightened energies like love or sensuality or whatever.

So we use those different oils to sort of invigorate these people while they're performing these activities. So we're taking it, not only are we doing the breath, we are doing, um, the touch, or doing energy work.

Now we've involved the sound. I play high frequency music according to whatever activity we were doing. Then we have the oils. At dinner we incorporate the taste.

and with our menus. So we want an immersive experience, a five-day sensory experience into the depths of your most intimate self. And from there, you can start creating your rules, your blueprint for your relationship.

I tell everyone like, you should have the 10 commandments for your relationship. That's pretty cool. I feel like it's almost like people who go on their honeymoon, they should just go to the retreat.

So they start off the right way. My goal for like this year is like I want to get in with therapists and I and wedding planners to like, have them start sending people there before their wedding and or as a honeymoon and what like yes, you can go and have sex and all that.

It's amazing. And then in a few years, You're not having it anymore. You know, but if you go to retreat and I give you the tools on how to do this and how To go deeper than just sex, then this is the this investment of whatever 14, 20,000 is the investment that will pay you dividends for the rest of your life and probably will save you money in a divorce.

Yeah, that's true. How long is, how long has it been true? The retreat, five days, four nights. I've considered going longer. It's actually three full cause you check in one day, check out the next morning.

Okay. But, um, That's kind of, I mean, II want to go longer, but I want build it up a little more first. Wow. So let's talk about a little bit about yourself.

Yes. You know, there was a video online about the moon water. Oh, yeah. OK. So wait. Moon water or moon blood? Moon blood. Because there's different. Is there moonwater also?

Yeah. My son and I take our crystals and charge them in water at night when it's a full moon and then we drink. That's pretty cool. I like that. Yeah, moonblood.

Yeah, so yeah, I've been, you know, consuming my moon blood. I consume my urine. And I been doing that since. So the moonblood is obviously your menstrual.

It's my menstruary blood, correct. Um, i i know this is like, oh, no, sorry about this today. There's like, so many people are like you're a vampire. I'm like well I would have to drink someone else's blood to be a vampires.

Drinking my own. Well you know there's a lot of females that actually, they'll use the cup and they will actually utilize their menstrual blood, the moon blood and do facials with it.

Yep. And I've seen it all over social media. Yeah I mean I just. You know the drinking is a little bit different. But I want you to kind of explain that and explain what the benefits are.

They're like doing a cheaper version of PRP I think. According to the science behind it, is that that blood has a lot of growth factors. I know, it does.

It does, I was joking. So you can do that as well. And I have a micro pen, and I prefer to drink it versus just put it in my face. But yeah, so we, you know, we believe that life is in the blood.

And I was asking my 10 year old about this this morning. I. Was just like, well, what happens when you get cut? And he was like. Oh, Well, You know you you try to put pressure to stop the bleeding.

and I said, yeah. If you're cut really bad, do you? You're going to elevate. You. Know you. Are going. To elevate so that the. Blood stops flowing the same way, right?

Energy, Religion, and Sexual Compatibility

and so. That it diminishes. The blood flow. And so it's really no different with your moon cycle. Your body has sort of, this is going to trigger people, but has become lazy because your vaginal muscles are weak.

You're eating food that, that curates more blood. So having meat and a diet that's heavy in uric acid creates more Leucoria, which Leuquoria mixes with the uterine wall and creates menstrual blood, a lot of people don't know that.

you're eating foods that promote more mucus, lucor as a mucous in the body that make you bleed more. So if you change your diet, if work your vaginal muscles with Yoni eggs, like I sell on my site, If you learn to sublimate your energy, that's going to be a harder one for most people.

Your menstrual flow will be so small. When I'm in Thailand, when I am training, know, eating buckwheat and coconuts and water and fasting and praying and doing hours of yoga, I'm having like this much in my moon cup.

And I've just tipped whatever it is back. But here, because I live in cities and there's, so your body sort of tunes into wherever you live. So if you dense area like LA or New York, your cycle, you're flow's gonna be heavier.

