

THE ICASA TEN-STEP SEXUAL RECOVERY PROGRAMME
FOR MEN, WOMEN AND COUPLES

**TEN POWERFUL STEPS
YOU CAN TAKE TO
OVERCOME
PERFORMANCE ANXIETY,
FEAR OF INTIMACY AND
SEXUAL PROBLEMS**

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Do you suffer from fear of intimacy?

Does anxiety prevent you from establishing or maintaining healthy and satisfying sexual relationships?

Is intimacy and satisfying sex missing from your life?

Do you long to find love, and a deep intimate relationship?

Why Shouldn't You Have What Everyone Else Seems to Have?

Early life conditioning, past negative experiences, trauma, sexual failure or humiliation...all these life events combine to block, or negate, your natural ability to be fully sexual and happy.

But open your mind for just a few minutes.

What You Are About To Read Could Completely Alter Your Concept Of Intimacy and Sex...

A fundamental error is made when people talk of sex as though it were one and the same thing for everybody.

There are actually three distinct Types of Sex

The first type of sex is what I call "Outside-In Sex". The second type of sex is "Simple Sex". The third type of sex is "Inside-Out Sex": it is sex beyond the ego—a paradigm of sex that is transformational. Inside-Out Sex is generated not solely by attraction, but connection. This type of sex is metaphysical, involving the body, energy, vitality, feeling, mind, will and consciousness. Inside-Out Sex heals the fears created by erroneous and illusionary ideas associated with sex. The ICASA Sexual Recovery Programme will help you to experience Inside-Out Sex for yourself.

What if there was nothing wrong with you? How would it feel to be instantly freed from all sense of being flawed, broken and in need of being mended? What changes might become possible if you were to discover that you were already fully accepted, loved and completely whole?

By purchasing this ten-volume workbook programme, and by practising the exercises that are described and explained, you will discover and experience:

- How to let go of defensive or controlling patterns
- How to open to trust
- The art and science of the deeper intimate caress
- The beauty in your body
- How to establish a healthy life-long relationship with your body
- How to express intimate pleasure
- How to release blocked energy in the body
- Healing from past emotional and sexual wounds
- How to eliminate insecurities relating to genitals
- The beauty and the mystery of male and female genitals
- How to release sexual energy from within
- How to arouse desire
- How to take charge of your arousal
- How to expand your orgasmic potential
- The meaning and purpose of lovemaking
- How to create a new life—a creative step of courage into your new future

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Part 1

**THE ICASA TEN-STEP SEXUAL
RECOVERY PROGRAMME
AND HOW IT CAME INTO BEING**

Chapter 1

The Healing Power of Intimacy

For almost forty years, I have worked continuously in helping people to overcome their anxieties, fears and life-controlling dysfunctions. For over twenty of those years, my work has focused on helping men, women and couples, to overcome their sexual anxieties and fear of intimacy: to discover happiness and fulfillment through intimacy, sex and intimate relationships. In the course of this work, I have had the privilege to treat nearly 1500 exceptional and extraordinary people. Here are just a few of them.

Leo was a 38-year-old French man who came to ICASA suffering from fear of intimacy, sexual inexperience and unwanted mid-life virginity:

Finally - it feels so good. Oh yes! I am so happy. That's it. I did it. Best moment of my life ever. Now I understand everything. Everything I've learned at ICASA. I can be even better than that. At least I now understand lovemaking and the momentum for a man. I have a clear picture now of what to do. I am relieved. I am happy. Now my sex life is starting. It's all starting now. The beginning of a new life. I can't find the words to express my joy and my gratefulness to all the staff at ICASA. I thank you so much. The next day at work, the girls at work asked me about my trip to the UK and they could see that I had changed, "You met a girl didn't you!?" they said. I can feel I've changed. It's like seeing life on a different perspective. Everything in life is now seen through new eyes.

Tom was a 57-year-old divorcee man who had been suffering from erectile dysfunction and performance anxiety throughout his entire life. He lacked any confidence to form new relationships and was plagued by suicidal thoughts:

I am not entirely sure what I'm going to write. Whatever I write will not do justice to what the ICASA process has done for me. It is more the internal changes, which can't be expressed on paper, and the external changes within my life that reflects what you have all done for me. When I first approached ICASA, as you probably remember, I felt lost. Although I had a job, friends and a life, I still felt lost and was presenting a façade to the world. I do not feel this way any more. Being in a committed, loving relationship was not something I was expecting to happen, least of all during the process at ICASA. I have loved the whole process, including the way of looking at intimacy, the gradual approach and building a relationship with the ICASA framework and in parallel for me, building up my confidence and a wider understanding of intimacy and sex. I am no longer that lost man who you met some months ago. It is almost impossible to express what ICASA has done for me, but I hope that what I have written will give some sort of flavour for how I feel about myself and life now.

Margaret was a successful 42-year-old professional woman who had never had an intimate relationship, was afraid to be available to men and felt completely inadequate due to her sexual inexperience:

This week has been a bit of an emotional rollercoaster for me but I am focusing on the future. I have completed the ICASA programme!! I have so much to be proud of, after all, I faced and overcame some of my greatest fears. The August version of me is unrecognizable as compared to the April version of me! I am no longer a virgin, I am proud to be a very sexual and sensual woman, I want to be desired by a man, I want to (and know I am able to) desire a man, I am confident about my appearance, I am confident about my body, I know I am worthy of a loving relationship, I crave intimacy and now know I am more than capable of reciprocating and enjoying sex, I enjoy lovemaking. Most importantly I am ready to face the world without the mask and armour I wore pre-ICASA to stop anyone from getting too close. Thank you once again. ICASA is the best thing that's ever happened to me but I have a feeling the best is yet to come!

The Hero's Journey

How did such transformations take place? What is happening that is helping these people? The process is called the ICASA Ten-Step Sexual Recovery Programme. It is a very practical, although—on many occasions—complex journey.

From the moment of physical birth to the last breath of life, men, women and children crave to love and be loved, yet there exists a strange *fear of love*, which makes people construct a mask, depriving them from being seen and known. The roots of fear itself lay in the idea of being separated from love. It is there; behind masks, that the majority of people hide alone with their fears.

Most people think they are a body. It is a fatal error to believe that you are a body. You live in a body but you are not limited to being that body. Depending upon the body for self-identity and self-assurance is much the same as trusting solely in money for personal happiness. What happens to the rich man's happiness if there is a stock market crash? Similarly, what happens to your self-assurance and self-identity if your body is sick, altered through surgery or when it develops signs of the ageing process?

What happens when your body lets you down in the bedroom? What happens if you don't get aroused when you want to? At such times of physical dysfunction, if you are a body, you have fundamentally collapsed; your engine has spluttered to a stop. If you are a car and your engine stops, you are useless. If you are a body and your body falters, you feel useless. You are no more a body than you are a mask; neither your body nor your mask are who *you really are*.

A man or woman who mistakes their body as the real Self walks through the world upside down. They cannot understand why they do everything that works against their happiness. They believe that something is wrong with them and that they were created faulty. They don't understand that their mistake is their belief in separation. This limiting belief makes them see a world that does not really exist, a nightmarish prison in which they are incarcerated.

By being prepared to know yourself more deeply you are acting courageously. In ancient spiritual traditions, self-discovery is known as "The Hero's Journey".

You may not feel like a hero right now but with courage and patience you will soon begin to feel the benefits of this programme. It is a process of discovering your real Self, getting to know your feelings and thoughts so that you can gradually become more accepting and forgiving of yourself. In that way, you become more integrated and balanced in your thoughts, feelings and body.

It is a journey of letting go. It is not about perfecting technique, but learning how to take charge of your mind, your feelings and—as a consequence—your body. It is a journey that everybody can take, regardless of the complexity of the apparent problem. Sexual relationships do not thrive on trying harder or doing it better, but by letting go.

The Transpersonal Dimension

Transformation starts in the mind. The old saying that "sex is in the mind" is nowhere truer than at this starting point. Unfortunately, as with most old sayings it has been misinterpreted to suggest that sex becomes sexier if the mind is active with sexual fantasy. This is, sadly not true. In fact, most fantasies are being entertained by the minds of men and women who are

deeply insecure about their natural ability to become sexually aroused without fantasising.

There are real changes, or shifts, in the mind that really do open new doors within, bringing new possibilities and potentials. The pre-requisite—a shift that enables other shifts—is a shift to the trans-personal, or ‘numinous’, dimension.

Most medical and therapeutic approaches are based on treating the physical, mental or emotional aspects and functions of the patient. The patient presents to the therapist with a problem that is diagnosed, analysed and an appropriate treatment prescribed to minimise its effects.

From a transpersonal perspective, the client does not have a problem; he or she has an error, or misunderstanding of perception. From this perspective, the client is already whole and perfectly able to have fulfilling sexual relationships but it is as though they are walking through life with half a dozen or so overcoats on—and that, during a heat wave! Our work is to help them to “remove one overcoat at a time”. Nakedness does not start with nudity; it starts by uncovering the soul.

