

CC: Today is a little bit of a different show.

My guest today is passionate about feminine energy, and we're talking yin and yang, not gender. We're talking about feminine energy in the world within ourselves. We talked about the 24 hours yang cycle versus the 28 days moon cycle. We talked about, hold on, orgasms, specifically feminine energy. That brings out your creativity.

We talked about the womb. You are gonna love this conversation because it's very. Connected to Chinese medicine, but at the same time it is needed. 'cause we need more feminine energy in this world. We need to go inner. We need to go inside, we need to reflect, we need to receive, and we need to be our own power, feminine power. So my guest today is Irene Sanchez-Celis, and you are gonna love her energy. She's also an acupuncturist, by the way, and her journey and her passion goes right through the screen. Are you ready? Let's go.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks.

Welcome to the Acupro Show, Irene Sanchez-Celis, which I should call you Irene because you're from Mexico and your first language, like me is not English, so I love that we have this in common. You are an acupuncturist in British Columbia, Canada, not far from Vancouver. For people that are listening. You also do something else that we're gonna discuss about today that I'm so intrigued and really excited about.

So before we start, I would love for you to give us a little bit of your journey, how you came to be an acupuncturist, this is how we met.

ISC: Thank you. Thank you, Clara. Thank you for the invitation. I'm really honored and grateful for being here and having this conversation with you.

I've known you for almost 20 years. You were my teacher in Vancouver, in the Chinese medicine school and that's how we met. And I always loved your spirit and your passion for acupuncture and how you always infuse that to us.

And I'm always gonna be super, super grateful of having you as teacher, as a guide, as a mentor, and an inspiration. I love everything that you're doing for the medicine and for the students.

A little bit about my story, as Clara mentioned, I'm from Mexico. I've been in Canada almost 20 years, and my story starts in my family in Mexico.

It starts in my roots. I was born into a family of politicians. So that was my cradle and politics in its pure essence is to be of service. You're devoted to the people. I was brought up with that devotion of always looking out for others, and that started within our family, always looking out for my brothers and my cousins, and we were always very close and I've always witnessed my father and my grandfather being of service.

So when it was my time to decide. At the young age of 18, what do you wanna study in Mexico?

You go to university when you're 18. I had no idea what I wanted to do, and I was always good in science and biology and math and I was always good at school. I was the nerd I was always getting A's, and I loved school, I loved studying, and I was like, what's the hardest careers?

And it's law, I can follow my family's path. And I was like, no, I don't wanna do that. So it's medicine. Okay, medicine. So I went into medicine.

Without very high expectations of myself, I just wanna see what it is about if I like it. And I went in and I fell in love with medicine. I fell in love with the body and the magic of the body, like the intrinsic complexities of our bodies and the muscles and the tendons and the molecules and the biochemistry and physi.

I just fell in love with it and I was a really good student. In Mexico, you first do like theory and then you start doing rounds in the hospitals, right? Then they start sending you to do practicum and it was in the practicum that I started to experience the systems and structures of medicine and how

it's very based in the patriarchy, it's very male dominated and it's very hierarchical and getting bullied is very common. It's a harsh path, right? It's like military training, education, and I'm a very sensitive person. So that started to really affect me.

And then also starting to deal with death and illness, you were like thrown in a very young age to see people die and to, work with a corpse and. With these like really complex issues of the human experience that eventually we all have to deal with it.

But I didn't have any tools. I didn't have any tools to deal with the stress and the trauma that was experiencing for myself and in those environments. I started to drink and party and smoke and I went on this dark path of self-sabotage and I started to become very sick.

