

Demystifying Sex & Intimacy

Presented by Monica
Jayne

Who is Monica Jayne

Transformed the lives of 1000s of men and women

International thought leader, speaker, healer, and educator

Dual degree and triple major graduating Magna Cume Laude

6-figure executive in male-dominated industry in 1.5 short years

Collegiate-level instructor of yoga philosophy, theory, and practice with over 5000 hours of experience and continuing education

Who is Monica Jayne (continued)

20 years of study of sexuality, intimacy, relationships, communication, authenticity, vulnerability, men, women, masculine and feminine energies

Studied directly with experts such as Alison Armstrong, Brene Brown, Dr. Joe Dispenza, and Jaiya

Traveled to over 45 countries, living in many

Studying, researching, sharing, and teaching these topics across 5 continents through classes, workshops, BDSM clubs, dungeons, tantra events, festivals, conferences, and summits of all kinds

Who is Monica Jayne (continued)

Certified Sex Coach

Not a scientist or a doctor

Would love to test, in a controlled and scientific way, the framework I am presenting today and to receive funding to do so.

HECK, would love to have some of you involved!!

Let's talk about sex!

Use over time for: sex



From Oxford

Giving a voice to other practitioners

From my colleagues who work in sex and sexuality.

- Coaches
- Therapists
- Hands-on practitioners
- Sex workers
- Pelvic floor specialists

From my colleagues:

“I'd want them to know that they don't know what they don't know.

“We have so very little hands on, in the field, education about sexuality and what actually happens behind closed doors.

“I'd want them to know what their clients aren't telling them...

“I would want them to know that their textbooks don't even have accurate information - that sex ed isn't even required to be medically accurate in most states, and even then it isn't accurate because we are still teaching mis-information and most of the educators teaching in schools don't know what they don't know.”

~from a sexological bodyworker who has had their hands in and on 1000s of bodies over the last 30 years

Monica Jayne's Story -

Where my interest came from...

- Religious, familial, cultural, and societal conditioning
- 14 years of sexual experiences, 10 years of penetration
- Anorgasmia and lack of libido
- Mom on her deathbed
- Permission
- Exploration

Yet with all of that it wasn't until I learned and implemented the framework I'll share with you today that my sex life and sexuality began to feel complete...

Definitions -

**...and the limitations imposed
by these definitions.**

Sex

Oxford: sexual activity, including specifically sexual intercourse

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Merriam-Webster = more enlightened!

Sex

Oxford: sexual activity, including specifically sexual intercourse

Merriam-Webster = more enlightened!

: physical activity in which people touch each other's bodies, kiss each other, etc.

Sexuality

Oxford: capacity for sexual feelings; a person's sexual orientation or preference

Sexuality

“**Sexuality** is about **your sexual** feelings, thoughts, attractions and behaviours towards other people. You can find other people physically, sexually or emotionally attractive, and all those things are a part of **your sexuality**. **Sexuality** is diverse and personal, and it is an important part of who you are.”

From Better Health Channel out of the State of Victoria in Australia

Sexuality

Human sexuality is the way people experience and express themselves sexually.^{[1][2]} This involves biological, erotic, physical, emotional, social, or spiritual feelings and behaviors.^{[3][4]} Because it is a broad term, which has varied with historical contexts over time, it lacks a precise definition.^[4]

From Wikipedia - article has 164 references

- ¹ [^] [Sex and Society, Volume 2](#)[☞]. Marshall Cavendish. 2010. p. 384. ISBN 978-0-7614-7907-9. Retrieved 21 June 2017. "The term human sexuality broadly refers to how people experience and express themselves as sexual beings."
- ² [^] Joan Ferrante (2014). *Sociology: A Global Perspective*[☞]. Cengage Learning. p. 207. ISBN 978-1-285-74646-3. Retrieved 21 June 2017. "Sexuality encompasses all the ways people experience and express themselves as sexual beings."
- ³ [^] ^a ^b ^c Greenberg, Jerrold S.; Bruess, Clint E.; Oswalt, Sara B. (2016). *Exploring the Dimensions of Human Sexuality*[☞]. Jones & Bartlett Publishers. pp. 4–10. ISBN 978-1-284-08154-1. Retrieved 21 June 2017. "Human sexuality is a part of your total personality. It involves the interrelationship of biological, psychological, and sociocultural dimensions. [...] It is the total of our physical, emotional, and spiritual responses, thoughts, and feelings."
- ⁴ [^] ^a ^b ^c ^d Bolin, Anne; Whelehan, Patricia (2009). *Human Sexuality: Biological, Psychological, and Cultural Perspectives*[☞]. Taylor & Francis. pp. 32–42. ISBN 978-0-7890-2671-2.