Transpersonal sexual therapy aims to help the client to perceive their existence, and the nature of the universe, differently. They see themselves as a separated, isolated individual battling to survive within a malevolent world. The ultimate effect of their experience of the ICASA Sexual Sexual Recovery Programme will be that they will have shifted their perception—or raised their consciousness—to a level where they see the true self as being connected with the ultimate energy of Love Itself. Moreover, that the world is a place where they can discover what it is like to experience fully that energy of intimacy and love with a partner.

The term ‘transpersonal’ is not being used to describe any religious creed, dogma or religious practice. Religions have spent millennia warning their followers of the perils of sex and creating enough sexual repression in the collective consciousness to last for further millennia. According to organised religions there must be so many trillions of souls in ‘eternal hellfire’ because they dared to think sexual thoughts or engage in sexual relations outside marriage. How many men are now languishing in lakes of burning sulphur because they masturbated as adolescents, I dread to think!

There is no ‘ICASA doctrine’; we do not advocate or teach any spiritual dogma. Transpersonal therapy deals with consciousness, and by raising consciousness above the level of fear or worry, releases the body to respond in ways that usually amaze clients.

This is not weird; neither is it surprising. It is not even supernatural. Treating the whole person as distinct from treating effects, or symptoms, is simply helping the client to return to their natural state.

The cure is not miraculous. It is expected.

Chapter 2

About The Founder

People ask me how I got into this work, and how the Centre for ICASA came into being.

I was born in London, just after the Second World War. Apart from the occasional forty-eight hour leave, my Dad was away from home in the army for the six years of the war. When he returned—along with millions of others—I was conceived. My generation became known as the “baby-boomers.”



From my earliest memory, I knew that there was more to life than simply what I could see with my eyes and touch with my hands. It was as though I had come into this world from a place of beauty, love and interconnectedness, and now that I was in a physical body, I wondered where to find this deeper Reality. As a child, I would go alone to listen to the Salvation Army band playing spiritual music in the streets. I enjoyed going to Sunday school, even though the teachers didn't really seem to know this Reality. I went anywhere that would let me sit or stand and feel the Reality. It wasn't until I was in my twenties that I found what I was looking for, and it was then that I first stepped on the spiritual path. It has been a bumpy path, but one that has brought me inner peace in a tumultuous world, eliminated any fear of death and given me purpose in life.

In 1971 I met Jane and we were married two years later. In 1978, shortly following my father's death and my son's birth, we started out on what was to be the defining period of our life together. We sold our house and left our hometown, families, work and everything that we had grown up regarding as security and moved into a spiritually based community house where we shared everything with several other families and a number of singles. The perceived strength and common bond of the community soon attracted the neediest people in society, looking for help; drug addicts, alcoholics, mentally unstable, stereotypical “tramps” and other homeless people, some recently discharged from prison – the “poor and the needy”.

By the mid 80's, we were trained and experienced counsellors; our work responsible for opening and managing a rehabilitation project that saw many of these seriously displaced and disadvantaged people take their place in society. We were not, however, sufficiently street-wise nor were we sufficiently self-aware to prevent burnout. The intensity of the work took its toll on us personally and by the late 80's, working without any regular funding or financial support other than charitable donations, we were poorer than those we had been trying to help and probably just as needy. Emotionally and spiritually I was broken, and if it had not been for the love and unfailing support of my wife, our family and our health could have been irrevocably damaged. Disillusioned, we moved to North Wales to seek anonymity and to quietly rebuild our family life on some kind of normality. We were carrying an inner “call” – a vocation; our destiny – but we needed to rebuild our lives and concentrate on the well-being and happiness of our own family.

An Open Door

It was against this backdrop that one day, a few years later, the telephone rang and I was invited by a group of eminent medical doctors and business entrepreneurs to help in the setting up of a medical clinic in the USA that would treat men for impotence. They were now at the next stage of development and the need was for someone to be responsible for recruiting and training counsellors in America who would be able to work with the patients who were undergoing treatment for their sexual dysfunction. My name had been mentioned as someone able and experienced enough in counselling, and known sufficiently by the group as being trustworthy, spiritually minded and ethical in approach. I was asked to go to the States to take on this temporary assignment, which would likely take around six weeks to complete. There was a fee involved and this was sufficient incentive to persuade Jane and me that this was an invitation that I should not turn down!

In 1991, there were few treatment options available for men who suffered from sexual problems, and even fewer for women. In those days men, women or couples usually suffered in silence. It had become the normal expectation that at about the age of fifty to fifty five, that their sex drive would wane with resultant loss of erections, and that the couple would simply “hang up their boots” and their sex life would cease completely.

My six-week trip to the States lasted for almost three years. For over a year of this time, my wife and children lived with me in Florida but for the majority of the time I was virtually commuting back and forth between Britain and the States.

Psychogenic Sexual Problems

It was in 1993 that I returned to the UK. Jane and the children had left for England in May and I came home in the autumn of that year. The work in the States was, to all intents and purposes, finished. I was no longer needed by the clinic in Florida as the counsellors were now up and running and the medical treatments were being administered by the medical staff. The future was unknown. Within a few months, together with an extraordinary medical doctor, we had opened a private medical clinic in Chelsea, London.

These were pre-Viagra days and penile injection therapy was still the state-of-the-art medical treatment for erectile dysfunction. What was causing me some frustration, however, was the increasing number of men, and some couples, who presented at the clinic with sexual dysfunctions which were equally damaging to self esteem and to sexual relationships but were the effects of emotional, relational, mental and spiritual causes as distinct from organic impotence.

Being London based, Jane and I were now in a position to work directly within the clinic and together we took on the counselling of patients personally. This meant that we were able to help a broader range of patients who presented themselves at the clinic by referring the patients with organic impotence to the clinic doctor for medical treatments while taking on those patients suffering from psychogenic sexual problems personally and helping them initially through our transpersonal approach to counselling. Before long, we began piloting our own Sexual Recovery Programme. We watched in amazement as one client after another discovered their sexual confidence and left behind their sexual dysfunction as they were led, step-by-step, through our steadily evolving programme of sexual healing, and which included a surrogate partner in appropriate cases.

Birth of The Centre for ICASA

For the next five years, we tested and honed our Sexual Recovery Programme, discovering solutions to the complexities, idiosyncrasies, nuances, dangers, joys and miracles that are inherent within.

It was time to “come out of the closet” and to make our treatment programme more accessible to those who needed this approach to sexual therapy. Over the past five years our programme had helped almost two hundred people; most of whom could not have been as effectively helped by any other treatment method. We were, and still are for many people, a “last chance saloon” as other treatment approaches have already been tried, with little effect, before our door is knocked. I felt that our work needed an identity. By now the internet age was just dawning; to make our work accessible, we needed a website. We had everything except a name.

Riding up the escalator on the London Underground, I experienced a strange sense of quietness come over me. It was as though the volume of the noise around me in that busy station was turned right down so that I couldn't hear anything at all with my physical ears. I could see the people; watch them standing, talking; laughing with one another – but there was no sound. From deep within me, came a still, small voice. I could say it was almost audible, except it wasn't. It was a silent voice, but as clear as any voice that I have ever heard before. “ICASA” it whispered; “ICASA”...“Intimacy, Consciousness And Self Awareness”.....“ICASA”.... I rode up and down that escalator several times before the normal sounds around me returned to my physical ears.

In 1998, The Centre for ICASA was established in a large house in a small country hamlet in Bedfordshire.

The work that had been conceived over five years previously had now been born.





Part 2

SEXUAL CONFIDENCE

Chapter 3

Three Essential Pillars

Pillar No.1

Understanding The Sexual Body

Have you ever wondered why you can control the movement of your arms and legs by sending signals, or messages, from your brain to the limbs—but the penis seems to have a mind of its' own? It is because the autonomic nervous system, as distinct from the central nervous system, is responsible for arousal, erections and the ejaculation cycle.

This incredibly important nerve system is called “autonomic” because—unlike the central nervous system that receives messages *from the brain*—this complex system of nerves sends messages by way of feelings *back to the brain!* It is possible for men and women to fully take charge of their arousal and erection by working harmoniously with the autonomic nervous system; to do so, it is vital to learn an essential fact, known to very few.

Because the autonomic nervous system receives messages from the *subconscious mind*, and sends signals back to the thinking brain, this involves making a shift from the conscious, everyday thinking part of the brain to the *subconscious*, which is accessed through the midbrain. There are two key glands hidden within the midbrain that lay almost dormant and atrophied until the subconscious mind is awakened. These glands—the pineal and the pituitary—are essential in balancing and harmonising the other major glands throughout the body, and are essential in connecting the gonads, or testicles, to the mind.

Throughout the ICASA Sexual Recovery Programme, you will learn and experience how to take charge of your arousal and erection by *awakening the parts of the brain that hold the key to the subconscious mind*. This is a step-by-step process, which can be experienced by following the techniques fully explained in the ten workbooks.



