

SACRED BDSM 101

There are soooo many ways to explore sex beyond the physical act. Let's journey.

WHAT IS SACRED BDSM?

Sacred Body Journey describes "sacred BDSM" (acronym representing bondage, discipline, dominance, and devotion, sadism and service, and masochism) as the consensual engagement in activities that promote wellness on multiple levels of personal development including but not limited to physical/sexual, emotional, psychological, and spiritual. It also offers and invites the exploration and inclusion of the ancestral world in effort to learn about practices and ritual that motivate transcendence and alignment and meshing of time.

SNAPSHOT GLOSSARY

- **Bondage:** A physical restricting or limiting a participant or player's movement, for example, by ropes or handcuffs while leaning into its potential symbolisms such as surrender and trust, the transcendence of self, and exploration of dualities.
- **Discipline:** A series of agreed upon guidelines/regimens and rewards. Discipline is seen as a tool for self-transformation, spiritual connection, and aligning oneself with higher principles or divine guidance. It requires commitment, self-reflection, and a sincere dedication to one's spiritual path.
- **Dominance:** The process and act of leading a partner/player, both in and out of pleasure invoking or sustaining experiences. These can be isolated moments or ongoing experiences happening within the context of an agreed upon power-sharing dynamic.
- **Devotee (commonly referred to as submissive):** The act of a devotee following their dominant's or pleasure/experiential guide's actions. They have complete control over deciding what happens with them. Communication between the dominant and devotee is of utmost importance, as that's where boundaries are set, desires are shared, and permission is given



- **Sadism and Masochism, or Sadomasochism:** The satisfaction that a BDSM participant derives from either offering (sadism) or receiving experiences on the pleasure spectrum (masochism). It is important to note that pain lives on the spectrum of pleasure. At heightened levels of awareness and intuneness, this pain can be and is often experienced as pleasure and sometimes described as intense sensation play that is all consensual. Consent is the key and the activity could stop at any moment should anybody be uncomfortable with the intensity of play.
- **Sacred Energy Xchange (S.E.X.):** During any form of sexual activity, be it physical or not, there are high levels of energy flowing between the person(s) involved. In this flow, each party is both depositing and withdrawing from one another. It is an exchange we've commonly been taught to acknowledge on solely a physical space. When an awareness of the vastness of the experience is acknowledged, movement towards infinite possibility can and often does happen.
- **Sexually Transmitted Energy (STE):** This term refers to the idea of absorbing or being influenced by low vibrational or draining energies from external sources. These energies can be absorbed from certain people, environments, or situations, leading to a perceived impact on one's own energetic state or well-being.
- **Spiritual Contraceptives:** This refers to consciously safeguarding your energy field, which extends beyond your physical body. It involves taking proactive measures to maintain the integrity of your energy and prevent unwanted influences or disturbances from external sources.




SACRED BDSM AND PROCESS


Commonly, BDSM is known to consist of three main parts - negotiation, play, and aftercare. SBJ believes this process, on the surface, voids the sacred in not including explicit aspects of sacred practices. We offer an expanded process.

9 COMPONENTS OF SACRED BDSM

(1) Connection, (2) Mutual Vetting, (3) Establishing trust space, (4) Negotiations, (5) Grounding, (6) Play, (7) Aftercare, (8) Energetic Cleanse, and (9) Debriefing



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1. **Connection:** First sight/sound encounter
 2. **Mutual Vetting:** Initial insights via series of types of communication (in-person or virtual) or what is referred to colloquially as "talking to".
 3. **Establishing Trust:** Conversations and mutual explorations of one another either independently or with the help of personality/character reading tools (e.g. astrology, life paths, tarot suits, etc.)


