

Attract Your Perfect Lover



The Law of Resonance

How this determines how good your sex life will be and what qualities you elicit in a partner

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Nadine:

Hello, it's Nadine Piat here and welcome to Healthy You, Healthy Love. It's a pleasure to have you here with me. Today, I have with me the most wonderful guest to discuss the most spine tingling topic. Today, my guest is Ellen Eatough and we're going to be discussing *The Law of Resonance: How This Determines How Good Your Sex Life Will Be and What Qualities You Elicit in a Partner*.

Ellen Eatough, "The Soulful Sex Coach," is the founder of *Extatica.com*: "The Way to an Erotic, Ecstatic Love Life." She has nearly 30 years experience in holistic health. Since 1991, she has focused primarily on transforming sexual and relationship blocks and helping couples experience truly ecstatic lovemaking – the type of lovemaking that's profoundly and deeply fulfilling sexually, emotionally and spiritually. Over time, she has developed unique products and programs that harness vibration frequencies including sound, colored light, and subtle energy to support intimacy, joyful sexual expression, and sexual healing.

Ellen also has a Masters Degree in East-West Psychology which is a marriage of Western psychology and Eastern Spirituality from California Institute for Integral Studies in San Francisco. She's also a Certified Hypnotherapist and is a trained practitioner in many energetic and somatic modalities. She has spent many years researching ancient sacred lovemaking traditions, contemporary transpersonal and relationship psychology, and cutting-edge modern sex research.

So Ellen, welcome to Healthy You, Health Love.

Ellen:

Thank you so much, it's great to be here.

Nadine:

Well it's fantastic to have you here. I know we're going to be talking about a topic that a lot of women and men

love to know more about. So before we get into the Law of Resonance, let's lay a little foundation for it. See on your website, on Ecstatic.com, the way to an erotic and ecstatic love life, and everyone has their own idea of what erotic is and what an ecstatic love life might be, so how do you define it?

Ellen:

Well I'm talking about daily interactions with your mate if you have one, being more playful and open-hearted and lively and you feel fully seen and deeply loved and this leads to more interest in expressing your love sexually. And when you do get sexual, it's fun, no holds barred, passionate pleasure and powerfully orgasmic, often multi-orgasmic for both men and women - yes, men too can have multiple orgasms - but your shared pleasure is more expansive while being more intimate and sex is more fulfilling...

The way I see it, it's like spine-tingling impulses or energy pulses go through the two of you in a way that you feel really deeply connected, not only with each other but within yourself and with all that is and this energy and fulfillment naturally spills over to the rest of your life.

So when one aspect of your life expands, it naturally affects the rest and in this case it can enlighten your family life, your work life, your friendships, and your community. And of course ultimately, an erotic life means being fully connected with sexuality and your body being integrated with the rest of your experience. And whether or not you have a partner and I really want to support people on this journey to this soul connection; if you don't have a partner, to finding that soul mate with whom you can share it with.

Nadine:

And it's interesting because over time, the word erotic or erotica, sometimes people talk about it shyly, and I think that it's so important for us as human beings to embrace our erotic selves, to be confident and comfortable with that aspect of life. I do think it's unnecessarily suppressed and it's largely unhelpful to have a fearful or shameful association to the erotic self.

Ellen:

Absolutely, I agree with you on that. Yes, it's to our detriment. You know it's that vital life force energy that we all come from. I mean we all come from sex and yet the first thing they do is try to squelch it.

Nadine:

Absolutely. So what got you on to this path? What motivated you to become an expert in this?

Ellen:

Well, the way you put that, I didn't really understand until I was quite a ways into this, what my bigger motivation was. The smaller motivation is connecting sexuality with spirituality for myself but I didn't really understand when I began it. There's really a larger motivation that carries me and I discovered this strangely when I was getting a workshop for couple at a retreat center outside Austin, Texas and it was on sexual spiritual fulfillment for couples. But I had dinner with a teacher teaching a totally different class at the same facility and she was a psychologist and she asked me, she said most people teach something that relates to their own wounding and so she said, "What is your wound?" I was kind of struck by that because I had done years of internal personal development work and I really wasn't aware of any...

Nadine:

Any wounds.

Ellen:

Not sexual wounds specifically but I thought that's a really good question; I would have to agree with her. And it finally dawned on me that the wound is something related to what you just said which is it's a split between sexuality and our spirituality and that really was a huge wound and I've been sort of subconsciously trying to integrate those two parts of myself for my whole adult life. And so I think there's a real fundamental yearning for all of us to integrate our entire being; that's our physical self, our erotic energy which is a big aspect of our physical self, that bio-life source energy along with our hearts, and our minds, and our spiritual life, whatever that is for each individual. And yet this wholeness is really hard to come by in our culture because it's been so suppressed, like we have sexuality in

our faces, everywhere in the media and at the same time in our personal lives, to our family or our extended family or in our relationships or discussions with friends, it often gets really squelched.

Even if we talk about sex on another level, it's very sort of private and for a lot of people shameful and filled with guilt. And then of course religions, not only western religions but a lot of eastern religions have really sort of elevated the spirit over sexuality and so we feel wrong, like you can't have both, sort of you do your spiritual but if you're sexual, you can't also be that or there are different parts of your life. And so I think the big why for me is really we need to integrate ourselves fully and over the years I've come to the conclusion of what keeps most of us from really enjoying deeply fulfilling intimate relationships and truly transcendent ecstatic sex is all the crap that's built up and clogged up our system energetically and emotionally because of this. And so my deepest desire is to really help clear out what's in the way of wholeness and nurture the integration of these aspects of ourselves.

Nadine:

Well that's interesting because there are many people listening to this and they've had good sex or they find it easy to orgasm; and then there are some women who've never orgasmed and some women that do occasionally or they can with themselves and I think that it doesn't matter whether you can or you can't, there are still people that seem to have that sort of peak orgasm but still feel unfulfilled. And so I think that everyone really needs to understand that more spiritual healing bonding aspect of sex, of our erotic selves that is largely underexplored. So I'd love to know your personal story that led you to further...I know we had a little bit about what motivates you but there's also that personal story for you.

