

the
RECOVERY
of my
fleshy
MEMORIES

Look beneath the surface of the world

-the world that includes your clothes, toaster ovens, philosophies, your skin- and you will discover a universe of swirling and subtle energies.

While we do not know exactly what these energies are doing or how they are doing it, we do know that they are "here," forming the energies that underlie physical reality. They form you.

○ The Subtle Body

*Change the energy pattern in your pelvis
Transform pain from matter into energy*



3rd Chakra:
*feelings of adequacy +
competence in the world
vs. inferiority, and to our
ability for our lives +
choices vs. the degree to
which we relinquish this
power to others.*

Pleasurable sex causes a huge outpouring of the gas nitric oxide from the lining of our blood vessels.



Make all activities pertaining to food and eating pleasurable ones.



THOUGHT PATTERN

FEEDING

FEEDING

EMOTION



Breath into the orgasm.
Feel your blood move throughout your body.
Feel the vibrations move from the pads of your
feet up and through the top of your head.
Disappear into everything.

**Two arrows leave a common origin
and arrive at different points.
I am simply closing the triangle.
Michel Serres**