

Pathway of Learning

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Overview

The course consists of twelve one to one teachings over the minimum of six months.

Each created in the flow and rhythm of the individual as I believe we can only share and teach from the “space” we are at. I therefore look at what the individual needs as a form of support to enable them to embody the teachings fully.

Each lesson includes discussion, experiencing and experimenting and most importantly home exploration so that the “student” becomes the method, rather than doing the method.

Towards the end of the course, models will be part of the lesson for all aspects of the teachings to be brought together.

Case studies are requested for certification.

As I have said, sometimes something may enter the teachings, specifically for the individual student and that is not within my predications. This is an overview of the pathway and the lessons included:

Where touch comes from:

Noticing within self-agenda and the intention behind the touch, so that this may be dropped and our touch come from a place of innocence. Unconditional touch that is able to meet, witness, listen and hold another.

We look at where touch is from energetically. Our heart space, sex centre or the mind and how this effects the energy of the receiver.

We bring align our own sex, heart and head.

We discuss the value of touch, and how touch can support others to release trauma offering new experiences of touch.

We learn what makes touch sacred.

Chakra system:

An overview of the chakra system. How the energy within us needs to flow and be in balance to support that in others. Again, ensuring that the student is responsible for self care to be able to care.

Discussion of some physical and emotional ailments and where in the energy system this may stem from.

Student learns to feel and listen to our energetic system, with the knowing of action to be taken from that listening ... to in turn to be able to listen to another's.

The source of energy:

Connecting with the bigger than "I" as a source of guidance and trusting the intuitive pulses that move us. Our hidden agendas of meeting another, so we share from pure intention in our touch rather than performance and ego.

Orgasmic energy and pleasure:

Discussion on the suppression of arousal and healthy release of arousal as our orgasmic nature and energy, how to connect into, move and play with this for oneself, and the benefits spiritually, emotionally, physically and sexually. Orgasm as a sensation.

Discussion on how to support others to experience their own orgasmic nature, as an empowering knowing that they are the happening. Discussion on pleasure. Home exploration methods provided.

Sex:

Discussion, what is sex beyond the act. The root of sexual trauma. How to support another to return to the innocence of sexual energy. Expanding sexual consciousness. Sex as a life force.

Body:

The body as sacred and innocent, with an intelligence that knows what it needs to thrive at it's fullest potential.

Methods on moving deeper into our body, to be able to listen to its impulses and knowing, so in turn we may deeply listen to the skin and bones of another and support them in grounding and through any body dissociation.



Breathwork:

knowing our own breath. Meeting another's breath. Supporting another with the discovery of their own breath. Reconnecting love and sex with the breath.

Moving trauma, resistance, past wounds with the breath. The breath as presence.

The senses:

Discussion and exploration on how our senses enable a life of colour, pleasure, wonder and presence.

Massage techniques:

- Self preparation.
- The qualities and variations of touch and when.
- The environment.
- The spine.
- The chakras.
- Moving sexual energy.
- Sexual meridians and reflexology points.
- Sacred feminine and sacred masculine.
- Jade gate.
- Head and facial points.
- Resistance and body armour.
- Whole body massage.
- Breast massage.
- Heart opening.
- The digestive system.
- The reproduction system.
- The pelvis.
- The sacred womb.
- Yoni massage and worship.
- Lingam massage and worship.
- Resting in the afterglow.
- Grounding.
- Aftercare.

Each student is offered mentorship after the completion of our time together and case studies as a constant and consistent support.