Sexuality

....not JUST sexual orientation.

Turn-on

Compass

Yes and No

Types of Sexuality and Erotic Expression

Types of Sexuality and Erotic Expression

Turned on by space, anticipation, tease, intellectual conversation

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Turned on by igniting all the senses, great meals, beauty, luxury, delightful smells, wonderful sounds, cuddling, skin-on-skin

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Turned on by naked bodies, breasts, butts, erections, penetration, orgasm, climax

Turned on by things that are odd or different, things you may be judged for liking or wanting, things that might get you dismissed from your social groups or even your lover

Let's Play! (music)

Erotic Blueprints™

ENERGETIC

SENSUAL

SEXUAL

KINKY

Erotic Blueprints™

ENERGETIC - Turned on by space, anticipation, tease, intellectual conversation

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KINKY - Turned on by things that are odd or different, things you may be judged for liking or wanting, things that might get you dismissed from your social groups or even your lover

Erotic Blueprints™

“I need it all!”

SHAPESHIFTER - Turned on by all the categories and truly needs all of them

Erotic Blueprints™

Superpowers

Shadows

For more information

Text +1-646-535-1664

Your Name

Your Email

Your Phone Number - the best one to reach you

Erotic Blueprints™

What value could your awareness of these Erotic Blueprints™ bring to your patients?

Erotic Blueprints™

Which one do you think most women fall into? Why?

Erotic Blueprints™

Which one do you think most women fall into? Why?

Which one do you think most men fall into? Why?

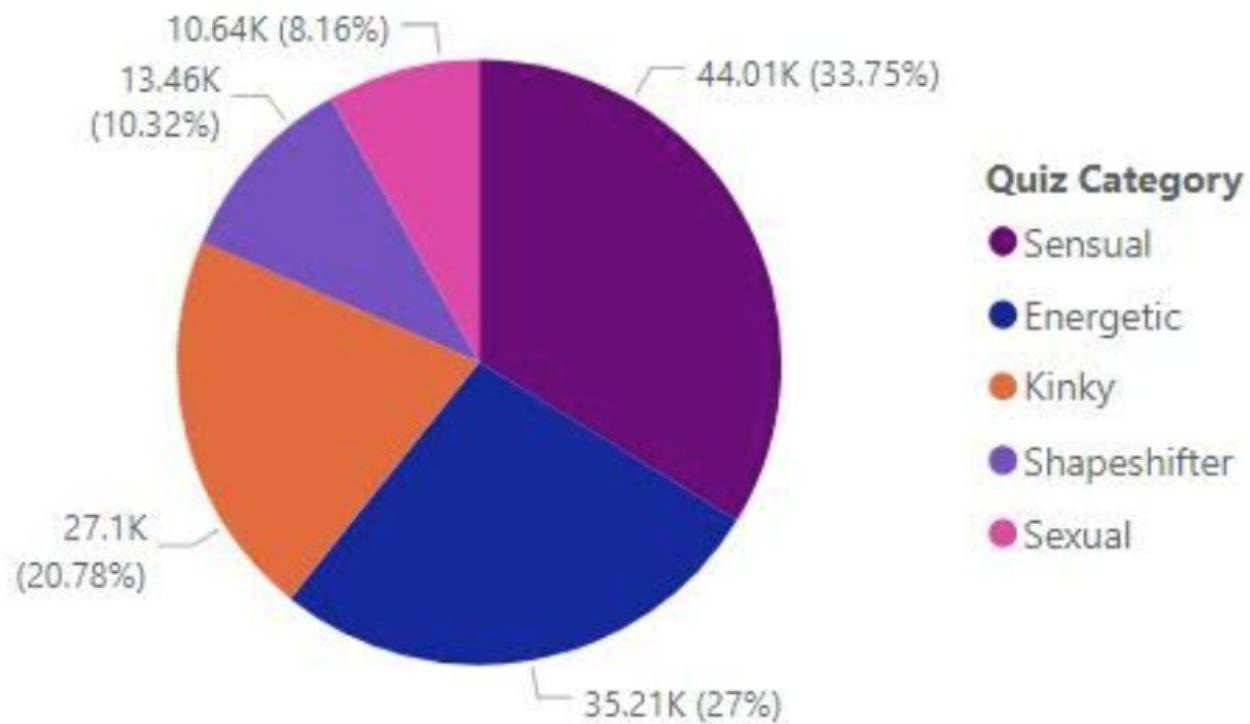
Erotic Blueprints™

Which one do you think most women fall into? Why?

