

WEEK 2:  
LIFE LONG LIBIDO

In this presentation we are going to look at what is crucial in understanding, creating, and maintaining life long libido.

We will look at the influences of our diet and lifestyle and how they impact our libido.

The obvious place to start is in defining what libido is and in order to do that, we're going to look at where the word comes from:

**1) Pre-Freudian writers** used the concept of libido as *'the conscious appetite for sexual activity'*.

**2) Then we have Freud's understanding** of libido as the *"energy of sexual instinct"* or the *"psychic drive or energy, usually associated with sexual instinct"* contained in what he called the id, the strictly unconscious structure of the psyche.

**3) With Wilhelm Reich**, he believed that *"sexual energy operates in the whole body and not solely in the interstitial tissues of the gonads."* or in other words, libido is part of our innate biological energy. He further states that *"the function of the orgasm becomes the yardstick of psychological functioning, because the function of biological energy is expressed in it."*

What is an interesting commonality about these 3 definitions involves the link with our psyche, not just our physical body ie: our hormones, etc.

When we hear people speak of libido, often what is meant by it is closer linked to our physical sexual drive—what makes us *want to have sex*.

But we rarely consider its link with our own psyche.

Yet the **secret to fully liberating our libido**—the sexual drive connected to our life instinct—is to understand **its roots are within our psyche**.

Psyche is defined as the *'human soul, mind, or spirit'*.

So in order for us to **fully liberate our libido**, we must address, accept, and **liberate our own mind or 'human soul'** (I like to refer to this as our **essential nature**).

The more **'hang ups'** we have, the more **false constructs** and **beliefs** we live by, the more we **impede our libido** from truly coursing through every fiber of our being.

It is as though we are hard-wired to fall madly in love with our humanity and in doing so, freeing ourselves to be real, alive, and expressed and thus, benefitting from awakening and accessing our fully erotic expression (libido).

In today's activity, we will have two distinct practices to bring us into a more **profound relationship with our own psyche**. This new level of personal intimacy will empower us to embrace who we really are along with giving us the skill to better navigate our various psychological states.

We will also see how connected our sexuality is with our psyche through the ancient map of sexual reflexology.

But before we jump into practice, there's one more piece to the libido puzzle.

We also hear a lot of talk of our **libido being directly related to our levels of testosterone**. In fact, many women post-menopause are treated with testosterone to boost their libidos.

Yet, what has been found is:

*Whereas where evidence that testosterone withdrawal and/or replacement can have effects on women's sexuality, the evidence is inconsistent and sometimes contradictory.*

Therefore, it is really important to understand what we should not be generalizing about women's arousal/desire/turn-on purely on the basis of her testosterone levels.

Furthermore, it is also becoming increasingly clear that the **sexuality of women is powerfully influenced by mood, energy and well-being**, as well as by other psychological mechanisms.

For example, when a "*hormonally imbalanced*" woman has a new lover in her life, it has been found that her entire system adjusts and suddenly her hormones are working just fine!!!

Thus, whereas testosterone may play a role in the sexuality of many women, its effects can easily be obscured by the co-existence of other psychological or affective factors.

This further points to the fact that **our sexuality and sensuality isn't purely based on functionality**, but is equally based on the **deeper meaning** of the role of sex in our life.

It is important to respect our vitality and to take measures to maintaining optimal hormonal health, but what remains clear until now is that **optimal hormonal health is unique to each individual** and changes with our life-experiences and maturity cycles (such as puberty, motherhood, menopause, etc).

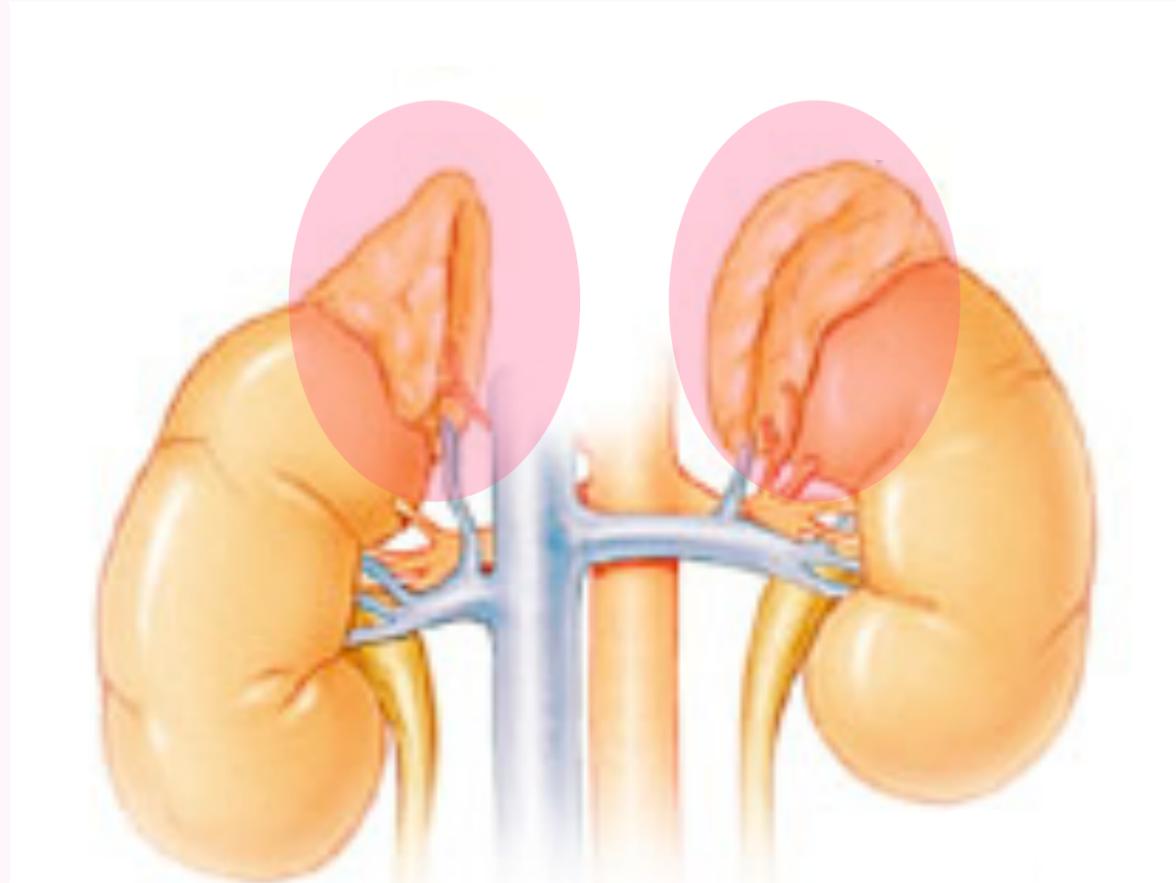
That said, it still lends to an invaluable point: *Our adrenal health plays a key role in our hormonal well-being and our sexual capacity.*

Why?

