

BECOME POWERFULLY FEMININE

with  
*Candice Oneida*

(y)  
*Powerfully Feminine*  
INTENSIVE



## **Power And Energy 101**

Welcome to the second module in the Powerfully Feminine Intensive, I'm Candice Oneida.

In this module I'm going to be teaching you and clarifying for you about the true source of your feminine power and energy.

I'm excited to be talking to you about "Power" as you will soon learn that an unlimited font of power and energy is to be found inside of you.

You will soon discover the joy, delight and power that is held in your very own body and pussy and how to feel juicy and full of energy again.

### ***By the end of this module you will know:***

1. What Feminine power and energy is and where to find it
2. How to tap into it through meditation
3. How to do Jade Egg skills to strengthen and enliven your Pussy
4. How to approach your sexuality and it's infinite joy and power
5. How to "*Plug In, Fill Up And Shine*"!

### ***Today you'll learn:***

1. Where your feminine power and energy is hidden
2. The relationship between energy and sexual energy
3. How to tap into unlimited energy and power from the inside

## **What Is Energy?**

Today I am going to define what is energy, sexual energy and meditation are, and how these will lead to tapping into your feminine power source.

And to state the obvious when I refer to power or powerful in this work, it has nothing to do with power over somebody, it is all about feeling power and powerful inside yourself; about tapping into inner power.

You may have come to this training believing that your energy was something that is elusive and diminishing and that you have little control of.

You may have come to this training believing that it is only through diet and exercise or perhaps peace of mind that will effect your energy levels.

You may have come to this training believing that you lost out on the genetic energy lottery. You may have no idea that you could tap into an unlimited font of energy entirely from inside yourself!

Ah, I feel for you sister.

Now, I'm all for great diet and exercise but first and foremost you need to know how to engage and command your energy...and that's what we are going to do in this module.

This lesson will give you more understanding and background to what power and energy is. The following lessons in this module will show you how.

## **What is Energy?**

As human beings we have a physical body...well 'aint that obvious! But we also have other subtle bodies that are part of our constitution.

The subtle body that commands our energy and hence energy level, is what we'll be focusing on in this module!

And that's exciting because I'm going to reveal to you *how* to be able to command your energy levels from inside you in order that you can tap into it, to fill yourself up, anytime, anywhere!

So, when I am referring to "energy" during this course I am referring to the Qi(Chi), Prana or Etheric body. You may or may not have heard of those terms, but they refer to the part of us that controls our vitality, our life force and hence our energy.

## Why is it important to know about this?

The energy body, is something that you can't see, at least with the physical eyes, but you CAN learn to feel it. It is merged with and superimposed over our physical form and the more you do these practices you will discover how to feel it, move it around your body and enliven it!

A way to look at our energy is something like a bank account to or from which credits can be added or withdrawn.

We are born with an abundance of energy. Just watch and tune into a little baby or young child...they are exploding with life force, with energy.

Another way of seeing it is that **the human body is like an electric battery which needs energy to function. To function at it's highest it needs to be fully charged.** If it's charge falls below a certain level, say 70% we start to feel uneasy, unwell and at odds. If it falls below 50% we will be very sick indeed! 0% would mean death.

A young healthy person, say, has 100% of her required energy from eating, resting and exercise. As she ages, she gradually earns less and less even though her body requires the same expenditures and she starts to overdraw her account by drawing on some of her vital energy and organs.

**It's important to note here that our energy, as women, is also thrown out of balance during peri-menopause and menopause.** This is due to the intricate weaving of the physical systems in our body e.g. endocrine, circulatory, respiratory systems as well as systems in our subtle bodies and energies.

Rest assured that the meditation and jade egg skills that we are going to do together will go a long way to assist those transitions as a woman. And if you're smart enough you'll have had plenty of years of doing these exercises already prior to menopause in which to know how to balance your own energy and systems.

As we shall see, there is a way for you to transform this energy into vital energy for the organs, glands, brain, and bone marrow. This vital energy serves to re-balance your energy which then re-balances your physical body. You could think of it like this: without taking care of the subtle bodies first, the physical body will suffer.

**By learning to command, activate and take care of the energy body, then you end up taking care of the physical body, organs and systems.**

...and a little digression...when you understand this, your need for doctors will massively reduce or be eliminated as you start to take command of your life, your health and your well-being.