Ellen:

Yeah, well as I said, this has kind of been my longing for all these years is combining sexuality with spirituality. I'll kind of start with the end. I'll tell you that at this point in my life, I can almost get choked up when I think about the pure ecstasy I now experience on a consistent basis with my partner of over 16 years. And I'm talking about

extreme physical and sexual pleasure but along with that deeper intimacy I knew was possible and a spiritual route that really takes us into the stratosphere. It's really incredibly healing from body, mind, heart and spirit - I didn't always have this and I kind of intuitively knew there was something like this possible...

But I was in a marriage of 20 years, had kids and all and I was very happy in that relationship in many ways and yet I really wanted a deeper intimacy, a deeper emotional connection and my spiritual life. I ended up satisfying this with my women friends because I didn't really have that with my husband.

When we got to the point of...before we got divorced, I'd already been working as a hypnotherapist and worked with individuals to release any kind of pain or wounding but it ended up leaning toward mostly people wanting to release sexual relationship wounds...

Everything from a guy who was just brokenhearted because his fiancé left him for his best friend; cleared that out in a few sessions. and then a year later I got a wedding announcement coming from another woman he's still with 20 years later. And for people who had been raped, molested, experienced incest and so forth I was involved in a lot of that kind of work.

So I was working in that realm but then in the late nineties, I was in the middle of getting that masters degree in East-West Psychology and by then I was pretty much completed with the divorce, for other reasons unrelated to what I've just mentioned but it was an amicable divorce and I had met someone and he claimed to have written a book that was in manuscript form, unpublished so far with a couple of other writers about sexuality and spirituality and bringing those together. I'm like, oh my God, I hit the jackpot; here's this guy!



Yeah, wow. Finally!



He had the formula. So we dated for a couple weeks, a few weeks and then we eventually made love and we weren't really in love yet but it was a very nice connection at that

point; but oh my gosh, when we made love, we entered this state of unconditional love. It wasn't the same as personal being in love, it was really a state of unconditional love and it was amazing and it was also amazing sexually in all those ways and I thought, oh my God I really did hit the jackpot. And then we made love one additional time and that was just as good, even better and then he disappeared and I thought, oh my God he disappeared like... as it turned out, he contacted me 12 weeks later – it's a long story I won't go into – but it ended and I didn't know what to do because I didn't know what he had done but he said he knew how to take someone there and he did, but I was totally bereft.

So about a year and a half later, I met my current partner and it wasn't like he knew any particular thing to do but something happened and we started entering the kind of state I just described, and it was really all encompassing and it was the best I'd ever experienced at the time.

Looking back, it was just the beginning of a huge unfolding that got better and better over the years. But we were kind of looking at each other and going like, wow how come nobody told us this realm of sexuality existed?

Nadine:

So because you'd experienced this kind of connection with that other person - when you met your current partner, at first when you were sexually engaged was this kind of connection instantly there or did it kind of start to build? What happened for you?

Ellen:

No, actually with my current partner, it was there instantly but then it went from fantastic to beyond belief. So I mean it started out really amazingly great.

Nadine:

But you managed to get back into that really intense deep kind of... Wow!

Ellen:

Yeah and it was really transcendent. I thought, at this point in my life because I've been working with people around sexuality and I've been studying all this stuff and I thought, how come nobody told us about this and why

have I never heard about it. And my impulse because I've been sort of a healer, a teacher, was to find a way to share but I didn't really know what to share, so that led me on this journey to research. I took tantra classes, I researched books and I was in an academic mode so to speak because I was still in graduate school. So I was trying to bring all this information together and then in graduate school, a woman came and spoke at this class I was in and she started talking about her research on people who are having these altered transcendent sexual experiences. And I went, oh my God, there are other people who have these experiences.

So she asked if anybody wanted to talk to her privately about maybe being an interview subject and I ended up being one and she ended up publishing a book that was under a major publisher called *Transcendent Sex: When Love Making Opens the Veil*. It was really about people having these extraordinary sexual experiences that do have a spiritual component and they were quite varied. It's a great book; if you want to get it, it's *Transcendent Sex* by Jenny Wade.

Nadine:

Oh wonderful! I'd love to see that. I've had my own little experiences of this here and there with different people, when I was younger particularly, and I knew at that point that there was more and at the time it was a stumbling upon. Like in your situation, I wondered how did that happen and how can I recreate that every time I have sex or most times?

Ellen:

You know Jenny Wade through all of her lectures will ask people to raise hands, how many have had an experience like this and she found that at least she thinks at least 12% of the population has had the kind of experience that you're referring to. I think maybe more because whenever I bring this up, people always say they had this one incident, this one experience and they don't know how to get back to it; so that was the challenge...

And so because she knew I had this Website called Extatica and I was working in this realm, when her book was published, her publisher wanted to do workshops so she said I'm a consciousness researcher, I'm not a sex teacher

you know. So she contacted me and we started doing some workshops together and the first was at this...well actually, we did them at the same conference but not at the same time. She did the academic and I was asked to do the how-to workshop.

And so I've been researching and meditating all of this and eventually, literally, I'm lying in a hammock by this lake up in the mountains, my little solitary camping trip to try to pull all of this together and it just started coming clear to me these four...what ended up being the four keys...

You can't force it but you can open yourself to these experiences and you open yourself with your partner to these experiences. You can't force it; it's a matter of grace but as I presented this material and did some experiential exercises with a group of 170 people over the course of three hours and people were pretty blown away. The next morning, people were beating a path through my door literally in the hotel as I was trying to the next keynote speaker and they said, even if they didn't have the transcendent sort of altered state experiences, they were having the best sex of their lives that night.



Nadine:

Wow, that's what we want.



Ellen:

Oh my gosh, these *four keys* might have some other benefits you know. So it seemed I could kind of tap into some things that I think in a way a lot of the ancients had already known that I've come about too from a different perspective.



