



## Embodying Your Divine Primal Energy

The information I share here is based in Tantric and Daoist teachings. I've learned it from a variety of sources, including the VITA certification program.

There are 3 primary sections of the brain:

- **The Primal Brain**
  - often referred to as the reptilian or primitive brain
  - located in the brain stem
  - where your unconscious beliefs and memories are stored, where instinctive impulses and most of the autonomic nervous system are housed, and where much of the subconscious is found
  - connected with the first three chakras in the Tantric tradition
  - **desires are impulses from this part of the brain**
  - this is a deep part of your brain that controls far more than most people realize, with a focus on physical survival
- **The Limbic System**
  - also known as the mid brain or mammalian brain
  - houses your feelings, emotions and your experience in your body
  - connected with the fourth (heart) and fifth (throat) chakras in the Tantric tradition
- **The Cortex**
  - also known as the Cerebral Cortex
  - location of conscious thought, thinking, reasoning, planning, control, judgment and visioning
  - connected with the sixth (3<sup>rd</sup> eye) chakra in the Tantric tradition

The primal brain is often dismissed as base or unimportant. To me, calling this area “primitive” is the equivalent of calling native peoples “primitive”. It’s a vast undervaluing of the wisdom, magic and power that comes from being so connected to life at this level.

Connecting with your primal energy gives you access to an incredible source of raw energy. This energy is found predominantly in your first/root chakra, and in a healthy system, is gradually refined as it moves up through the chakras.

Refining something doesn’t mean there was something wrong with it to start with. Think of the difference between unprocessed and refined foods. The energy is *meant* to be

raw in the lower chakras, and is *meant* to be refined as it moves upward. Just as different cars run better on different levels of octane in gasoline, the different chakras “run on” different frequencies of energy.

Another way to think of it is to picture the color spectrum of light. As you move through the colors of the rainbow, red to purple, the light waves are vibrating at increasingly higher frequencies. Does that mean that purple is “better than” red, or green? No, we need complete spectrum to have the full experience of color in our world.

So back to primal energy. If you don’t have a healthy flow of primal energy in your root chakra, then you don’t have the energy needed for the full expression of the other, “higher” chakras. There’s no real grounding and no real flow.

I’ve seen so many healing and spiritual traditions whose almost sole emphasis is on the heart to crown chakras. These are seen as higher, more elevated chakras and energies, more worthy of our attention. Their focus is on becoming enlightened through focusing on the spiritual. This is especially true of most organized religions.

The thing is, we are 100% spirit and 100% human already. What I’ve found more and more, is that in order to access our spiritual nature, we have to embrace our humanity. We don’t become enlightened by denying our feelings, our subconscious, our bodies. We are made lighter through the full acceptance and experiencing of them. The more human we become, the more spiritual we become. The deeper we go, the higher we rise.

**The more you explore and befriend your subconscious, the more of this primal energy naturally flows through your system. Judging it, and feeling shame or fear around it, distances you from it and decreases your access to it.**

Therefore, this month, we’re focusing on embodying more primal energy.

The thing that’s really challenging about this is that society has been developed in large part around the denying or “taming” of this primal self. There’s no better example of this than the Puritans who originally colonized much of the US.

You see, **your primal nature leads you to what is true and aligned for you.** It’s not concerned with social mores or norms. It’s guided by your spirit, your truest North Star. The impulses you get from it may feel scary, threatening, or at a minimum inconvenient. They may lead you to create a life that looks unlike what you’ve grown up thinking was important or good. What it will be, though, is **the most fulfilling and satisfying version of life for you.**

An important aspect of primal energy is its connection with sex and sexual expression. This is the part that most religious traditions have fought the hardest to control and/or deny. This means that people often have the most discomfort and fear around embodying this part of primal energy.

First of all, know that you do not need to be in relationship with someone in order to embody your primal sexual energy. This is about *your* relationship to *your* energy. If you are in a relationship, your partner doesn't need to be interested in exploring this, though it can make for an even deeper connection between you, and lots of fun.

Secondly, know that you don't *have* to explore the sexual aspect of primal energy in order to increase its flow in your system. This is your journey and your choice. You are the Sovereign of your experience.

