



Salenta Fox: Learn to Use Sexual Energy to Magnetize the Energetic & Physical Bodies



Salenta Fox is a pioneer in bringing back ancient sexual practices and mysteries that reconnect humanity to sacred sexuality. She is certified in both Quantum Emotional Clearing and Human Interaction Technology and is an EDINA practitioner working with energy bodies. Learn simple yet powerful techniques to connect more powerfully, using the body as a conduit to channel life force and spiritual energy that will strengthen you, leaving you energized not depleted!

TOP EMBODIMENT TIP: Slow down and focus on the sensations in your body.

Why Open to Sexual Energies? **Sexual energy adds to your energetic magnetism and presence.**

- Sexual energy amplifies and builds our energetic power.
- It resolves physical illness and pain by directing energy to the part of the body that is in need of healing.
- Our energy can be transferred into spiritual energy and spread in altruistic ways (e.g. through orgasm).

How to Open to Your Sexual Energy: **The more you connect, the more you open.**

- The process unfolds by tapping into your energy and getting into your body. **Sexual energy is a very subtle but potent force.** The one thing blocking it is our judgements. Embody stillness and recognize judgements that hold us back. How are you showing up in the world? Is there trauma present? Sexual energy has to flow freely through our energy centers without the obstructions of tension or stress.
- Shutting any one part of yourself down affects every part of you. When sexual energy has been shut down due to abuse or trauma, attend to yourself like a wounded child with a compassionate, nurturing presence and return to the purity that you are.
- **Opening your sexual energy** begins with these two steps:
 1. Sensitize to the flow in your body.
 2. Visualize and direct the flow.

Experiential Practices of Sexual Energy:

- Salenta guides you through a practice of **listening to your sexual energy while giving yourself permission to be wild and uninhibited, to flow freely**, and to tap into the innermost primal self. She encourages following your own path and trusting yourself enough to know you are the master of your own energy. She also guides you in pumping energy through the central channel and beyond.

Resources:

- ❖ **Book:** [Unsinkable Soul](#)
- ❖ **Course:** Checkout Salenta's FREE Minicourse: [Sex Mysteries Revealed](#)
- ❖ **Website:** [soulexpanded.com](#)



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](#) for details!

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