It was during that time also that I was diagnosed with polycystic ovary syndrome and the only treatment they have for that is to go on birth control pill. So I did, and I was on the birth control pill for 10 years or more. And so I started to go on this downward spiral of, I started to gain a lot of weight and I was disconnected with my menstrual cycles. I had no menstrual cycles because I was on the pill. So very much disconnected with my feminine energy. I became more like a tomboy which nothing wrong with that, but I was just disconnected with my feminine energy and when I did have periods before, were very painful. And then I realized that I couldn't help people if I wasn't good myself. In Mexico when you finish med school, you have to do a year of internship and then a year of social service where they send you to rural places in Mexico because they're in need of doctors.

So they send young doctors to very tiny communities, very isolated when I was in my social service, I knew that I had to do something different because if I came back to Mexico City and went to my specialty, my soul was gonna break. When I was in my social service, I had the blessing to do my social service in Chiapas. Chiapas is in the southeast area of Mexico with the border of Guatemala, and this is the area where the Mayans civilization established themselves. So there's a very rich Mayan herbology in this area. There's a very rich Mayan medicine and in Mexico, shamanism, it's very alive.

Very alive. The magic. There's a lot of brujas and it's like very normal. So I started to work with a local shaman, with herbs to treat my PCOS and irregular menstruation. And some acupressure as well. And that was my first experience with acupuncture.

She was working with this little laser. To do some acupressure points. And I remember that my life started to transform, like I started to have no pain in my menstrual cycles. And then also starting to dive into the psychoemotional piece of why that was happening, right?

So starting to peel all the layers. And then it was also there that I got initiated in Reiki in energy healing. That opened a whole other world for me and I was like, this is what I wanna do. I wanna play with energy. I wanna heal with energy. So then when I finished my social service, I was like, I don't wanna go the normal route of going into my residency so I started to research and I started to read books on Chinese medicine and everything clicked.

And so that was how I decided to come to Canada and immerse myself in Chinese medicine.

CC: I appreciate you sharing that story. First of all, a couple of things that kind of stood out for me. The first one is in France it's the same at 18. You are asked, what do you wanna do? And you go to university at 18. So it's the same for us, which is, like you said, very young, you don't know who you are.

How could you know what you wanna do? And that's why a lot of us in this profession, in acupuncture. Is that we went back to school later on.. Okay, what is it I really wanna do? . Like you said, I was connecting, right?

I would say, that's the same for us. What's interesting about you is that you went into medicine and you loved it and you love learning and you love being in school and that's great. One of the thing that I would say is interesting is. You were open to non-conventional medicine, like seeing a shaman looking at botanic and herbology and energy medicine, which is very.

Non-conventional for people that go into medical school. So that's the first thing, is that for you to open your mind and go, you know what? I'm open to this. Let's see what happens. Let's see if that can help me. So of course you had an amazing experience, which, brought you to the next stage.

But that's the first thing that was amazing about you. It's your openness. The second thing that I took from this was that you. Had PCOS or you had, some issue with your body, including one of them being PCOS. For everybody listening. In my over 22 years of career, I've seen a lot of women with PCOS because I do treat a lot of women's health, right?

So it's great that we're gonna talk about feminine energy. But in general, I will say that 90 plus percent of all my patients that have PCOS have a difficult relationship with their mothers. Specifically the mother-daughter relationship. When you were talking about we're not addressing the psychoemotional effect of it. I just thought that you brought that in because that so much sense, and this is exactly why I wanted you to come in, because as you said when you were talking about politics. Politics is a very yang energy, very masculine energy, very out energy, right? It's not inner, it's outer, because of specifically, right now the world is having a lot of a harder time in general. Like I don't watch the news. My husband tells me about things, because like you, I'm very sensitive, like you said, you're sensitive and I'm very sensitive too, so I'd rather hear it from him that way I don't see.

It's not in my head so much. So what I love is that. It's been such a patriarchal or a yang energy for so long world wise a lot of us are waiting for that yin energy to come in, that feminine energy to come in. It doesn't mean that it always have to be women. It just has to be more sensitive, more inner work, more energy that is feminine.

And so I would love for you to describe what is feminine energy? What is sacred feminine? What is the difference between that masculine feminine energy and really explain that it has nothing to do with gender. It's about energy, not about gender. 'cause I think people get stuck with that.