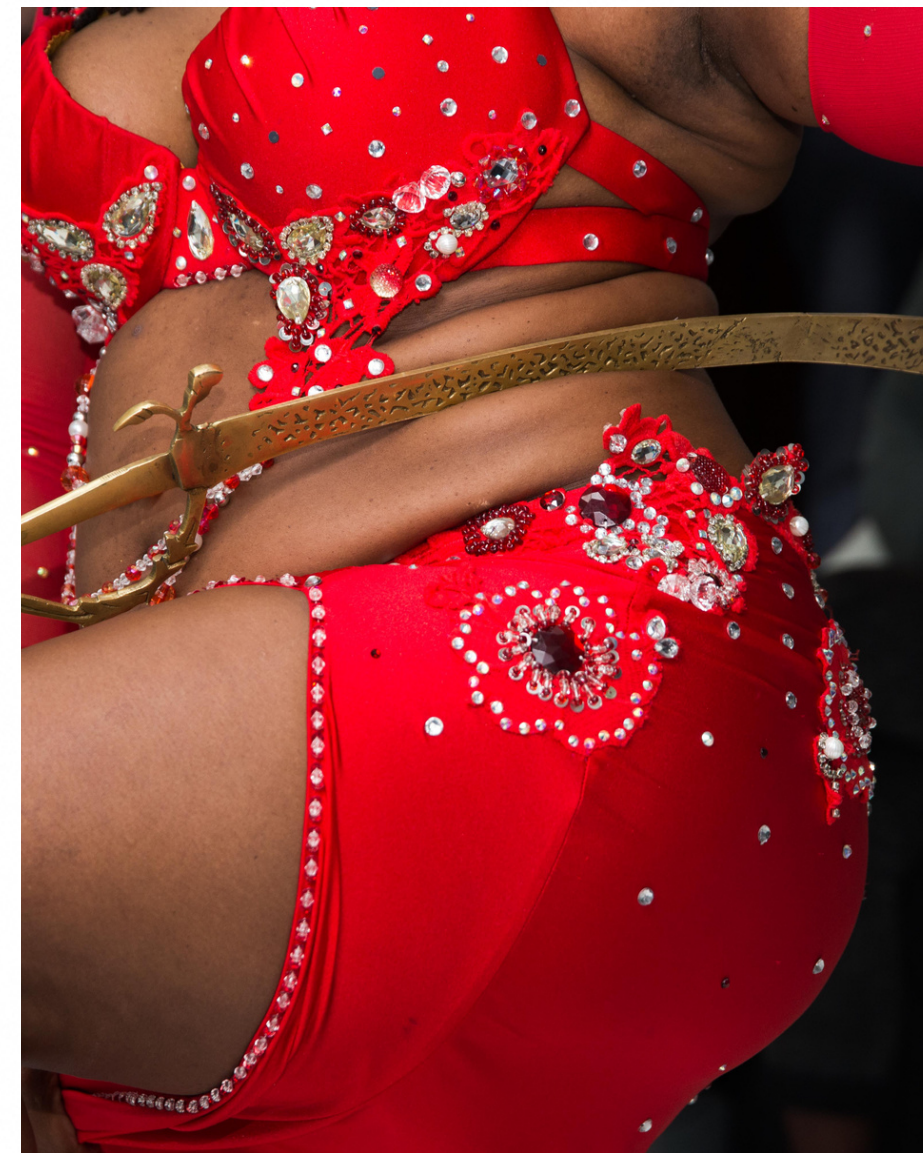
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4. **Grounding:** Grounding a relationship in the sacred often involves incorporating spiritual practices, rituals, or ceremonies that hold significance for both individuals. These practices can include prayer, meditation, mindfulness, or engaging in acts of service or compassion together. This fosters a sense of reverence, harmony, and interconnectedness.
 5. **Negotiations:** Deciding/discussions to scale the union and get into a different or elevated version of the relationship. Negotiating a sacred relationship refers to the process of establishing and maintaining a deep and meaningful connection with a higher power, divine entity, or spiritual realm. It involves engaging in a mutual and respectful dialogue, often through rituals, prayers, or meditative practices, to develop a profound bond and understanding.
 6. **Play:** Being IN the relationship, what I call "the during". When grounding, individuals are compelled to embrace the mirror that is their constant reflection and deflection.
 7. **Aftercare:** Periodic check-ins that ensure your paths are still aligned. It's a tender time of listening, sharing, confirmations of mutual safety and security, a gratitude for time and energy exchanged thus far.
 8. **Debriefing:** Sharing your experience of one another with one another, recommitment to continue or exploring/deciding the teaching function of your relationship has expired.
 9. **Energetic cleanse:** Whether the decision is to keep playing or transition it, an auric cleanse is advised to also transition any energy that is or will be a disservice to the health of the dynamic and keep and invite energies that serve your highest, sweetest, pleasure-full good.