Nadine:

There are people who are listening that they're looking for love and obviously people want to have great sex with the person that they're in love with or someone's in a relationship and they'd like to have better sex and they know something's missing. And either way, you said that the law of resonance plays an important role, so what is this law of resonance and how can it affect the way that we relate or connect with somebody or who we attract?

Ellen:

Sure. Let's start with an example that maybe people have experienced in their own life or something similar. So have you ever noticed how maybe you end a relationship with somebody and then you find out that he has another partner and that people were telling you that he's like this totally different person with her. It's like who is this guy; he wasn't like that with me, why is he like that with her? Well, has he changed or is she simply drawing different qualities out of him? And what happens is we are resonating certain qualities and then she is probably resonating a different sort of formula or recipe or whatever of her own qualities and so it draws out different aspects of him. Or have you noticed that different aspects of yourself seem to be more in the forefront with one person than another. It could be just different women friends or it could be past lovers.

Nadine:

Yeah, absolutely. Like with some people, a connection and sex just feels easy straight away. With other people one can feel a bit edgy, anxious, self-conscious and can think - is it me, is it something about us that's not compatible? We do change and we are different around different people for sure.

Ellen:

That's right. So the *law of resonance*, let me give you an analogy. So have you ever been listening to your radio when you're driving and you're on your favorite station and then after you're kind of going a distance, suddenly another station's music starts to creep in and starts to interfere with what you're listening to and it might even take it over because the new frequency is stronger now than the one you've been listening to. And your radio, even though it's set at the same number on the dial, it's the resonance with a stronger signal in your proximity. That's an example of the law of resonance.

So, resonance is when one vibrating system or physical body comes into contact with another vibrating system, usually another physical body and I don't mean just people but anything, and the vibration of a weaker body will adjust its energy to match the stronger one. So in other words, the vibration of the stronger system will actually influence and adjust the energy of the weaker system.

Nadine:

It's interesting because when I talk about the men I've dated or the relationships I have or you can really meet someone that you think is fantastic, you know I really like this person but over time, I literally have said I'm not resonating on the same frequency.

Ellen:

Yes, yes! We talk about that; we're not resonating, we're not in-sync, or maybe we are harmonious or we're tuned in. We have all kinds of terms like that or we might say, he's dragging me down or that music lifts my spirits, or yellow makes me feel happy.

Nadine:

Talking about music, I have been listening to your music and it's fabulous. Your auditory pheromones and I can tell you the minute I started playing it, "*Love Unbound*" music is amazing. It's kind of tribal; it's kind of sexual, sensual, healing. It's fantastic!

Ellen:

Oh I'm so glad you like it!

Nadine:

I'm in love with your music.

Ellen:

Wow, you see, I wasn't going to mention this yet but since you brought it up, the auditory pheromones is a term we're using and we've actually trademarked as a term to describe these 74 layers of resonant frequencies which have been infused into that music and these resonant frequencies help break up patterns, which is one reason I think it's easier for women to have orgasms with the music playing because I think we all have patterns that we develop. We are patterns of relating with each other, we have of patterns of what we think of before we approach orgasm, we have patterns of the sequence of muscles that we contract as we approach orgasm. And so I think that especially if it's not working so well for you, that waking up some of those patterns kind of like opens up the range of possibilities.

Nadine:

So you know you've got those amazing tools that you have and we will talk about them a little more soon. But for

those people who want to find that ideal mate and that ideal person to make the most of the relationship that they're in, how can we get this or understand the *law of resonance* to work for us and not against us?

Ellen:

Okay, so for one thing, you're talking about looking for a partner now, right?

Nadine:

Looking for or working with what you have; either way.

Ellen:

So first of all, if you think about the qualities you want in another person, say kindness, someone who's attentive or listens, or is loving for example, if you think about am I resonating those equalities myself? If the other person isn't resonating those qualities, you know like Gandhi said, "Be the change you want to see in the world..." it is almost like quantum physics, it's so scientifically true. And self-love is paramount; now there's an entire discussion on its own but if we can't love ourselves, it's really difficult for someone else to love us, because even if they do...well, let's put it this way, it's not difficult for someone else to love us, it's difficult for us to receive love from someone else because if we don't have sufficient self-love, we can't actually receive their love; we're out of resonance with love and so we actually create an energetic barrier to it.

So self-love is so important because when one person is really loving or if you don't have self-love and you have an extremely loving and persistent partner, ultimately their love energy may be able to pull yours into their resonance but that's the hard way; so it's really important for both parties to work on their own self-love. But clearing out self-limiting patterns and beliefs is really important; you know things like old wounds, and hurt, and anger, and resentment and there are a lot of those cultural wounds we've talked about before, but also you can't expect somebody to bring your resonance up.

You know they say focus on the positive but you don't want to like totally deny your negative experience or your negative emotions, so if you're feeling anger or frustration

or whatever it might be, it's appropriate to acknowledge. But to dwell on it brings our energy down...

Dwelling on love, self-love, love for others, love for the planet, gratitude brings our energy up; gratitude and appreciation. Appreciation is an interesting word, like if I appreciate, it's like it grows. So when we appreciate things, they grow. We appreciate the good in our lives, it grows and it literally brings our energy frequency, our vibrational frequency up, it brings it to a higher level. In doing so, it helps us attract a person or the qualities in another person that are also their highest resonance.

It's not necessarily attracting the extent of their gratitude but it's attracting the energy that's loving and joy and peace and gratitude; these are the higher vibrational states. And so when we cultivate those in ourselves and we consciously work to focus on that, we help bring that out in another person and then once we start to let ourselves get down into our daily anger and we start to get critical because we're not getting what we need, that just exacerbates the negative and draws out their negativity.

Nadine:

So for somebody who's listening to his who says, I just keep meeting the same kind of guy - maybe he's a kind of guy that is not particularly attentive or maybe he starts off hot and gets cool and doesn't come back again or he's up and down, what would you say to that person and the law of resonance around that kind of situation?

