

The Relationship Center of Colorado

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Creating Personal Safety in Sacred Sexual Workshops

by Pam Babbitt, S.I.

As a strong advocate of positive sexual expression, I support numerous teachers, healers and their workshops. Sexual energy is a powerful force. Workshops and sacred sexual trainings are potent avenues for healing and transformation, and they may also engender wounding. I encourage you to create personal safety around any workshop experience. Please consider the following suggestions before you decide if a workshop or specific teacher/healer is appropriate for you:

1. Speak directly to the facilitator to get a sense of their overall philosophy regarding sacred sexuality, and particularly how it differs from other teacher's. Ask a few direct questions to determine if they are in alignment with your own belief system. You may want to also inquire about their training, lineage, etc.
2. If you have experienced sexual abuse, trauma, or addiction, consult with a mental health professional as to whether participation in a workshop is appropriate for you at this time. Many professionals offer free consultations.
3. What is the workshop pre-registration screening process? Questions regarding the presence of the above conditions should be included in the process.
4. Be aware that meditative and sexual energy exercises often induce alpha states (deep relaxation, brain fog) along with strong sexual anticipation. Neither is conducive to clear thinking regarding sexual engagement and responsibility regarding sexual health.
5. If the workshop agenda includes intimate touch, ask the facilitators if they address the subject of STDs prior to any intimate touch exercise - regardless of the suggested degree of engagement. Sexual health issues may be addressed through group education and discussion, and handouts. All participants are personally responsible for their own sexual health, **AND** workshop facilitators have a responsibility to create an atmosphere that provides the highest possible level of safety regarding all health issues, both emotional and physical.
6. Ask if the workshop space will have a "safe zone" - a designated spot for participants who choose to opt out of any exercise, with no explanations required.
7. Inquire if there will be trained assistants available to offer individual support or grounding if needed during the workshop.
8. Ask the facilitators if they will be personally available for any emotional processing after the workshop.
9. Ask the facilitators if they (or their trained assistants) will be available for crisis, trauma, or personal safety support, if needed, during any portion of the workshop where participants are encouraged to pair off to practice exercises outside of the workshop space.
10. Be aware of the power of group encouragement. Define and clarify your personal boundaries before a workshop experience. Find your words, speak your truth, and trust your intuition. Remember that at any time you can say NO. If there is hesitance, err on the safe side.
11. Effective workshop exercises are often very heart opening, which activates personal radiance and energy magnetism. Both promote pairing. Be aware that you are not experiencing all facets of another participant. If you explore relationship potential after the workshop, allow yourself time to get to know the whole person.

12. Now trust your intuition and act accordingly. There are many types of teachers, many modes of teaching, and many opportunities. Please give your exploration and decision making process whatever time it needs. Blessings on your journey!