

# THE HEALING POWER OF PLEASURE

**T**here is so much more pleasure available than most of us usually live. It is freely available to everyone without discrimination or expense, in each moment and with every interaction.

The Universe of Deliciousness is a reality hidden in plain sight. An essential state of pleasure and freedom, described by mystics throughout history and geography. It is possible for everyone to access it - yes including you too, right here in your body, right now.

Heaven is not above or after this messy confusing being-aliveness... it arises naturally when we bother to go inwards, into the in-the-moment-truthfulness of our somatic and emotional experience. Flesh melts in the waves of subtle pleasure that is sensual, erotic and satisfying.

## Personal Journey

Everyone starts in a different place. Everyone's journey is unique... Mine began with birth trauma, shocked out of my body. God was my resource and my home. As a small girl in the garden, I was connected to everything, yet unable to explain that to the people around me.

I knew there was more to life than the

*by Julia Paulette Hollenbery*

suffering and smallness I saw and felt... my teenage breakdown was followed by young adult breakdowns... yet I was determined to reclaim the fullness of life I knew was possible for me and for others... In my adult search, I explored many spiritual and therapeutic teachers and teachings, across continents and decades...

Unusually, my journey has been a movement from mystical to material. Do you know there are two worlds, nestled inside each other, intertwined? One is not better than the other. Health is being able to live in both the ordinary visible world and invisible spiritual world.

## Destiny

As a little girl, I knew I would one day write a book. I was surprised and glad my brother also knew. He said that in the future he would be interviewed on the radio about the book I would one day write...

Half a life-time ago, when I was in my twenties, I began writing the first raw emotional draft, knowing, that in the future, when I was healed and evolved, I would write the second part. That is how

it happened. Only one poem from the first draft made it into the final book.

A few years ago I sat down to write and the words poured out of me. I wrote what my heart knew and wanted to share, wisdom from previous lifetimes, as a priestess in ancient temples.

## Sensuality

This book is a manual for a new way of living, rooted in body and relational heart. It's an invitation to journey without moving, from the surface of life, into embodied dynamic stillness. It is a personal adventure that may positively change your life...

We all have the potential to live infinite pleasure and wisdom. It is our birthright. If we can get out of our heads, to discover a much more sensual, conscious, happier way of life.

We need to learn to trust our own direct bodily experience, our natural instinct and wise knowing. Especially in times of uncertainty, assumptions based on mental maps, based on past events, are no longer relevant. In a new and unfamiliar landscape, you will make faster, better decisions by learning to

access instinctual intelligence. Enjoy your own body wisdom.

## Sensitivity

Modernity is challenging. We struggle with feeling unseen and stressed, the masculinization of life, the inhumanity of technology, inauthenticity, loneliness and fragmentation.

We are all sensitive. Squashing our sensitivity can make life seem easier, but it also makes us less happy. Unfortunately, unhappiness drives the economy, and consumerism is fed by suppressed desire. Can we allow ourselves to savour more and crave less?

Many of us as children were not received by our family and school in the way our souls really wanted to be seen. Most of us learnt to hide, pretend and disappear, in order to feel safe, in order to survive. It's hardly surprising we struggle, not knowing quite how to be with others in relationship. How to be free in loving intimacy celebrating the full wild experience.

Despite its obsession with sex, western modernity is a very unsensual culture. Most of us, most of the time, are caught up in our thoughts, blaming the past and expecting the future. We are rarely really present to the present moment. Sensing what is happening...

## Delight

And it is here that the jewels and treasures of bliss, deliciousness and

delight await us. Here in this physical reality of being here, right now. Here in this messy and imperfect body.

Pleasure is waiting. It is waiting to meet you in the real relationship of interaction with everything. The bite into the apple. The sound of silence in your ears. The feel of the earth underneath our

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feet or pelvis, back or belly. The release of tension from your shoulders. Greeting an old friend. Sensing velvet, feathers and petals on your skin. The kiss of a lover.

The journey from stress and anxiety, down into the body, takes a bit of time and some bothering - to pay attention, to yourself and to others. And it is worth it! Pleasure melts your opinions, resistances and ego structures - and as they melt, more pleasure arises. Pleasure arrives from the being real in this moment, best as you can, real feelings, real sensations, real thoughts and real care. Bothering to be close to your own precious self. Not abandoning yourself as broken or bad, but worth noticing, in all your sensitive sensual glory. You matter. Everything about you matters. Not to be self-obsessed - but self-healing and self-transforming. Subtle pleasure is the reward of the personal healing journey.

## Medicine

From my innate knowing, my own intense personal transformation, and my work with clients over 25 years, I created a new mandala of seven practical spiritual medicines. These are 7 medicines for modern times - Slow, Body, Depth, Relationship, Pleasure, Power and Potency. They're each a paradigm-shift of inspiration and uplifting somatic exercises.

**Slow** is the medicine of sensitivity. Slowing out of fast frantic thoughts, so body and mind can begin to unite at a similar tempo. Pausing is a great way to interrupt non-stop thoughts.

**Body** is the medicine of embodying. Appreciating the amazing choreography of the body, the sensitivity, sensations and sensuality of your living flesh, creates more embodiment.

**Depth** is the medicine of deepening. Discovering that there is so much more going on than we usually think, we find humility and presence. Necessary for entering a real relationship.

**Relationship** is the medicine of relating. Realizing you're already in a web of relationships, enhances human relationships, reducing seeing others as objects. Enjoy the nourishment!

**Pleasure** is the medicine of sensing. Discovering the rich fresh sensuality of the physical body and the vital delight of the senses. Pleasure can always be found. It brings fulfilment.

**Power** is the medicine of empowering you. Learning to be authentically you, vulnerable and strong, on a solid foundation, powerful in yourself and expressing yourself no matter what.

**Potency** is the medicine of aliveness. Finding a middle path of balance and neutrality in the body and behaviour, of kindness to self and to others. Live your own unique potential.

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What the world needs now is compassion and cooperation. This book is a step-by-step guide to sensuality, satisfaction and delight. Full of pleasure, let's co-create a better world. 🌍

## Bookshelf

THE HEALING POWER OF PLEASURE: SEVEN MEDICINES FOR REDISCOVERING THE INNATE JOY OF BEING BY JULIA PAULETTE HOLLENBERY, published by Findhorn Press, Paperback (288 pages)