Ellen:

Well I think it's worth really working on yourself to a certain point. People can have all kinds of spiritual or religious perspectives that are listening to this but one can sort of connect to the light, really like 300 feet above your heads, imagine this light pouring down from above into the top of your head, this sparkling golden white light and filling up your entire being and allowing this to expand your heart's energy field. This helps raise your own vibration and it may attract a lot of people, but if you keep connecting with your own higher vibration, your own love, you start to attract those more positive qualities. And it's important to do the self-development work, to do what you can to clear out your inability, to set your own boundaries or the

tendency to be needy, to suck energy from another person for example. So you know at some point, a lot of people would benefit from some private coaching or therapy for awhile.

You see the same pattern happening in their relationships and they're not able to get in touch with what that is and shift that themselves and I'm not talking about therapy for years but getting in touch with that is really useful because you don't want to stay in that kind of pattern. Once you're clear about it, get out of it.

Nadine:

And sometimes, we can't see things on our own. I've done my own fair share of therapy and coaching or mentoring and I will continue to do so for the rest of my life. Even though I'm very conscious and I work with people in the personal development area and sexuality area myself, it's so important to know that we can't always work it out for ourselves and sometimes, we can logically get something but on a heartfelt, deeper, life-changing level, having someone to support you in that and to see things from a slightly different perspective is so valuable... and I know that you do private coaching and that kind of stuff as well.

And obviously if you're resonating on a different frequency and then when you do lift your vibrations, obviously then you also lift your vibrations sexually; so is that what happens? It's just natural for you to start to? So when you're more sexually aware, when you're in a more self-loving place, you will more so attract the guy who's more sexually resonant with you. Is that how it does works?

Ellen:

Yeah, I believe that's the case. Now if you're already in a relationship, just so you know, sometimes when you start to shift your own vibration, the other person will like, "Hmm, what's going on here?" So they may start to balk a little bit. Sometimes there's a little bit of friction for awhile; just like the static on the radio, when you start to come in to the...

Nadine:

The new station, yeah.

Ellen:

Yeah, there's a little bit of static until it switches over to the stronger frequency. For example, if somebody comes in your realm that's just like resonating with this vibrant energy and they're just like pure love and they walk in a room and everybody's just like, "Whoa!" This is great energy to have in our space but at the same time, it might make you feel a little bit...

Nadine:

Awkward.

Ellen:

Until you start to come up to that place, you start to get in sync with this wonderful energy that they're emitting, and so that can happen a little bit in a relationship. So you just need to sort of hold the course, don't give up just because your partner is like...they can't handle your optimism or your positive attitude or you're just being more open and living and suddenly you just seem so accepting and nurturing whereas you've been more critical before. It may take them a little while to adjust but don't give up.

Nadine:

I have an example of that actually. I had a client that was working with me and she and her husband had a lot of friction. They would argue a lot and a little power playing was going on. And while she was working with me she started communicating differently and because he would shut down for a long time - he just didn't trust it for while. She would say that he's still not sort of coming to the party and I said you have to keep at it. Don't give it up because as soon as you start getting frustrated with him and start being reactionary (like you have been for a long time), you go back to the same pattern. And so I said, "Just keep at it".

Ellen:

And then you actually confirm his view that you're not trustworthy.

Nadine:

Exactly and so he wasn't trusting it and therefore she needed to maintain it and so over time, he started believing, realizing that it was different and that she wasn't going to flip out because she could lose it actually; she was quite emotional and in some ways aggressive at that time. And

so yeah so their relationship changed astronomically; however she had to be comfortable with the discomfort of him also changing. Yeah so over time, they started to merge together beautifully on that same frequency, so that's really important for people listening.

Ellen:

That's a great example so thank you for bringing that up. You also mentioned his need to trust and I really believe that trust is a foundational key to sexual ecstasy because trust allows us to let go. It opens us up to freedom, and spontaneity, and self-expression, and playfulness, and opening to pleasure; often due to past wounding whether it's just some past lover saying something stupid or on-going wounding like this person being...

Like the way she was being so negative and critical with emotional outbreaks and so forth; that's wounding or even more severe wounding like childhood sexual trauma. All of these things make it more difficult to trust but that constancy that you just described in that great example builds the trust. And would you say that they're having a great love life now?

Nadine:

Yeah, absolutely. He started doing some courses as well and he wanted to be better at communicating with her because she was starting to really progress, and so he was like, oh gosh, I need to actually do something too. So he went down into a personal development path himself and then got his family involved and it was quite an interesting story actually.

You see, he was very corporate and she was more of the yogi type of woman, but even though she was in that sort of more holistic lifestyle...her interests were lying there, behind closed doors, she wasn't actually living that. So it was definitely very much a transition for her to actually be the person that she wanted to be because she was very much committed to that way of being but she just wasn't living it.

Ellen:

That's a great story for both of them. And this trust is supported both by communication...well it's supported

by communication but it's verbal and non-verbal communication. I just wanted to emphasize that.

Nadine:

That's true, I mean and trust is such a big topic and as you said, it's not necessarily the actually dynamic between two people. It could be one person's unhealed stuff and that is interesting because we can make up stories in our mind about the current situation which aren't even there, so we're not actually trusting our own selves and feeling safe with our own thoughts and beliefs sometimes.

Ellen:

That's right.

Nadine:

I mean I've done it.

Ellen:

Of course. We just go off on huge tangents and drawing conclusions about things that just aren't the case. I do that all the time; sure.

Nadine:

Yes, people have past hurts, wounds, unhelpful beliefs and repressed feeling and and so... You talk about detractors; the things that take away or push people away and there are also attractors. So what's your number one attractor?

Ellen:

Well really the number one is being connected within yourself; really being connected sexually, emotionally, spiritually in raising your own vibration. We kind of really discussed that but that is I think the number one attractor; somebody who's just really fully there on all levels. And I think when somebody has fully integrated that actually conveys a lot of trust right there; it just emanates trust.