Now whether you knew about this conceptually or have never conceived of this before, then you are in luck as you are about to learn practical ways to do this i.e. to recognize, own, move around and transform your energy.

## How Do You Do This?

Now the exercises that we are going to do over this module will engage both the physical and energy systems....way, to go it from both sides hey!

By first recognizing your energy body, then you can learn how to actively move it around inside you, inside your body. You'll recognize it as an inner resource rather than as a frustrating out of control depleting one.

Without this knowledge, the ability to re-awaken and juicify your energy and hence sexual energy would just be a lovely idea.

So this is one of our goals together and we need to start here first.

## Hands shaking exercise

Let's do a practice together right now.

I'm going to get you to start shaking your hands vigorously.

[shake hands vigorously]

Now, stop and feel the vibrant pulsating energy in and around your hands.

You have just activated the etheric of your hands!

When I use the word etheric – it also means Qi, prana or life force.

Now although you may believe or have understood that this feeling is a physical feeling....well it's not! It's the subtle etheric life force that you are feeling.

Isn't that cool!

What this shows us is that you CAN feel life force and this is what you are going to be looking for and feeling for in the next exercises in this module.

## What Is Sexual Energy or Libido?

*"Desire is the engine, sexual energy is the fuel! "*

We're focusing on tapping into the fuel source in this module. In the later module on the Art Of Desire we will deep dive into to desire in order to find out what you really want and what is motivating your life, your decisions and your purpose.

One thing I have observed through working with women for over 20 something years, is that when a women has lost touch with her sexuality, she is on a slow downward spiral toward loss of creativity, loss of energy, degrading health and loss of sense of her meaning and purpose.

She also starts to feel disconnected from life and often those closest to her end up as casualties too. She feels exhausted, depleted, burned out, frustrated and isn't loving life much at all.

In fact, she's fighting life at every step.

In many models of spirituality thought and consciousness (Shiva) is the Divine Masculine and life force and creativity (Shakti) is the Divine Feminine.

As human beings we have both forces inside of us.

However, as we are here talking about feminine power we CAN'T ignore the Shakti, sexual energy and life force. As a woman in this body we are naturally tapped more into this force than men...it is by the way why the masculine adores us...because we bring more of this toward them. They literally can't get enough of your feminine power.

We have been raised and educated in a world that is masculine dominant; we proved we could do that, but it's time to re-balance and tap into power that is held in our feminine not masculine power.

During our time together in this course, I am going to pass to you some profound techniques and knowledge, some ancient, some modern.

The ancient taoists knew that the sexual glands could be used as a source of life force for their whole bodies. They wanted to elevate self-healing to its fullest potential, to energize the whole body to defy time and aging.

**Sexual energy provides us with an extremely powerful means to attain rejuvenation as well as a higher spiritual awakening.**

In ancient China, methods for working with sexual energy were regarded as top secret, especially the way to channel sexual energy. It remained a secret taught only verbally to the emperor and his consorts and it wasn't permitted to be put into writing.

Eventually it became available to anybody who wanted to implement this knowledge.

They recorded this in a treatise called **“The Tao of Sexology”** which is the text depicting the use of sexual energy and sex for improving health, harmonizing relationships and increasing spiritual realization.



What I love about this approach is that instead of studying disease and death, we will be studying life, health and longevity!

In this system, they regard the sexual organs as the roots of life, connected to all other glands and organs. They designed practices to restore sexual, creative and generative energy that also bring physical benefits. But, most importantly by engaging in these practices the sexual energy gets transformed into a more refined “Qi” that can be used in your spiritual practices.

**In this module you are going to learn some of the most powerful, and yet simple of these techniques.**

The Taoists discovered that the sexual glands were endowed with power to create an intelligence to organize life. In fact they knew that the life force animated all living things, is the motor of creative processes and the intelligence responsible for life engineering and cellular self-repair.

**The sexual organs and glands, where energy and life power are concentrated and generated, are referred to as the “stove.”** This term underscores our dependence on sexual energy. We depend on the sexual energy to support our mental and physical functions as

we depend on the stove to cook food. **The stove is where “fire” or sexual energy is generated and utilized.**

On the contrary when the mental and physical aspects of the body become tired, depressed, or negative, more problems or diseases arise. Then the aging process begins. All of these problems can be prevented or corrected by properly functioning sexual energy.