SEX, THE ENERGY -VS- SEX, THE ACT?

What is energy? Most dictionaries and/or google searches define "energy" as simply the ability to do a work.

Word etymology: mid 16th century (denoting force or vigour of expression), from French *énergie*, or via late Latin from Greek *energeia*, from *en-* 'in, within' + *ergon* 'work'. Simply defined, it means the ability to do a work - to make manifest.

What is sex? The different biological and physiological characteristics of males and females, such as reproductive organs, chromosomes, hormones, etc. or sexual activity, including specifically sexual intercourse, which is typically defined as a physical and intimate activity involving the penetration of a person's genitals by a partner's genitals, typically resulting in sexual pleasure and potential reproduction.



Scientifically speaking, there are two main types of energy, potential or stored and kinetic or working. My developing thesis and theory purports that sexual energy is the origin of all energy due to the inherent generative mechanics and functionality of the term itself. Sexual energy is considered a potent force that can be harnessed and directed for personal growth, spiritual connection, and creative expression. It is currently being tested using a scientific methodology known as phenomenology.

Phenomenology explores the intricate relationships between perception, cognition, embodiment, social interaction, and the world, aiming to uncover the underlying structures and meanings that shape our understanding of reality.

What is sexual energy and how does it work?

Energy can be transformed from one type to another, such as from mechanical energy to heat or electrical energy. However, the total energy within the system remains the same unless additional energy is introduced from an external source. The law of conservation of energy states that energy can neither be created nor destroyed - only converted from one form of energy to another. This means that a system always has the same amount of energy, unless it's added from the outside (e.g. mechanical, electrical, light, nuclear, heat, chemical, etc.). Sexual energy is the stimulation or invitation of this external source. Essentially any time you find yourself turned, aroused, horny, etc, you are likely experiencing the influence or heat, chemical and/or electrical motivations being received causing the body to react. What is happening at the point of arousal is that your energetic center has been activated, it has been converted and in this alchemy it can be used to do anything. It's procreative and reproductive.

SEXUAL TRANSMUTATION 101

A popular and incorporated aspect of sacred BDSM for SBJ experiences is the practice or sex transmutation. Sexual transmutation is commonly defined as the alchemical practice of channeling and directing sexual energy into a higher purpose. As one of the most powerful energies in existence, our sexual energy can be directed towards achieving goals, manifesting dreams, and experiencing deeper states of consciousness. In Sex Magick, it is taught that with enough will, we can transform the raw energy of our libidos into the transcendent power of creativity. Apart from the Tantric and Taoist sexual energy practices, there are countless other references to the hidden powers within sex. Kabbalah, for instance, sees sexual desire as the deepest spiritual expression one can have.



And in Yogic philosophy, our pure sexual energy is dormant until awakened in its highest form known as "Kundalini." Indeed, the moment of orgasm is a holy glimpse into the Divine – it is a moment where a portal is made visible and accessible to us. In this portal are dimensions whose only role is to make anything and everything you want real and possible. Some of the most commonly noted benefits include:

1. More focus and mental clarity
2. Increased creativity
3. Enhanced motivation and drive
4. Boost of physical energy (good for those who suffer from fatigue)
5. More assertiveness and confidence and/or overall improved mood
6. Greater ability to manifest change
7. Heightened self-awareness
8. Intensified spiritual experiences

Parting Gifts

1. Own the experience. It's yours.
2. Summon whatever you define as "sacred" and intentionally weave it into your practice.
3. The way in which we have been programmed to explore and practice BDSM is via a western, colonized lens. The language used in mainstream practice deserves a re-think. Re-think it.
4. Sexual energy is a super power. Harness yours and help others to discover and harness theirs.
5. Honor and embrace the cathartic release.
6. Service should be mutually explored and mastered.