ISC: Yeah, it's just to clarify that feminine energy and masculine energy transcends gender. We all have those two energetic polarities, and you can see them in Chinese medicine as yin and yang, right? The Dao, that symbol. And so the white, you can say it's yang, and the black is yin.

And then there's the little dots, right? So there's always gonna be a little bit of energy within each other, and they compliment each other and we need each other. It's when then they're out of balance, then things start to become whack. And off-centered. And we get sick and we are in a sick society right now, like there's a epidemics of talking about women's health.

And this is how I came into this realm of the divine feminine and sacred feminine because after school I became a birth doula because all of my friends started to get pregnant. And I was a doctor chinese medicine, we want you to be a birth doula. So then I became a birth doula and I started to infuse myself in the realms of women's health and pregnancy and fertility.

And a lot of what I see in my patients, and probably you do as well, is that we are programmed in the masculine culture of productivity and go. And you have to be on all the time. And like we say, that's very yang, that's fire. And what happens when there's a lot of fire? It scorches the yin. It like sucks the water, right?

It like dries things up. And so if we don't have water, we don't have that sweetness, we don't have the refreshment, we don't have. The feminine energy that we need to balance the yang. That's why we're having also like an epidemic of infertility, epidemic of endometriosis and irregular menstruation.

And there's a big issue in gynecological illnesses. And for me, a big part is because we've been programmed by this male dominant culture, or the patriarchy we could say. All energy has a light and a shadow, right? We are seeing a lot of the toxic masculinity being played out in the stages of the world, which is control, which is manipulation, which is oppression.

Oppression of what, of nature. And we can see it in our culture, right? We don't we wanna control nature for our benefits. We are extracting resources from the earth for our benefits instead of working with the earth in a more balanced way, with reciprocity, I give it a take because we're gonna take, we are consumers we need to consume to be alive.

But how can we do it that we're always in reciprocity, that there's a balance, right? And then in the feminine energy, there's also gonna be toxicity. So we need to heal both, right? And this is jealousy and this is comparison and gossiping about our sisters and giving them the evil eye because they have more than we or because they got the guy, or, so for me. The more and more I do this work is about healing that and bringing these two energies in balance because then we can create a new reality, a new world, when there's two energies together. So in Chinese medicine we see yin and yang. But in tantra, which is something that I've been studying for years now, for over 10 years or more, tantra, we see the divine masculine as Shiva, which is consciousness and the divine feminine as energy.

Which is Shakti. And together they come and they make love. They make love. And in that love making, they create the world. They create the five elements, the same as in Chinese medicine. They create the five elements, and from those elements, the world is created. And in tantra the elements are called the mothers.

The mothers, which is the matrix, the matter which creates everything.

CC: It's a great start to talk about how feminine energy versus masculine energy has nothing with nothing to do with gender, but it's, I think with energetic, and I love that, it's we all know introverted versus extrovert. It's a, when you do self care, inner work, child work, right?

Anything you are going in. Inward you are doing yin or feminine energy when you're going out there. 'cause you need absolutely, you need both for balance and you are doing work outside, you're connecting with people, you're connecting with friends, you're having relationship, whatever you are doing. It is going to have a balance.

And I think sometimes we go one way or the other too much. And you absolutely think that really trigger me is when you say, we are so used to have masculine energy that we go do. And I had a patient one time that, I treated for fertility during pregnancy every week for till the end.

And then. She went into labor. I got a message with a picture of the baby saying, we had a baby, all this, which is fantastic. So I know when this baby was born, 'cause I got the email

saying, this baby was born at that time. This is the name of the baby, has the picture. Great. Three days after that email, I see her at the mall.

