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EMPOWERMENT



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**March 4th 2013: Sexuality: Session 8**

Did you know that sexual arousal and fear cause the same brain and body responses? Or that the “fight or flight syndrome” is also the sex syndrome? So is it any wonder that many men and women fear each other’s power? Or that both genders list confidence as the greatest turn on? There is a dance with the brain and the endocrine system that can induce altered states more quickly, but just as deep as any religious experience. In our spiritual guidance and sex therapy practice many came because they found a sexual response in the midst of a deep religious or mystical experience. And just as man

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