Nadine:

Absolutely. I'm just thinking of my own self and my own situations with different people and I've been in sexual situations that have been very connected physically but they're not necessarily on an emotional level - so therefore it would still feel like there's a lack of safety in that relationship.

You know it's interesting how sex does play out, so when the deeper connection is not there, ultimately the sex doesn't actually feel that great. Even though it sort of feels good but after the fact, it's like well now I can't connect with you, you're gone. And some men I do find, they are at their most vulnerable when they're sexually engaged; but that's not always the case I know. So, do you have anything to share about that?

Ellen:

Yeah, actually I do. I want to point that often this happens even with couples sleeping on the same bed, they have sex and then they roll over and stare at the opposite walls feeling alone because they're not connected on that emotional level. They've had that sexual connection, they've had the orgasms and then, they're alone. But you talked about some men are very vulnerable during sex and so forth, so here's a little piece, the way masculine and feminine sexual energy flows, now this is usually gender-related. Usually about 90% of women will go with the feminine sexual energy flow and vice versa. So women's sexual – and I'm going to get to answering that question.

Nadine:

That's okay.

Ellen:

So there is women's sexual energy and men's...

Men's sexual energy is like fire. It begins in their pelvis and it moves up and if it's not just stuck in their pelvis or they're open to love along with sex and this is not always the case, but if they are, it moves up to their heart, which is where they can really feel their love for their partner.

Men often get a bad rep because they just wanted to "get off" and that's often the case in the earlier stages of their sexual experience. And when they mature and at some point in their life they really want to find a partner, they often start to get more selective, because they start to open up to that heart connection with their sexuality in which is where they become more vulnerable like you were just describing. As long as they keep their sex in their pelvis, they're not very vulnerable.

But women's sexual energy is typically just the opposite. It's like water and it starts from above and it kind of starts in our head and then it gradually moves down. So in our head, it can start with things like just thoughts, like am I appreciated, does he think I'm attractive, or our own fantasies and it moves down...

And if a man wants to open up a woman, he'll recognize this with words of affection or kisses on the neck or something that starts to bring us into our heart and our body. So the energy moves down to our hearts, and then if we feel it in our hearts, it can move down to our pelvis where we want to open our legs, right? But as women also, if we are in a phase in our life where we really don't want to fall in love, we can do the masculine energy flow thing. We can keep that energy in our pelvis and we can have what you might call sports sex or adventure sex and so forth.

So I'm going to talk about the connection when two people really do want to open to love along with sexuality and I have no judgment and negativity about just the sex for sex's sake. That has a place in culture in different parts of lives, times in our lives often for some people. But if we want to open to relationship, we just have to remember especially when people...like women may start in a relationship coming from their more masculine energy where it's really easy to get going...

Often people think that women are hot to trot in a relationship but in a new relationship, you've been thinking about it, you've been dating and maybe you have spent some time together and for a woman that's like all foreplay, right?

...you're going some place fun, you're having a meal together, or watching a movie, you're holding hands, or stroking each other's thighs and so that's all foreplay. And so you get to bed and a guy may think, oh she's just like hot to go now, why five years later do I have to do all this foreplay? It's because actually you were doing foreplay in the first place, you just didn't know it. Foreplay starts outside the bedroom for a woman typically.

Nadine:

Do you think it's the same for men as well?

Ellen:

Well as men get older, yes or a man who's more in touch with his feminine energy, yes. Men as they get older or as they are more deeply in love, they start to come from that emotional place and also stress will be a factor. So as a couple comes together, if they have financial stress, or they're putting a home together, or they're dealing with kids or their jobs, or whatever is going on in their lives; the stress factor can inhibit all of the energy flow and so it's important to try to connect on that emotional level first for both parties.

But back to the point about men being vulnerable when they're sexual - sometimes women think, oh he just wants to have sex. See there is some truth to that old sort of stereotype that men need sex to feel loved and women need love to have sex and that's because men's sexual energy as it flows...it's not that they can't feel love without sex but often times that sexual energy really helps them open their heart to their partner. And then if they get shut down in any way, if he feels he's not satisfying her or if she says something negative while they're making love, like he didn't last long enough or he didn't do the right thing to help her have an orgasm or whatever, that can shut a guy down and he's at that explicitly vulnerable moment.

Nadine:

Actually, that's something that is so easy because when we get frustrated, sometimes we can say something and we don't realize how it really can affect the other person. I don't know if this is 100% true but I do find that women can be very sensitive as to how we're spoken to. Women tend to be a little bit more vocal about what they want from a man and I'm not necessarily talking about the sexual part of a relationship - I'm not saying that all women are like that because there are plenty of women who don't speak up... but women do tend to be a little bit more demanding or have more wants and requests. I do think that there are women as well who don't realize how harsh they can be sometimes and how sensitive people (men) can be and I do sometimes think it's a little bit of a double-standard for women in that way.

Ellen:

Yeah, well I mean I think what you're describing certainly true. You mean a double-standard in...

Nadine:

Like... I think women don't realize that men can be delicate. Men may not say anything, yet they can take things to heart. I mean; I have done this where I'll say to a man that they've upset me, for example – “hey, that didn't sound very nice, I don't like the way you're speaking to me”, or “babe, you really annoy me when you do x”, or “those jeans look terrible”. I think a lot of women don't realize that sometimes we can say things that are quite harsh that a man can take very personally. Not to say that what we're saying is not valid, yet we can be super sensitive and also insensitive... I guess that's an individual thing. Sometime we can't take what we give.

Ellen:

Absolutely true.

Nadine:

Men won't necessarily say, oh what you just said hurt my feelings, or I wish you would make more money or change your dress or laugh more... etc.

Ellen:

Right, some men can't talk emotions very easily without help.

Nadine:

So what I was trying to say is that I do think that women sometimes don't realize the way we express things and yeah, men don't tend to say, “Oh babe, when you said that to me, it really hurt my feelings and I'd really appreciate it...”

