



Path to Passion

Love, Synergy, Joy & Ecstasy at Your
Fingertips

Class 4 - The Doctor In The Bed

With Alina Frank & Dr. Craig Weiner

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Cass IV – The Doctor in the Bed

Scenario #1- *(Man comes home angry, stressed out from work. Woman has been reading a romance novel and feels in the mood. He walks in with a huff and a few short quips. She rubs his back, runs her fingers up and down his chest and poof!- the Oxytocin surge cures the savage beast).*

What happened to shift the energy of this couple?

- **She had tapped before he came home and had let go of the thoughts that his grumpy mood lately had anything to do with her.**
- **She knows that Oxytocin, the soothing hormone, is released by her touching him. She uses touch to alter his state of mind.**
- **Her romance novel put her in the mood before he even walked in.**
- **Any and all of these work**

Scenario #2- *(Anniversary weekend)*

What could John and Mary have done to better prepare for this evening of love?

- A. He could have tapped on his previous erectile failures.**
- B. She could have cancelled the trip**
- C. She could have slipped a Viagra into his champagne.**

Scenario #3- *(William and Rhonda baby crying in the background. 2 am baby just nursed and baby is finally asleep)*

What can they do to repair, recover, and resurrect their sex lives?

- A. Tap on the trauma caused by the birth.**
- B. Tap on the exhaustion she feels**
- C. William can tap on his feelings of jealousy towards the baby because he isn't the focus of her attention any longer.**
- D. She can tap away resistance to having sex since sex in and of itself reduces tension, creates Oxytocin, endorphins, and other mood enhancing substances.**

Ok So what we hopefully have just illustrated to you are real life scenarios in which stress and its hormonal effects have resulted in sexual adventures that have either played themselves out successfully or ended in frustration. We cannot always control all the situations and circumstances that happen during our day, and we cannot possibly consciously maintain all our hormones in a perfect state of balance throughout the day, but we do have the ability to control how much we allow stress to effect us. And one of the key tools that we have access to is the effective use of tapping.

Stressful stimuli can cause a shift in response to over 1400 chemical reactions in the body, including over 30 hormones and neurotransmitters. During stress, sex glands actually shrink and become less active. Stress affects in the brain the hypothalamus which affects the pituitary gland which affects the adrenal cortex...and that chain of glands stimulates or inhibits nearly every sex hormone you have coursing through your body.

See if this cycle is really all that difficult to imagine.....A woman is stressed out because the dream home that they purchased last year with an adjustable rate mortgage is causing their house payment to rise and the financial pressure is building. She feels the pressure that her husband is feeling as he is now working more late nights and weekends to help his to bolster salary. They are seeing less and less of each other, feeling more and more disconnected, having sex now every few months, certainly not like it used to be. She is feeling lonely and depressed, and after a year of things not changing, telling her medical doctor who writes her a prescription for Paxil. The Paxil takes the edge off the depression, but has a side effect of affecting her hormone balance that results in a common side effect of decreased libido and a lesser known side effect of Anorgasmia (aka not able to orgasm). This leads to the rare episodic evening of disappointing sex that makes her not want to even bother trying it again which leads to further stress in the marriage, which leads to more frequent arguments, which causes his testosterone to flare and affect his personality, which makes her question whether she should even bother staying in the marriage with him any longer...and on and on..this reveals the power of stress, the role it plays on our hormones and the effect it can have on our relationships and on our lives.

We have a veritable pharmacy in our bodies that play a major part in our ability to lead satisfying sex lives. They also determine cycles and stages such as puberty and female and male menopause. Here are just a few key players-

Endorphins- These “feel good” substances are similar in structure to morphine. They have a pain reducing effect and are released during sex and other forms of exercise.

Dopamine- Too much dopamine and you might be into fetishes, sexual addiction, and unhealthy risk taking. Too little and you'll be unable to fall love w/another person, or you'll lack a strong sex drive. Just right you'll have a healthy libido, feel loving towards others. Dopamine is the craving neurotransmitter and it's responsible for the " I have to have it now syndrome" in addictions whether it's cocaine or another person. Any idea when we have the biggest dopamine rush? That's right- orgasm! Dopamine is affected by stress.

Serotonin- This neurotransmitter helps us feel content and that is why Prozac works to keep more serotonin. However, high levels actually cool the sex drive and can cause impotency and other sexual dysfunction. It works so well that some prescribe it as a treatment for premature ejaculation. It can also delay orgasm. Lower levels increase sex drive. Serotonin is affected by stress.

