The Sacred Flower represents the energetics of female sexuality. When intact, it descends from the heart/mind into the lower jiao (pelvic area) activating the reproductive organs to energize “nectar” (metaphoric for yin or female sexual essence) which attracts a partner.
The subtle energies of female sexuality and the trauma of rape

by Krisztina Samu, Licensed Acupuncturist

The Sacred Flower can be energized in the presence of a desirable partner.
The Sacred Flower becomes especially energized during sexual intercourse with a desirable partner.
Knowing the Sacred Flower

The subtle energies of female sexuality and the trauma of rape

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Knowing the Sacred Flower
When faced with advances by an undesirable individual the Sacred Flower can close up to protect itself.

Moreover, the trauma of rape or sexual assault, can cause the Sacred Flower to become stuck in this closed position due to perceived terror of attracting unwanted sexual advances. This is in fact a somatic holding pattern that seriously affects one’s ability to enjoy life because the sexual assault survivor is too afraid to let the energy flow through her body again, which affects her creativity, joy and health in addition to the obvious impairment in sexual function.

Symptoms: Hypervigilance. Adrenal exhaustion due to prolonged sustained fear.
A trauma such as rape or sexual assault, can damage the delicate energetics of the Sacred Flower. In some cases, life force can no longer descend properly into the lower jiao, affecting sexual function, and enjoyment of life itself. The damage from the trauma is primarily emotional (emotion = energy in motion), therefore we can state that it is by default, energetic. It can feel like a block, knot, warp or crimp in the energy flow. It can take a tremendous amount of energy to push through the knot or crimp in order to repair the free-flow of energy. Often the survivor will have to experience levels of intense rage moving through her entire body to push through the knot. She may feel so angry that she wants to kill the perpetrator even if social constructs prohibit this from actually occurring. Instead, given the options available to her within our society, she is probably likely to be instructed to “forgive” by well-meaning people, to seek therapy or to take antidepressants so that she can feel happy in spite of the fact that the energetic flow has not been repaired.

If the energy cannot flow for a long time (due to unresolved trauma), the Sacred Flower starts to wither and die. Enjoyment of life is seriously compromised and depression can often set in. Even this extreme level of injury can be healed, and the Sacred Flower restored to life. Healing will require the integration of body centered therapies that restore healthy flow of life-force (qi, prana) in the body.
Another manifestation of the Sacred Flower wilting is the transmutation of the Sacred Flower from having a primarily sexual function to spiritual function. In the natural aging process the sexual aspect of the Sacred Flower transmutes over time to the spiritual aspect of wisdom.
Sexual trauma can also result in the following manifestation: The Sacred Flower may become rigid so that its opening and closing is no longer properly mitigated by the heart/mind. The behavioral expression of this could be promiscuity or the inability to discern a suitable partner from an unsuitable partner. The deeper reason for this could be existential terror, with such mental justifications as “if I just give it away, no one will have to force me to do it; I am in charge”. Another scenario is an attempt to find love, comfort, security by trading sexual essence, which the subject, due to trauma, feels is the only thing others want from her.

Symptoms: Heart/Kidney disharmony (fire/water disharmony in 5-element)
In cases where promiscuity is the behavior which results from trauma, and the subject engages in repeated sex without love, after time, the Flower starts to fade. In the absence of the nourishing reciprocal energy of love, which sustains and feeds the flower; the sexual energy reserves become depleted. In crude layman’s terms, the subject may be described as “used up”. The resultant feeling is one of emptiness in the middle and lower jiao. This is the opposite of feeling “full of life”.

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Here is an image of the Sacred Flower nurturing during pregnancy. The petals close around the foetus to nurture it energetically and spiritually. Survivors indicate that the spiritual experience of pregnancy can be a healing experience from trauma because it restores the sacred function of the womb to nourish new life.
Let’s talk about energetics from a couples perspective. In this hypothetical case a man and a woman are both energetically intact. There are no serious energetic wounds present within the energy field of either party. For example, neither is suffering from a broken heart, neither is harboring strong repressed hostility, neither is depressed, or energetically compromised in some other major way. In this example, they both find each other desirable.
The couple interacts sexually, and in this hypothetical example, there was not a balanced energetic exchange. His intention was that of “getting” versus sharing. After a sexual exchange he is left with a temporary high from the experience, and she is left feeling that she gave of herself, and thus feels more depleted. This is a likely scenario if his intention was “getting laid” while she was under the misconception that they were making love and thus opened herself to receiving while giving to him, but did not in fact, receive.

If the female partner had approached the sexual interaction from the same “taking” and “getting” position, their energy fields would have been more balanced, since he was taking from her; she would be taking from him, though this would not be the Divine Ultimate of the example which follows.
In this scenario, the couple interacted in a different way. They approached the sexual interaction from a position of mutual sharing. Instead of either party “getting laid”, they “made love”. They were committed in mind/heart and body to the union, and thus tapped into the Universal Infinite flow that leaves neither partner depleted, but both parties more highly charged than before. Since this is a Divine type of bonding, they are not sharing merely their own energies, but tap into something more sacred and powerful than either could ever produce alone.
To compare and contrast before and after trauma:

1. Overall strength of Life Force

2. Power level of Dan Tien (shown as red field below navel - power center in Oriental theory)

3. Relationship to outside world - life looks more grey after trauma

4. Connection to Source (Universal Knowledge, Wisdom, Higher Power)

5. Feeling of groundedness to earth and life’s path.