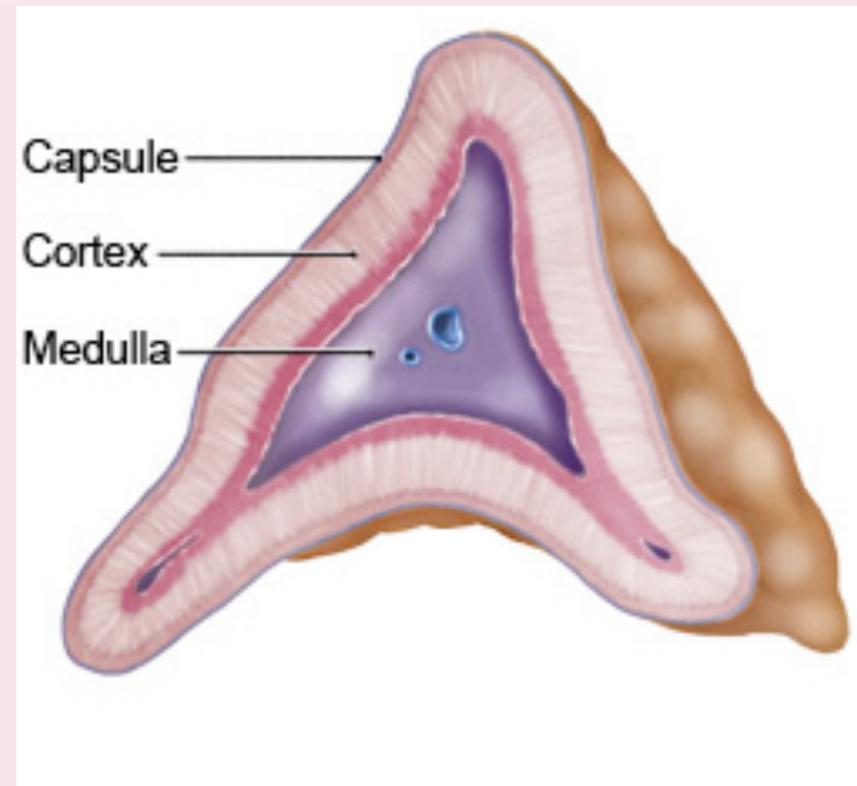
Known as the storehouse or spark-plug for our energy, our adrenals play a key role in regulating our hormones.

The adrenals have two main parts: **the cortex and the medulla.**

# Adrenal Glands

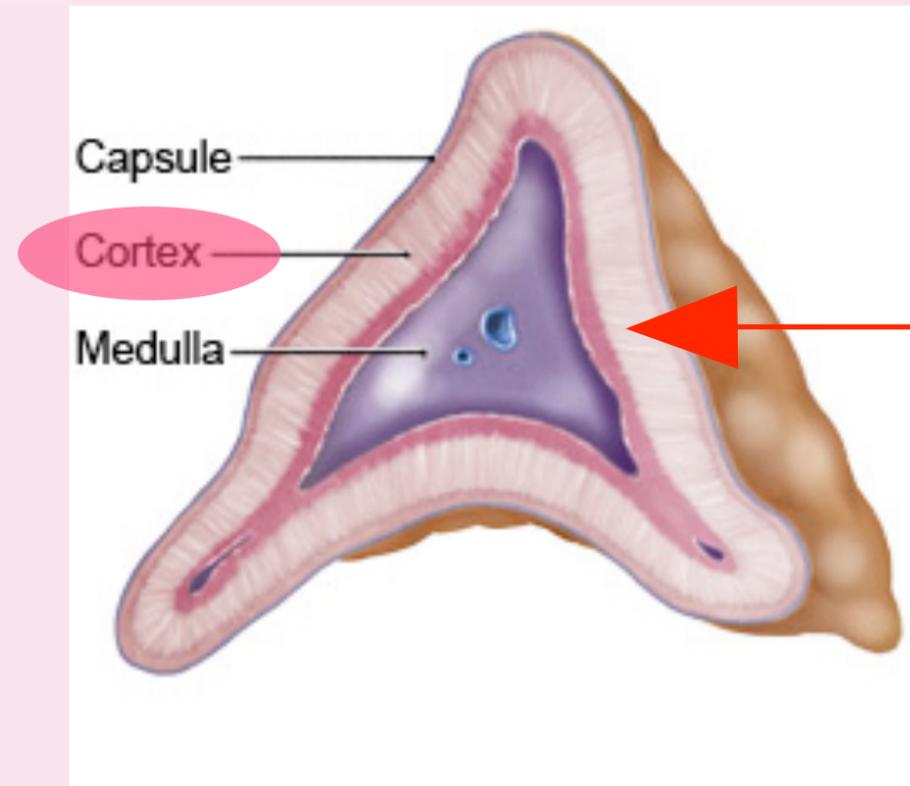


# The Adrenal Medulla & Cortex



# The Adrenal Medulla & Cortex

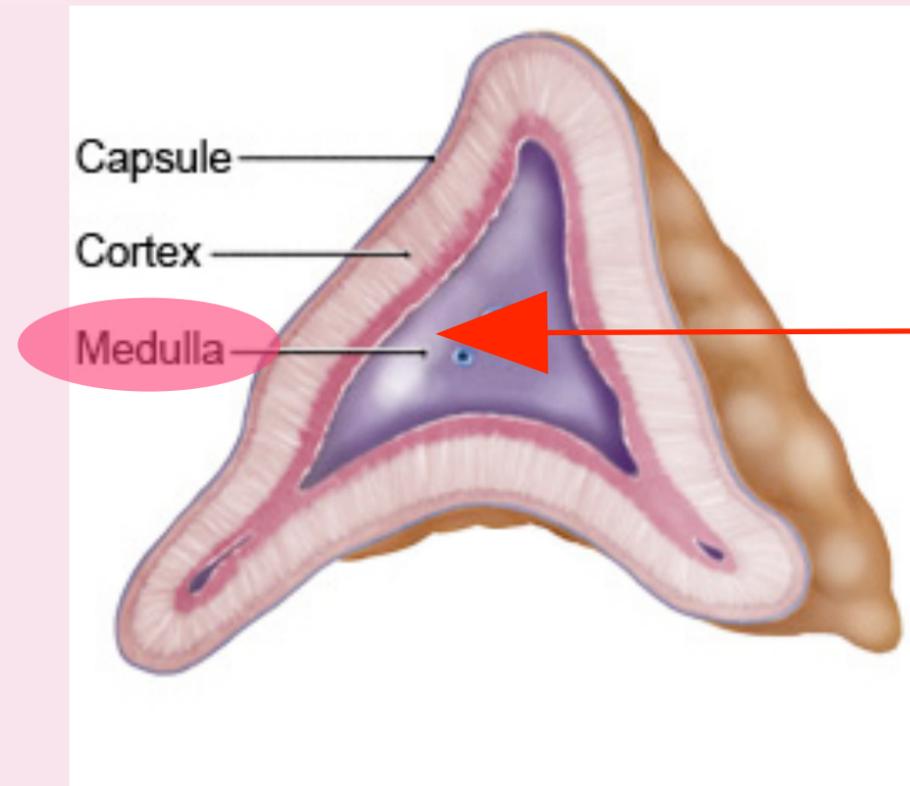
We can remember this part by linking it to the Cortex of the Brain, the *consciousness* part of our brain.