Estrogen- The female hormone is associated with receptivity, submission, passivity. It's responsible for the vaginal lubrication, and the health of the vagina and vulva. Estrogen is affected by stress.

Testosterone- The male hormone is responsible for aggression, it's more responsible than any other hormone for your libido. Too much of this "testy" character and you are prone to unattached sex without commitment and masturbation. Testosterone is affected by stress.

Progesterone- This hormone is primarily a female hormone. It's used to chemically castrate sex offenders because it decreases sexual desire. It's responsible for women's

cycles and supports pregnancy and is used as birth control. Progesterone is affected by stress.

Prolactin- Is a hormone responsible for breastfeeding. It's also what makes you feel goooooood after an orgasm. It's been tied to something called the sexual refractory period which is when you are super sensitive and need to recover after climax. Too much can make you impotent. Prolactin is affected by stress.

Vasopressin- is linked to bonding in men much the same way that Oxytocin does. It also promotes monogamy. Oxytocin though can be increased by touching, cuddling, and nurturing. Vasopressin and Oxytocin are both affected by stress.

Phenyl ethyl amine or PEA- is a compound that acts as a neurotransmitter. Interestingly enough chocolate is loaded with PEA. PEA is called the love molecule or drug because it is a naturally producing amphetamine that shows up when you fall in love. PEA is affected by stress.

Pheromones are substances that are created by the body. The way someone else smells to you has an effect on how much you'll be attracted to them. We have different sets of pheromones some such as alarm pheromones are affected by Stress

Anyone of these substances that are out of balance can affect your desire and sexual appetite. The most common outcome is a loss of libido, expressing itself in one from or another. This hormonal disequilibrium can result in thoughts, doubts, conjectures and decisions that can affect how you see yourself sexually and how you see your partner. These beliefs,

hormonally influenced affect what you see, and what you don't see, which then affects your desire to be intimate and sexual with your partner.

Let's begin a round of tapping that will assist you in investigating the possible reasons why your hormones are out of whack to begin with. Finding these answers, finding the root emotional cause, will be paramount later on in this series when we discuss the Priest in the Bed, the Stressed out Wired Bed and Whose in Your Bed Now, in other words, your current relationship.

OK, Let's Begin:

KC: Even though I am having some physical symptoms.... that correspond to some hormonal changes going on in my body....whether it be the time of the month,..... the stage of my life....., or a physical condition or disease that I am suffering from...and I am not sure what the emotional issues are....I deeply and profoundly love and accept myself.

KC: Even though I have no clarity....as to why my body is feeling the way it does...but I see some sexual dysfunction as a result....I deeply and profoundly love and accept myself.

KC: Even though I may be experiencing a lack of libido....., erectile dysfunction..... vaginal dryness....., premature ejaculation, anorgasmia ...or some other physical symptom related to my hormones..... and my unhappiness with my current sexual life....I choose to allow my mind to assist me in the exploration ...of the emotional causes.

TH: Something is wrong and it's probably hormonal.

3E: I feel it in my body.

EB: It's affecting my sex life.

OE: It's spilling over in to the other areas of my life.

UE: And I don't know what the root cause of it is.

UN: My hormones are out of whack.

CP: And it's showing up as a physical condition in my body

CB: I'm frustrated because I don't know the answer

UA: But I definitely see the results

TH: I feel completely dissatisfied with my sex life

3E: I am going to put on my EFT world view glasses

EB: If there was an emotional reason for these fluctuating hormone levels..... what would it be?

OE: If there was some situation 6 months to a yearbefore having this problem ..that triggered this chain of events in my body... what would it be?

UE: If there is a negative emotion that I am feeling most of the time....., and I could determine why I was feeling that way

UN: ...what would that be?

CP: I choose to access that part of me that knows everything.

CB: I choose to be loving, compassionate and patient with myself.... as I

allow the answers to come to me.

UA: This process of self knowledge and awareness..., is the 1st step in actually healing.... the emotional/physical aspects of this problem.

TH: I am happy and grateful to receive this information.

Between now and our next session, right down the information you receive, tap on it if you wish, because we will be using these insights in the remainder of all the classes. Next week, the Priest in the Bed, or how judgments, and beliefs inserted by society and authority figures can inhibit your sexually.

And until then, remember...Keep on Tappin'!