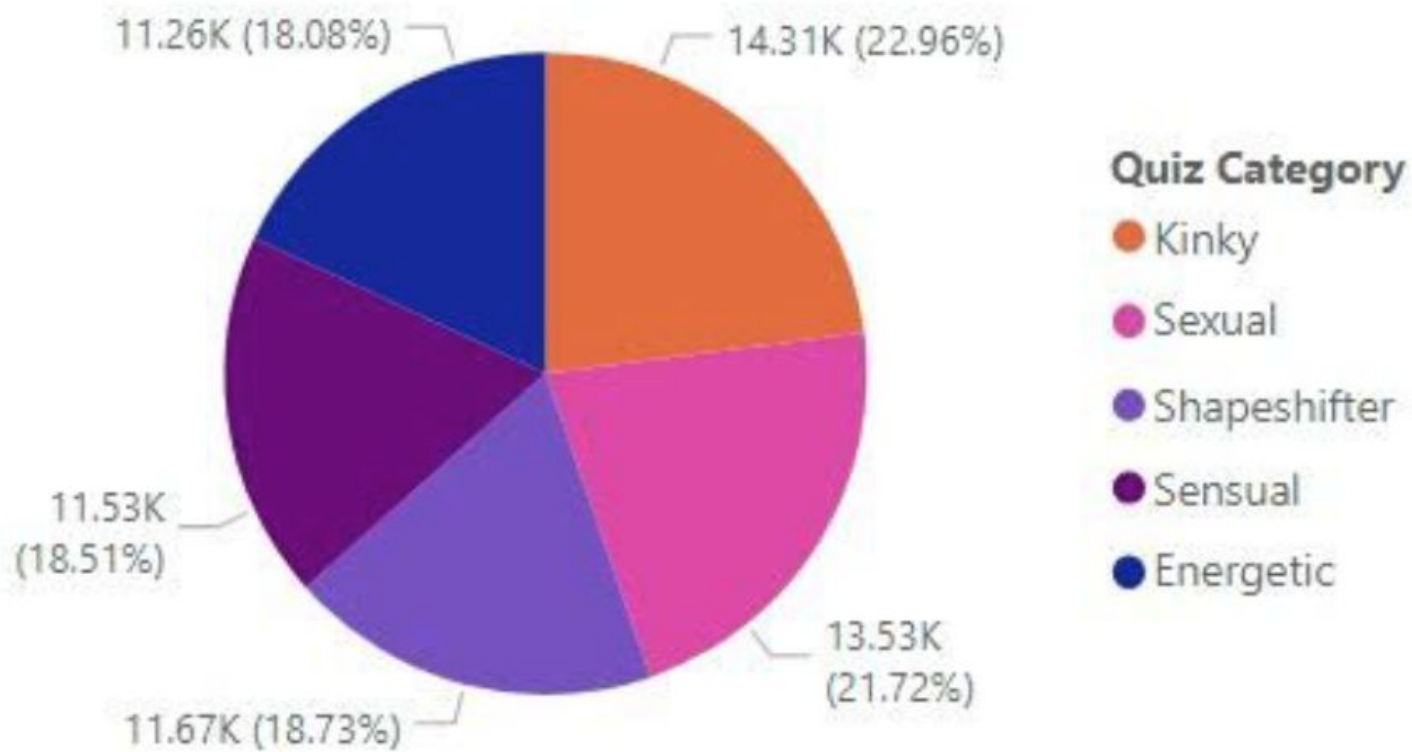
Which one do you think most men fall into? Why?

What about no-binary, intersex, or gender outside of male/female? Which one do you think they fall into? Why?

