

Choosing and Working with a Sacred Erotic Healer

By Margaret Wade

If you decide to work with someone like those in this book, please choose carefully. Don't just go to a session with the first person you meet who says they know how to do "sexual healing." Be conscious of the choice you make; pay attention to your instincts and intuition. Here are some suggestions of what to look for and how to proceed.

But first, let's briefly mention some things that don't matter. For most work of this type, the sexual orientation of the practitioner does not matter. If the person is skilled at working with erotic energy, her or his sexual preferences are irrelevant. It's not necessary that you be sexually attracted to the person doing the work. This is not about developing a relationship with a lover, or about "having sex" with a partner. It's about working with someone who resonates with you and understands your needs. Sometimes erotic "heat" between you helps, and sometimes it can interfere. Usually it makes no difference. So the sexual orientation of a gifted erotic educator is irrelevant to their effectiveness.

As with meditation and shamanic journeying, the non-ordinary conscious state generated in sustained sexual arousal constitutes an opportunity one must learn to use.

~ John Ryan Haule
Indecent Practices and
Erotic Trance

Other factors that usually matter little in this work include the age, race, politics, marital status and other such characteristics of the person. You may have preferences, but if you are rigid about them, you could find yourself disappointed by the options that they create – or eliminate – for you. In other words, if you just have to work with someone that fits, say, a very specific physical description, you might find yourself compromising on more important factors like skill level.

So what do you look for?

Presence

When you first contact the person, have a conversation with him or her. Notice if you feel listened to, and if you feel heard. Few people are good at the skill of

listening, and to feel truly heard is a rare blessing. Working with someone in such an intimate manner requires the comfort that comes from feeling understood. You should feel the person willingly listens to you and genuinely understands what you are seeking.

Presence means that you are met “where you are” physically, emotionally, mentally, and spiritually. Presence doesn’t mean that the person is like you in all these ways, but that she respects you and accepts you fully. To be present also means that the sacred healer attends fully to the individual(s) he is with and the situation he is in, without jumping to conclusions about what is happening inside the person, and without attempting to lead or control. Sacred intimates often describe their experience of being present as being an open conduit for healing, as channeling divine energy, or as just being a witness for their client. They limit their own personal input, and allow healing energy to take over the situation. That level of presence allows amazing and wonderful things to happen.

Gender

The gender of the person you work with could make a difference. If you have experienced unpleasantness, coercion or abuse in the past, especially if it involved sex or your genitals, you may want to start out working with a person of a different gender than the person(s) who mistreated you. At a later time, and with experience, it may serve you to shift to the experience of consensual relating with someone of the same gender as the perpetrator from your past.

Credentials

The ancient goddess temples that trained and initiated sacred prostitutes exist no longer. Few schools teach skills that apply to this type of calling. While new homes for sacred erotic ritual and healing are being created, care should be taken when choosing a partner for this work. Ask for references from other clients; ask where and how she learned to do this work. Does he have any certifications, initiations, or teachers that you can research? Credentials of this sort may not be available, but the sacred intimate’s comfort with and response to your questions might help you decide if you would be comfortable with her or him.

Intention

A skilled practitioner will want an articulation of your desires and intentions for working with her. She will discuss them with you to help you develop focus if you are not sure at first. She might even have you complete a questionnaire about your life and needs; such an inventory often helps you crystallize your thoughts and desires. You must both be clear about your intentions for the work.

Guarantees

Healing cannot be guaranteed by any humans, including medical doctors. A sacred prostitute understands that there are no guarantees when working with healing energies or spiritual practices in a session. Being present in the moment allows the needs and intentions of a session to direct the flow and content of activities. A guarantee of “having sex” or any other particular activity could interfere with the unfolding of more appropriate possibilities. While aspects of the session must be discussed and negotiated beforehand – such as intention, whether to use breathing exercises, erotic massage and/or internal work, etc. – outcomes resist prediction.

Boundaries

You will want an understanding of each other’s boundaries. Be very clear about them, and express any concerns you have or any areas of which you are unsure. Communicate what you are specifically not willing to do, and anything for which you feel a non-negotiable need. For instance, if you do not like being touched in a certain area of your body, communicate this. Demonstrate the part of the body and the type of touch you do not want. If you specifically want to explore tenderness to touch and perhaps change your sensitivity to it, communicate that as well.

The practitioner will have specific boundaries, too. Ask about them. For instance, some sacred erotic workers do not have intercourse with any clients. Others might not work with a partnered client unless they work with both partners or until they have met the individual’s partner.