Steroid Hormones  
incl. DHEA

# The Adrenal Medulla & Cortex

We can remember this part by linking it to the Medulla of the Brain, reptilian (*flight or flight*) part



Adrenaline

**All stress weakens the adrenal glands**, whether it's caused by a spouse, children, work, heavy metals, poor diet, lack of sleep, prescription drugs, caffeine or illness.

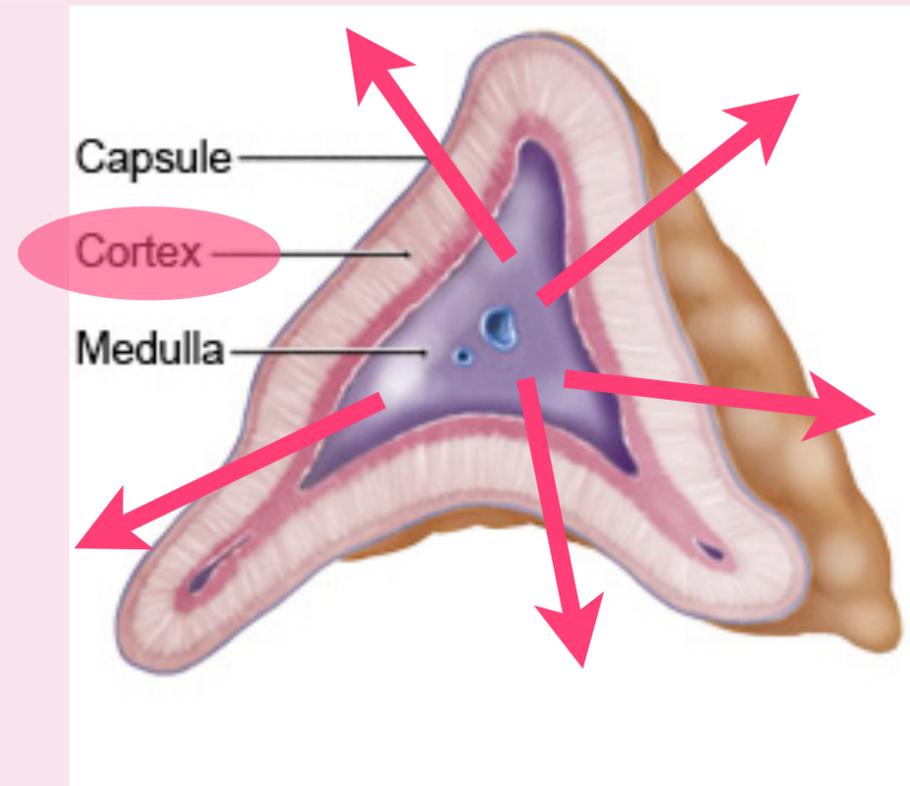
What is predominantly agreed upon for adrenal health is a **healthy, mineral-rich, sugar-free diet**, along with **good sleeping patterns** and **regular exercise**.

Yet the key crucial influencer in our adrenal health is **managing our stress**.

Reich states, *"sexuality & anxiety are functions of the living organism operating in opposite directions—pleasurable expansion & anxious contraction."*