Because you are in an energy space where there's a lot of, there is not as much nature, right? So when you around nature your body sort of is more calming, it's more, they're more synced to that energy of grounding near the earth.

Your lifestyle is probably less hectic, so that's one factor. And then what you put in your is another. If you taking You know, pharmaceuticals, if you're on birth control, If you are drinking, doing drugs, smoking, all these things, they're going to affect your hormones, it's going affect you blood flow.

So for me, people are like, oh, that's nasty, gross, the other. I'm like yeah, for you, maybe. Probably. Because you probably eat the standard American diet.

But I don't. So is this part of tantra? This is part Tantra. Drink your moon blood. Remember mastering, mastering sexual energy and preserving sexual energies.

So when you drink your Moon blood, you're taking whatever came out and you are drinking it back because that is filled with, like you said, stem cells growth.

I mean, it just proves my point what they're saying. It's like, You're putting that back into your body. And your body will consume some of it because your buddy will recycle your own body.

Now you said the urine. What does a urine do? The urine does this similar things. The studies on that are much more pronounced and profound. you know, we're doing this.

And there's people like Dr. group who's in our in Our chat, who he talks about your stomach microbiome and a reset certain stuff as well. He's very pronounced on it.

So as Jonathan Otto, Who I did a podcast with both of them, they will tell you stats and factors that will blow your mind about Your urine, I'm not as pronounced On that, because mine's more directly correlated with sexual energy, like for men, it's your semen.

You know, so in theory, if men aren't doing semen retention, or they're practicing it, and they lose their seman, then they should consume it. Because the semon for men is the same as moon blood for women.

Does that make sense? It's both life force. So for instance, Keith, who I do the retreats with, I just had him on and we're about to cut this up and start posting it because he answers a lot of these questions from a man's perspective.

And so he's drank his semin multiple times. He's not like, You know, why is he going to not try his own semen, but he's gonna have another woman drink his seman You're telling me you're gonna make some woman try it when you've never tried it Does that affect the woman like in a negative way?

No, like that he drinks it. No that she drinks his cement I mean, I don't think so. Like, like, it's not negative. She's just getting his life force. So in the tantric community, we have to ask if, if they're not going to drink it if we're allowed to, because it''s like stealing someone's energy, their life energy.

He's like, I'm very picky. You have to do a few things in order for women to drink his life force. And I was crying, this is amazing. I'd probably do the same if I were a man.

No, you're not getting it, maybe. We'll see in about six months if you do these things. But yeah, it's just like this your vital energy. It's your life force.

So I think the concept is hard for most people to wrap their head around because most People do whack stuff with their body. And then they say what I do is whack is like, I'm eating plants and herbs and tinctures.

What they I promise you, my moon blood is not whack. I just drank my urine this morning and I'm always amazed. It just doesn't taste like anything. My urine's clear.

You do that every day? It depends if I have a cup, this or that, and the other. Sometimes if i'm on my menstrual cycle, my hormones. I'm just like, I don't want to, but then I will.

And I am not going to lie to you. There's times when I like I do not want drink my Moonblood because it is subconscious programming. It is psychological fuckery from the masses that have said it's dirty, it wrong, and when you do it, you always feel better and it alleviates my menstrual symptoms.

that I have, if I had any, because for the most part, I don't. But the one thing I haven't mastered yet is my stress levels, just because of what I do and everything.

So sometimes if i'm doing too much, i'll feel it in my moon cycle. Because your moon cycle should come and go like any other day. You shouldn't have bloating, you shouldn' have cravings, You should have cramping, headaches, nausea.

If you have any of those things, there's a sign that there is an imbalance in your hormones. We've said those are normal. They're just all symptoms. No, they're not.