Pillar No.2

Premature Ejaculation and How to Overcome It

During sexual stimulation and arousal there are two sexual processes going on within you. One is your arousal cycle and the other is your ejaculation cycle. These two cycles are linked through sexual stimulation but they are not the same; they are two distinct processes. The arousal cycle is the combination of subtle teamwork between your hormones and your mind. The ejaculation cycle is a combination between your nervous system and your mind.

Your arousal cycle is quite distinct from your ejaculation cycle. The art of sexual control is to know where you are in the arousal cycle and where you are on the ejaculation cycle. You can learn how to understand these cycles and develop mastery of them through this programme.

Men believe that, with stimulation, they will inevitably ejaculate. There are, however, five psychosexual stages to the ejaculation cycle. The first stage in the ejaculation cycle is 'excitement'. During this initial phase of the cycle the nervous system is intensified and ultra sensitive in the fingertips, tongue, lips, nipples and penis. Men should not attempt penetrative sex when still in this phase. They should relax and connect with their partner in intimate, mutual caressing. They should open their mind to the sensations taking place in the nervous system during sexual stimulation. Enjoyment, relaxation and communication are the key elements in the first stage of the ejaculation cycle.

Over a short period of time a man may enter the second stage of the ejaculation cycle, known as the 'plateau'. When he reaches this stage it is easier for him to tolerate the sensations without anxiety. The nervous system has desensitised and sexual stimulation can be enjoyed without the same intensity as during the excitement phase. The plateau can go on for any length of time so long as mutual pleasure is experienced. This is the 'control period'.

The third stage of the ejaculation cycle is orgasm, which may be accompanied by ejaculation. Orgasm is something that can become *implosive* rather than *explosive*. Men have the ability to be multi-orgasmic in a similar way to women.

The fourth stage of the ejaculation cycle is 'voluntary ejaculation'. This occurs when the man and his partner are ready for him to ejaculate. Our definition of ejaculation control is for ejaculation to happen voluntarily as a planned event.

Ejaculation is always followed by a fifth stage; 'resolution'. This is a period when the arousal cycle naturally declines and the penis becomes flaccid. There follows a period of time, varying from man to man, before arousal and another erection is achieved.

The ICASA Sexual Recovery Programme teaches five crucial techniques to help you completely eradicate premature ejaculation forever.

Pillar No.3

Overcoming Arousal and Erection Problems

Arousal involves how the senses; sight, smell, sound, touch and taste react in a sexual situation. This combination of sensory reaction is the result of teamwork between your mind, emotions, and hormones. The physical body, including blood flow and the motor nervous system is affected accordingly.

Generally speaking, the only struggle to get aroused occurs when you worry or try too hard to *become* aroused. The time you have cause to worry about arousal is if you are consciously worrying about it!

When you are anxious, fearful, nervous or excited prior to, or during sex you are likely to breathe in a shallow or rapid manner that will produce a charge of adrenaline in your body. The adrenaline reaction will then cause your muscles to become very tense and tight.

This tightness and tension will cause your brain to become alert and mindful of the needs of the body but will have the effect of temporarily 'blotting out' your intuitive mind.

This results in losing contact with your arousal. It is important to learn to control your anxiety and your adrenaline levels before and during sex; this can be learned by Conscious Breathing.

This deep, slow breathing technique will keep high levels of adrenaline at bay and will also help to circulate sexual energy throughout the whole body during sexual activity both in foreplay and during lovemaking.

You may be surprised how many men think that something is wrong with them if their penis does not automatically become erect simply when sex is discussed. Such repressive ideas reduce men to objects and their penis to an instrument designed merely for a function. The male body requires as much tender loving care as does the female body. The erection is a complex feature involving the co-operation of two people, not just one.

Men are aware that they are expected to have an erect penis in order to make love. Their anxieties increase when they think that they are not sufficiently hard. During intimacy, however, the penis goes through a number of different stages in the erection process.

The first stage of an erection after flaccid is *stiffening*. A stiffening penis isn't an erection. A stiff penis is when the smooth muscle in the shaft of the penis relaxes, allowing more blood to flow in the penile area. The penis still has a long way to go until it is fully erect. Many men attempt intercourse while the penis is stiffening and they are surprised when it quickly goes down! Men who skip

foreplay, depriving themselves and their partner of longer lasting intimacy, try to do too much with a penis that is simply stiff.

The second stage of an erection is when the penis is *hardening*. A stiff penis is *hardened* by allowing the nervous system to contain the blood in the penile channels. At this stage the penis is hard; the smooth muscle is relaxed, blood has filled the penis. This is because *the man is relaxed*. His mind is focused and has entered fully into the experience.

The third stage of an erection is when the penis becomes *hot*. This is when the blood is contained in the penile area.

As consciousness is maintained, the fourth stage of the erection is reached; the penis may now become *hot* and *hard*.

The fifth and final stage is a *full erection*. This is termed as *hot, hard and enlarged*. It is where the maximum potential of the penis is now achieved and is fully erect.

It is often believed by most men that an erection is something that just happens to them, usually when thinking of sex or anticipating a sexual experience.

Many men believe that erections are caused by an attractive partner or by the style or quality of her touch on the penis.

The majority of men believe that erections are purely a matter of physiology; friction, or rubbing, of the penis creating hardness.

Some men understand that the *nervous system* is involved in the process and also that a satisfactory level of the hormone *testosterone* is beneficial.

Few men give much thought to the maintenance of these aspects; even fewer to the negative impact that toxic substances such as excessive alcohol and nicotine can have.

Very few men consider whether their *diet* is conducive to having healthy spontaneous erections and only a small number of men consider *physical exercise and oxygen intake* as having anything remotely to do with their erection.

It is rare for a man to consider the role his mind plays in the arousal process, and even rarer for him to learn how to manage his mind.

In the ICASA Sexual Recovery Programme there are exercises for the mind, described in the section called '*Taking Charge of Your Mind*' and also self-pleasuring exercises in the section, '*Taking Charge of Your Erection*'. To get the best results from this programme, it is vital that you practice as explained, even if these exercises are completely outside of your previous experience.

Part 3

METAPHYSICAL SEXOLOGY

Chapter 6

Four Keys To A Fulfilling Sex Life

I now want to introduce you to four important keys that can transform your life.

First: *Intimacy always diminishes anxiety; it is wrong ideas about intimacy that creates anxiety.*

Second: *There is more to the body than the image you see in the mirror.*

Third: *There are three types of sex.*

Fourth: *There is nothing wrong with you.*

Do these statements already seem strange and complex to you? Do you feel that you want to protest, or argue against them? *“Nothing wrong with me? Of course, there is something wrong with me...”*

Don't worry. These things appear to be complex because human beings are complex creatures, but the ICASA Sexual Recovery Programme is a step-by-step path for you to follow that will help you to experience the benefits of the keys without having to work out for yourself how to put it all together.

It's a bit like learning to ride a bike or to swim; activities that most of us take for granted but, when you first embark on them you have many doubts and anxieties, and very little confidence. But with an experienced and caring instructor—after a short time of instruction and practice—it's as though a light turns on inside. You discover your innate inward confidence.

Now let's take a deeper look at those four keys.



Key No. 1:

Intimacy Always Diminishes Anxiety

Real intimacy always diminishes, alleviates and ultimately eliminates anxiety. It is only wrong ideas about intimacy that creates anxiety. People think that being intimate is something you do. They say “he was being intimate with her” when referring to sexual intercourse. Intimacy isn’t something you do; its not an activity. Intimacy isn’t a state of doing—it’s a state of *being*.

When anyone is anxious, they should run towards intimacy – not away from it - conscious intimacy always decreases, minimises, heals and alleviates anxiety. Intimacy never creates fear or anxiety; it calms fear and soothes anxiety. Think of a newborn baby; how anxious it must feel being born into a world of solid matter and noise after being protected in the warmth of a mother’s womb. What happens when the baby cries out of need and anxieties? The mother holds the baby and the anxiety decreases.

The reason that intimacy has become associated with anxiety or fear is because the word intimacy has become associated with sex as a physical act. People think that being intimate is something you do. They say that “he was being intimate with her” when they really mean that a couple were having sexual intercourse or “foreplay”.

Intimacy isn’t something you do; it’s not an activity. Intimacy is a state of being; not doing. Intimacy is a level of consciousness that is intuitive as distinct from intellectual. Intimacy is awareness. Intimacy is conscious of feelings that are happening within yourself and can develop into a conduit for the feelings that are happening to your partner. Intellect is self-conscious – that is, aware of what is happening simply to the physical body and to the external surroundings and environment.

Fear of intimacy is being afraid to be real; afraid to be you. It is quite common for people to be afraid of failure, but fear of intimacy is actually being afraid of success. To be able to be yourself, without masks or defences, is to be happy. Fear of intimacy is a fear of being happy. Just think how wonderful it would be: to simply be *you* in a relationship. No pretending, defending or masquerading. No need to perform or to prove yourself. No need to achieve anything, no uncertainty about how your partner feels and no worry about sexual failure. How happy you would feel, and free from anxiety.