If you're feeling anxious or scared reading any of this, breathe. Feel your body supported by the seat or be under you, or the floor beneath your feet. You do not *have* to make any changes, now or later. I'm not pushing you to do anything.

I am, though, *inviting* you to look within. Do you also feel excitement? Do you feel drawn to this more vibrant, more *alive*, more awakened way of being? Does part of you yearn to experience more magnetism, more abundance, more of your truest nature?

Who do you think of when you think of someone who's excelling, who's living life all out in a way that you admire and feel drawn to? Is that person confined by the shoulds and should nots, the fears and dictates of the world? Do you want to be?

## Why Divine?

I call this energy divine because it is. It awakens us to our spiritual nature. In Tantra and Daoism, energy is feminine. Primal energy is seen as a connection with the Goddess, and is known as Shakti.

In these traditions, connecting with primal energy is seen as a sacred act. In addition to your intention, breathwork, movement (including dance and shaking), sounding, feeling your emotions and sensations, and meditation all support the movement of primal energy in your body.

When you look at our society and its rules, especially for women, you'll see that many of practices are frowned upon or even prohibited.

Because of its connection with the lower three chakras and life-force energy, primal energy is strongly connected with a sense of safety, personal magnetism, abundance, and creativity.

## Kundalini

In the Tantric and Daoist traditions, Kundalini is a specific type of primal energy. This energy is said to reside at the base of the spine (at the cervix in those with a uterus, at

the perineum in those with a penis) and then moves with snakelike motion up through the other chakras to the crown.

Also known as embodied Goddess consciousness, Kundalini energy liberates us to higher consciousness. When our Kundalini energy is awakened, life becomes consciously spiritual and we know ourselves on the deepest level.

Some people have a distinct experience or series of experiences of Kundalini energy moving in their bodies. Shaking (sometimes intense), heat, sweating, a rush of energy, and spiritual and emotional experiences can all be part of this process.

For other people, the awakening happens in a more gradual way, maybe even without specific “awakening” experiences. And still, they’ve thrown off old blockages and limitations, and have an inner experience of vastness and power that is beyond intellectual knowing.

Those whose Kundalini energy is active realize that the body is conscious and has its own wisdom. It can move without our conscious control. The body feels sacred and holy in a whole new way. The body and Kundalini are recognized as being responsive to our consciousness.

I’m telling you about this because focusing on releasing primal energy can sometimes activate Kundalini energy. Having your body shake on its own, especially if the shaking is intense, or being sweating can scare someone who doesn’t know that that is perfectly normal and even helpful. It’s your body’s way of releasing old patterns and blockages that would otherwise inhibit the flow of this energy.

**Whether you’re talking about primal energy in general or Kundalini energy in particular, there are ways to facilitate healthy flow.**

- **Practicing self-love.** Love, and particularly self-love, are at the heart of all our work together, so you’re well on your way with this.
- **Acknowledging how sacred this energy is** through a daily ritual such as lighting a candle or intentional bathing.
- **Gratitude for the process**
- **Recognition that this energy is *you*** and nothing to fear
- Trusting the energy, the Goddess

Even if you’ve already been practicing with this energy for a long time, there are ways to enhance your connection and its flow.

Ready to explore more? Let’s go!

*Ways I see or hope that connecting with my primal energy will benefit me:*

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*What excites me about this exploration:*

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*I feel nervous, scared or hesitant about:*

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*My family lineage, especially among the women, related primal energy and the sense of freedom, magnetism, expression and sexual wholeness it brings includes:*

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*The religious tradition in which I was raised, had these rules, taboos, and teachings about primal and sexual expression, especially for women and non-heterosexual, non-monogamous relationships:*

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*An identity, quality or way of being\* that will help me embody my primal energy is:*

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\*Examples: Queen/Sovereign of Energy, inner Goddess/Goddx, Divinity of Love, strong, courageous, empowered, freedom to be myself

*When I envision myself living in connection with my primal energy, I see or imagine myself:*

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I feel committed to embodying my divine primal energy at a level \_\_\_\_ (1-10).

1 – I can take it or leave it.

10 – I'm doing this. Period. Outta my way.