

# Pleasure Principles

*Living in the Flow of Ecstatic Union*

*With Lumenaria E. Goyer*

*Bi-Monthly Newsletter ✧ Full ● Moon Edition ✧ Page One*

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*A Publication from...*

## *Embody Bliss*



*An Awaken Unity Series*

### *Welcome!*

I have been on a highly focused journey of remembering and reconnecting with profound truths about the links between pleasure, our state of consciousness, and our experience of Divinity for approximately five years. I am thrilled to share this offering of wisdom gained through my lived experience of these teachings with each of you. It is my hope that this publication will help facilitate your awakening and stir you into greater alignment with your deepest held desires. *Pleasure Principles'* first article is an introduction to the overall premise and purpose of this Embody Bliss Series publication by Awaken Unity.

**INVOCATION:** A profoundly spiritual and yet very physical body-bliss has moved me to create *Pleasure Principles*. My heart is emanating the sweet, warm nectar of joy and Divine Love as I write. I would like to invite you into the flow of this heavenly stream that supports and facilitates the journey toward realizing our Essential Nature and uplifts our beloved Gaia and all upon her. Enjoy!

### *Living in the Flow of Ecstatic Union...*

It is a somewhat radical idea that life is meant to be genuinely fulfilling and pleasurable and that we are actually *designed* to feel extraordinarily good in our bodies. Somewhere along the way, we have come to believe, to some subtle extent or another, that life is likely to be hard, we are on the road to decay, and Divinity (what or whomever that is) would have us sacrifice in physically uncomfortable ways and maybe even suffer in order to be worthy to feel good and Unite with it. Physical pleasure is certainly not part of the spiritual equation in the now; it is for some later, unknown time, if we have made sufficient sacrifice and are lucky enough to get there.

This may be a slight exaggeration to make a point, and many of us would outwardly reject these notions. However, if we are honest with ourselves, the collective undercurrent of these thought-forms about life and spirituality, if faint, is likely present in our lives in both obvious and subtle ways. In fact, this undercurrent often leads us to miss or blatantly avoid the simple, deeply pleasure-filled pathways available to us. This is because we are looking for a match, albeit unconsciously, for the ideas of hardship and separation that course beneath the surface.

Flying in the face of our collective pleasure phobias is the reality that consciously experiencing Sacred Union (that is, connection to all Life and alignment with our Divinity), produces a feeling of complete,

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### *Meditation Focus*

During meditation, as you go about your day, and/or before you go to sleep at night, I invite you to set an intention to be open to revelations regarding your fears, confusions, and blocks to pleasure in your life. Where are your greatest stuck points?

**I open to the pleasurable fulfillment of my deepest intentions and blissful connection to the Divinity in all.**

Try this as a mantra or affirmation, or use it to construct your own.

Mantra: say statement 108 times (prayer beads help with counting).

Affirmation: rub all around your earlobes (to activate the acupressure points) while saying the statement at least three times.

### *Energetic Transmission*

You are invited to tune into the Empowerment Darshan--an energetic transmission that has been encoded into this text to empower you on the journey to remembering your Truth about pleasure and Spiritual connectedness. This transmission is activated by your conscious intention to open to the frequencies offered.

### *Take the Pleasure Plunge*

Make a conscious effort to experience the simple pleasures in every day more fully. Really pay attention to and relish the wonderful feeling of water on your skin as you shower, the warmth of the sun, the visual beauty in nature, the comfort of your bed...

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## Ecstatic Union (Con't.)...

fulfilled pleasure. In fact, pleasure is not simply a by-product of such consciousness, it is the whole point! This is probably no big revelation. Rather, this knowledge is at least in part what drives many of us down our spiritual paths – the hope that someday, we will consciously experience the pleasure of Sacred Union on a consistent basis.

Even if we don't completely believe it's possible while we're toting around these bodies, we hope it is. As such, we are fascinated by the aberrant few who live in the flow of Ecstatic Union. We even have many names for this rather theoretical state of consciousness - Samadhi, Enlightenment, Rapture, Self-Realization, etc. All the while, one thing remains true, any one who has been there, even for a brief moment will tell us, it feels *good*, truly, delectably *yummy*. In fact, it feels *blissful*!

Think about the implications of this for a moment. If being consciously aligned with our Divine Nature, in Sacred Union with all Life IS pleasure and bliss, then it follows that:

***The extent to which we have blocks to pleasure, we will also have blocks to Sacred Union and Divine consciousness!***

➔ PAUSE. TAKE A DEEP BREATH. *Really think about this, let it sink in... What is your comfort-level with pleasure? In what ways do you block the experiences of pleasure in your life?*

Most of us say we would like to experience a state of blissful connectedness, feel great, and live a pleasurable life. However, we're not sure whether doing so will lead us into some hedonistic hell of our own making, lost and separated from Divinity. We find ourselves feeling miserable and disconnected because, when we feel 'too good', we experience guilt. Deep down we fear fulfillment of our hearts' desires - our blocks to pleasure keep us from the blissful union we seek.

*Pleasure Principles* is aimed at providing wisdom and tools for ease in uncovering and facilitating the transformation of our confusion about pleasure, thereby resurrecting the possibility that we can live in the flow of Ecstatic Union – Now! This is not just some theoretical supposition; rather it has been my lived experience. As we break down the ideas presented here and challenge outmoded thought-forms, I invite you to move into the sphere where spiritual joy, pleasure, and connection become your teachers and pathways to awakening rather than struggle, hardship, and separation. I believe this is one of the great keys to unlocking our capacity for mass enlightenment and planetary transformation. I look forward to unfolding this journey with you!

*Many Bliss-filled Blessings! - Lumenaria -*

## Upcoming Events

Embody Bliss: Pleasure Pathways Lecture Series

- Marin County, May 2008

Awaken Unity: Sacred Geometric Light Emanations (SGLE)

- New Mexico, May 2008

Awaken Unity's e-Temple Doors Open

- [www.awakenunity.com](http://www.awakenunity.com), May 2008

Embody Bliss: Authentic Movements - San Diego Reunion Retreat

- Marin County, June 2008

Embody Bliss: Authentic Movements

- Marin County, June 2008

Embody Bliss: Initiating Sacred Union Couples Groups

- Marin & LA Counties, July 2008

## Gratitude Offering

I offer my deep gratitude to all the beings that have impacted my journey of remembrance and awakening, and therefore, the formation of all my professional creations, including this one. May you be blessed with the energetic return of all you have sown in me, and, through me, in others! Special thanks to my dear friend, sister, and business partner, Mary Goyer.

## About Lumenaria

Lumenaria Goyer, Ph.D. is a modern-day mystic, known for expertise in utilizing her profound spiritual understanding and extensive professional training to empower others to experience the pleasure of embodying their Essential Nature. For information call (415) 320-3340 or email [Lumenaria@AwakenUnity.com](mailto:Lumenaria@AwakenUnity.com)