Our deepest longing, from the moment we are born, is for love and intimacy. We long to experience intimacy, because in experiencing it, we are able to realize more of who we really are. Intimacy is an art, and once learned, it can be practised, deepened and perfected. We are all intimacy artists, because intimacy is our true state.

But how? It is a well-worn definition of insanity as “doing the same things but expecting a different result.” To experience a new, limitless world of intimate

sexuality, you will need to make some changes. I call these changes “shifts”. You will need to make shifts in your mind if you are to open doors within yourself that help you to access emotions, body feelings and awareness of levels of pleasure that have been thus far alluding you.

Your mind is the seat of your real self. I do not simply mean the physical organ of the brain, which is little more than a hard drive that collects and translates some of your thoughts into language suitable for concrete tasks in a concrete world. The rational, analytical intellect may be one of man’s greatest strengths in work or professional life, but at the same time, it is probably the greatest weakness in intimacy and in sexual relationships. Making a shift from the highly developed intellect to the often under-used intuitive consciousness is the beginning of the journey to transformation.



Key No.2:

There Is More to the Body Than the Image You See in the Mirror

There is more, much more, to the body than just the image that you see when you look at yourself in the mirror. Most people think that the body animates and sustains itself. It does not. The body is a bundle of energetic motion: an amazing, mysterious structure drawn out of forces from the cosmos, meticulously constructed through a process of emanation and evolution over vast periods of time.

Intrinsically connected with the field of atomic and subatomic energy, exist fields of even finer, subtle energies. These are the fields of life energies. This is scientific fact that has been known for thousands of years in Oriental cosmology and sexology and modern Western science is now increasingly proving this theory empirically. In Chinese sexology, this energy field is called *chi*. In India and Tibet is called *prana*. In Western metaphysics it is known as *life force*.

The physical body of every living being is surrounded and enlivened by this life force. Subtle energy surrounds and permeates us at all times and in all places; an electromagnetic field that weaves around and within us through a complex system of psychic centres, connecting our physical body to these universal energies.

There are preventative and restorative solutions to general physical and mental health available to us, by working with the body's life force. Many physical and mental illnesses are due to imbalances in the centres of the psyche. Disease and discomfort of any kind is either a result of—or results in—impairment in the flow of life force in the vital centres, glands, nerves and organs within the body. Through special techniques and exercises, one can energise the body with these surrounding and permeating life forces. Following consistency of practice, this results in the ability to overcome fatigue, heighten the power of concentration and strengthen the power of the will.

The life force can be activated and stimulated in a variety of ways; one of which is sexuality. Consciously connecting with the life energies transforms everything, including the process of sexual arousal.

It is the secret key to the miracle of the male and female erection.

Key No.3: Three Types of Sex

A fundamental error is made when people talk of sex as though it were one and the same thing for everybody. This fatal flaw in understanding has grown throughout the world for centuries, with sex judged as being either “good” or “bad”, depending upon morality viewed through the social customs of a particular culture.

There are actually three distinct Types of Sex.

The first type of sex is what I call “Outside-In Sex”. This sex type appears to be modern and progressive but is ultimately harmful and damaging to the psyche, relationships and to society; yet it is the view of sex held by most men and a growing number of women in Western society and beyond. In our modern world Outside-In Sex, which is a retarded type of sex, is gradually and subliminally causing a process of sexual *devolution* leading back to a state of consciousness lower than that of some animals.



The second type of sex is “Simple Sex”. This is the type of sex generally accepted in both Eastern and Western cultures. It is commonly judged to be moral, and therefore acceptable. Simple Sex is rarely sustainable within long-term relationships, however, and is the secret cause of infidelity. When Simple Sex goes wrong, there is little known about how to correct it.

The third type of sex is “Inside-Out Sex”. It is sex beyond the ego; a paradigm of sex that is transformational. Inside-Out Sex is generated not solely by attraction, but connection. The energies of love fuel Inside-Out Sex. It is not concerned only with the quality of sex life, but with the quality of human life. Inside-Out Sex transcends the boundary of physical matter and the laws of nature. This type of sex is *metaphysical*, involving all seven principles of the human being: the body, energy, vitality, feeling, mind, will and consciousness.

This programme will help you to understand and experience Inside-Out Sex.



Key No.4: There is Nothing Wrong With You

The majority of the Western world suffers from the effects of a flawed philosophy that has corrupted our relationship with sex, ourselves and with others. It has deeply penetrated the collective psyche and much suffering and enmity in the modern world can be attributed to it. This philosophy was developed through influences within organised religions and reinforced by educators over the past fifteen hundred years. Furthermore, since the advent of psychoanalytical psychotherapy, the therapeutic and medical professions have built their credibility upon this flawed foundation.

So what is this flawed philosophy?

It is a Philosophy of Brokenness. Through it we have been led to believe that there is something fundamentally wrong with us. We are *broken* and in need of *fixing*. The philosophy of brokenness, or being “wrong in some way”, was an inevitable side effect of the misunderstood doctrine of “original sin”. It follows, philosophically, that there is something fundamentally wrong with the way in which we come into being; with sexuality itself. Religious doctrines such as this become dogma, accepted by the populace as fact. They contain elements of truth while lacking the vital esoteric keys with which the priceless pearl of truth can be unlocked. Lacking the key and the doctrine is devoid of life. The result is a dead doctrine, producing blind collective belief in judgement, fear and death.

What if there was *nothing wrong with you*? How would it feel to be instantly freed from all sense of being flawed, broken and in need of being mended? What changes might become possible if you were to discover that you were already fully accepted, loved and completely whole?

I am not asking you to believe this right now, nor even to fully understand what I am trying to communicate to you with this key. I understand how unhappy you are, how desperate you have felt: isolated and lonely—even perhaps within your relationship. I know that, right now, you probably believe that there is something fundamentally wrong with you. All I ask is that you keep an open mind and that you read and study the programme workbooks; and—crucially—that you practise the set exercises in the order that they are given in the programme.

In this way, you will come to know for yourself—through your own direct experience—that there is *nothing wrong with you*.



Part 4

THE WAY IN

Chapter 7

Six Gates to Freedom

The First Gate: Breathing Techniques

The ICASA programme not only takes you through a full range of intimate, sensual and sexual experiences, but also gives you powerful techniques that will free you from anxiety, improve intimacy, restore sexual arousal and produce physical responses.

The most important starting point is to take charge of *the way in which you breathe*. Through the various stages of the programme, you will be introduced to different breathing techniques.

The basic working breath is what we call *Conscious Breathing*. This technique lowers the adrenalin in the body that is raised through anxiety, and calms the mind. It works something like this: you can't tell a drowning man to relax, because he is already panicking and full of adrenalin—but if he knew how to change his breathing, he would experience a state of relaxation that would enable him to float or swim to safety.

During intimacy, there comes a point where you are so calm that there could be a danger of becoming becalmed: that is, too passive. So the programme also gives you the breathing technique that helps to activate the plexuses, those important energy centres where the autonomic nervous system and the major glands combine to produce particular sensations and other feelings. What is known as *Ocean Breathing* enables you to consciously generate those feelings throughout the body.

And then, at yet another stage of the programme, you are given the breathing technique that charges your sexual energy: a bit like fuelling a furnace. This is known as *Sexual Charge Breathing*.

Second Gate: Unlocking Feelings

Intimacy requires feelings. The body is a storehouse of feelings. The most obvious feelings we all experience are those we call “sensations”. When you stub your toe against a table leg, the pain you feel is a sensation. When you touch a feather, you experience a sensation. When you caress a lover, you enjoy a sensation.

Most people are also familiar with the range of feelings that are known as *emotions*. Feelings of happiness and sadness are common experiences to most people; if not all. Emotional feelings could be grouped under the categories of either ‘pleasurable’ or ‘painful’. We enjoy emotions that give us pleasure and we avoid feelings that are painful. Emotions are either enjoyable or distressing and the problem with them is that they are very unreliable. We are not sure how they will behave from one minute to another. We can be overjoyed and ecstatically happy one moment, only to be distraught and depressed the next. Without emotions life would be dull, indeed, but if only they could be a little less...well, emotional!

There is another range of feelings, with which we are less familiar. These are known as “body feelings”. They can only be experienced by consciously opening yourself to feelings within the body. Body feelings are happening all the time but many people go through life unaware of them.

The most obvious body feelings are the negative kind. For example, fear is felt in the body, usually as a piercing feeling in the pit of the stomach. Anxiety is a background gnawing feeling in the same body area: the stomach. Confidence, on the other hand, can be felt in the legs and buttocks as a feeling of safety; grounded, like the feeling the athlete has when she stands at the starting block, optimistically waiting for the starting gun. Feelings of love and gratitude are generally felt in the chest, or heart region. There are other, unpleasant feelings, such as loss, loneliness and grief felt in the larynx as a type of choking.

Body feelings involve the whole body, including the head.

At a subtle level there exists another range of feelings that are beyond the normal range of the senses. These feelings may be evoked by words, relational situations, art, nature, poetry or music. Some people may be happier using the term sub-conscious feelings, but I suggest that ‘soul feeling’ is more accurate.