**When the machinery of rejuvenation is activated through the practices that we are going to do, aging can be prevented....**well, at least slowed down....A LOT!. The age-old search for the fountain of youth may end here, for Taoists believe that immortality can be attained by transforming the physical body through continuous rejuvenation; in other words *through a continual engagement and active cultivation of the sexual energy.*

Not only are the practices that we are doing lead to do the fountain of youth, but they also are a refreshing solution that reconciles the common dilemma between one’s sexual desires and devotion to one’s spiritual aspirations.

Stifling of sexual desires leaves people unsatisfied, for we are not bodiless spirits as long as we live on earth. Neither approach satisfies people’s needs, because human beings have both physical instincts and spiritual aspirations.

### **What Is A Taoist Or Alchemist?**

Anyone who has a desire to live longer, happier, healthier, more sexually alive and wiser is an alchemist. Anyone who seeks and practices something in order to achieve these goals could be considered an alchemist or taoist; And active alchemists can have an experience of life that is full, enriched and powerful.

As such this work is perfectly harmonious with your other religious or spiritual practices.

Here, together we are focusing on some of the methods from the *Tao of Sexology* that I mentioned before, because as the ancient teachers knew, the seat of our vitality is held in the sexual organs.

### **Why is knowing about sexual energy so important as a woman?**

Sexual energy is the only energy that can be doubled, tripled or increased even more than any other type of energy in our body. It is literally at the root of our body and energy body and upholds a very special place of command over our entire body and energy system.

**The sexual organs also uphold all of the other organs of the body. They sit at the base of our body and as they atrophy with age, everything else “sags” too.** Hence, the prime functioning of each and every organ begins to sag and atrophy. This leads to the inevitable

pathway to further loss of tone and strength that leads to sickness, low energy and early death.

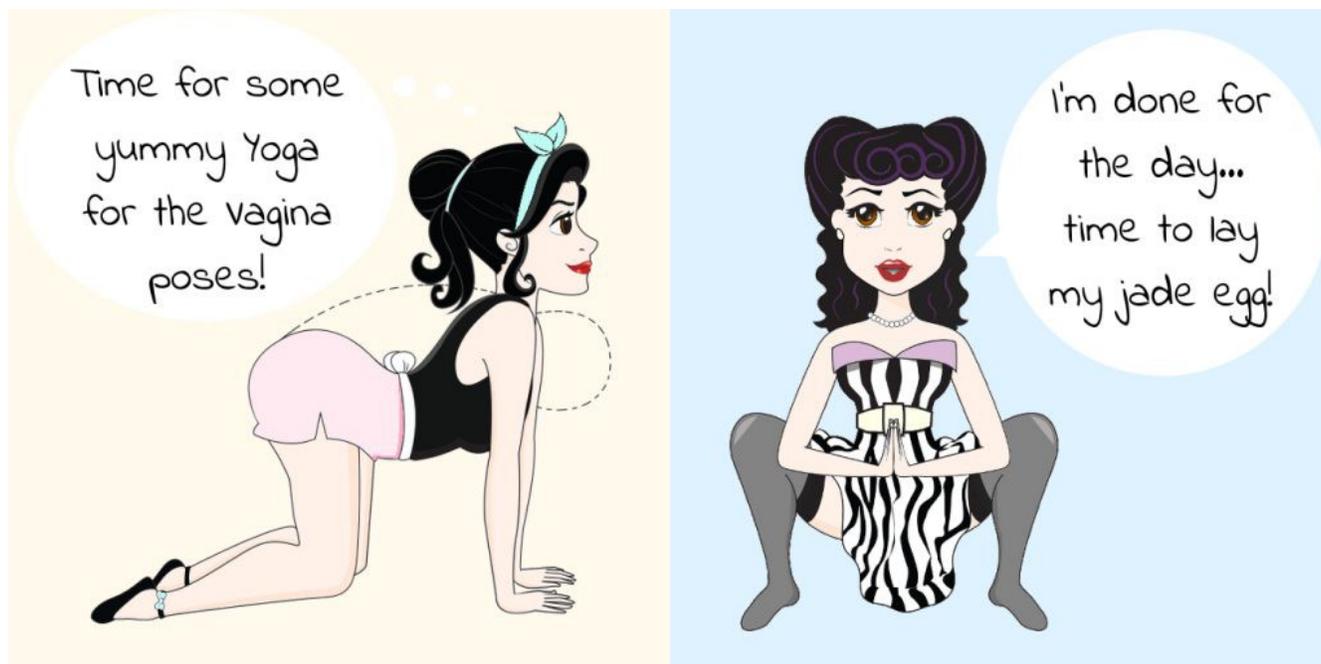
But, it doesn't have to be this way! It's only because you haven't, until now, known how to strengthen them back up.