And I'm like, what are you doing here? Oh, I got things to do. You got things to do. Did you just have a baby three days ago? Oh yeah. It is okay. My mom is with the baby. I'll be home soon. And she's running around in the mall and I'm thinking. Let's say someone had heart surgery or let's say appendicitis, and they had their appendix removed, nobody would say, oh, you better go run around.

Three days later, they'd be in bed with doing nothing but laying for a week. But women are like no. I'm just gonna go and do. I really appreciate you sharing this because I think we really need to understand that sometimes. Because of role also within the household, we are stuck a little bit between not knowing how to balance that male energy and female energy within ourselves, so it stays balanced and the mm-hmm. energy gets suppressed because we don't have time for her and we just put the masculine energy out and it's not benefiting anybody, anyone. and I think it's because we haven't been taught. I think there's a lot of ignorance around this. Like talking about birthing, for example, and I see this a lot of, like women, they don't have a real, like first time mothers, right?

ISC: First time mothers. Not all of them, but like I see a lot of this. They don't really have a, an understanding of the big initiation they're about to step into and they tell themselves they're gonna be able to do everything the same. And so they're resisting the changes in their bodies.

They're resisting the changes in their lives, and they suffer. And this is suffering when we resist, right? Instead of accepting the rite of passage that is happening from the maiden and to the mother, and that huge event, which I've seen it a lot. It's become very traumatic for women. Very traumatic because they don't have the understanding of that.

It's a spiritual realm. You're going into, you're going into those realms in between the veils of death and birth, and it's very shamanic. It's very psychedelic, but women are not going into it prepared. And and the same with rites of passages, right? Going from being a little girl to a woman.

When we start bleeding and understanding the energetics of our cycles, I feel like women, we have a big opportunity. In our bleeding years to connect to this wisdom of the feminine energy and masculine energy within our cycles because we are cycling within cycles. We're moving, we're spiraling right in within our cycles and they're very much connected to nature and there's a lot of wisdom there that women, I feel are not.

Tapping into, and we're missing out. We're missing out from this wisdom. It's really important to bring this into the world today, because that's what's gonna bring balance in my perspective.

Ad: Do you feel your TCM education truly prepared you to treat fertility patients in the modern world? I sure didn't. Back in 2004, when I finished my five year TCM program, I felt completely inadequate and. Unprepared to treat fertility patients coming through my doors. So I decided to immerse myself in the fertility world.

I read many books, attended conference, took seminars, and met with reproductive endocrinologists in my area to learn and to really understand how I could truly. Serve my fertility patients. Today, I want to share with you my years of experience in treating female fertility successfully. This is why I created the complete fertility and TCM treatment online course.

I cover everything from natural fertility to I-U-I-I-V-F and addresses. Patients with BCOS or endometriosis who want to get pregnant as well. When you invest in my courses, you can download the PDF version of the slides. You can get four hours of continuing education approved, yes, N-C-C-O-M as well. For those of you who are in the states, you can access the course forever and I offer a seven day money back guarantee because I stand behind my product.

Now listen to what people who took this course have to say. I've just taken this fertility course and there is everything you need to know in details. It's really amazing. Thanks, Clara. Someone else said, I purchased your fertility course, and I would just like to say that it is fantastic. I'm already seeing such better results with my fertility clients since taking the course, and my understanding and confidence in treating fertility is also increased.

So thank you so much. Don't miss out on the opportunity to improve your skill and help your fertility patients. Go to [accuproacademy.com](http://accuproacademy.com) and click the TCM course tab on the menu bar or check out the link. In the show notes below, you won't regret investing in this course.

CC: I agree with you because I think we forget. For example, if you look at a male person and a female, okay, so we're talking male, female now.

I'm talking gender now A man is more yang versus a woman is more yin. Yes. Irene said, within each individual there's yin and yang. It has to be balanced. But at the biological anatomy and physiology, the men, because he has more testosterone, is more yan. And the woman, because obviously she has more progesterone and estrogen, she's more yin.