The primary organ for experiencing soul feelings is the heart; not the physical heart but the centre located behind the heart. The “heart centre” in the psyche, or soul, opens up a world of spaciousness and beauty inaccessible to the ordinary physical organs of the body. This heart centre is located in the middle of the chest, behind all physical organs and skeletal structures.

Getting in touch with feelings is a big challenge for many men and some women, but the exercises and techniques that you can practice will increase your personal awareness of the immense range of *sensations, emotions, body feelings*—and even *soul feelings*—that are available to us as human beings, especially those that are aroused during intimacy.

Third Gate: Intimate Communication

It is common to hear single men and women say that they have lots of friends of the opposite gender, but when it comes to developing any of those friendships into an intimate relationship, they feel completely blocked and inadequate.

Maybe you suffer from “emotional constipation” and unable to express yourself; as a result, you experience feeling lonely, isolated and easily embarrassed. Maybe you are the type of person who, when asked “how are you?” simply replies, “fine, thanks.”

Intimacy is incompatible with hiding your feelings because concealment creates a sense of separation. The process of learning how to share feelings presents a great opportunity to expand into your potential to have a fulfilling intimate relationship.

It is not necessarily how articulate a person is that repels or attracts; it is how open you are in saying what you are thinking. There is a particular magnetic resonance when mind and speech are synchronised. Muttering repels; open, honest and audible conversation attracts. Knowing what you want and asking for it seldom brings rejection while being overly subservient is not attractive. False humility repels, as does brash arrogance or haughty pride. Truthful speech is attractive.

It will set you free when you to become used to the feelings that arise through various intimate situations; to know how to accept and transform them. The exercises in the ICASA Sexual Recovery Programme can be approached with a certain sense of fun but it is also important to realise that there is an important principle at the heart of it. The purpose is for you to observe your defences, self-imposed boundaries, feelings and reactions when you are in situations beyond your normal comfort zone.

Fourth Gate: Mastering Negative Thoughts

Another big problem that people experience when anticipating or engaging in intimacy is that of negative—or distracting—thoughts. Trapped in a life predetermined by their conditioning, most people resign themselves to fortune or fate as handed out to them by some anonymous judge to whom there is no appeal. They live a life sentence spent with cellmates who tease, taunt and terrorise them day and night - their *body, thoughts* and *feelings*. It seems there is no escape. They appear to be doomed to a life of recurring circumstances, situations and destructive relationships.

People everywhere are slaves to their thoughts, acting in obedience to them without even considering the validity of their current thought or question where it has come from. They assume them to be real, true and factual. The assumption is that whatever thought crosses their mind must be the thing to do.

The trouble is that many contradictory thoughts pass through our brains. It is as though every person has dozens of separate persons inside their brains. Negative thoughts can come crashing into your awareness at any time like uninvited guests who don't bother to call before turning up at your house, overstay their welcome and won't go home.

The brain is like a computer containing more memory than the greatest and most powerful super-computer on earth. The intellect is like the computer's operating system, programmed by language written by other people's input. This vast programme of thought has been input from external sources and experiences over the course of an entire lifetime. They are echoes of other people's thoughts! "*Don't do this - it will hurt*"... "*Don't do that - it's not right*"... "*You can't do that*"... "*You'll never succeed*"... "*Put that down - you know how clumsy you are*". When left in charge to be the source of thinking, the intellect replays past situations and recalls information from previous external sources. "*I bet I won't be able to have an erection*" or "*He doesn't really want to be with me*" is part of this data stored in the intellect. It appears to be so real when recalled by a sudden situation or trigger.

Wonderful as it is, our brain is not the *originator* of thought. Rather, it is like a radio receiver for *translating* thought into concrete information.

Of the mind, it has been written: "*to he who has mastered the mind, it is his greatest friend, but to he who has not mastered his mind it is his greatest enemy.*" To discover and connect with our real mind we must start by taking control of the thinking brain.

The psychological component of the ICASA Programme is an esoteric model; a workable system that can be understood and followed by everyone irrespective of culture, background, occupation or social position. It does not require any particular belief; healthy scepticism and the willingness to question everything is helpful.

Anyone who follows the system and practises the set exercises will become increasingly peaceful, calm and happy. They will begin to develop new senses, producing an inner understanding of life and how they relate to the world. They will become conscious of their thoughts, feelings and choices *as they happen*. They will gradually become aware of their conditioned thoughts and no longer dominated by them. They will become balanced.



Fifth Gate: Becoming Intuitive

There is becoming less space in the world. There are more vehicles than space on the roads. There is more information and choice in today's world than human capacity to absorb that information. There is more activity required from individuals than the hours available to perform it.

In our fast-moving world it is not uncommon to meet people who are outwardly successful but are out of control inside; external pressures are controlling their thoughts, feelings and actions. People can live like this for a limited period of time but, at some point, they feel like shouting, *"Stop the world - I want to get off!"*

Within us all there is a quiet place; space within, where we can receive wisdom to show us how to deal with the external demands placed upon us. This personal space is available to every human being irrespective of class, race, intellectual or physical ability. It is never closed and access is always available. It is in this inner quiet place that genuine awareness and intuition can function.

The intellectual mind is constantly reacting to external demands and pressures. It will eventually go on overload, due to expiration of memory. Anyone who suffers from sexual anxieties is trapped in a negative cycle of intellectual thoughts that bombard her before, during and after intimacy. *"I won't feel aroused..."; "I'm too shy to be intimate..."; "What if I can't have an orgasm...?"* Caught in this negative spiral, it feels impossible to break free. The more you tell yourself that you shouldn't think those negative thoughts, the more they simply pop out of nowhere!! The body responds to the negativity, which merely serves to confirm the apparent truth of the negative thoughts.

What is needed is to quieten the intellect and allow "awareness" to become your state of mind. Your real, unconditioned mind is incapable of being negative or destructive. Through your real mind you can distinguish between thoughts. Just ponder that prospect for a moment - your real mind is capable of reorganising your thoughts!

Remember, you are much more than simply a brain. You have a brain and it carries a lot of data in it, like the hard-drive of a computer, but you are much more than a brain. You can use your brain for positive purposes and you can also control the thoughts that pass through your brain. You can recognise thoughts that are helpful to you and those that are going to prove harmful or destructive. When you have learned to recognise negative thoughts instead of simply accepting them and acting upon them, you will be on the way towards being able to manage them and gradually eliminating the negative effects altogether.

There is no better place to discover this step of transforming the mind than in a caring, supportive intimate relationship. Ironically, it is when you feel the flow of love and intimacy arising that you are the most likely to discover an invasion of negative thoughts. When this happens, you can learn how to recognise the negativity as an intrusion.

Sixth Gate:

Developing Personal Magnetism

Electricity and magnetism are amazing universal forces that sustain not only this planet but the entire solar system. This combination of electromagnetic forces is evident all around us and available to us every moment of our life. One only has to think of the everyday tasks that we perform in the home, office or factory to realise how much we depend upon electricity and magnetism. Yet neither of these great forces originates in the instrument that organises them. In other words, electricity does not originate in the electrical plug, the light switch or the television set and magnetism does not originate in the fridge magnet or a child's toy.

Radios, televisions, telephones and Wi-Fi are receivers and transmitters of invisible waves vibrating at various frequencies throughout space. A light bulb provides illumination to a room through it being a conduit of electricity. A fridge magnet or a child's toy is an object of magnetic attraction; not the source of the magnetic force itself.

In a similar manner, our physical human body is also a receiver and transmitter of unseen energy. The energy that animates and sustains the human body is known as "life energy", or "life force". Just like electricity, this life energy is also intrinsically connected to the laws of *magnetism*.

In intimacy, as in the Laws of Magnetism, two similar poles are imbalanced and will produce repulsion; pushing away, or negation. Simply put, if both partners are expressing only their feminine energy there may be a level of intimate connection but comparatively low level of sexual charge. On the other hand, if both partners are expressing only their masculine energy there will be high levels of sweat, aggression and physicality but low levels of intimacy. The result of such combination of like-poles will rarely be true magnetism or attraction. Conversely, the dance of two poles of energy combining and alternating produces high levels of both intimacy and sexual charge. The result will be magnetic and attractive.

Personal magnetism and attraction can be strengthened consciously. The first step is to gain a greater awareness of the factors that negate or repel other human magnets. The second step is to learn what attracts and magnetises them.

Exercises in the ICASA Sexual Recovery Programme are designed to help you remove the factors that magnetically repel and to develop those attributes that magnetically attract. A magnet cannot attract stone; even dirt on a magnet will weaken the strength of the magnetic attraction. By removing the sources that disrupt your personal magnetism, you will discover that your natural attraction is automatically strengthened. It will seem like a miracle to you while, in fact, you are simply connecting more fully to one of the wonderful forces of the universe.



Part 5

SEXUAL RECOVERY

Chapter 8:

The Ten Powerful Steps You Can Take

Step One: Building Safety

Intimate relationships can either be stressful and performance-centred, creating anxiety and disillusionment, or they can be relaxing, blissful, and ecstatic. A good experience can aid a healthy body and mind and heal the emotions. A bad experience can be stored in the body for a lifetime.