# The Adrenal Medulla & Cortex

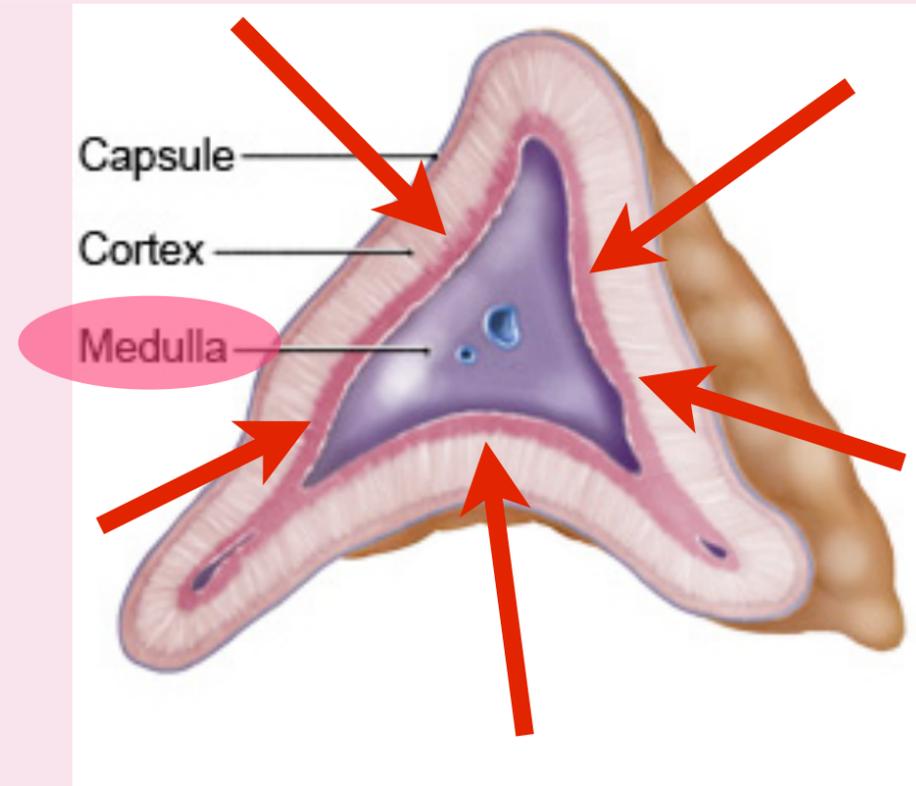
**Expansion**



**Pleasure  
=  
Happy Libido**

# The Adrenal Medulla & Cortex

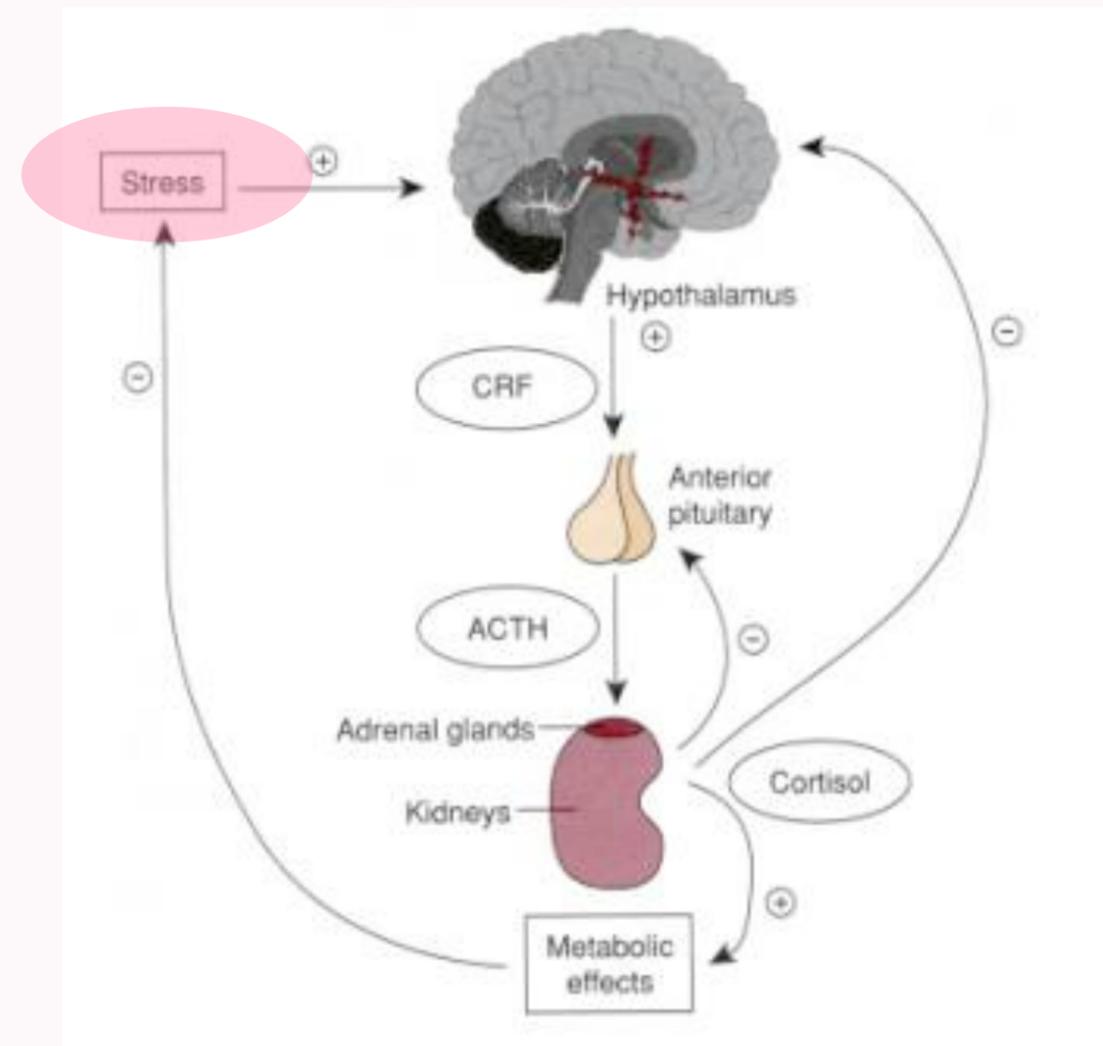
**Contraction**



**Anxious**  
**=**  
**Unhappy Libido**

# HPA Axis - Our Psycho-Sexual Response