So a man connects more with the sun and what is the sun doing? Literally, the earth with the sun is, it's a day and night, so it's a 24 hours. So men's cycle, I feel are 24 hours. Uhhuh. They are more yang, so it's like they go to bed, they get up, they have their highest energy at certain part of the day, very yang energy, but it doesn't change from weeks to weeks.

That's why sometimes male and female in the relationship have a hard time because we don't connect the same at different time because our cycle as feminine or women, because we bleed every month, like you said, in the cycle years. We are going to, in which means we connect with the moon, not with the sun, which mean our cycle is 28 days.

It's not 24 hours. So their cycle is very repetitive. It's the same. It might change a bit of the season, but ours changes every week with the moon rising, the moon waning, the moon, being full, the moon not being full. And so I would love for you to talk about this 'cause that to me. It really is the essence of how we can also in a relationship of male, female parents that have kids or no kids, or people that are in a relationship, male, female, how sometimes they can feel disconnected because they're not on the same cycle.

ISC: Absolutely. Absolutely. I love how you brought in the 24 hour cycle versus the 28 day cycle. It's huge. And men they're warmer, right? Like you take the temperature, they're warmer, they have more fire, they're more yang. Some women have already fire.

Yes. But like in general, and this part of our cycles being connected to the moon. This was one of my initiations into this path because I started working with my cycles, charting it with the moon and where the moon was in astrology. So then also starting to pair it with the energetics of the stars of the cosmos.

And it's amazing once you start bringing awareness, and it's all about bringing awareness, right? Once you are aware of something, once you observe something, you can shift it and you can transform it. And so I started doing this moon mandalas and started to map out my cycles with the moon, and it was just.

Incredible. The shifts that happen and the awareness and the self-knowledge that you can have about your own body, about your own womb and how it's connected to nature. And it just blows my mind that there's this parallel, right? Like the moon goes around the earth every, 27.3 days and our moon cycles are 26 to 28 days generally. So for me, this is not coincidence. This is divine technology. This is the design of source, creator God, goddess, whatever you wanna call it, the universe of flow. There is intent. When you start seeing these patterns, it just, it's when the magic realm starts to open up.

And it's very fun to live this way, instead of just oh, my period is coming. I hate it. It's so painful. I'm not gonna be able to do my sports. It is, oh my God, like this is magic. What's happening within my body? And then our blood when we bleed.

We go into a mini death every month, like we are shedding part of our body. There's a mini death inside our uterus that the blood vessel vessels constrict and so the tissue dies, and then this falls away. And then seeing it in a more like esoterics, viewpoint it's a psychological death. It's a spiritual death. It's an opportunity to let go of everything that happened during that cycle and to compost it and offer it to the earth and rebuild something new and make space for the new cycle to come. In lineages like tantra.

There's this understanding that the blood holds a lot of power and there's practices that you can do with the blood, and if you've never seen your blood I recommend that you do if you're not using a Diva Cup. The Diva cups are amazing for that. They're made of silicon. They're okay for your pH in your vagina.

Much better than tampons, much better than pads. You don't throw this into the earth. Think about all the tampons and pads that we throw into the earth and we contaminate. They take hundreds of years to decompose a diva cup. I've had mine for 10 years or more.

You clean it and it's great, and then you can play with your blood. I offer it to the earth, I offer it to my plants. I also suffered from endometriosis and five years ago or a little bit longer, I was in Miami and I went to this wellness festival and I connected with a Chinese medicine practitioner who is also a tantric healer, and I was talking to her.

She was doing some healings to me, and she recommended me to offer my blood for 13 moons. To ask for healing for my endometriosis, and I did it. I did it. And I remember like on the third ceremony that I did with my blood, I suffered the most excruciating pain during my period. But I didn't take anything.

I just allowed myself to go into the pain and because I knew this was like an ancestral energy that was moving through me and that I just needed to be released. There was a lot of shaking. There was a lot of sweating. And then after that, it was done. No more pain.