The dividing line may appear to be thin but is an enormous chasm between two different experiences. Step One in the ICASA Sexual Recovery Programme introduces you to one of the most important to a key that will help you to stay on the right side of that thin dividing line.

Just as there are natural laws governing nature, there are also metaphysical laws: the laws of destiny. Most people know the natural laws. For example, you wouldn't dream of walking off the edge of a high cliff because the law of gravity dictates that you would soon come down to earth with a crash! Another natural law is that night follows day. Knowing this, most people use night for sleeping and daytime for working. When these natural laws are contravened, various levels of disruption occur and no one is exempt. You cannot change nature. Science may tinker with nature but natural laws remain.

The same principle applies in the realm of metaphysical laws. There are many such laws and when they are adhered to in areas of work, business, finance, relationships and sex, positive results will follow. Conversely, if they are contravened, anxiety follows with negative consequences.

Relationships begin to suffer when metaphysical laws are ignored, or contravened. Sexual dysfunctions are usually a result of ignorance of metaphysical laws.

There are several vitally important laws that affect sexual relationships. When put into practice they will always produce positive results. The first step in the programme, explores and explains these metaphysical laws affecting intimate relationships.

Step Two: Touch

Most men and women today believe that the aim of intimate touch is to achieve pleasure for their partner. But this mistaken belief is the seed of all performance anxiety. As a result, many men and women are anxious about sex and intimate relationships. They worry about whether they will be able to please their partner. They wonder if they are “doing it right”.

Men are insecure about their ability to touch and to make love in such a way that fulfills their partner. *“How was it for you?”* they ask after love-making, concerned that she may not be satisfied; that they may not be a good lover. *“What is she thinking?”*, *“I’m not very good at sex”*, *“I bet she thinks I’m rubbish in bed”*.

Most women also believe that the aim of intimate touch is to create pleasure in their partner. This is understandable because women are conditioned at a very young age to affirm their femininity by virtue of how attractive and ‘giving’ they are. To escape from the anxiety created by achievement-focused intimate touching, in this step of the programme, you will discover how to touch *for your own pleasure*. This is a major shift for most women, *“Touching for my own pleasure? Isn’t that selfish? Shouldn’t I be concentrating on pleasing my partner? What will he be thinking of me if I am not focusing on pleasing him?”*

Performance Anxiety becomes a self-fulfilling prophecy when you consistently believe that you are failing your partner, that only by “improving your performance” will you make the difference. Through experience you will find that the harder you try, the worse the problem becomes. *“I will never get it right; never be able to please a partner. Something must be wrong with me”*.

The endless cycle of self consciousness and worry is because you are at the centre of the cycle and the more you focus on yourself the greater your problems appear. This kind of self-consciousness creates self-criticism, self-condemnation and self-loathing.

There is a hidden key—a secret that has been lost in our achievement-centred culture—that can help you to eliminate performance anxiety completely and forever. This life-changing secret is accessible to everyone, and will completely revolutionise your sex life. As a result of using this secret technique to touch and caress your intimate partner, you will be automatically:

- surprised
- relieved
- delighted
- complimented
- popular

Maybe you’re skeptical. You may doubt that any of this applies to you. On the other hand, it could be time to honestly look inside yourself and to reappraise your approach to sex. The misconceptions projected by society have affected us all. By challenging and confronting them you can deal with the very roots of performance anxiety. You will find help to do this, in Steps 1 and 2 of the ICASA Sexual Recovery Program.

Step Three: Nudity

It is a great mistake to think that what we see in the mirror is *who we really are*. Our body plays an important part in experiencing life, but is only a small part of who we are. We will also remain confused and severely limited if we believe that every thought we have, or feeling that we experience, is our *real self*.

Do you consider yourself to be handsome, sexy and beautiful? When you look at yourself in the mirror, do you see a beautiful body? Do you see an ugly body? A fat body? A skinny body? A flabby body? An old body? An ageing body?

At some stage in most people's life, they begin to realize that there must be more to life than simply what appears on the surface.

Everything has beauty. Think how beautiful a crystal or stone can be. Then think how amazing this planet is because of the trees, plants and flowers that adorn it. Think of the beauty that animals bring to the planet. Now imagine how barren the world would be without people living in it. You are a vital and essential part of that beauty.

Beauty is revealed rather than judged. It is already there. Beauty can be found in everything and every person, if you will see with awareness rather than judging with the eyes of your conditioning. To gain more confidence in the beauty of your own body, start by letting go of your negative judgements.

To discover your beauty don't try to change what you are looking at - change the way in which you look.

In Step 3 of the ICASA Sexual Recovery Programme, there are gentle, yet powerful, exercises that will help you to build a new relationship with your body—a relationship that will withstand and transcend:

- your own self-criticism
- comparing yourself with media images
- other people's opinions, judgements or insults
- body-altering sickness or surgery
- the ageing process

Step 4: Desire

Lack of feeling is as real a feeling as the other, more obvious, body feelings. “*I feel nothing*” actually means, “I am not aware of any feelings”. In fact, this sense of *no-feeling* usually results in very deep emotional feelings of inadequacy, or ambivalence, with regard to life and intimacy. Some people even privately question their physical normality or sexual orientation when faced with no-feeling, secretly believing that there must be something wrong with them because they do not have the same feelings as other people. The fact is, there are feelings in every human being.

For some people, no-feeling occurs at particular stages during intimacy. Some people report the feeling of no-feeling throughout their whole body; others have a ring of protection around particular body parts, commonly around the lower abdomen and genitals. Some people experience no-feeling due to touch deprivation; others due to negative sexual experiences in their past. Still others experience no-feeling due to their inexperience in sexual relationships and an unconscious sabotaging of their deepest desires.

The cause of no-feeling does not lie in any basic flaw in the body, but in a split in the mind-body relationship. No-feeling is a result of the mind splitting off from the body. Shutting off in the mind is an unconscious attempt to protect oneself from emotional feelings that are associated with a particular situation or activity. In the process of defending themselves from emotional feelings, they also detach their mind from all feelings in the body. At such times, they disconnect themselves from the present moment and become a spectator rather than an active participant. Over time, the mind seems to automatically split-off from emotions and body feelings in these given situations.

The intimate experiences in Step 4 are designed specifically to reverse the mind-body split and to help you to connect, or re-connect, with the feeling of desire: *wanting more*.

Step 5: Healing The Genitals

Have you ever considered your genitals to be beautiful? In this step of the programme you will discover how wonderful, mysterious and beautiful are male and female sex organs, or genitals.



Can you look at your partner's genitals and see beauty in much the same way as you might see beauty when you look in their eyes?

Were you taught that genitals were dirty? Were you told not to touch your genitals because "it is disgusting"? Has your early conditioning influenced a belief that genitals are to be ashamed of?

By opening yourself to the beauty of genitals, you can integrate your whole body, mind and soul rather than segregating yourself into separate and divided entities called “sexual parts” and “non-sexual parts”. We all have body feelings originating from memories stored in the genitals. These memories are actually stored in the subconscious mind but are awakened when the genitals are aroused.

Some of the memories are exciting and we can associate them with very stimulating experiences, others are romantic and connect us to memories of love and happiness. These body memories produce pleasant feelings when the genitals are aroused.

At the other extreme many of us have experienced emotional hurt, pain of various kinds and even abuse or trauma associated with the genitals. Some people store memories of separation, isolation or loneliness. Many men and women hold memories of failure, loss or powerlessness in their sex centre. Arousal has the potential of arousing both pleasant and unpleasant feelings. This is why men and women feel vulnerable and are often very defensive when their genitals are exposed.

Some people are comfortable with their sexual feelings; others less so for myriad reasons. For some, the causes of the discomfort are obvious, while for others the causes of their discomfort have been either suppressed and hidden in the subconscious or repressed and buried in the unconscious. Emotional, mental and physical pain or trauma does not simply go away when it is suppressed; the conflict remains and manifests as negative body feelings. Genitals often become the focus of the conflict.

This threshold in the programme is designed to help you look at genitals in a different way. Instead of hiding from them and the feelings associated with them, we invite you to become more familiar with them and thereby to lose any fear that you may have around your genitals.

Most sexual fears and anxieties are based on judgments and assumptions that have no basis in reality. While growing through childhood or adolescence, our sexual fears or anxieties appear to be so real that we may close down on those feelings believing that it would be too unbearable to endure them again. You will find that by allowing sexual feelings, desires, conflicts, fears, insecurities or anxieties to surface you will find great relief and freedom. You will gain new perspectives that will give you a new sense of inner strength.

What’s more, your body will begin to be free to respond in positive ways. Energy will flow more freely through your body and you will experience the benefits in your whole body and mind.

Step 6:

The Kiss, Sexual Energy and The Orgasm

The Kiss

What do you think about kissing?

Kissing is natural. A caress with the lips. Kissing is fun. Kissing makes you feel good. Kissing can comfort, reinforce, honour and turn you on.

