

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being, Partners!

In this 186th Newsletter, I want to give us a chance to consider the impact that having an active, healthy sexuality can have on our physical, mental, emotional and spiritual well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

### ARE YOU CONNECTED TO THE HEALING NATURE AND SACREDNESS OF SEXUAL ENERGY???

Along with the ideal expression of passion and/or love – at the very least pleasure – that active, healthy sexuality brings, there are also an immense number of benefits to both women and men.

This Week on our Fan Page, we have included articles that will offer you information on how an active, healthy sexuality can benefit you. The articles we have posted have covered the physical, mental, emotional and spiritual effects that an active, healthy sexuality can have on your body and your well-being.

That said, using sexuality as a means to fulfill one's needs may adversely impact one's health and well-being, and even that of one's partner. An active, healthy sexuality that does not come from need can be a truly fulfilling physical, mental, emotional and

spiritual experience. And I'm not saying there is anything wrong with fulfilling our needs.

While we may not associate an active, healthy sexuality with physical benefits, it can benefit our health in the following ways:

- Boosting immunity
- Burning calories, weight loss and healthy body weight
- Improving heart health
- Reducing prostate cancer risk
- Strengthening pelvic floor muscles
- Helping you sleep better
- Relieving stuffy noses, hay fever and asthma
- Better bladder control
- Better teeth
- Decelerated Aging
- Improved Flexibility
- A Boost in Energy
- Faster cell regeneration and healing of wounds

According to the National Sexual Violence Resource Center, the following behaviors and characteristics belong to a sexually healthy adult:

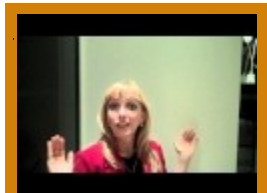
- Comfortable in their own body
- Understanding that human development includes sexual development, which may or may not include reproduction or sexual experience.
- Basic access to information and resources to help protect and maintain their own sexual health.
- Engaging in sexual relationships that are communicative, consensual, non-coercive or exploitative, honest, trusting,



CAROLINA ARAMBURO

- pleasurable, and safe.
- Ability to express their own sexuality in a way that aligns with their own personal values while respecting the physical, emotional, social, and cultural rights of others.
- Understanding the difference between life-enhancing sexual behaviors and those are harmful or detrimental to themselves or others.
- Communicative with parents, peers, and partners.
- Aware of the impact of family, social media, cultural messages, and gender expectations in relation to sexuality.
- Accepting of one's own sexual orientation, gender identity, and sexual preferences while respecting the choices and presentation of others.

The Society for the Advancement of Sexual Health (Cont. on next page)



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## ARE YOU CONNECTED TO THE HEALING NATURE AND SACREDNESS OF SEXUAL ENERGY??? (Cont.)

promotes healthy sexuality that can be enjoyed alone or with others and say that as with most aspects of health the end result usually includes: feeling positive (**enhanced self esteem**, joy, pleasure, connection) with the absence harmful experiences (compulsion, guilt, shame, and/ or fear). When an individual's sexual behaviors, **values and attitudes** are in alignment the sexual experience is usually without emotional conflict and generally gratifying, leaving the individual with a sense of well being.

Sexuality is **closely related** to spiri-

tuality in several ways. In its "negative" aspects it appears as the antithesis of **spirituality**. However, in its "positive" aspects our sexuality can open our heart to love, and enable us to have experiences similar to meditative states and **mystical bliss** during or instead of an orgasm and its afterglow. In a less obvious way, sexual energies can be channeled upward to develop our energy centers or chakra system and higher energy bodies. According to esoteric and **yoga teachings**, this is all part of our spiritual evolution. Sexual energy is a part of our hidden **kundalini** energy, which in turn is a concentrated

form of etheric or life-force energy. It can be used to create children, or just to have an orgasm, or to fuel achievements in sports or professional activities. However, its ultimate purpose is to facilitate **spiritual growth** by developing our chakra system and higher energy bodies.

In the other articles in this newsletter and on our Fanpage this week, we provide more about the physical, emotional, intellectual and spiritual aspects of **healthy sexuality**. Thank you for considering the importance of this energy in your life.

## AN ACTIVE, HEALTHY SEXUALITY CAN TOTALLY PROMOTE YOUR PHYSICAL AND EMOTIONAL HEALTH!!!

**Sexual health** is another important component for anyone living a holistic lifestyle because it plays a vital role in our overall health. It should be of great interest to anyone living with **chronic illness** or health condition because of the vast amount of benefits it can bring to us both psychologically and physiologically. For example, engaging in active, healthy sexuality may reduce your risk of heart **disease**. A study done in 2001 by researchers at Queens University showed that engaging in healthy sexuality three or more times a week **reduced men's risk of heart attack** and stroke by half.

