

# Somagnetic: Adventures with Lifeforce Energy

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The experiences that my sacred partner and I had at this weekend's workshop were as profound as their descriptions are ineffable. The title of the workshop was "Somagnetic De-Armouring, Breathwork, and Ecstatic Experiences". An intriguing and powerful title, for sure, and yet we couldn't even begin to imagine what would transpire.

The event was held at a venue in Toronto called "Tribespace" - a fitting name to describe the space that held our container, decorated with some of the most ornate indigenous-themed art I had ever encountered. Every aspect of every room seemed carefully selected to make you feel as though you were in a jungle space, even down to the very air itself, which somehow had a fresh yet warm silky quality. And it was the perfect venue to host the types of experiences we were about to have.

The workshop was led by one of the most skilled facilitators and energy workers I have ever encountered. While his demeanor is gentle and his build slim, he possesses a powerful capacity to work with the somatics and energetics of a person in a way that had to be witnessed to believe. His guidance was minimal yet impactful; he provided you with the key points to hold in your awareness and explore for yourself without overwhelming you with too much information that would distract the mind. The practices we were exploring are ones that could easily push people against their edges. And yet in his presence, you were immediately put at ease in a way that served perfectly to help us surrender to the experiences.

On both days, we began with a breathwork practice that would last for the entire morning session. The facilitator called this type of breathwork "Somagnetic Breathwork" - a play on words for "somatic" and "energetic" that the facilitator had put together for his own take on it. In terms of the technicalities of it, it was exactly the same as Conscious Connected Breathing in my perspective. I welcomed another opportunity to practice breathwork in a group container, as there is a power from the combined energies of the participants that helps to support and amplify your own practice. For my partner, she had not quite yet experienced for herself the profound power of this type of breathwork, her experience with it having been relatively minimal up until this weekend. But what was about to happen would be life-changing. In the account below, I will focus on describing both breathwork sessions first, followed by the de-armoring practice which was during the afternoon of the first day, closing with the full body orgasm experience which was at the end of the second day.

During the first breathwork session, I eased into it right away given I had brought this practice back into my life more than I had in a long time. I connected my breath and began to deepen it gently, feeling my lungs and abdomen progressively expanding to be able to take in more and more air. I spent the first portion of the time simply relaxing into this process, especially considering I had gone through a considerable amount of shadow work over the previous days, the resonance of which still lingered a bit. I didn't realize how much of it I was still holding until the facilitator came by, and intuitively pressed on a specific spot against my jaw bone. And when he did, all of this pent up energy began to erupt out of me from times, both recent and not, when I did not speak my truth; when I withheld my expression; and when I could not set proper boundaries. I sobbed from the depths of my being, I roared, and released powerful cathartic screams that would encourage others to have their own cathartic release or give them the opportunity to witness the triggers in them that came up in reaction to mine. As this eruption

began to taper off and I eventually calmed down, all I could do was marvel at the power of breathwork, at the openness that comes as a gift when you allow for release, and the deeper ease that vibrated throughout my being.

My partner went into another level of experience that was divinely powerful, one in which she was receiving profoundly rather than releasing, as most other participants (including myself) were experiencing. What I could pick up on, from my perspective, was that I could hear at first her breath deepening as she was able to surrender to breathwork more than ever before thanks to something that the facilitator shared just before we began. He was speaking about the connection of our breath to our life force energy, and said; "If not now, then when? When will you open up to life?" Knowing there was nothing for her to do with no expectations of what would happen, this is what allowed her to surrender as much as she did and what set the stage for the experience that was about to unfold for her. She has a profound gift for working with energy and what you could describe as astral travel. And so, from her point of view, the whole environment disappeared from her awareness as she tuned into some powerfully potent frequencies. All she knew was her embodied awareness and the way the breath was breathing her. Over time, the breath began to accelerate, reaching a point when the low moans in her throat turned to loud cries of ecstasy as she experienced an explosive orgasmic space that activated her with the electricity of pure life force energy. Afterwards, she was completely awe-struck not only about what she went through, but also the incredible power of her breath and the wisdom of her body.

In the second breathwork session, the key to my experience was bringing more presence to it, meeting every part of my body with compassionate curiosity. My partner's words that there is nothing to "do" echoed in my mind, which allowed me to simply surrender to the rhythm of my breath and the cues from my body. Through this open receptivity, I could communicate with my body on a whole new level, picking up on its most subtle guidance and sensations. I noticed that the wave in my breath seemed to travel relatively smoothly, up until it arrived at my pelvic floor, which felt tense and contracted. So I focused on bringing my breath there, consciously relaxing the pelvic floor and pulsing it outwards gently, without forcing anything to happen. Through this, I began feeling a new level of energetic activation. I felt called to let my bent legs fall open. What was interesting is that there was a point at which I felt someone place their hands on my inner thighs and hold them there. I assumed it was the facilitator until I realized he was actually walking around the room. As this process unfolded, I shifted my focus from "releasing trauma" to opening up to joy, pleasure, life force energy, and orgasmic potential. And this brought an entirely different quality to my experience. Even though I was laying down, my head tilted back and my body started to sway up and down rhythmically. This heightened yet again the level of energy I was tuning into as it amplified in pulses, and its movement left me feeling fluid like an egg yolk. I was starting to feel a level of pleasure and activation in my pelvic floor that I had never experienced before, and I was curious to see where this could lead to. But the session was brought to a close shortly after. This being said, I remember afterwards enjoying the delicious vibrational aliveness of my womb space, for the first time in my life, and I cried when I shared this with the group.