CC: That's amazing. And for whoever is listening, if you have endometriosis, there are a solution. It just takes time sometimes because it takes time to let go. It's letting go. And when you talked about you did the work and then you let it happen, which is adaptation, instead of fighting it, like you said earlier, don't fight, just go with it and.

Then the result was amazing. 'cause who wants to suffer every month? Nobody. What I like about this is that right away, in my mind, Chinese medicine comes into play because the Chong vessel. Is connected to obviously our blood menstruation. And you said something that just triggered the Chong vessel.

'cause it's my favorite vessel. If you're gonna have a vessel, I'm so geek. But anyway, if you have a favorite vessel minus the Chong vessel, it's very famous. It's my favorite too. Of course I would know that. Because it's such a feminine vessel, right? Like it's just so feminine. So even for pretty much more than the ren, it's a very feminine vessel.

And you said. My ancestral blood came out and the Chong vessel is where intergenerational trauma is stuck. So when you get rid of all that blood through the Chong vessel, you are getting rid of all that ancestral past that you've been carrying from other people. So thank you for sharing that, because I see the parallel so quickly.

You can expand on that, but my. Question to you is how do you incorporate the feminine energy, the sacred feminine, trying to really bring patients to understand this concept when they don't know it, when they're very yang, masculine energy. How do you incorporate this in your practice?

ISC: Yes. I work a lot with women and. The number one thing is start to connect when with their, with the rhythms. So I use a BBT chart a lot, the body-based temperature. Where you take your temperature and you start charting and that gives you a lot of information on what's happening in your body.

But more than that, I like to offer them that, for them to start having awareness. Of what's happening in their body in the different phases of their cycle. Because it's all about awareness. Once again, once you are connect, then you're like, oh, actually, I drank that wine so my body temperature dropped and I didn't sleep very well.

I was like, ding ding. Okay. All right. Oh no. I was very stressed that time. So my temperature was doing like this, so that, and explaining in terms of yin and yang, like what we were talking about and mapping out their lifestyle and what changes they can do and connecting with their blood, connecting with their cycles, connecting with their sensuality as well.

Talking about Chinese medicine. I work a lot also with the psychoemotional piece. So yes, the physical, but for me it's the psychoemotional that really, it is like that final piece of the puzzle, so I am trained as a body mind, Ontognoic therapist, and a hypnotherapist as well, so I am bridging.

Hypnosis with this model of treatment that's called the eight Extras, and I've been starting with Yvonne Farrell.

CC: My goddess.

ISC: I know. I know. Her books are my Bibles. Yep. Yeah, so I've been studying a lot with her. I did her mentorship and I found her in Covid when, like the stress levels of everybody was just like off the charts.

I was like, okay, what can we do? And my path, in my spiritual development has included a lot of therapy, of body mind therapy, of somatic therapy. And so I try to include that a lot because I believe that the transformation happens in the body. That's why acupuncture is so effective, because it's in the body.

So I am bridging these two modalities and the divine feminine. Again, it comes up, but it's both, right? It's balancing the yin and the yang balancing their, sometimes they need more yang. Okay, let's boost their yang. Sometimes they're like very passive and they need some boosting. Sometimes they're too much. Okay, let's quiet you down. Let's do some ren. Let's down regulate your nervous system, which happens a lot. but it really depends case on case what I'm gonna be offering them. But I love offering this of pairing body mind therapy and hypnosis with the eight extra models because the eight extra is like you.

Talked about, they are connected to our gene, to our essence, to our ancestral karmic imprints like we are triggering karmic imprints through the eight extra meridians, which blows my mind. Blows my mind, and I've been finding it super helpful to integrate a deep therapy process where you are working the mother wound or the father wound, right?

Like somebody that has a deep mother wound. I do a hypnosis process, go and heal the relationship, and then they go into the table and then I do the ren mai and so that helps to integrate their experience even a little bit deeper.

