

# of Relationship

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masculine energy, the equilibrium between them creates the place of pure potentiality—non-duality, void, a unified quantum field. The state of being truly present brings us into full sensory experience, and surrender prepares us to receive divine impulse.

When these essential elements of an ecstatic and powerful Tantric union are in balance, a portal opens and we can really feel our energy flowing. There is a lightness of being and we feel as if we are being held - like we are receiving energy instead of expending it. We feel connected to our heart and our truth as we are suspended in effortless union.

## *Preparing for Sacred Union*

By awakening the subtle flows within the body, the alchemical transformation and union begins. The combination of breath, movement, and harmonic frequencies tone up the inner energy channels. Connecting our breath with our body is vitally important. Shallow breathing and periods of unconsciously holding our breath scatters mental focus and allows emotional chaos to arise—suppressing emotional release. Shallow breathing is a pattern that reflects unprocessed emotional energy. And shallow breathing equals shallow orgasms.

The sensory experience of breath entering our body becomes an anchor that drops us out of our mind's chatter and gets us into the body. Breath, movement and sound open the energy centers so there is more space for spirit to merge with our form. While breathing, moving, and sounding, we have the opportunity to be deeply receptive to our emotions. By using breath, sound and movement we can open and cleanse the energy centers and release emotions that block the potential for full creativity and sexual ecstasy.

Movement can be used to open up our vibrational field and release old energies. Movement creates space to allow more breath to come into our body. Movement can also be used consciously to stimulate sensory experience in the body. In my classes people are always amazed when they feel breath in places that they never felt before. Suddenly they feel a connection with their body, more energy flow and a deep sense of body spirit union.

Sound is a beautiful way to become grounded in the present while preparing for divine union. Sacred Sex is a vibrational connection. Like musical instruments, we are vibrating matter, and before we can even consider unifying with another—our two notes creating harmonic resonance together—we must first attune ourselves to our own vibration. As our energy channels open up, and we develop a sense of our unique tonal frequency, we awaken a deeper experience of creative—and sensual—potential.

I use special sound healing instruments in my classes and interactive ritual performances to bring listeners into harmonic resonance. Similar to sacred bells and chimes, these instruments deliver pure tonal frequencies. One of the frequency combinations is the Sacred Geometry of the Vesica Piscis—the musical ratio of divine union. By

vocalizing with these frequencies, we can come into harmonic resonance with the divine union relationship. The voice can be a powerful tool, connecting us with our body and emotions. The sound of our voice and specific sound frequencies can stimulate the release of blocked energy and open the portals of the senses—helping to prepare us for vibrational union with our partner.

## *Relationship, The Alchemy of Divine Union*

Once we have connected with our body, opened up the subtle energy flow and brought the internal energies of the feminine and masculine into equilibrium, we are ready to connect with another. When we are both in our essence, in union with ourselves, we can become conscious of the alchemy of the relationship that is being created between us. Within the sacred relationship, we are two beings enjoined and vibrating in harmony. Breathing in sync, heartbeats in rhythm, we create a third field of energy, the trinity of the Vesica Piscis. This is the alchemy called *relationship*.

The sacred relationship is a place where our frequencies merge and all aspects of separation are lost. The thing we have in common is the new relationship that has arisen. So we sit in this unified field together—two empty vessels—and allow the subtle energy flows of this union to surround, engulf, and flow through us. We watch it unfold, its uniqueness the flowering of a subtle alchemy between two people without expectation. When you don't need the experience to be anything predetermined, you allow the highest force of the universe to flow through. There is no separation, no ego that needs identity—just pure cosmic flow.

This presents a pathway to enlightenment—a vibrational experience that opens the energy field to divine love, divine light, divine oneness and creation. Mary Magdalene and Jesus were models of divine union, the expression of spirit in human form. Reintegrating the Divine Feminine completes the circuit of energy essential for divine union. This is why Mary Magdalene is such a crucial aspect - because of the divine feminine role she played with Jesus. The two energies were needed to access higher dimensional realms.

Our body is the sacred doorway to ecstatic union with the Divine. Through a union based on purpose and intention, aligned in our hearts, we open ourselves to a higher directive. The feminine principle is our connection to embody spirit in form. Once the temple of the body has been fully reclaimed—through self-acceptance, total surrender and full presence—the *Divine Union* of the *feminine* and *masculine* opens a channel for pure bliss.

*Estaryia is a visionary, author, speaker, sound and movement educator, sacred dance and recording artist. She gives presentations and facilitates workshops on the power of sound and utilizes the newest in cutting-edge scientific sound technologies in her programs. Estaryia facilitates personal and group retreats on the big island of Hawaii and leads tours to sacred sites worldwide. She is the director of Earth Consciousness Institute, a non-profit organization producing educational and multi-media events to raise unity consciousness and reconnect people with the natural rhythms, cycles and consciousness of the Earth and the Universe.*

*Estaryia's "Divine Union" – Sound Healing Frequency CD is available at her website: [www.Estaryia.com](http://www.Estaryia.com)*

*our body. This deep receptive state requires surrender, trust and total self-acceptance.*