Ellen:

Yeah, to watch body language is really helpful. I noticed a lot of times that if I say something that's affecting my partner, I'll notice his head and his shoulders all kind of drop and then I realize I've blown it and I better address it right then because it's going to go in deep if I don't say something; because he won't tell me what it is, he doesn't even have the words for it. But if I say, “What did I do? What happened? I just said something that you didn't

like?” You know you can just ask right then or if you’re aware of what it is like, “I didn’t mean that you did that wrong. What I mean was...” But it’s really important to watch a man’s body language or if he suddenly like leaves the room and there’s no clear explanation for it, you may need to go process it. You may not find out for a long time what it is that’s bothering him until those things start to accumulate and he starts to shut down.



Yes and that’s what they do; they shut down, they pull away and normally it is a culmination. It’s not always one thing, it is a buildup of things overtime.



Right and when two people are resonating in that arena, it doesn’t always show up the same in both persons. So if one person is critical, the other may resonate with that criticism by being hurt or rejected. Or if one person just starts out in a relationship with an attitude that they’re going to be hurt or rejected, they start to draw that out in another person. So it works both ways but it doesn’t always show up exactly the same in both people; so it’s just something you need to be aware of.



Well, we’ve sort of covered this but if someone has a partner, and even though there are two people in a relationship, yet change can start with one person... What can one person do to build a deeper love and a better sexual connection?



Well first of all there are things you can do with another person but I just want to emphasize that self love and the resonance within yourself is so critical. There are some things you can do like...even things like practicing yoga. Yoga helps break up some of these patterns we’ve talked about. Hypnosis is great, even self hypnosis because conventional talk therapy and I don’t know exactly the type that you do but conventional talk therapy which is probably not exactly what you do but it’s the most difficult way to really change things. But there are things with eye movement, and color, and subtle energy that’s different, working with chakras; so there are things that can help

shift your state or your resonance or your subtle energies. But then there are things you can do to expand your energy.

One thing one person can do is initiate certain things with their partner that you don't have to talk about because especially men aren't necessarily as at ease with the talk, but you can begin by saying, I'd really like to feel more connected when we're making love and I've heard of eye contact is really helpful, because a lot of people don't share eye contact when they're making love. I remember I was teaching one workshop and this couple came in and said, "Oh, we learned that in a tantra workshop." I said, "How did that work for you?" He says, "Well, we forgot to do it."

Nadine:

Something so simple and so powerful but people don't do it.

Ellen:

What I can recommend because it can be very new for people is to actually sit at a time when you're not being sexual or sensual, maybe after dinner or something similar and let's just see what it feels like to have 30 seconds of quiet eye contact and just talking about sitting peacefully, gazing into each other's eyes, facing each other with maybe your knees touching and with a soft gaze, not staring and just breathe and just be with each other. Even 30 seconds, you can work out to a couple minutes over time and then just share how that felt.

As Plato said, "The eyes are the windows to the soul..." When there's something there but there's more to it because you're actually beginning to resonate with another person through your eyes and here's why... Our internal vibrations with then our own physiology are trying to harmonize within themselves and so are heart rate is affected. Like if we slowed down our breath, our heart rate will start to slow down and our brain waves are synchronizing within our own system, with our heart and our body which is why closing your eyes and breathing slowly can help people slow their brain waves down for meditation.

So we can actually start to synchronize our brain waves with another person through eye contact. We can also do this by breathing together; so even without having sex and

you're still sitting there sharing eye contact, you can start to breathe together like put your hand on your respective bellies – their hand on your belly and yours on theirs. One person is going to lead the breathing and the other person tries to follow for a while...

And if you do this for several minutes, you'll find that this starts to bring you in sync and your brain waves will start to move toward being at a similar speed. This way, it can take as long as 15 minutes but it can be very powerful because you start to feel like you're really at one with each other. There have actually been studies that helped people up to electrodes on their heads and all and when people feel they're in really deep conversation, really in synced with their brain waves, they're synchronizing.

And so the sense of being in synced...there was this story, a client of mine told me how she had this lover in Europe and he was very charismatic and they had a great sexual relationship and he kept wanting her to have eye contact and at one point he wanted her to keep her eyes open during orgasm. She's going, "No, I can't do that. I can't possibly do that!" And he really insisted and so finally she managed to do that. So the idea is to increase your ability to have eye contact, not just when you're sitting in those two chairs but gradually up and on while you're making love, and the ultimate or the epitome is to do so while you're having an orgasm. It's really not easy because our tendency is to go outside but this woman was saying, "Oh my God, it was the most *powerful* orgasm in the sense of connectedness with him"

Nadine:

Yes, connectedness.

Ellen:

So keeping your eyes open during orgasm allows for an intense level of connectedness. When you have your breath and your eye contact going with another person, you really get into resonance...

Another way to begin gently and easily without a lot of hoop-de-doo about it is... maybe after you've made love or maybe when you wake up in the morning together if you're sleeping together, just if you're spooning, you

know when one person has their stomach to the other person's back and the person behind puts their arm around on their partner's chest and the person who's on the inside can feel the breathing of the person on their back and just start to bring your breathing into synchronization. Or after you make love, if you're cuddling, you can put your hand on your partner's chest and just start to try your pace breath with him and you'll find that you come into this state of resonance, you breathe together and it's very sweet and powerful. You can find that doing that before or after making love can really make you feel more connected while you are making love.

Nadine:

That sounds beautiful; that just put me into a little bit of a state. Just even thinking about it, I was breathing and imagining and I was doing a visualization and I thought, oh that feels beautiful.

Ellen:

Great, so those are the kinds of things you could kind of gently introduce to your partner, ways to feel more resonant or connected with each other without having to talk about feelings and all of that.

Nadine:

It's a funny one isn't it - that you want to be able to talk about feelings but with some men, it's not the easiest thing to do so it's really interesting that there are other ways to introduce things without it being a talk. Because some people, no matter how you word something, they would feel based on their stories and their beliefs that they're doing something wrong, they'll get their back up, even if you say it in the best way possible. So, yeah just doing that kind of stuff just with the body is really a great way to start.

