

Spiraling Into Ourselves: The Energetic Healing Path of Sacred Sexuality

By Leslie Blackburn



Leslie Blackburn is a Sacred Sexual Healer & Transformational Guide, sexual shaman, yogini, Reiki master, artist, and seminar leader. She is the founder of One Space, LLC, and Mystery School of the Temple Arts.

I am at a Thai yoga massage weekend immersion retreat, enjoying the lush experience of meditative, centering, deep inquiry into my own essence, while being supported by others. The feeling of deep familiarity, ancient memory rekindled... present, aware touch; slowed down breath; conscious movement from the core of my very being. Inspiration flows as I connect the dots: this foundational physical reality of breath, sound, movement, touch, and visualization is a divine spider web, illuminating a path of self-realization.

Sacred Sexuality is an energetic healing path of authenticity that seeks to unwind distortions and uncover truth through the wisdom encoded in our own bodies. I established Mystery School of the Temple Arts in Dearborn, Michigan, with a clear purpose to empower deep personal healing on both individual and interpersonal levels. Using a synthesis of sexual practices — many drawn from the esoteric and hidden knowledge of the past, and fusing them with the needs of the emerging men and women of the 21st century — I work with others to find and

connect with their power. I help them discover their path to healing, self-knowledge, and personal transformation.

The essence of working with energy in the body is about balance and finding healing in both the feminine and masculine aspects of ourselves. Integrating them together creates wholeness in our body, which projects outwardly into our lives. This method has powerful potential for emotional release, improving our health, and creating richer and more meaningful relationships with others. It is about manifesting our heart's desires and walking a path of connection with ultimate bliss, enlightenment, and the divine. It is a lifestyle and calling, offering far more possibilities than simply recreational or procreational sex.

Sacred Sexuality. Pairing these words may seem contradictory. At this moment in time many of us equate sexuality with perversion and addiction or guilt and shame. Over thousands of years, culture

and society have often separated the sacredness from the body and all of nature. This division of mind from body, and the sacred from the mundane, has served to drive us away from the fundamental truth of Oneness. The systems that have been the sources of learning about sexuality in our lifetimes — religion, popular culture, and public education — have been permeated by the distortion that our own bodies are not to be trusted. Yet, our sexual energy is the most fundamental creative force in the Universe. It's what conceived us and every other life form throughout time! I invite you to explore this reality: that which is physical and sexual cannot be separated from that which is spiritual and sexual.

Regardless of gender or sexuality, we are a combination of feminine and masculine energies, and a state of balance is what we're striving toward. We experience our masculine energy as very fiery and active; outward; getting things done in the world; analytical thinking; doing A-B-C to get D. The complement to that is our

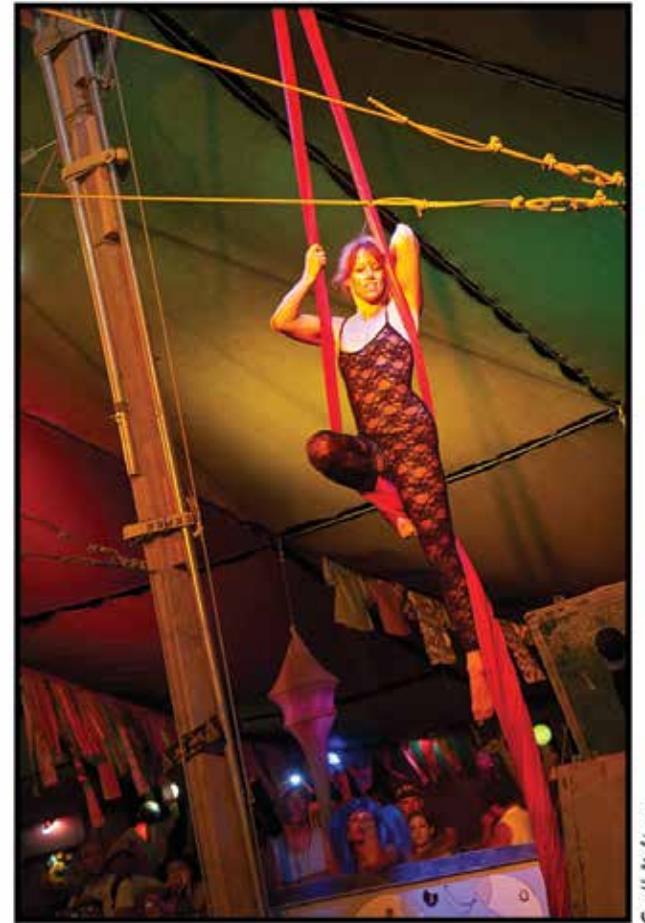
feminine energy, which is experienced as being; allowing; meditative; cooling; receptive; inward. She's the facet of ourselves that feels our emotions and connects with the wisdom within our body. Currently, the feminine nature is not as honored or as easily accessible, but that is changing as we reconnect with our own divine natures. The rise of the Divine Feminine and integration with the Healthy Masculine is the core foundational work for us in society now.

Sacred Sexuality is a powerful path for coming back into balance and has been instrumental in the ways I have learned to love myself and step into my own power. The first half of my life was imbued with very analytical, masculine energy.

I experienced traumatic events in my childhood that initiated the sequence of shutting down feelings and sensations, divorcing me from my

Divine Feminine essence. I remember making two conscious choices: to numb out and not feel because then I wouldn't hurt so much, and to not let anyone into my life. I committed to doing it all myself, on a path of isolation and disconnection from my needs and truth. Thus began the erection of walls around my body and heart, the barriers and body armor that stopped me from allowing feelings and sensations to emerge within me.

