



Sex and the Intelligence of the Heart: Nature, Intimacy, and Sexual Energy

Julie McIntyre

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Explores how Nature underlies sexuality and intimacy

- Examines how to regain intimacy in our relationships in a way that embraces our hidden wild nature and restores the sacred to our lives
- Provides sacred sex and intimacy-building practices for partners and exercises to reconnect with the intuitive intelligence of the heart, remove our emotional armor, and cultivate a deeper relationship with the Earth
- Shows how by healing our relationship with Nature and our sexuality, we move toward healing the whole planet

Nature is having sex all the time--that's one of the reasons we feel so alive when we are immersed in it. Sexuality is essential to the sensation of Nature in your own body, of connecting to the piece of Earth closest to you--your own flesh and bones. Many a couple has been overcome by passion while walking in the woods or on the beach; many a soul has found solace or epiphany in Nature. Living in accordance with Nature depends on you being your true, whole self--a sexual, sensual, erotic, fully alive human being.

Exploring the territory of intimacy, sacred sex, and emotional healing as a journey to wholeness, Julie McIntyre examines the sacred relationship between sexuality and the Earth and reveals how to create deep, lasting intimacy with your lover by recapturing the wild, spontaneous, natural sexuality that is your birthright. Detailing the process of moving from your head to the secret garden of your heart, she provides exercises to heal your psyche of old emotional trauma, reconnect with the intuitive intelligence of the heart, and cultivate a deeper relationship with the Earth in order to trust yourself and become vulnerable and open with your lover and thus truly intimate. She shows how there is a direct relationship between our beliefs and values about sex and intimacy and our beliefs and values about the environment and the Earth. She reveals how, by healing our separation from Nature and our sexuality, we can bring the sacred back into our lives, shape our own ecstatic sexual experiences, and move toward healing the whole planet.

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