

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being, Partners!

In this 38th Newsletter, I want to give us a chance to consider the impact that having an active, healthy sexuality can have on our physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

### ARE YOU CONNECTED TO THE HEALING NATURE AND SACREDNESS OF SEXUAL ENERGY???

Along with the ideal expression of passion and/or love – at the very least pleasure – that active, healthy sexuality brings, there are also an immense number of benefits to both women and men.

This Week on our Fan Page, we have included articles that will offer you information on how an active, healthy sexuality can benefit you. The articles we have posted have covered the physical, mental, emotional and spiritual effects that an active, healthy sexuality can have on your body and your well-being.

That said, **using sexuality as a means to fulfill one's needs may adversely impact one's health**

**and well-being**, and that of one's partner. An active, healthy sexuality that does not come from need can be a truly **fulfilling physical, mental, emotional and spiritual experience**. And I'm not saying there is anything wrong with fulfilling our needs.

While we may not associate an active, healthy sexuality with physical benefits, it can benefit our body in multiple ways! For example, in a study conducted by researchers located in Scotland, individuals who engage in an active healthy sexuality have a better response to stress than those who have abstained or engaged in other sexual behaviors.

An active, healthy sexuality may also provide the following **physical benefits**:

- Boosting immunity
- Burning calories
- Improving heart health
- Reducing prostate cancer risk
- Strengthening pelvic floor muscles
- Helping you sleep better
- Relieving stuffy noses
- Combating hay fever and asthma
- A healthier body weight

During intercourse, natural chemicals are released both before and during a climactic moment. Endorphins, one of the chemicals re-



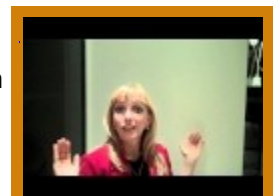
CAROLINA ARAMBURO

leased through sexual activity, has a similar chemical structure to morphine and may provide us with a sense of well-being.

An active, healthy sexuality can provide you with a sense of happiness. In men, a climactic moment has them experience a sense of happiness while women may receive a natural antidepressant through the transfer of sexual fluids.

Sexual energy creates life! It can be considered the **life-force** within us. The spiritual connection one can obtain through healthy, sexual activity can be an amazing gift.

(Cont. on next page.)



[CLICK HERE TO VIEW VIDEO](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## ARE YOU CONNECTED TO THE HEALING NATURE AND SACREDNESS OF SEXUAL ENERGY??? (Cont.)

Through this activity, you can become **connected** with the most intimate parts of yourself and your partner.

For me, sexual intimacy is very much an important expression of spirituality! The joining of two people in sexual intimacy reflects the **unity of all creation and that of the creator**. In an intimate sexual experience, we may con-

nect with our **SELF**, expressing ourselves freely with our partners and connecting with both our true essence and theirs. I believe that sexual energy is a **sacred form of energy** with which we can connect to ourselves, our partner and God/Source/the Universe. We may use our sexual energy in sexual intercourse or channel it into various other forms of energy, with which to create what we desire or to grow

spiritually.

Having an active, healthy sexuality and becoming in touch with your sexual energy can promote your health and well-being physically, mentally, emotionally and spiritually!

### AN ACTIVE, HEALTHY SEXUALITY CAN TOTALLY PROMOTE YOUR PHYSICAL AND EMOTIONAL HEALTH!!!

An active, healthy sexuality can have a great impact on your physical and emotional state. For example, engaging in active, healthy sexuality may reduce your risk of heart disease. A study done in 2001 by researchers at Queens University showed that engaging in healthy sexuality three or more times a week **reduced men's risk of heart attack** and stroke by half.

An active, healthy sexuality can also reduce pain levels. Immediately before orgasm, the levels of the hormone, oxytocin, increases to five times its normal level. It releases **endorphins that then alleviate physical and emotional pain**.