An active, healthy sexuality can also reduce **pain levels**. Immediately before orgasm, the levels of the hormone, oxytocin, increase to five times its normal level. It releases **endorphins that then alleviate physical and emotional pain**.

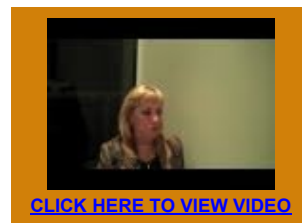
During sex, **natural chemicals** are released both before and during a climactic moment. Endorphins, which are some of the chemicals released through sexual activity, has a similar **chemical structure** to morphine and may provide us with a sense of

well-being which may show up as happiness in men and a natural antidepressant in women.

For women, an active, healthy sexuality can help in the reproductive health area. In general, women who engage in healthy sexuality at least **once a week** have a more regular menstrual cycle. An active healthy sexuality may also help promote fertility in women by regulating their menstrual patterns. For women who have never given birth, an active healthy sexuality can help **reduce their risk of breast cancer**. When a woman increases her activity of healthy sexuality, it is likely that she immediately decreases her risk. In most cases, the more active a woman is, the more hormones she produces that are **responsible for increased sexual desire**. With that being said, the more active she is, then the more active she may want to be. This would then cause the levels of estrogen to increase, which also protect against both **osteoporosis and Alzheimer's**. An active healthy sexuality can also strengthen a woman's pelvic floor muscles that control the flow of urine.

Some of the most important steps

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Having an active, healthy sexuality may be a deeply fulfilling, spiritual experience, as well as a physical one. My second health proposal is about **listening** to your body. In the second health proposal, I propose that we can notice and **be aware of** what our body needs and wants.

By listening to your own body and that of your partner, you may notice what is best for you and your partner in each of your sexualities. By getting in tune with your/ your partner's body, you may discover how to **elevate your/their sexual experience physically and spiritually** in that specific moment, rather than relying on social norms or prior knowledge. I invite you to listen to your and your partner's body to **deepen your connection** and heighten the experience!!

## AN ACTIVE, HEALTHY SEXUALITY CAN TOTALLY PROMOTE YOUR PHYSICAL AND EMOTIONAL HEALTH!!! (Cont.)

you can take to protect your sexual health is try and limit your exposure to hormone/endocrine **disruptors**. Unfortunately, these environmental toxins are found everywhere we go, so it's literally impossible to escape them **completely**.

You can however reduce their presence in your life, by making a variety of **lifestyle** changes that include eliminating the use of pesticides or herbicides, switching your household cleaning supplies and personal care products over to natural and non-toxic products,

moving to a location that has cleaner air quality and eating organic food. Living a **green life style** is the wisest and most beneficial action we can take to safeguard not only our sexual health, but our entire life.

## SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower

our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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## CONNECT TO YOUR SPIRITUAL/SEXUAL ENERGY THROUGH HEALTHY SEXUALITY!!!!

Imagine living in a **culture** where sex was sacred and not a sin! The cultures that honored the divine feminine, existing for over 30,000 years, knew that our sexuality was a positive expression of the life force. **Sexuality and spirituality** were never seen as separate in these cultures, and only became split during the patriarchal era. The **ancient** cultures understood that sexual pleasure was a wonderful way to connect with spirit and renew life, as well as to unite deeply with another.

Sexual energy creates life! It can be considered the **life-force** within us. The spiritual connection one can obtain through healthy, sexual activity can be an amazing gift. Through this activity, you can become **connected** with the most intimate parts of yourself and your partner.

I consider sexuality as a spiritual act. In an article entitled *Insights into Sex and Spirituality*, Deepak Chopra describes sexual union as a **joining of both flesh and spirit**. In engaging in intimate, healthy sexuality, we may escape our egos and become fully self expressed,

uninhibited, and **free**. I consider sexual energy as a **sacred form of energy**. Through this sacred energy, we may experience **a deep spiritual connection with our partner and with God/Source/the Universe**.

Sexual energy is not expressed only in sexual activity. It can be **expressed** through most things that we do! We can use this energy to be passionate in most things that we do, whether its working out, **writing an article**, cooking, or anything else!

Some consider sexuality to be our core energy. We may use sexual energy to procreate, we may release it through sexual activity and/or we may transmute it. We may **use it to grow spiritually** rather than have it be an obstacle to spiritual growth.

An active, healthy sexuality may have us be **in touch with our real SELF**, and in a truly loving, passionate, and joyful state. It may have us experience a sacred, intimate and healing energy with our partners. The healing energy

that sexuality provides may largely be based on, but not limited to, touching, kissing and hugging your partner. Partners may experience a form of sexual meditation by focusing on feeling in harmony and **uniting with their partner** on different energy levels, and by expressing their affections for one another.

An active healthy, sexuality can be a truly **fulfilling and spiritual experience**.

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That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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