

## **Carla Sanders - 11.05.14**

### **DIBRS Review Sheet**

**Carla Sanders, Founder & Creator of [www.OrgasmicAlchemy](http://www.OrgasmicAlchemy.com), was interviewed on *Sexuality: Your Sacred Feminine Power*.**

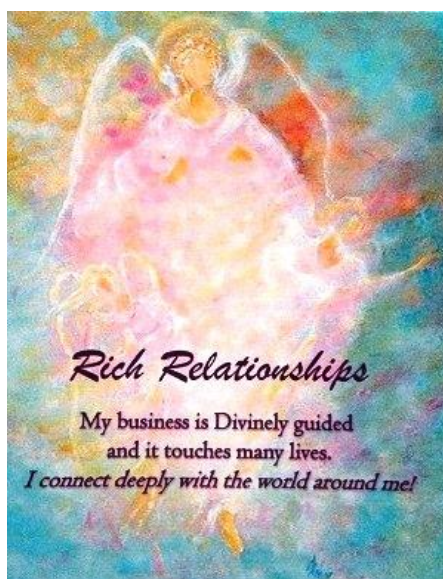
The link to listen to today's call is: <http://www.blogtalkradio.com/divinely-intuitive-business-radio-show/2014/11/05/carla-sanders-sexuality-your-sacred-feminine-power>

**Rev Anne [opening blessing]:** You are unique and gifted; when you feel the urge to get your gifts out into the world, through your books, programs, relationships, follow that guidance. You are Divinely protected and guided.

The Angel Card for today is the **Rich Relationships** Card:

***My business is Divinely guided and it touches many lives.***

***I connect deeply with the world around me.***





This is such a good card for today since we're going to be talking about our relationship with ourselves, not in a red-light-district way, but in a sacred way.

First of all, let me introduce Carla Sanders: Diva Carla Sanders guides rising spiritual women entrepreneurs through their mid-life sacred quest into the mystery of their sexuality.

She believes that sexuality is every woman's birthright and is a vital nutrient all mission-driven women need to feel inspired, replenished.

One of the things I love is that she is so straightforward and funny.

**Diva Carla:** That is the most connected-to-who-I-am introduction that I've ever had.

**Rev Anne:** I was laughing so much when we talked last week that you'd gone swimming in a cold lake. Tell me about swimming in the lake in November in Maine. Is that part of the sensual experience you do?

**Diva Carla:** We have a foot of snow on the ground here in Maine this week! Swimming in live water is important for me. I'm a mer-person, a Pisces, an unrecovered Southern Baptist.

**Rev Anne:** I hear you about the living water, but there are alligators, snakes and rip tides here in South Florida. Swimming for me is about cleansing my auric field. Water feels like silk against my skin.

**Diva Carla:** Water awakens all the sense. I decided to live North instead of South because I like the cold.

**Rev Anne:** So let's talk about your work: how did you become a sexual healer?

**Diva Carla:** As with many of us, it started with my own personal journey. I was taught that sex was bad and evil and for your husband after marriage.

That damaged me and I thought there was something wrong with me on many levels: the hellfire and brimstone level, and because I wasn't having orgasms because I had sinned.

It wasn't until I the kids had left home and my marriage broke up - meaning I was a single women in my 40s - that I said "*I am going to fix this problem of mine.*"

I was scared because I thought I was fatally flawed. I found a healer, and being a deeply sacred person, that was the right way to enter it. That was the Divine picking me up and setting me on my path.

**Rev. Anne:** I love the healing of the shame. In our society there is an unhealthy relationship with sex as a whole. A few years ago I launched a program called "*Sacred Sexy Sales*" because sales is a reflection of the dance of courtship. But in my market, some people were like "*Whoa, what?*"

**Diva Carla:** Two 'dirty' words together.

**Rev. Anne:** But entering into a sale is actually opening up a sacred space. Everything comes back to energy, whether it's sales, healing or working with a client.

For me it made logical sense to call it that. I still like that title. But I was tapping into the unconsciously unhealed part of many people. For you, you are a bright shining light for many people. This is your calling.

**Diva Carla:** You brought up so many things talking about this...

I'd like you all to take a deep breath and open yourself into the possibility that sex is so much bigger than you were ever taught and you can apply this to whatever part of your life that is calling for it.

My priestess said that wealth is a reflection of the level of intimacy you have with yourself. If you're trying to contain your sexual energy into the box you were told it, it's like trying to hold back wild horses, instead of taming them and going out and doing amazing things in your life and have delicious, beautiful relationships.

**Rev Anne:** I know someone who was raised Southern Baptist and went through the same process and remarried into a completely different relationship with better sexual energy. But I also know people who are in a relationship and don't feel repressed. When you use the analogy of the wild horses, does this apply to everyone?