An active, healthy sexuality may also lead to:

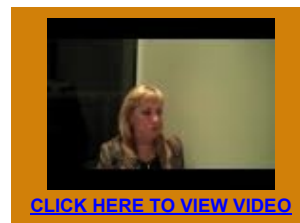
- Weight loss and improved overall fitness
- Less-frequent colds and flu
- Better bladder control
- Better teeth

- Decelerated Aging
- Improved Flexibility
- Reduced Prostate Cancer Risk
- A Boost in Energy
- Faster cell regeneration and healing of wounds

For women, an active, healthy sexuality can help in the reproductive health area. In most cases, the more active a woman is, the more hormones she produces that are **responsible for increased sexual desire**. With that being said, the more active she is, the more active she may want to be. This would then cause the levels of estrogen to increase, which protect against both **osteoporosis and Alzheimer's**.

In general, women who engage in healthy sexuality at least once a week have a more regular menstrual cycle. An active healthy sexuality may also help promote fertility in women by regulating their menstrual patterns.

(Continued on next page)



Having an active, healthy sexuality may be a deeply fulfilling, spiritual experience, as well as a physical one. My second health proposal is about **listening** to your body. In the second health proposal, I propose that we can notice and **be aware of** what our body needs and wants.

By listening to your own body and that of your partner, you may notice what is best for you and your partner in each of your sexualities. By getting in tune with your/ your partner's body, you may discover how to **elevate your/their sexual experience physically and spiritually** in that specific moment, rather than relying on social norms or prior knowledge. I invite you to listen to your and your partner's body to **deepen your connection** and heighten the experience!!

## AN ACTIVE, HEALTHY SEXUALITY CAN TOTALLY PROMOTE YOUR PHYSICAL AND EMOTIONAL HEALTH!!! (Cont.)

For women who have never given birth, an active healthy sexuality can help **reduce their risk of breast cancer**. When a woman increases her activity of healthy sexuality, it is likely that she immediately decreases her risk.

An active healthy sexuality can also strengthen the pelvic floor muscles that control the flow of urine.

An active, healthy sexuality can provide several physical benefits for both men and women. In addition to enjoying an active, healthy, sexuality, you may also be **improving your health!**

### SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower

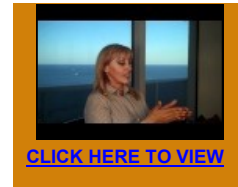
our community (and our world) in their spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



CONNECT WITH ME



### CONNECT TO THE SPIRITUAL AND SACRED SEXUAL ENERGY THROUGH YOUR ACTIVE, HEALTHY SEXUALITY!!!

I consider sexuality as a spiritual act. In an article entitled *Insights into Sex and Spirituality*, Deepak Chopra describes sexual union as a **joining of both flesh and spirit**. In engaging in intimate, healthy sexuality, we may escape our egos and become fully self expressed, uninhibited, and **free**. I consider sexual energy as a **sacred form of energy**. Through this sacred energy, we may experience **a deep spiritual connection with our partner and with God/Source/the Universe**.

Sexual energy is not expressed only in sexual activity. It can be expressed through most things that we ever do! We can use its energy to be passionate in most things that we do, whether its working out, writing an article, cooking, or anything else!

Some consider it to be our core spiritual energy or **life-force energy**. We may use sexual energy to procreate, we may release it through sexual activity, or we may transmute it. We may **use it to grow spiritually** rather than have it be an obstacle to spiritual growth.

An active, healthy sexuality may have us be **in touch with our real SELF**, and in a truly loving, passionate, and joyful state. It may have us experience a sacred, intimate and healing energy with our partners. The healing energy that sexuality provides may largely be based on, but not limited to, touching, kissing and hugging your partner. Partners may experience a form of sexual meditation by focusing on feeling in harmony and **uniting with their**

**partner** on different energy levels, and by expressing their affections for one another.

An active healthy, sexuality can be a truly **fulfilling and spiritual experience**.

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

© Carolina Aramburo, 2011  
[www.CarolinaAramburo.com](http://www.CarolinaAramburo.com)