Kissing is the surest and safest way to connect with sexual energy in an intimate relationship. Sexual kissing begins when both partners are wanting intimacy to deepen. To express this desire they may use kissing as the way to communicate to the other. This allows both partners the opportunity to express their full range of feeling and passion.

Communication by kissing requires letting go of male-female roles and so-called technique; allowing the desire within both partners to be freely expressed through mouth-to-mouth connection. This means not just kissing, but allowing yourself to be kissed also.

When you really connect with your partner's body through your lips and tongue, you will discover forces that arise from your *energy body*, enhancing mutual pleasure and arousal. Pheromones are secreted, chemical factors linked closely to hormones; highly magnetic and attractive to the opposite sex. Male pheromones have a scent that is magnetically attractive to females and similarly, female pheromones have a scent magnetically attractive to males. Upon kissing and being closely connected physically with the skin of your partner's body, a magnetic cosmic force arises that produces the response of attraction in your energy body.

Try it. There is no special skill needed. Light kissing on all the various parts of the body will gradually connect you to the deeper realisations and experience. When you have explored a little and are feeling comfortable kissing shoulders, arms, belly and thighs you could try using your tongue; lightly at first. Discover the taste of your partner's skin. All flavours have both taste and aroma. Once you have discovered it, and have learned to enjoy and absorb it, you will have discovered a precious diamond: the "Scent of Man, or Woman": with this discovery you will have found a magnetic force that is at the very core of sexual energy.

Orgasm

What is an orgasm?

What does it feel like? Where does it come from?

The best way to discover your orgasm is through exploration and self-knowledge. There's more than one way to finding your experience of orgasm, and the more paths you travel, the more exciting it will be for you and your partner.

There are four distinct stages of arousal and orgasm:

- **Excitement**
- **Plateau**
- **Orgasm** - Recent Studies have indicated there are four distinct types of female orgasm: clitoral, vaginal, blended and multiple orgasms.
- **Ejaculation** - for men, and a potential experience also for women.
- **Resolution**

There are techniques to use that will enhance your relationship with your orgasmic potential. This is the step in the ICASA Sexual Recovery Programme where the orgasm is explored.

Sexual Energy

Everything in the Universe, including the human body, is composed of *energy*. Behind everything that we see, feel or touch is energy. The universe is a teeming, swirling bundle of energy composed of gasses, molecules, atoms, electrons, protons and fine, subtle energies; the substance behind all organic life and matter. Some people consider that the cosmos between the planets and stars is called 'space' and believes it to be empty. It is not. Space is full of conscious life in the form of energies. If you could see the energy compressed into physical matter you would understand that everything is constantly in motion.

Life energy is expressed as force and feeling in the physical body. Men and women are both capable of expressing masculine energy and also feminine energy and it is important to be able to connect with and express either masculine or feminine energy at appropriate stages during mutual sexual intimacy. This is the 'dance' that enables a relationship to deepen and to prevent it from becoming dull, boring and lifeless.

The 'life force', when expressed as masculine, is *active*. It may be classified as the positive charge in the electrical field. Masculine energy is identified with the sun; with fire and heat. Transformed by opening to the feminine, however, the masculine energy becomes protective of the feminine and provides 'warmth' in feelings of trust and protection. The colours that the masculine energy is most identified with are red, gold and orange. Masculine energy is centred in the base and sexual centres in the spine.

The life force expressed as feminine, is *responsive*. It may be classified as the negative charge that provides the 'spark' or 'charge' from the positive in the electrical field. Feminine energy is identified with the moon; with shades of light and dark. In terms of colour, feminine energy is associated with white and its apparent polarity of black. It is mysterious, beautiful, pure yet dark. It is therefore infused with potential excitement and danger.

Masculine energy *acts* while feminine energy *responds*. Feminine energy does not initiate by itself but awaits the masculine energy with which it is then able to respond. In that sense, the feminine energy is often described as being passive. This does not mean, however, that feminine energy is totally inactive, disinterested or inert. Far from it; the feminine is actively passive in that it is constantly awaiting the opportunity to respond. Without the feminine, the masculine energy overheats and burns itself out too quickly. Within its

protective quality it emanates a soul feeling of 'warmth' that enables the feminine to open and respond.

During the opening and sharing of sexual energy, masculine energy creates in a man *the need to become vertical*. This may be expressed in a man either by the penis becoming erect or through changing his physical position so that he is standing or kneeling in a vertical position. Laying in the horizontal position is an expression of the feminine energy. If a woman is expressing masculine energy, she will feel the need to kneel astride the man in the 'female dominant' position while he responds by expressing feminine energy in the responsive position on his back.

The same applies to touching and caressing. Vary the caress to reflect the energy, not only that which is surging through your body but that which you sense is surging through your partner. If both partners are in the same energy simultaneously, they may either 'burn out' or become so passive that nothing is really happening. Similarly, there are stages during kissing where a woman will be 'the kisser' while, at other times she will be more passive, or responsive; at that time she is 'the kissee'.



Step 7: Mutuality

In intimacy, the idea of mutuality is not merely what the popular term 'foreplay' implies; a form of sexual preamble before the 'main event' of intercourse! Mutuality is the sharing of your life energy with that of your partner. It is the interaction between the life energies that surround and permeate the partners involved. With the fusion of life energies comes the possibility of discovering vast depths of sensation, pleasure and fulfilment that otherwise eludes so many couples. With this understanding, 'foreplay' is transformed from a mere prerequisite into a deep experience of sexual feeling, force and sensation. It becomes a 'dance' of energy and life, expressed through intimate sexuality.

Many women today, however, are unable to connect with their feminine energy and are trapped in masculine energy. This does not mean that they are manly, 'butch' or homosexual; it is simply that they are energetically *active* or *proactive* as distinct from being energetically *passive* or *reactive*. This imbalance can be changed in every woman through the principles and the exercises explained in this step of the programme.

Perhaps nowhere else is the perfect balance between masculine and feminine energy more beautifully expressed than that of the Chinese yin/yang symbol. "It expresses that each invades the other's hemisphere and takes up its abode in the deepest recess of its partner's domain. And in the end both find themselves resolved by the circle that surrounds them; the Tao in Its eternal wholeness...the Ocean of Life itself".

Within every woman there is a radiant feminine archetype. Deep inside your psyche; there she is. Is your inner feminine archetype. Who is she? She may be the 'girl next door' or she may be a powerful goddess. She may be a mythological figure such as a mermaid or a fairy-tale princess or she may be a temple harlot. She may be a Royal Queen or a Cinderella. She may be a pop singer or a dancer. Who is your inner feminine figure? What does she look like? What would it feel like to be her?

And within every man there is a powerful masculine archetype. Deep inside your psyche; there he is. Is your inner masculine archetype a Superman or James Bond? Is he a wealthy Indian Prince or a tribal warrior? Does a Roman centurion reside within, or a Grecian god? Is your inner man a world-changing intellectual like Rene Descartes or an eccentric genius like Albert Einstein? Or does a lover such as Romeo or Rudolph Valentino reside within your psyche? Who is your inner masculine figure? What does he look like? What would it feel like to be him?

In Step 7 of the programme, you will discover, connect with, express and release your own inner man or inner woman.

Step 8: Sexual Intercourse

What is it about the act of Sexual Intercourse that attracts, even obsesses, human beings to the extent that they will sacrifice everything - in some cases even their sanity - to experience it even for a few fleeting moments?



Apparently the Persians discovered 423 positions for sexual intercourse but don't expect your partner to necessarily want try them all out at once! In actuality, there are only three positions; the remaining 420 are variations on the three basic positions. In Step 8 we explain one of these positions, together with variations. In Steps 9 and 10 we describe some more and then leave the other 415 or so to your own further research!

There are no right or wrong positions. Just enjoy yourself. There is no need to rush. Relax, stay present and connected to him; do what feels good for you both. Remember all you've already learnt in this programme. Vary the speed, the tempo and keep it slow, simple and intimate. Remember, too, to say stop if necessary; you are in control of your own needs.

Let pleasure ebb and sexual energy flow between you both. You can pause between positions to hug and kiss. Keep it sensuous. Some positions give slow stimulation and others provide deeper penetration.

Step 9: Lovemaking

Of course, there is much more to this act of physical union between human beings than simply the transient pleasure experienced through the act itself. To resolve the problem of the purpose of sex, we must attempt to explore love. If we can understand the connections between love, sex and human beings, we may then be able to develop our understanding for improving the whole experience within intimate relationships.

Love cannot be taken for granted, nor can we presume upon it simply by reading about or theorising over it. Love has to be generated. It is a shared experience; only fully known through relationships. Relationships are love's power stations.

To know more about lovemaking, we must get to know more about love. What is love? Where does love actually come from? Does it harm or heal? Can it be defined or understood? Why do we long for it so much and can this longing ever be satisfied? How and where do we find love? Why does it appear to hide from us? How do we know when we have found love? Can love be lost once it has been found, or is it indestructible?

Then what is *lovemaking*? What is this strange obsession that unites us all? What is the real meaning of lovemaking? Is lovemaking designed for and confined to procreation or does it have a life-long purpose?