You may have heard of the work of Dr. Kegel that was done in the 1950's. These were exercises designed to tighten and tone the *pelvic floor* or *pubococcygeus muscle*, otherwise known as the *PC muscle*. Although Dr. Kegel found out that these muscles were atrophying in women and needed addressing, this had already been done for 6000 years before him in ancient China.

Also, the way most kegels are taught today are pretty lame and ineffective honestly. They deny the role of the entire length of the vagina in terms of strength and support of our body, organs and energy.

In this module you are going to learn a meditation called the microcosmic orbit as well as jade egg skills to strengthen and juicy your pussy.

This little jade egg here is going to profoundly awaken your juicy feminine power; help you bring awareness and sensitivity back into your vagina and heal you from numbness or trauma.



So, I like to talk about our *pussy* as much as I do about our *vaginas*. I use these words interchangeably...and we are going to be talking about them A LOT together, so let's get comfortable with these terms.

I personally love the word "Pussy" as to me it describes both her softness and her power.

## A digression about Sexual Dysfunction

I want to talk a little bit about what the medical profession calls *Sexual dysfunction*, because it will illustrate one of the reasons why women have lost touch with their power and sexuality.

**Many women today experience problems with sexual function at some point in their lives.**

Female sexual dysfunction can occur at all stages of life, and it may be ongoing or happen only once in a while. You may experience more than one type of female sexual dysfunction. Types include:

- **Low sexual desire.** You have diminished libido, or lack of sex drive.
- Your desire for sex might be intact, but you have difficulty or are **unable to become aroused** or maintain arousal during sexual activity. This is called Sexual arousal disorder in the medical world.
- You have persistent or recurrent **difficulty in achieving orgasm** after sufficient sexual arousal and ongoing stimulation. This is called Orgasmic Disorder in the medical world.
- You have **pain associated with sexual stimulation** or vaginal contact. This is called Sexual Pain Disorder in the medical world.

WOW, so many disorders with so little research or help. I wonder why this is?

Physicians who deal with women, whether family practitioners or Ob-Gyns, often hesitate to bring up sexual issues with their patients. Physicians are often uncomfortable with these issues for various reasons. Physicians who do talk about sexual issues with patients tend to discuss these issues more frequently with men than with women, and with younger than with older patients. Studies have indicated, however, that there is no age group above which sexual concerns are not important.

There is still a lot these doctors don't know about female sexual function, let alone dysfunction. While there has been a marked resurgence in research interest in the past few years, doctors and scientists are still at the stage of studying rats and rabbits!

Masters and Johnson in the late 60's and 70's did ground breaking research into the female sexual experience. Many others have followed in their footsteps and in their laboratories.

And thus, **the little-known profession of sexology was born!**

However much I have respect for the work of Masters and Johnson, these physical scientists, without the understanding of the energy body were, I'm afraid, missing a HUGE piece of the picture.

In Taoism, for over 6000 years people were using techniques to bring both men and women to the greatest levels of arousal, pleasure, energy and longevity possible.

I have a long list of testimonials from women who have reversed or repaired these "dysfunctions". The arts and skills that you will be learning during this module will show you how.

It's time to bring these powerful, ancient techniques back, to reclaim them for our own lives, and sense of power and that is exactly what we are going to do in the next lessons!



**In Review, what you've learned today is:**

1. Where your feminine power and energy is hidden
2. The relationship between energy and sexual energy
3. How to tap into unlimited energy and power from the inside

Now, head on over to the **"Powerfully Feminine Facebook Page"** and share **one key reflection** that you gained from the lesson today.

Great job and I'll see you in the next lesson called **"Meditation"** which is where we'll start to re-awaken your energy and tap into your unlimited power source.