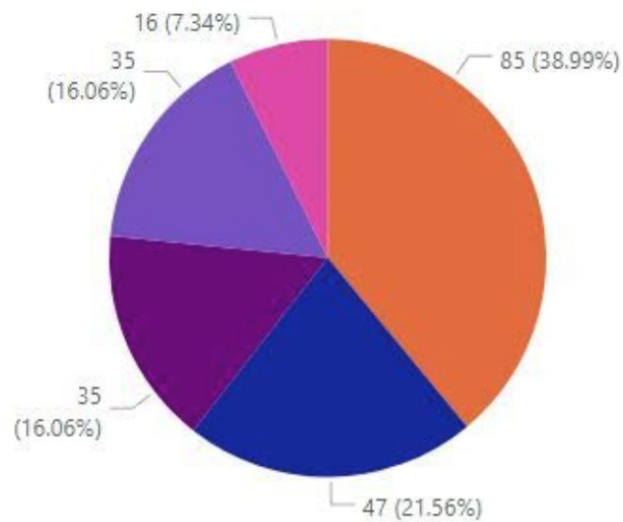
Erotic Blueprints of Females



Erotic Blueprints of Males



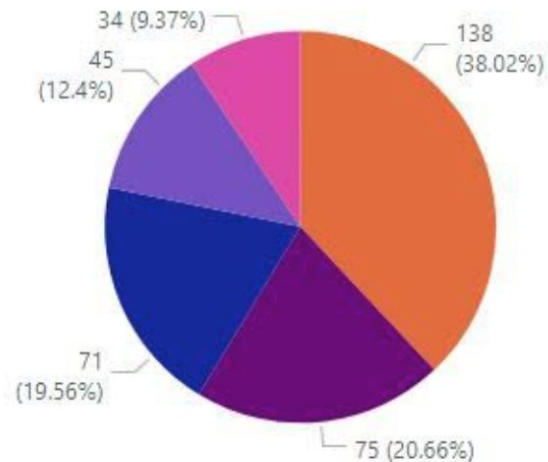
Erotic Blueprints of Trans Females



Quiz Category

- Kinky
- Energetic
- Sensual
- Shapeshifter
- Sexual

Erotic Blueprints of Trans Males



Quiz Category

- Kinky
- Sensual
- Energetic
- Shapeshifter
- Sexual

What can you do for your patients?

- Listen
- Talk
- Give suggestions
- Prescribe medications and tests
- Refer them out
- What else?

From my colleagues:

“To cultivate a quality referral network for clients to talk about sex, shame or trauma. To discuss /ask about sexual side effects of meds they prescribe. Good luck with your talk!”

~MA. and L.P.C.

Sexual Health

“Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence.”

From World Health Organization

Categories for Today

- Preferences and needs
- Four Obstacles and Opportunities for Sexual Health and Vitality
 - Physical Pain
 - Emotional and Energetic
- Communication (about sex)
- Safety - Physical, Emotional, Psychological
- Conditioning and Programming
- “Dysfunction”
- Shame and Repression
- Permission

Preferences and Needs

Dissatisfied but don't know needs beyond "more sex" or "better libido"

If do know some needs, not aware of the breadth of them or that they are actually starving

Erotic Blueprints™ concepts

Now need to know which phase of sexuality they are in, as well as how to speak, feed, heal, expand, transform

For more information

Text +1-646-535-1664

Your Name

Your Email

Your Phone Number - the best one to reach you

Four Obstacles and Opportunities for Sexual Health and Vitality

From my Colleagues:

“I would unapologetically share the value of understanding the neuroscience, bio-chemical, emotional, and somatic experience in a body.”

~Sex Educator and Sex Coach in Training

Four Obstacles and Opportunities for Sexual Health and Vitality

- Biochemical
- Physical
- Energetic
- Emotional

Physical Pain

- Painful sex or dyspareunia
 - Nearly 3 out of 4 women experience pain during sex (The American College of OB/GYNs)
 - For some it is temporary, others it's long-term
 - Entry pain, deep pain, emotional pain
 - Diagnose an infection is present, lubricants, numbing creams, “that’s how it is”
- Simple as a pelvic tilt
- Internal massage by an informed practitioner finds it requires 1-4 treatments with no returning pain at all! (see Ellen Heed and Josef Kramer)

From my Colleagues:

“Stop giving numbing creams to women who have painful sex. Who wants to have numb sex? Address the actual pain!”