How can we find fulfilment in our relationships? Why is there such apparent and widespread pain in relationships that start out by promising so much fulfilment? What would it be and feel like, to be truly fulfilled? Is it possible to transform relationships that have become shipwrecked or run aground? Can a relationship in crisis be rescued? If so, how can this be achieved? Discovering answers to these and other questions is the real purpose of this ICASA Programme.

I have spent over forty years of my life on the spiritual path, and the past twenty years as a professional sexual therapist. In that time I have extensively researched the subject of love, intimacy and sexuality. I have studied the findings of past and current sexologists, the perspectives of psychology, psychotherapy and medical science, the teachings of spiritual masters of all traditions and the revelations of many sacred scientific texts and documents. Over sixty years ago, the French mystic, Pierre Teilhard De Chardin said: "The day will come when, after we have mastered the winds, the waves, the tides and gravity, we shall harness...the energies of love. And on that day, for the second time in the history of the world, humankind will have discovered fire."

We may well ask ourselves the question: "Where do we start in this quest to harness the energies of love?" I have spent much of my life contemplating this challenge in many different ways and believe it to be our responsibility as human beings, living at this particular time, to explore further into this field.

Let us begin right here and now. To be part of this great quest, you do not need to be a scientist or a scholar, nor do you need to feel a great call to benefit mankind. You can begin to harness the energies of love for yourself initially, by realising that lovemaking actually means what the term describes; when you really make love, you actually release the energies of love into your environment.

In this step of the programme, we describe not simply the physical positions for lovemaking but more importantly the energies involved and released when you make love.

This step in the ICASA Recovery Programme is concerned with mastering the logistics of sexual intercourse. It is not the end of the journey into intimacy and sexual relationships; it is merely the beginning of a much more wonderful journey into making love.



Part 6

THE WAY FORWARD

Chapter 9:

The Next Step

Step 10: Taking Action

“Do not wait for great strength before setting out, for immobility will weaken you further. Do not wait to see very clearly before starting: one has to walk toward the light. Have you strength and courage enough to take this first step—to accomplish this act that leads to recovery—the necessity of which is apparent to you? Take this step! Perform this act! You will be astonished to feel that the effort accomplished—instead of having exhausted your strength, has doubled it—and that you already see more clearly what you have to do next.”

Philippe Vernier

Ask yourself these questions:

Is real intimacy lacking in your relationship?

Is sex a dull routine every time?

Do you have less sex now in your relationship than you did a couple of years ago?

Has your relationship become sexless?

Has sex finished before it has even begun?

Have you shut down?

It is a very common thing to hear people say: *“Of course, sex isn’t everything...”* They are wrong.

When it comes to intimate relationships, sex is ultimately at the heart of everything. Of course, there is a grain of truth in what they say. But if we assume for a moment that you and your partner love each other, then sex is the physical and emotional expression of your love. Erotic love, or sex, is the one distinguishing aspect of an intimate relationship. It is the foundation, the basis, upon which an intimate relationship is built.

In my work as a transpersonal sex therapist, it is common to meet couples that have lost their intimate connection. They tell me that their sex life was exciting at the beginning, but over time, the intimacy has disappeared and sex is now infrequent and unsatisfying. Sexual deterioration may happen after childbirth, illness, body-altering surgery or domestic drudgery. Intimacy may be lost while children are young, growing up and demanding attention. Sex might get lost during periods of financial stress, bereavement or other practical difficulties.

But open your mind for just a few minutes.

Whatever has caused the loss of intimacy and satisfying sex in your relationship, there is a solution.

The ICASA Ten-Step Sexual Recovery Programme has helped hundreds of couples to experience deep, fulfilling intimacy and satisfying sex in their relationship—no matter what stage of life, or practical circumstances they are in.

By purchasing the ten-volume, illustrate, full colour workbook programme—and by practising the exercises that are described and explained—you will discover and experience:

- How the ICASA Ten Step Sexual Recovery Programme came into being

- About the Founder

- The Three Pillars of Sexual Confidence
 - Understanding the Sexual Body
 - Premature Ejaculation and How to Overcome It
 - Overcoming Arousal and Erection Problems

- The Four Keys to a Fulfilling Sex Life
 - Intimacy Always Diminishes Anxiety
 - There Is More to the Body Than the Image You See in the Mirror
 - Three Types of Sex
 - There Is Nothing Wrong With You

- The Six Gates to Freedom
 - The First Gate - Conscious Breathing Techniques
 - The Second Gate - Unlocking Feelings
 - The Third Gate - Intimate Communication
 - The Fourth Gate - Mastering Negative Thoughts
 - The Fifth Gate - Becoming Intuitive
 - The Sixth Gate - Developing Personal Magnetism

- The Ten Steps to Sexual Recovery
 - Steps 1-4: Safety, Touch, Nudity and Desire
 - Steps 5- 7: Genitals, The Kiss, Sexual Energy and The Orgasm
 - Steps 8-9: Sexual Intercourse and Lovemaking

- The Way Forward

How to Order the ICASA Ten-Step Sexual Recovery Programme

www.quantumsex.co.uk/shop

by telephone: 01525862068

From overseas: +44(0)1525 862068

The Choice Is Yours

Please bear in mind that what you will learn about intimacy and sexuality through this programme is presented uniquely by ICASA. No matter how some of the principles given in this unique programme may vary with the world-view and beliefs about love and sex that you may have had in the past, it is up to you to reject or accept them, as you decide for yourself.

It must also be kept in mind that eventually, if you keep reading and practising the exercises, you will discover that the things contained in his programme reveal reality from every perspective. In time, further research will bring you face to face with facts that you may currently be skeptical about or even rejecting because they seem unbelievable or contradictory to your present understanding. This has occurred many times over the twenty years that ICASA has conducted this programme. Initial healthy skepticism is neither unique nor discouraging to us at ICASA. Consciousness is evolving constantly and there are also particular periods in history where the evolution of consciousness affects all human thinking, even globally. We are currently living during one of those epochs in history.

When this work began in the UK, over twenty years ago, the level of understanding and acceptance of the need for a new sexual paradigm was pitifully low. At that time, people suffered sexual problems in silence. Today, there is far more awareness of the need for understanding the real purpose of love and sex. The professional therapeutic community and the general public at large now accept the value and relevance of a transpersonal approach to treatments for sexual problems.

We are confident that whatever you feel towards any of the principles, statements or exercises at first, the time will come—if you practice the exercises—when you will experience the power that is released into your mind, your body and your relationships.

Over the next decade it will become increasingly clear that many of the transpersonal principles taught by ICASA in this programme are major keys to overcoming fear of intimacy, transforming sexual relationships and even healing the effects of sexual trauma, abuse and addictions.

Bear in mind that sexuality is not limited to what it appears to be on the surface. It is not simply a function of the body, but of the whole organism. Sexual energy

is one of the most important and vital energies in life. The entire psyche is involved in our sexual nature. That is why so many of the teachings and explanations in the workbooks of this programme deal with the mind and with feelings, rather than purely the function of the physical sexual act. When you learn how to make the required changes in the psyche, your body will function in a completely new way.

Therefore if anything in this programme seems to be a step too far for you to believe, or having any relevance in today's "real world" please do not dismiss them as absolutely unacceptable; just recognise the need for further research, thought or practice. Underline the difficult sections in your workbook with a red pen and then go back and re-read them when you have had further direct experience from the practical exercises. You will find that your underlined passages will mean something different to you in the light of your further experience and overall understanding.

We can never emphasise enough the importance of the practical exercises throughout every step of this programme. They are the elements of the process that translate theoretical knowledge into proper understanding that becomes *part of you*. With practice of the exercises, especially those that appear to be nothing at all to do with sex: such as those to do with relaxation, concentration, breathing and meditation, the principles of the programme become more than just mere reading and learning. The exercises create experiences that help to impress each lesson into your consciousness. In this way the lesson becomes part of your emotional and subconscious structure; like an indelible stamp in your psyche.

Traditional sex therapy does not always accomplish this. The information that is discussed between client and therapist often goes no further than the intellectual level of the brain; it does not seep from the brain into the nervous system and emotional structure of the client. In these cases, the therapeutic information does not enter into a person's emotional make-up so that they can apply that knowledge into their intimate relationship and sexual functionality in life.

We do not want you to simply read, listen or believe in a happy and fulfilling sexual life—but to live it. The ICASA Sexual Recovery Programme is a transpersonal therapy programme that enables a transformation at a cellular level from the inside-out. In one form or another the exercises are designed to transform you into someone who sees, thinks, feels and functions as a conscious, sexual and confident man or woman.

For Further Information

To order the ICASA Ten-Step Sexual recovery Programme:
www.quantumsex.co.uk/shop

For information regarding personal, individualised ICASA treatment programmes visit www.icasa.co.uk

For articles and blogs by David Brown visit
www.quantumsex.co.uk

For video interviews visit
<http://www.youtube.com/user/TheCentreForICASA>

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The Centre for ICASA