System

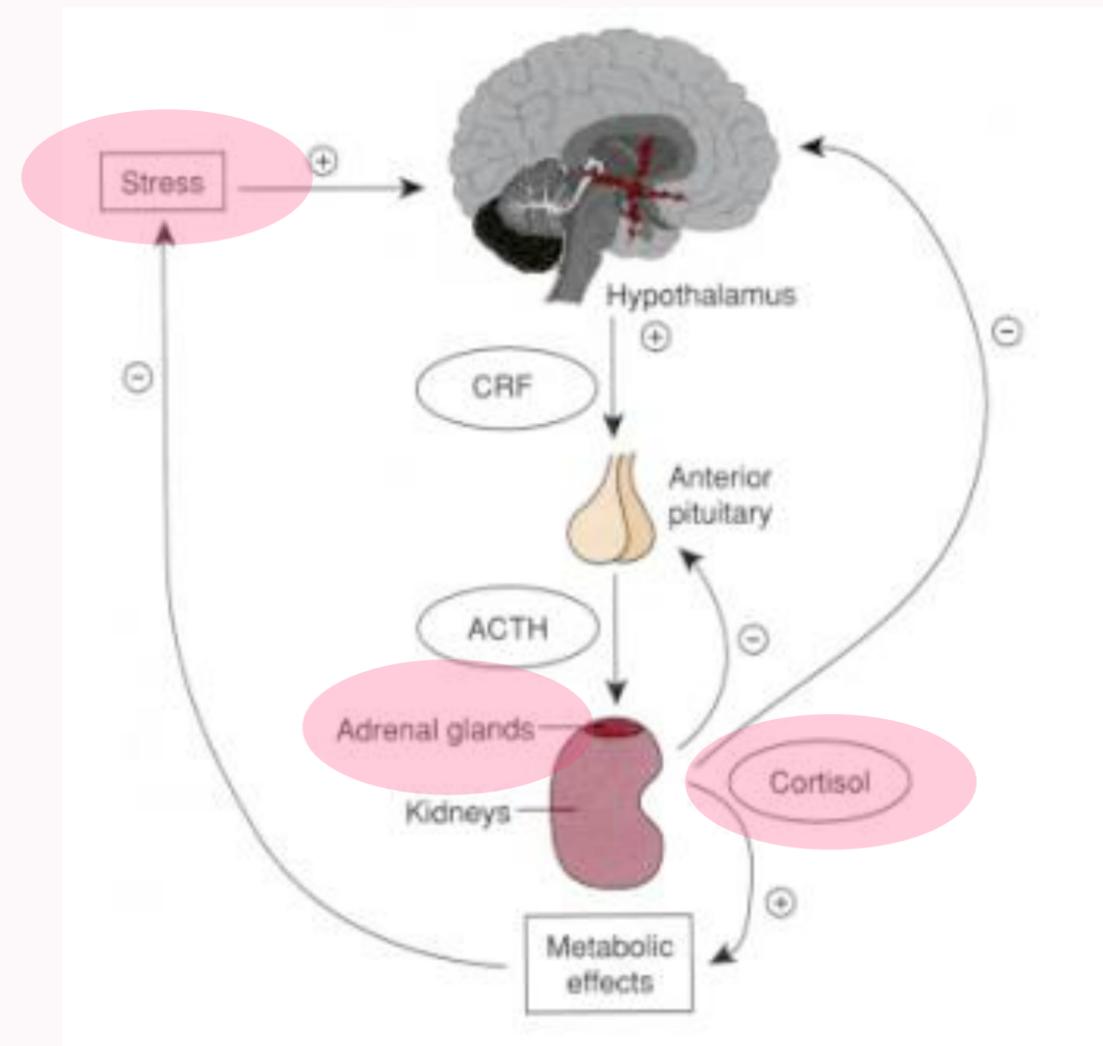
Primitive



Flight or Fight

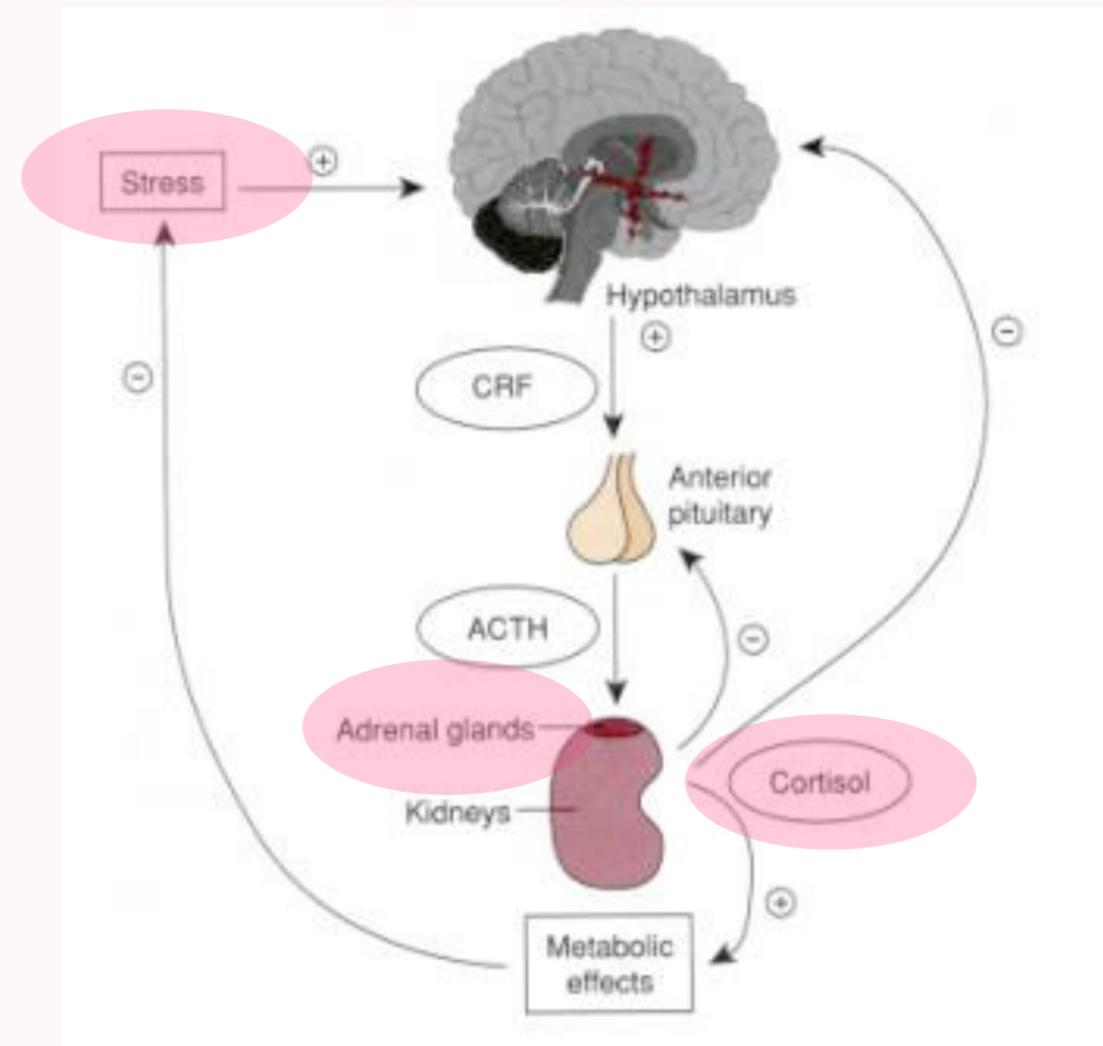
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Primitive



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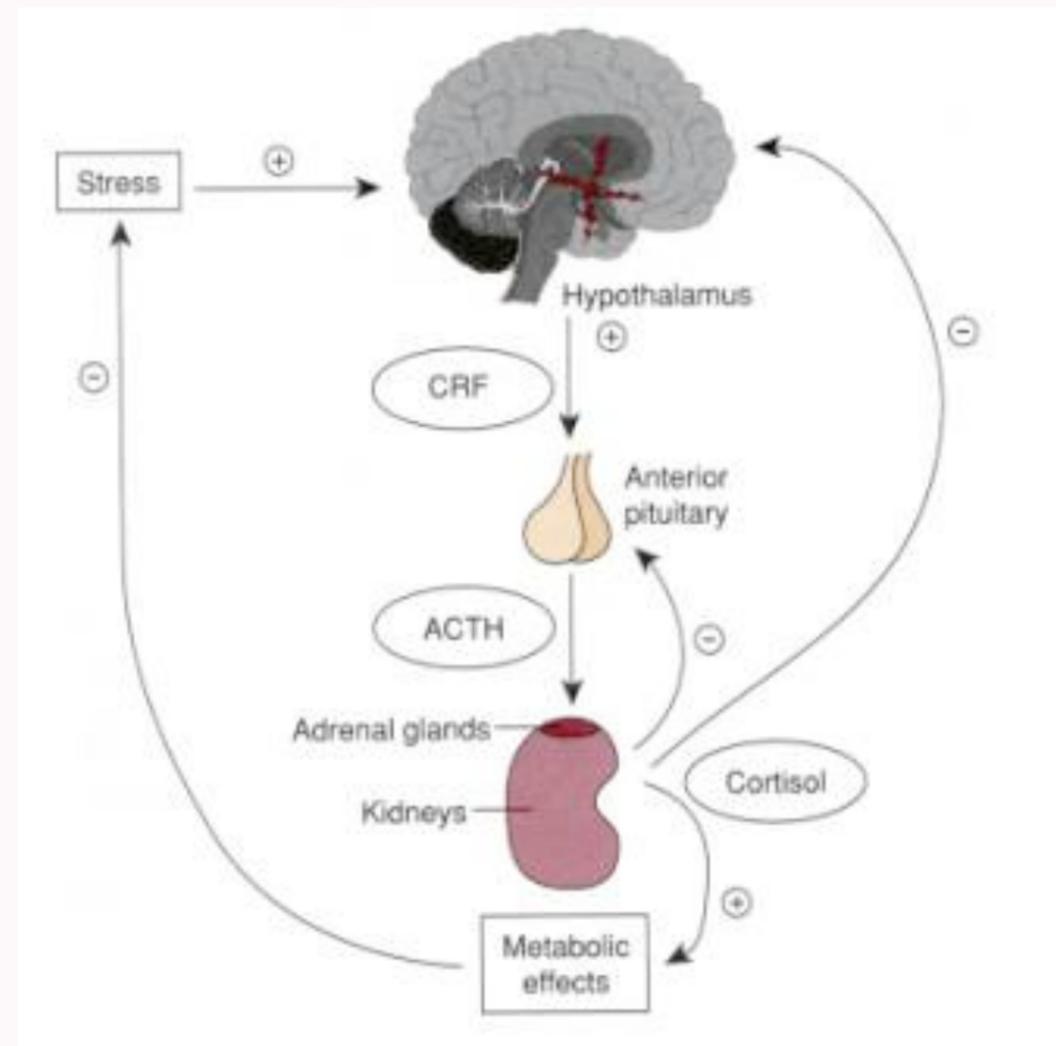
Primitive