~from a sexological bodyworker who has had their hands in and on 1000s of bodies over the last 30 years

Emotional and Energetic

Communication (about sex)

Communication (about sex)

Between 5-10% of people taught to communicate freely

- Need safe spaces and safe containers to speak
- Need to be taught how to create safe spaces and safe containers to speak

“Creating Safety in Relationships” presentation by Monica Jayne

Safety

Safety

Consent is assumed and not practiced in long-term relationships

Safety

Consent: permission for something to happen or agreement to do something

From Oxford

Safety

Consent is assumed and not practiced in long-term relationships

What does this look like?

- Innocent as smacking the butt
- As awful as non-consensual sex, essentially rape

Safety

Consent: permission for something to happen or agreement to do something

From Oxford

- Informed Consent
- Blanket Consent
- Non-Consent
- Negotiations
- Wheel of Consent by Betty Dodson
- Boundaries vs. Rules

From my Colleagues:

“I'd want them to know the effects of medical trauma... childbirth to start... don't go sticking your fingers in women without asking for consent, without addressing her as a human being... about how what you say when someone is under anesthesia can go into their subconscious mind.... I'd want them to have education on consent and containers... about informed consent... and how many people have trauma as a result of lack of consent, and lack of depth of empathy... I'm not saying all medical professionals fall into this... I just work and hear about the trauma regularly and it's an area where I wish the medical community had more training. It's not always the fault of the medical professional, but the trauma isn't even addressed in the instances I work with. “

~from a sexological bodyworker who has had their hands in and on 1000s of bodies over the
last 30 years

Conditioning and Programming

Sexual Health

“Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence.”

From World Health Organization

Conditioning and Programming

Conditioning and Programming

Gender vs. Sex

Conditioning and Programming

“Historically, the terms “sex” and “gender” have been used interchangeably, but their uses are becoming increasingly distinct, and it is important to understand the differences between the two...

“In general terms, ‘sex’ refers to the biological differences between males and females, such as the genitalia and genetic differences.

“**Gender**’ is more difficult to **define**, but it **can** refer to the role of a male or female in society, known as a **gender** role, or an individual's concept of themselves, or **gender** identity.”

From Medical News Today Written by Tim Newman on February 7, 2018

Conditioning and Programming

The World Health Organization (WHO) defines gender as:

“Gender refers to the **socially constructed characteristics** of women and men, such as norms, roles, and relationships of and between groups of women and men. It varies from society to society and can be changed.”

Conditioning and Programming an Example

High Heels

Conditioning and Programming an Example

“The high heel was worn for centuries throughout the near east as a form of riding footwear,’ says Elizabeth Semmelhack of the Bata Shoe Museum in Toronto.

“Good horsemanship was essential to the fighting styles of Persia - the historical name for modern-day Iran.

“When the soldier stood up in his stirrups, the heel helped him to secure his stance so that he could shoot his bow and arrow more effectively,’ says Semmelhack.”

BBC News

Conditioning and Programming an Example



Conditioning and Programming an Example



From my Colleagues

“That orientation, identity, drive and preferences are all unique to each individual and it’s not helpful to put people in boxes they don’t choose for themselves. And, when in doubt, ASK for pronouns.”

~MA, LPC

From my Colleagues:

“Biological sex and gender are different things and to start treating their patients accordingly. Anatomy isn’t gender. – In other words - there is no such thing as a female body or a male body unless the person IN that body identifies that way.”

~MA, R-DMT, LPC intern, and Gender Diversity Expert

“Dysfunction”

The way we talk about it could perpetuate or exacerbate it...

From my Colleagues:

“Simply put- pain is an indicator of energetic or emotional stagnation. When it is labeled as “a thing,” clients get stuck in this labeling and struggle moving it through their body.”

~M.S., Certified Sex Coach, Somatic Practitioner, and Former
Professional Dominatrix

“Dysfunction”

The way we talk about it could perpetuate or exacerbate it...

Pre-Mature Ejaculation >>> Ejaculatory Control Issues

Erectile Dysfunction >>> Erectile Management Opportunities

Shame and Repression

Refer to Conditioning and Programming

Shame kills expression

Give them resources to work with their shame

Permission

Most people don't give themselves permission!

For More Information & My Information

- Text +1-646-535-1664
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Questions?