CC: Yeah, it's great to combine, and this is what I love about our Chinese medicine perspective, is.

If you have other tools, you can even deeper your understanding and you help with your patients. So the more tools you have, like you have the hypnotherapy you've done reiki and you've done a lot before. So that helps you understand how we can pull different tools to help patients.

And Yvonne Farrell was on the podcast.

ISC: Yes.

CC: My gosh. She gave a masterclass on the Chong vessel. 'cause I asked her that. 'cause that was very selfish of me. But

ISC: You had a one-on-one of the Chong with Yvonne.

Amazing.

CC: Every time she comes to Vancouver, it's like a pleasure to go and to listen to her and to, she's amazing. And so it was really cool that you mentioned her because we'll have the link of this episode in the show note if you haven't listened to it yet, but before we were starting the podcast we talked about, you have a quiz, so I would love you to Yes. What this quiz is about. It's completely free, but it gives you an understanding 'cause I would love for people to take the quiz.

The link will be in the show notes below for you, for everybody to take it. But tell me about this quiz. 'cause I wanna take it, I'm excited.

It goes with your question about what do I do to help women connect with their divine feminine?

ISC: A lot is connecting with their womb space. So I created a womb quiz. It's a holistic health assessment of your womb based on Chinese medicine principles. So you go. It's so fun. And so you'll get a diagnosis or a result based on Chinese medicine. Root frame view. And so there's five types of womb.

You have a damp womb, cold womb, hot womb. Stagnant womb and healthy womb. And so based on your result, then you'll receive a free PDF with some self-care holistic rituals that you can do womb massages or yoni steaming or herbs, or very specific to your unique result because the idea is.

That our womb as women is our power center, like I mentioned, right? Like it has the capacity to compost to alchemize, to transform old energy into new energy. it's constantly in this renewal process, right? The womb and energetically and spiritually. It's like an oracle.

When we tap into our wombs, we are connected to that divine inner feminine wisdom that we all have. We are just being severed from it because we're living from our head up. We're not. Dropping into our bodies. We need to drop into our bodies, lady. We need to connect.

And sometimes that can be uncomfortable because there's pain, there's this balances. But this womb quiz the intention is to help you to come back into balance, to help you to come back into alignment and to start connecting with your womb. So that's the intention. And then you'll get a free PDF with rituals.

I also have you'll get an invitation to a free workshop that I'm doing called Womb Awakening, and this is in May. And this is related to sacred sexuality. And because this is another passion of mine, of helping women reconnect with their sexual energy as sacred, moving from shame to sacredness because our sexual energies, our most powerful energy, like it's creative energy, right?

It's what we are. We all come from that energy, but it's been corrupted. And for me it's a very big piece. Of these times that needs healing. And so that's what I'm gonna be offering. It's called Womb Awakening. It's a three hour sacred sexuality workshop, completely free. And so we'll give you the links if you wanna join, and I would love to have you there.

CC: Oh, that'd be great. Actually, it's interesting you talk about this because that's a big thing too, I feel there was also a disconnect with our sexuality, specifically in North America coming from France when I came here. You probably are the same as you are Latina it was very interesting because it's very shameful.

It's behind doors. Nobody can talk about it. In France it's very open. Open. It's just very open. Like even when you watch your body. So for example, growing up on tv, there was commercials and one of the commercial was from shower washing gel kind of thing, right? And this lady is in the shower washing herself.

You see everything. There is no. Not seeing her glutes or her breast or anything. You see her whole body, she's showering. It's not sexual, it's just you washing, right? Here, it would be scandalous to put a naked body on tv, right? So it's very much you're right it's a bit of a shame thing.

And I've had patients over the years where, I'm like, so how's your libido? Just question after babies, things happen. And people are concerned, some women are concerned. They're like, oh my gosh, it's so low. It's really hard. Can I get it back?

So they are looking for it however.

ISC: Mm-hmm.