Stress Response Loop

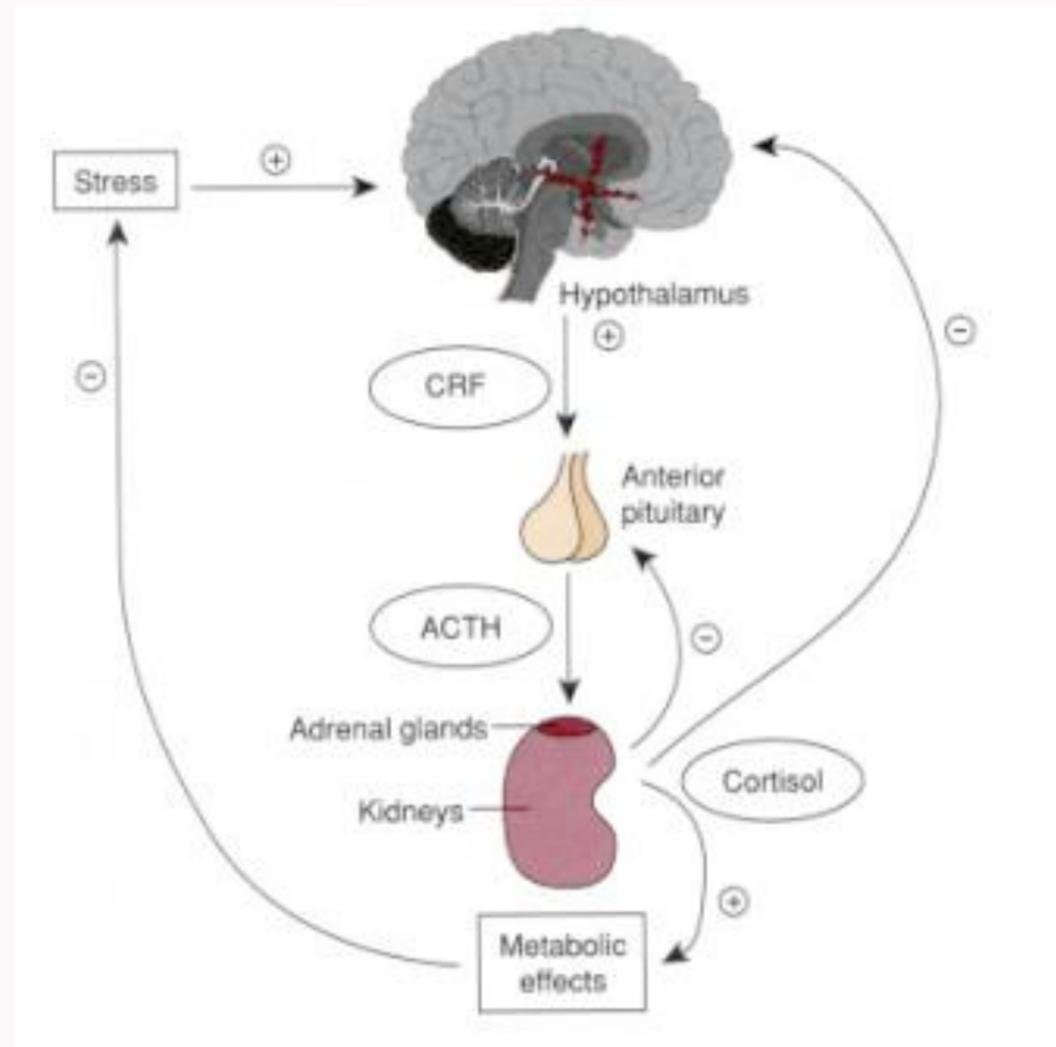
# HPA Axis - Our Psycho-Sexual Response System

**Our  
Libido  
Shuts  
Down**



# HPA Axis - Our Psycho-Sexual Response System

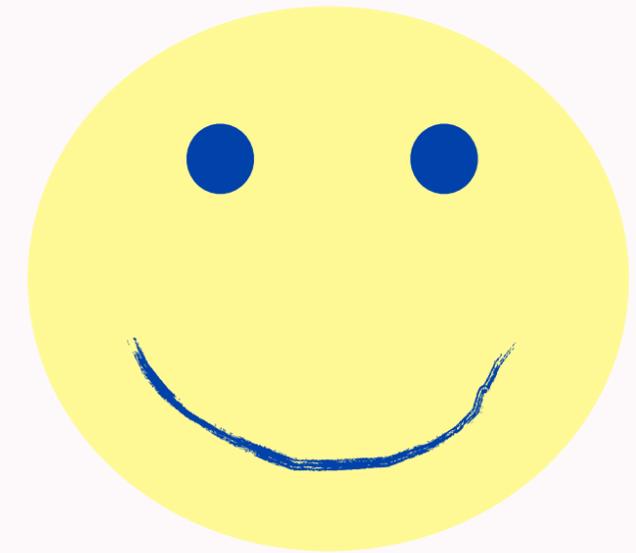
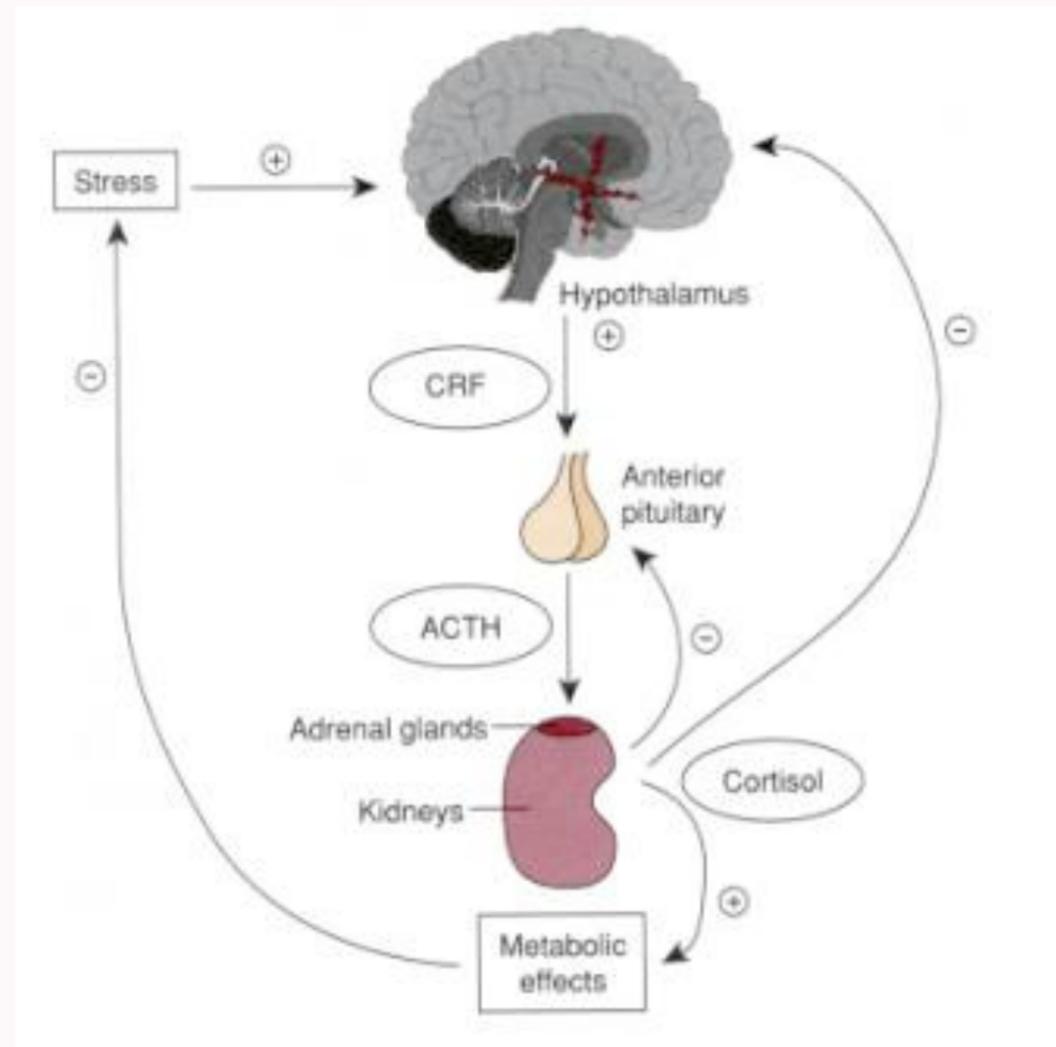
~~Our  
Libido  
Shuts  
Down~~