Ellen:

Another thing to keep in mind and I've done a survey of about 800 men and women and I found over and over (and I'm talking all about the part of the survey where people just gave open-ended questions about what they wanted and it took a long time to try to assess the open-ended kinds of responses) this pattern which men really do want to give and help their partner have great sex and they're very invested in that; and often times, their enjoyment is

sort of based on whether their partner has a great sexual experience...

So anything a woman says to make them feel like they're not doing a good job is a downer for the guy and can make him stop trying because he feels like he can't do it. And women on the other side, we want to really be able to let go and receive. We want to get out of our head and into our body and be able to just receive; even those of us who are like out in the workplace and kind of running on our masculine energy to be successful, ultimately most of us when we get to the bedroom, not everybody but most of us would kind of like let go and let the guy run the show and just give us great sex, right?

Nadine:

That would be fantastic!

Ellen:

So we have to be very delicate in how we sort of guide them. I was going to say give instruction but we have to be careful about that; we have to guide them because they're very sensitive in that open, vulnerable state and they just want to give and make us happy. And so we have to let them know that they are making us happy and if they're not, help them make us happy in a way that is graceful and supportive.

Nadine:

I completely agree.

Now Ellen, before you were mentioning colors and eye movements and all the things that you do and then before I mentioned your "*Love Unbound*" music, the auditory pheromones which I can highly rate - I just love it and I've been telling lots of people about it - so I just would love to know a little more about these...

Before you were saying that talk therapy on it's own isn't necessarily always successful for some people, so what are your other ways of working with clients that can create really phenomenal change?

Ellen:

Well, one problem with talk therapy, I mean it can be done very successfully but it usually takes a long time and

the reason is that most of our pain, emotional pain, often physical pain, kind of has its roots or seeds in early life and we don't have access to that. So talk therapy requires talking, it requires cognitive sort of analysis of what's going on and so other methods that help us get to the emotional and often pre-verbal experience help us get into our body, our somatic awareness and our emotional states help us access those seeds; and so I work to kind of find the weeds and pull them out by the root.

I find that color is very evocative emotionally and energetically and it helps us kind of plug into those things. Like violet may be a spiritual color for the church but if you were raped by somebody wearing a violet shirt, it's going to have a whole different meaning to you. So there is a lot of associative meaning to colors as well.

And eye movement, you might have heard of EMDR or rapid eye movement and I don't use that exactly but I do use eye movement. The reason it's very useful is because our eyes are always moving; we have micro movements of our eyes that we're usually not aware of. We may think we're sort of reading or looking ahead or talking to another person but we look in one direction to access memories or look in another direction to imagine the future, or to get in touch with our feelings, or to notice an itch in our foot...

So, when we have a negative experience whether it's minor, like somebody being critical of our thighs or something more traumatic in our past early life, our eyes tend to not want to go in the position they were in when that pain was experienced and so we start to kind of freeze or limit our experience. We start to move in to this sort of little box within ourselves that we're totally unaware of and it limits our ability to relate to other people in very subtle ways but it's cumulative.

I actually have these color fields online. I used to work with people in an office but now I work mostly remotely, so I have these color fields online and I work with people looking at the color, with eye movement and breath and somatic awareness and regression. People kind of get into a hypnotic state; I am a hypnotherapist but we don't do conventional induction because these techniques take people readily into accessing the past and so forth where

we can work through issues very rapidly. I mean I'm just amazed sometimes with the huge progress. People call me up and say they've accomplished more in like three sessions than they did in three years of therapy or six sessions than they did in six years of therapy.

See color and sex, colors are resonant frequency so it is again... resonance is sort of tapping into that. So basically; what a person is talking about or experiencing or feeling or the problem they want to address, I know the frequencies of the color and how they affect a person and how we might use those as a path to the inner world.

Nadine:

Well that's interesting actually about color because I'm quite sensitive to color. I love the color red but I can't handle too much of it. Actually where I'm sitting here right now, I have a red chair over here and some red in the painting but for example a friend of mine has a red wall, and a red couch, and a red this, a red that, and I just can't handle it. I'm wearing a red top at the moment, however some days I can't wear the red top, I need to wear the pink one. Or it's a winter here so when I'm at home, I tend to have a couple of things I tend to wear to keep me warm and they are different colors and there's only certain days I can wear certain colors.

Ellen:

You know it's so interesting, I used to work on the 17th floor of an office building when I was in my early twenties and I could look out in the glass where all these people were coming and going from work in the morning and at lunch time and afterwards, and I noticed that there were days especially in the winter time when people... if you looked at hundreds of people all at once from above, there would be days when everybody was wearing green or at least more than half the people and another day it was a blue day or red day; I couldn't believe it, something was going on. And you may be tapping into that same sort of thing that there are certain days that just feel like one color.

Nadine:

Yeah, absolutely. I definitely have that and I'll put something on sometimes and then I'll think, the other day I felt fantastic in that but not today; I can't wear it. So

it is interesting and it's happening obviously...it's kind of happening consciously and subconsciously for me but not necessarily knowing what it's linking to.

Ellen:

Right and you don't always have to know on a day to day basis but I do find that for therapeutic purposes, it's very powerful for accessing stuff that wants to be released.

Nadine:

I agree with you. I think for me, I'm very much into talk therapy mixed in with other modalities; not just relying on one - because it's really great to have the conscious and subconscious working together.

Ellen:

I totally agree with that and I don't want to imply that we don't talk during the kind of work that I do because we are talking and people are just sort of like in a bit of a different state because they are able to see things in a different way than they could if they were just coming in and analyzing this situation; so I'm sure you have ways of getting to that as well.

Nadine:

Yes, absolutely. So, we're talking about the law of resonance and before we wrap it up, I do want to share a link with the listeners so that if they want to find out any more information about what you do and the kind of programs that you have, and your auditory pheromones; they can go to Healthyyouhealthylove.com/Ellen. So that's HealthyyouHealthylove.com/Ellen.

And before we go Ellen, is there anything you'd like to share?

