



Justine Dawson: From Pain to Pleasure: Converting Blocked Sexual Energy



Justine Dawson was instructed directly under Jack Kornfield and is a teacher and guide of awakening and the erotic with over 23 years as practitioner of Insight Meditation. Learn how to regain your vitality and flow by recognizing blocks in all areas of life and learn simple embodied mindfulness practices for converting the blocks into flow.

TOP EMBODIMENT TIP: Listen to, and approve of, your desire.

First Key is to Convert Pain into Pleasure: Be curious to explore and approve of what your body is feeling

- Get into your body to determine the sensations you are feeling
- Scan your whole body to feel where there is discomfort, numbness, disconnectedness (numbness is a sensation, too)
- Be sure to also scan your genitals to look at the sensation your body is feeling there, too

Second Key is to Expand Your Ability to Stay Present During the Uncomfortable Sensation:

- Expanding your range, or capacity, to feel the discomfort will help shift the pain towards pleasure
- This doesn't mean to sit back and "endure"
- It means relaxing your body while still being present with the discomfort
- And whilst bring in comfort, being able to say to yourself "it's safe, it's ok to feel this"
- If the sensations do become overwhelming, then move your awareness to a place in your body that feels neutral

Third Key is to See the Desire and Let It Flow:

- The Erotic is life energy, a creative impulse, or spark of desire
- This does not apply only to sexual intercourse
- When we feel inhibition, life energy cannot move through us
- When energy is expanding but not released, blocks are created
- Eros wants to move through and express
- Tumescence is a psycho-social armor that blocks the energy that wants to flow through us (Wilhelm Reich)
- When we don't have this flow we end up with a type of impotence and it builds layers over our sex

Resources

- ❖ **Website:** <https://www.justinedawson.com>
- ❖ **Social:** @ijustineadawson, Facebook: <https://www.facebook.com/eroticawake>
- ❖ **References:** Wilhelm Reich, Gabor Mate MD



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

#LoveAndRage explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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