CC: I've had women that are like, oh, it's low, but I don't care. And it's like you're 35 years old it's because Yeah. So exhausted. They're so intuitive. Yeah. Like you said, not a nobody that this matters no more. But then I'm like. Okay. This is part of your being, right?

ISC: It's life. It's life. So life force.

CC: How do you handle something like this if a patient says, my libido is, gone or whatever, but I don't care. Because obviously it's their choice and their right to not care, but how does that impair the body physically and emotionally?

ISC: Absolutely. If you shut, that energy, it's like you shut your creative energy. You shut your uses. So it's like you are, you're damning your life force. And this is a big problem because we need more women that are empowered. We need more women that are like lit up to make a change in this world because we need you ladies.

And it happens a lot. With those cases, it's always a sensitive theme. I always try to investigate more. I'm always like saying, curious, where is this coming from? Have you always felt like this? This is something recent. Have you, and then starting to investigate their sexual history, right?

Like their first sexual experiences. Have they been abused? Have they been in, all of it. And then starting to put the pieces together. And then from there, giving them solutions, right? Because a lot of the times, there's repressed emotions or experiences that are like blocking that, and we need to bring that into the awareness.

But it has to be done also in their time. So you offer it, it was like, okay, I have this, you wanna do a hypnosis to go into that experience and transform it, or we can keep working with the Chong or the Dai. For me, this is a very important piece that we need to bring forth and it's my passion and my devotion right now to help women reconnect with their sexual energy and in their womb spaces and become more lit more in their bodies and because when you connect with your sexual energy, like it's healing, right?

Like a full body orgasm. It's like doing Qigong for 10 hours. So one full body orgasm or Qigong for three hours, in one posture. Yeah. let's choose. Pleasure. Why suffer? And so what happens when you orgasm? Is that. When you are having a positive, healthy, nurturing sexual experience, all your meridians open up, all your chakras open, expand, and they get cleaned.

CC: So it's like an energetic cleanse that you get. And not only that, you get infused by chi, by life force. And what do you, we hear a lot today. I am tired. No. It's like I am tired all the

time. I'm exhausted. I'm exhausted. . I'm exhausted. And I'm guilty of that as well, but we're superwoman. We can do it all. And so we put this in our head and we put so much pressure to do everything, don't ask for help, but we'll help everybody else except ourselves. And so that becomes an issue. And I have done that too. We all have done. So it's progress, right?

It's constant balance that has to be achieved.

ISC: Absolutely. And it's so important to give yourself spaces a space for yourself to reconnect, to resource two days on a Sunday to self pleasure, put it in your schedule so that you have that time for yourself. Because we have families, we have jobs, we all have responsibilities, but it is possible, and this is very needed because when you're resourced, then you can show up more fully into the table.

Then you can give more. Into your community. Loved ones, the world, whatever you're passionate about, but doing it from a filled vessel versus a depleted one. So that's my mission.

CC: I love it. That's a great mission. And I could see the passion in you, and I think that's needed. So you have the passion, which is very yang, in order to bring out that yin energy, right? I think that's the perfect combination. So I really appreciate you. Coming on the show today and sharing your passion, your experience, and your journey, what would you leave Everybody that's listening with, what's your parting words?

ISC: I'm feeling very grateful, very inspired, very motivated and lit up.

Let's heal the world. One orgasm at a time.

CC: I love it. Did you hear that? Let's heal the world. One orgasm at a time. Thank you. You're the best. You're so awesome.

ISC: Thank you, Clara. So good. Thank you so much for coming and we'll have all the links.

CC: Below on how to reach you for the quiz, for also the free course you're offering so people if they are interesting to get more because I think that would be so much fun to participate in that course as well, specifically because I think it's needed. So thank you for doing this.

ISC: Gracias, Clara, thank you. Thank you for having me. This was so fun.



CC: Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, live a review, and if you want more, go to my website, [acuproacademy.com](http://acuproacademy.com). I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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