**Diva Carla:** I have a questionnaire, and one of the questions is, “*Are you satisfied with your sex life?*” People who aren’t struggling aren’t looking for help. I’m talking to women who are looking for help.

**Rev Anne:** In sales talk, that’s the same. If someone isn’t in pain, you can’t sell to them. You can’t sell me dog food because I have cats. It’s a wasted energy.

And people’s hunger and needs arise at different times in your life. Was it moving into the divorce that had you decide, “*It’s not okay in my life?*”

**Diva Carla:** No, that was the spark that got me moving as a menopausal woman.

**Rev Anne:** I want to go onto what it costs people who repress their sexuality.

**Diva Carla:** The shadow of that picture is shame. When we have so much shame around our sexuality, because of the culture we’re raised with, we can find where the shame affects you.

**Rev. Anne:** Give me an example...

**Diva Carla:** Perhaps you have a great sex life but are scared of exploring new things. There’s something natural about shame, we can’t make it go away; we master it.

For a female entrepreneur, her primary relationship may have a lot of shame, and then she goes to create sales and that shame pushes through into her

feelings of not being good enough. Those wild horses are a huge energy drain and stop us from stepping up.

On the light side, if a woman is not experiencing orgasm to the fullest range of her capacity as woman, then she is depriving herself of some very important brain chemicals.

**Rev. Anne:** Yes, a great orgasm makes you walk around happier.

**Diva Carla:** Ancient wisdom knew this. Modern science is catching up to this with brain monitoring and blood chemistry. You flood the brain with endorphins, dopamine (the confidence neurotransmitter) and oxytocin (the connection and love hormone). With those you have a confident creative woman working at her full capacity.

There's sex that is like scratching an itch. Some people call that an adrenaline orgasm. Then there's the oxytocin orgasm, which has really build up, it involves lots of touch and connection with self or partner. It involves lots of information about your body and how your body works and how your nerves, spirit and emotions are activated. If we don't get that often enough, we start to shut down.

**Rev. Anne:** Joyce in the chat room asked a good question, *"Do you have recommendations for men struggling to reach orgasm?"*

**Diva Carla:** I'd have to answer that with more information because it may be a prostrate physical problem, an erectile problem, or a psychological problem.

For people who are beginning to face this for the first time, it's stepping over into a threshold for the rest of your life. Your sexual energy is a renewable energy for the rest of your life.

**Rev. Anne:** So when someone has a blocked sacral chakra, in the lower chakras, what's going to show up in someone's business and what are some of the things they could do?

**Diva Carla:** I'm going to offer something right now. Add this into to your spiritual practice: with your breath drop into the bowl of your pelvis and send a whole lot of love and let that intention reach all the way in and send love below and name your parts.

It's about claiming your own sexuality. If we're not claiming it completely, we look to our partner as our supply and resource, as well as blaming ourselves.

**Rev. Anne:** Yes, there are some great vibrators out there. It's not right to put the weigh on someone else that they are responsible for their orgasms. It's the same in your biz, don't look for your VA or mentor to rescue you. Take responsibility for everything. You might be a bit uncomfortable, with sexuality, money, health, it's all the same. It's ok. It's your body, your biz, your life.

**Diva Carla:** This is about response-ability and em-power-ment. A lot of women really respond and "get it" when I say that sexuality is how the Divine Feminine talks to you and through you. For others it doesn't resonate and that's great as well.



In the days when “God was a women” (quoting Merlin Stone), our sexuality was a way that we communed with the Divine and celebrated the changing seasons of planting seeds, harvesting, etc.

This is knowledge we can regain by opening ourselves to the possibility and to accessing it as a source of replenishment to fill our wells. We can use this energy in all our creations to physically embody the Goddess.

**Rev. Anne:** Tell us about your gift for the listeners, Carla.

**Diva Carla:** My gift for listeners is my “Sacred Pleasure Secrets Audio Activation: 4 Secrets Every Woman Needs to Know to Activate her Sacred Feminine Sexual Power.” It comes in both audio and written format so there’s something for all types of learners.

The link is <http://bitly.com/sacredpleasure>

And, I will add a link to the gift page and add the meditation we talked about earlier.

I’m also offering to Rev. Anne’s community 5 Breakthrough Sessions. Get yours here: <http://bit.ly/discoverpleasure>.



**Rev Anne:** Tapping was a great tool for me to dissipate shame. I didn’t wait until marriage. It was too juicy, but there still shame around it. My healer said to me, “*This is a great wound we have here in society.*” Thanks for everything Carla, this has been intimate, powerful, practical and totally powerful.



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