I continued down an unbalanced path of accomplishment and recognition as an endurance athlete and corporate leader. I



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This method has powerful potential for emotional release, improving our health, and creating richer and more meaningful relationships with others.



completed Ironman triathlons, marathons, and other races. Career-wise, I spent 15 “successful” years in corporate engineering and management before getting to a point of recognizing deep within my body that I needed to make a change. I was burned out and unbalanced when a lightning bolt from the divine suddenly shifted everything. It was time to slow down, let go of the reins, and listen.

That crack-open experience, which I call my spiritual awakening, arrived with pregnancy and the birth of my daughter. I was approaching my deep desire to have a baby with the same analytical mind that had accomplished so much and it wasn't working. Tracking my basal body temperatures in Excel spreadsheets and having sex on the “right days,” surely that would get the job done, right?

It wasn't until much later, after fertility treatments that didn't work, and a miscarriage, that I let go...viscerally. I found myself in tears in a heap on the ground feeling no longer able to continue. And I let it go. I mean really let it go at a body level, not just intellectually. I was no longer on the active quest for

having a baby, as much as my heart wanted one. I released it. I made other plans in life. I began to just be. It was literally that month that it happened. I woke up one day not even sure what cycle day I was on and just felt it. I took a test, and sure enough I was pregnant! The lightning bolt of awakening had struck and I was unable to continue life as the woman I had been before motherhood.

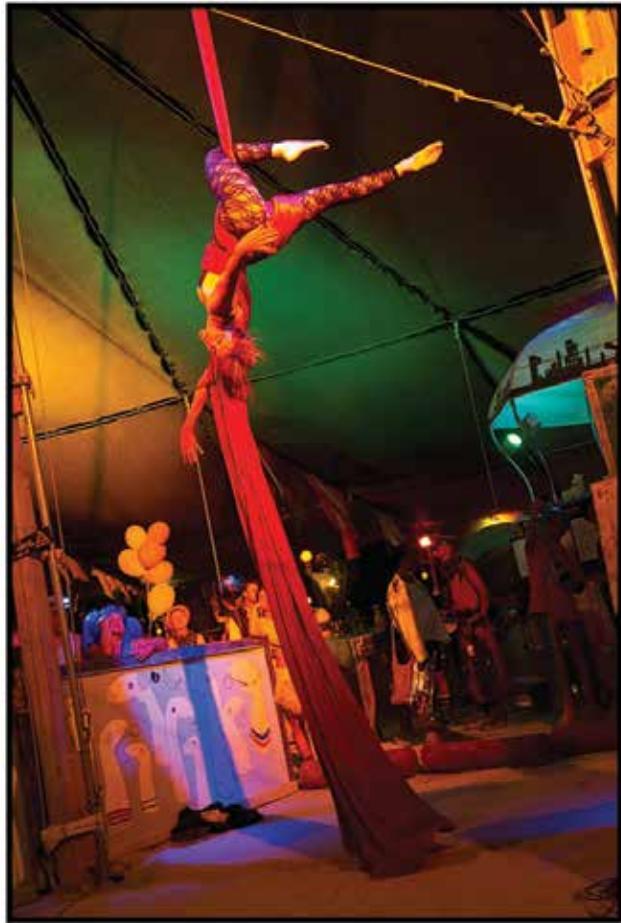
As I healed and expanded vis-à-vis connection with my own inner power and truth, I felt called to support others at a very deep level. The



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If you are drawn to these words, perhaps something has called you to exploring this more deeply. I am honored to share these profound teachings with others through workshops, apprenticeships, and private sessions. People experience new perspectives, life changing shifts, and powerful healing.

Leslie Blackburn is the founder of One Space, LLC, and Mystery School of the Temple Arts. She hosts “Sacred Sexuality with Leslie Blackburn” the third Tuesday of each month from 10:00–11:00 a.m. online at Body Mind Spirit RADIO. To learn more and to contact Leslie, visit www.MysterySchooloftheTempleArts.com.



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For me, exploring the aerial arts have been about expanding my body awareness and healing through a balance of commitment and the willingness to let go!

Universe provided many synchronistic teachers and lessons to guide me on my new path of Sacred Sexuality. Traveling to Egypt and Peru on two sacred journeys helped me to further realize and embody these ancient wisdoms. I began training as a Priestess of the Ancient Temple Arts, including sacred sexual healing and emotional release, and received my Sacred Sexual Shamanic Practitioners Training (Daka/Dakini Intensive) Certificate from the Sedona Temple & International School of Temple Arts.

My teachings blend experience and training in Tantra, Sacred Sexuality, Taoism, Yoga, Shamanism, Meditation, QiGong, Movement, Visual Arts, Music, Vibrational Dynamics and other modalities. My work is a fusion of Art meets Science and East meets West. By working with energy through breath, sound, movement, visualization, and touch, I support myself and others to tap into this vast realm of possibility within their energetic and sexual core.

In addition to the powerful experiential modalities of tapping into the energy directly, I encourage open discussion about the often taboo topics of sexuality, orgasmic repertoire, female ejaculation, male ejaculatory choice, consciousness, tantra, polyamory, alternative relationships, kink, and sexual and gender identity. I provide a safe space to help people accept that it is ok to feel pleasure, love, and bliss. I teach safe ways to support yourself in your own sexual awareness and expansion.

It has been four and half years since I took a leap of faith by leaving the economic safety of my corporate life. I believe sacred sexuality encompasses what we need to do for healthy living on the planet; how we eat, breathe, work, talk, give birth, die. All of it.



Photo by Miguel

Leslie Blackburn performing her work “Emergence”

I moved from tight, contracted, bound-up, dark energy, to releasing the binds that hold me back and allowing an emergence of my authentic light. My spirit name is Light Bearer, and I felt that core authenticity move through me in this piece.