**Relaxation  
Being Safe  
Feeling Good**

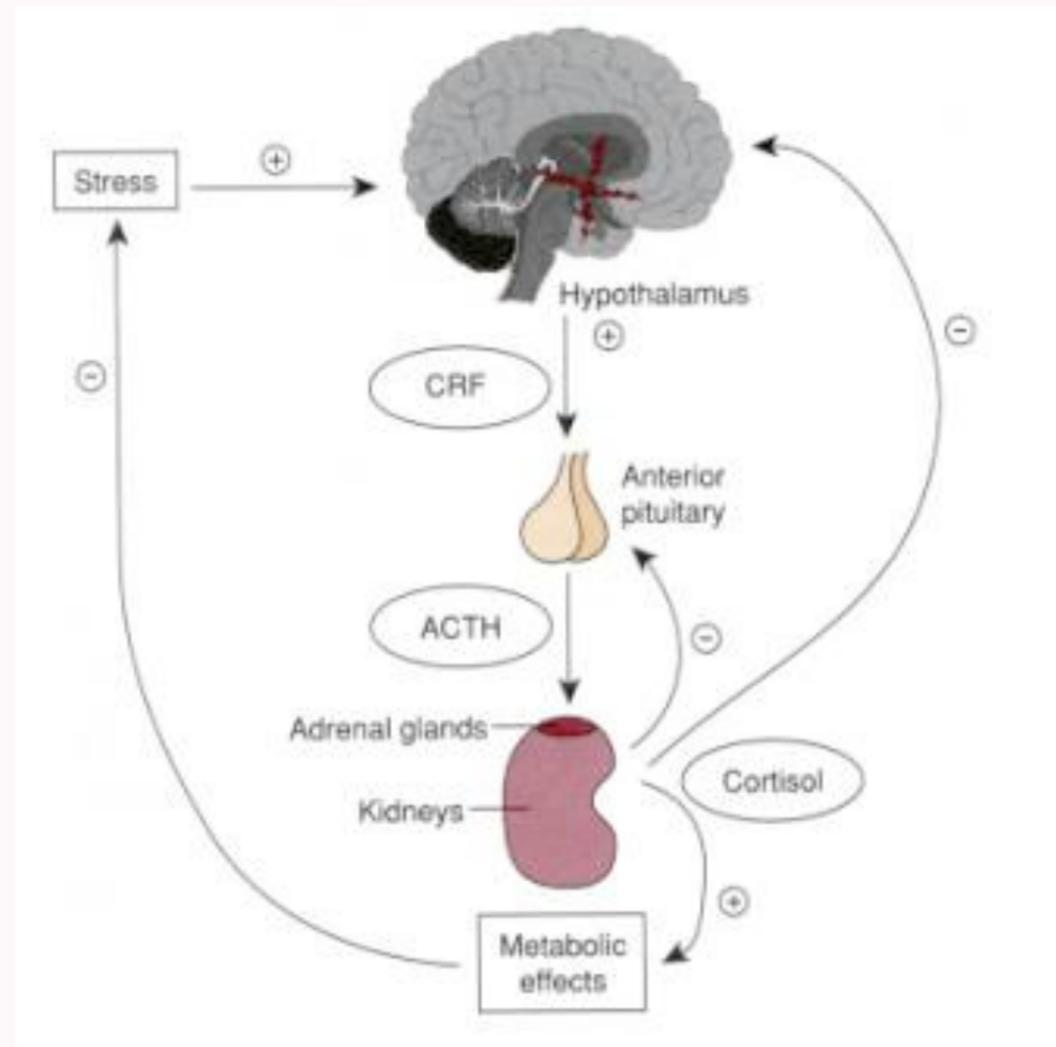
# HPA Axis - Our Psycho-Sexual Response System