Arriving at a Session

When you arrive at a person's studio or office, notice if you are comfortable there. If you are not at ease, pay attention to determine the source of the discomfort. It could be the space, the person, or your own nervousness. You may be uneasy about the situation during your first experiences, since it is not an everyday type of activity. But if you are distinctly uncomfortable with the person, proceed slowly, and give yourself permission to leave at any time if your discomfort is not relieved.

Discussing your feelings with the sacred whore may allow change to begin, especially if their root lies in trust issues. Sacred intimates work with trust issues regularly, as betrayal and abuse are often at the core of the symptoms which inspire a person to seek out their help. So they will not be offended if you express uncertainty.

*Even though
transcendent eroticism
usually happens quite
by accident, certain
techniques can help
anyone explore the
mystical dimensions of
the erotic.
~ Jack Morin, Ph.D.
The Erotic Mind*

The skilled sacred whore will help you feel at home in his place. He will have created a sacred space that is reflected in his physical space. He will create some sort of "container" for the work by using a ritualized open and close for the session, perhaps by saying a special invocation or prayer. Sometimes, if he does not know your spiritual inclinations (and few reveal theirs until they know your comfort level with that sort of thing), he may simply offer an invitation to begin.

During a Session

Using breath consciously is one of the most important techniques of successful erotic work. Expect deep, full, relaxed breathing to be a part of most, or all, of your sessions. It is vital to creating the physiological conditions in which erotic pleasure and ecstasy can occur.

A sacred whore will ask permission before she touches your genitals or enters any part of your body, often even after you specifically negotiated for it. This is not merely courteous and respectful; it acknowledges the sanctity of your body as temple and brings attention to the divine connection you are

creating. It also allows you to change your mind during the session, and encourages both you and the sacred intimate to stay in the moment with your experience.

You should feel comfortable with the pace of sessions and the progress from session to session. Indicate if you feel rushed, or if things are moving too slowly for you. Each session will probably begin with a discussion of your feelings, your progress toward your desired goal(s), and if you have specific needs and intentions for that session.

It is important to remember that a sacred intimate is a professional like any other, and should be treated similarly. Most professionals expect 24-hour advance notice for cancellations and payment in full when services are received. Likewise, you will be treated with respect and care.

Confidentiality

As with any other professional who offers such a personal service, your work with a sacred erotic worker is completely confidential. He will not share your name or any information about you with other people without your permission.

If you find deep or complex emotional issues surfacing while working with a sacred erotic worker, it can help tremendously to consult with a psychotherapist. Your sacred intimate might be able to refer you to someone he knows. Many therapists are not familiar with sacred intimates and their work, however, so it is wise to be extremely selective with whom you choose to work and what you share with her. If a talk therapist has not heard of sacred intimate work, but is open-minded, you can suggest she read this book for an understanding of how the two disciplines can work well together (especially Steve Howard's and Rudy Ballentine's chapters).

After-care and Integration

A breakthrough experience like some of those described in this book can change a person's life. Sometimes, however, it gives only a glimpse of how life could be different, or a couple of days of freedom from an old issue. Keeping the new perspective or desired changes over the long-term might require conscious, sustained effort. To increase the chances of "keeping the change," there are a number

of things that one can do at home after or between sessions.

On the day of the session, write or record your thoughts about the session. The sooner you do this, the more accurate and inspiring your words will be. This will increase your memory and understanding of the value of your experience, including the parts that are typically difficult to put into words. If you can, schedule “down time” or “alone time” after you have a sacred session. This gives you time to reflect on the experience, and allows emotional content and energy to bubble up and clear. It is helpful to spend time outside, to walk in the park or on the beach.

The primary enhancement to integration is merely a daily reminder of your original intention or your desire to change in a certain way. Schedule explicit times to remember, or make reminders that you can't miss. A message posted on your refrigerator or bathroom mirror is simple and effective. Most forms of personal reflection and self-care – meditation, yoga, martial arts, journaling, breathing, etc. – that are traditionally used as daily disciplines or spiritual practices, can help improve integration by regularly increasing mindfulness. Combining your mental, emotional and physical attention in a practice is especially helpful. Most of all, be patient with yourself. An internal process such as those sometimes catalyzed by sacred intimate sessions cannot be rushed.

Honoring Your Intuition and Your Feelings

Remember, above all, your feelings are valid and important. Your intuition speaks to guide and protect you. Trust your feelings and your intuition. Give yourself permission to ask about or talk about anything that you don't understand or that makes you uncomfortable. And know that you are in charge of what happens to you. You can stop a session, change it, or even leave if you feel threatened. A sacred intimate will understand if your feelings change, even if they change several times. She, too, will honor your feelings and your intuition.