Ellen:

Well, can I say a little bit more about that music?

Nadine:

Oh yes, sure! I'd love that...

Ellen:

I'll say that I mentioned the 74 layers of resonant frequency we're calling auditory pheromones and we are finding repeatedly people tell us that when they play this music in the background while they're making love, they

feel a deeper emotional intimacy, they often feel a spiritual connection with their partner, it seems to facilitate even verbal communication about sexual needs and desires, easier orgasms in women up in multiples for the first time – I just had a couple say that after 26 years, she started having multiple orgasms for the first time in many years and her husband started lasting longer – and also it seems to enhance libido for whoever’s libido is down... Often I tell couples to start playing in the background before you’re having sex and you know if your guy is kind of like not getting the energy for it, it’s often helpful for that.

And then because we found it can be very altering, you cannot listen to it while you’re driving definitely but because it does help break up patterns, we created a second CD with the same music but a slightly different formula of frequencies so people can listen to it at other times with mental clarity and focus.

I had three letters actually from one woman in Canada and she talked about who she got the music because she felt her sensuality as kind of shut down, and her creativity, and her femininity was kind of blocked - she wanted a partner but she wasn’t making any head roads with anybody. Nobody was asking her out, she was making no connections no matter how much she tried. And so after two or three weeks by listening to the music in her car while she was commuting - the Music for Everyday Use version - she said men started approaching her for the first time and started asking her out. She started dating and then the third email after a couple of months, she said she was in a fantastic relationship with a wonderful 47 year old man.

When she started opening, her sexual energy started flowing and so when we’re more sensual, that’s the resonance. We’re resonating more sensuality and men want that. They want the intellect and the personality too but they want that whole package.



So out of interest, how regularly should people be listening to his music? I know that you can actually play the music with your partner at the end or beginning of the evening, during the day or whatever it is that can lead into a fantastic sexual connection or moment. But if you’re single or even

if you're not single and you just want to listen to it as a way to help you with your sexuality and opening up and all that kind of beautiful stuff that it does, how regularly should you listen to it?



Well, I think it depends on the individual. If you're listening to the Everyday Use Music, you can listen to it literally everyday if you want to use it to help your sexual energy kind of flowing, your sensuality more in tune, help break up patterns you might have.

But as far as Music for Love Making, you want to play it out either before or during love making itself and the effects are kind of cumulative because eventually you may find that there's kind of a Pavlov and you know Pavlov's dogs theory, it's that associated conditioning...

So when you're making love and you're listening to the music and you're starting to feel more orgasmic and more easily aroused and a deeper intimacy with your partner and you have those three things: sex, deep intimacy and great loving and the music playing, eventually you'll start to experience that with your partner without the music because you've already established that association with love making. So you're not going to need the music forever but the effects are cumulative.

And the Everyday Music I will say, when it breaks up patterns I found personally, that it can break up other patterns. I found patterns regarding money were starting to come up once - I was listening to this music while I was cooking and I was like, what's this?

I had a little thorn in my side about a money thing with my partner that it didn't seem like a big enough deal to make waves about so I didn't mention it. It was kind of going on for two years but it wasn't worth talking about. And as I'm listening to this music, suddenly I start thinking about this and I'm thinking...

... oh my pattern is; my family didn't talk about money, it was not okay to know how much my father earned and it was not okay to really discuss money, but then all of a sudden I felt, but what's wrong with it? So maybe I should just tell him. And so I told him and he said, "Okay, it's

handled.” And it was, it was so easy. It was clearly my own pattern that was getting in my way and that broke up by listening to the music.

Nadine:

Oh, that’s a lovely story. It’s wonderful!

Ellen:

And it’s not unusual because sex and money are connected energetically.

Nadine:

And the things that are blocking us...there may be a slight little niggle happening for you that maybe wasn’t stopping you from having a beautiful sexual connection (because I know you do really have quite spectacular, phenomenal sex with your partner) - Although when you do have a little niggle, it still affects pleasure.

Ellen:

It does. I’d have to tell you, just because sex is fantastic doesn’t mean that the rest of your relationship is always smooth. I mean it’s a great motivator working through all the hard places but I’d have to say that this particular relationship has had more of the agony because it’s had more of the ecstasy, so I think the balance has been there. There have been harder times in my relationship than I’ve ever had in a relationship but we’ve been motivated to work through them and so we’ve come out the other side continually, and now for more years it’s been really smooth and great.. But it hasn’t always been easy, but it certainly has been worth doing.

Nadine:

Absolutely, and you’ve obviously worked on the relationship on so many different levels.

Ellen:

Oh yeah, yeah, very hard. It’s not been an easy thing just because we’ve had this great connection.

Nadine:

And I suppose though, okay so you had a great connection, you were committed to each other enough to work through things, and then you come through the other side and

generally speaking the relationship works quite beautifully, so...

Ellen:

We had our off times. We had times where we couldn't handle it, you know? We had some times apart during those early years. Yeah, it wasn't always easy. I want to be honest about that.

Nadine:

And the factor.. or the number one thing is that you're either both working at having the humility and the vulnerability to work on yourselves and work together or you don't, and that comes down to the vibrational thing and the law of resonance, which is what this whole interview started off being about. It doesn't matter that you're not always resonating on this perfect, high flying frequency. The important fact is knowing if you're both committed to the process, then it keeps you together, there is a common law in a sense.

Ellen:

We were committed to coming from a state of love whether we felt loving at the moment or not.

Nadine:

That's' the key. So Ellen, it has been a pleasure having you with me. I love your knowledge; I love hearing about your experience and I'm sure that everyone who's listened will also be enjoying it as well. And once again that link is Healthyyouhealthylove.com/Ellen.

Ellen, once again I would love to speak to you again. I could speak to you for hours.

Ellen:

Likewise. I'd like to continue our friendship here over the big pond.

Nadine:

Absolutely. Well thank you and it's been a pleasure.

Ellen:

Thank you so much. Bye-bye!

Nadine: Bye-bye!

- *The End* -