Steroid  
Hormone  
Production



# HPA Axis - Our Psycho-Sexual Response System

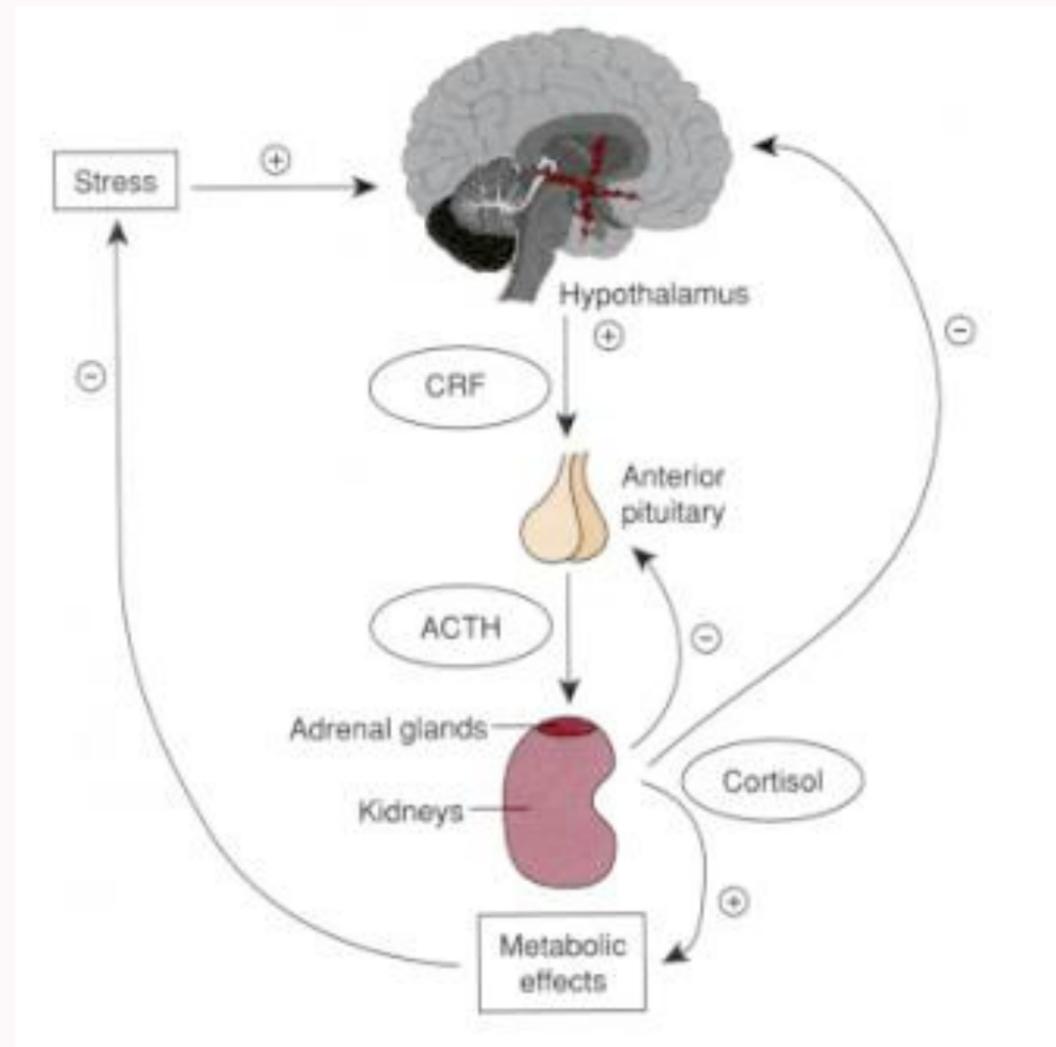
How you perceive  
REALITY



How you set  
yourself up  
HORMONALLY

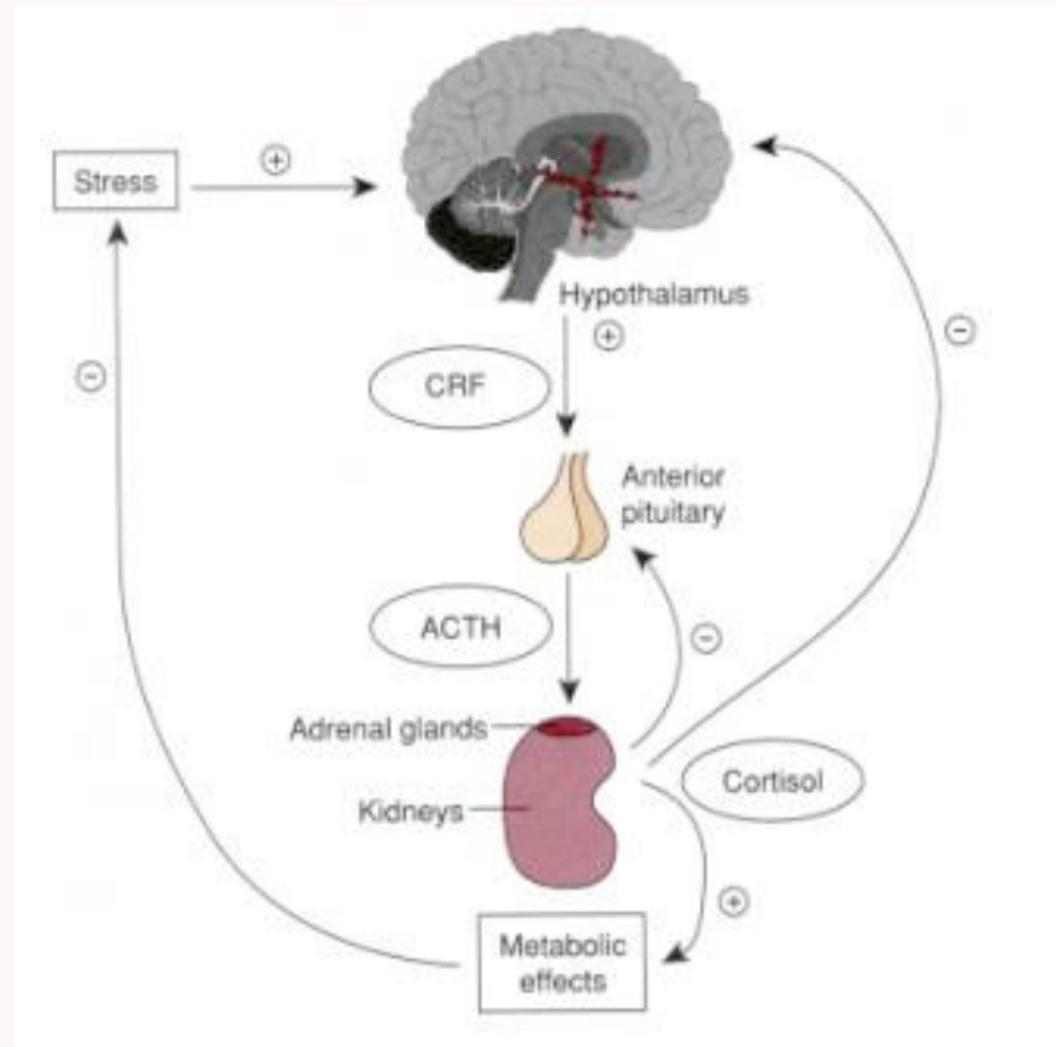
# HPA Axis - Our Psycho-Sexual Response System

Relaxation  
& Pleasure  
=  
Happy  
Hormones  
=  
Vibrant  
Libido



# HPA Axis - Our Psycho-Sexual Response System

Relaxation  
& Pleasure  
=  
Happy  
Hormones  
=  
Vibrant  
Libido



Stress &  
Negativity  
=  
Stress  
Hormones  
=  
Suppressed  
Libido

## The Magic Formula:

A happy, relaxed, healthy woman

=

happy, balanced hormones

=

healthy, vibrant libido!

In the practical activity, not only will you be deepening your own relationship with yourself (which is fundamental to having an expressed, orgasmic life), you will also learn ways in which to support your adrenal health through simple relaxation exercises.