There are symptoms that we've created by what we have done. And when I was at my prime and when i'm training

and in my tantra school and i'M just eating the cleanest doing the the Hatha yoga when im meditating when Im just basically a life of yoga I have nothing my stomachs like flat my waist like this nothing happens nothing.

and I get this much blood, but I've worked myself up to my masters. They would just have none, it's not that they were in menopause. The sublimated, sublime, they transmuted all the energy.

Their body just takes it back, same as semen. You're practicing seman retention, your body will just sort of just eat it backup and move it up the spine and put it backyard here and you're good to go.

Yeah, that's something I know Um, so your book, yes, unfuck yourself. Yes. What made you put this book together and what should people expect? Yes, they get the book.

So this, I love this for a few reasons. I'm going to take it off the stand. Which camera am I at? Is it this one? This one, this one. There's so many cameras.

I get a news channel in here, but I love it. So like, for instance, we're illustrated, so we have size, if you can see, does size matter? It's absolutely not what most people think.

We break down the Kama Sutra and the size in the pairing. Basically, the book is set really nicely where we For him, for her and for us. Okay, so it's it for everyone.

So if you're a man, if your woman, it doesn't matter we we have We have it all. So we have divine sexual embodiment. We all of them. Something for everyone.

These are the cheat sheets.

Moon Blood, Urine, and the Book

Basically, I give you the diagrams for both the men and the women in this part of the book and at the end I have the things in the back to help you understand the anatomy.

This is about sexual compatibility. This from the great master Osho, if you're familiar with him, Osha Oshoe Rajasthan, I can never say his name. But he talks about the dynamics of polarity and the functionality of the masculine feminine relationship.

and what the relationship look like and, what it should look, like. And so there's these diagrams of what, it, should be. So this is like a manual. It's a blueprint for your relationships, for intimacy, or your sex life.

We have activities here that you can do in your bedroom with your spouse, with yourself. Right. This is going to give you a pretty good A pretty good dive into my work.

It's not the same as a retreat, but anyone can buy a book. Amazing. So amazing. Yeah. Jenelle, as we wrap up here, if there's one person out there that listened to this podcast and they resonate with everything that we were talking about, what's that one thing that you can leave them off with?

Yeah, this one, right? This one. OK, good. I think, you know, I think that whatever you might find maybe a little triggering or that just, you know, it might not sit easy with you.

It means that you need to dive into that work because whatever doesn't trigger you, is not going to challenge you and change you. And I think that a lot of us can get caught up in what was told by our parents, what we're supposed to do, and what the church told us.

But this is your body. You get one. This is YOUR sexuality. quality of your life is the quality your intimate relationships. I don't care what you tell me, I know plenty of people with a lot of money who are still happy because they don t have love.

And they do have a fulfilling love life. So I think if something was a little bit maybe like, Oh, i don' know about that. i would say dive into that, because that's typically what yo need.

Right. So, yeah. And I'd love to have you at a retreat. I would love see you in Bali, see in Dubai. Bali. Wow. Yeah. Never been to Bali before. Take your wifey.

Come join us. We'd like to you. Amazing. If people want to find you, Janelle, where do they find me? Yeah, so ShaktiLivingJG on Instagram I think is super easy.

From there, you click the link. You'll go everywhere. My website, my book, everything. and my courses, and retreats. It's a good fit for us to work with you and serve you which will include all the links here on the podcast down below and all that good stuff.

Janelle, it was a pleasure to have you on a podcast. This was the topic that we've never done before, so I'm excited to bring it to the world. Me too.

Awesome. Thank you so much for having me. Guys, as you guys heard, this is a unique, very intimate practice for your sexual health, right? This is something that you're gonna learn about your body.

Take the step, research more. Go online, watch some more videos of Janelle. You're going to learn a lot of stuff, more stuff than just this one podcast.

A lot of us are suffering. You know, the world that we live in, there's not just a lot toxic stuff in the environment and the foods, but there is a lots of toxic things that consume mentally that's affecting our intimacy, our sexual health.

So make sure you check all these links out, make you subscribe, share, follow, do all that fun stuff, and we'll see you for the next one.