My partner's experience was similar to the first day's breathwork. Again, she was unaware of the space and in a profound state of surrender, in a process which she described as a birthing. From my perspective, the quality of her breath shifted over time in the same way it did the previous day, and I assumed she would have another orgasmic experience. Instead, she had a cathartic emotional release during which she felt as if she was dying and rebirthing at the same time. I remember when I heard the quality of her moans start to shift in a way I knew the experience was going to take an emotional turn. She sobbed from her depths and wailed her heart out. I felt so much joy for her release, I couldn't help but turn my head to witness her for a bit, emanating with every cell of my being a "Yes, my love, yes!" in

celebration of her liberation in that moment. She shared with me later that she felt this deeply. By the time this session was complete, she was so activated, it was difficult for her to focus on anything but the integration of this profound process.

So these were the breathwork sessions, but the weekend also included a segment on de-armouring, a process that works with the body to move and release any stagnant energies that it is holding onto. There is a receiver of this practice and a channeler who helps support their process. There is a focus on using movement, sound, and a dynamic breath. The channeler can use a range of techniques to move energy, which are less of a structured format and more of an intuitive response through presence to what arises in the receiver.

My partner jumped at the opportunity to be the one that the facilitator would do a demo with. It was fascinating to witness the skillful way he could tune into her frequency and read her body's signals, knowing exactly what to do in any specific area to bring more openness, move activation, and more surrender to her process. He was also deeply intuitive at reading what was coming up for her, including touching a mole on her cheek (an area he usually doesn't feel called to work with) and picking up on the energy of her mother (who also has a mole on her face at the same spot). At another point, my partner was feeling flames moving through her body and the facilitator picked up on the energy of her father. It was incredible too how even the slightest adjustment in her body position, such as turning the head to one side, could initiate such powerful releases.

I got to experience this myself when it was time for my partner to practice on me. I remember lying down at the beginning, receptive and curious to see what might unfold. And I was completely surprised at how powerful such a relatively simple process could be. To receive that level of presence and conscious touch instigated profound releases. What began as a gentle exploration of my body activated and amplified energy surprisingly quickly. I remember when she was lovingly touching my abdomen and my heart, areas in which I yearn deeply for touch. At that point, tears flowing, I was tuning into the sense of safety this was bringing me and all of the times in my life during which I didn't feel that. She focused too on my pelvic area, one that holds quite a bit of trauma, and there my breath accelerated markedly as a fight or flight response initiated. My body began to shake uncontrollably and I had the urge to protect myself. Even though I was safe in this situation, my body remembered all the times during which I wasn't and was responding accordingly. This release got so intense that at one point, I almost threw up. My partner worked on my throat as well, and I just remember how wonderful it was to feel the tension clearing from that area. Through it all, I stayed focused on slowing down my breath and relaxing into ground, allowing the releases to flow through without exaggerating or resisting them.

When it was my turn to be the channeler, it was an interesting experience in the sense that there wasn't much happening externally for my partner. She was breathing deeply and seemed relaxed, almost as if she was lightly sleeping. Ego wanted to come in and point out that perhaps I was "doing something wrong". But that was swept away relatively easily as I responded to that with: "Well, if she's sleeping, then at least she is enjoying a relaxing nap". Thankfully, I simply continued to follow my intuitions on where and how to touch her because it turns out that, internally, she was having a profound experience, yet again in a dimension of her own. Notably, there was a point at which I was massaging her left calf and her grandfather appeared to her, giving her the opportunity to meet with him again. She also felt an energetic presence on her right side which, as I did in my breathwork experience, she assumed it was the facilitator but that wasn't the case. Just as with my experience receiving from and through her, it all unfolded perfectly, as hers did with me. At the end as she came back into the room, she sleepily looked up at me, where I was holding her feet to ground her. She reached out her hand and I assumed she was

perhaps asking for water, but turns out she was reaching for me to come lay at her side and hold her while she shared what she experienced. And it was a beautiful moment of connection that was such a tender and intimate way to close off the first day of the workshop.

Finally, it was time for the full body orgasm experience. My partner was absolutely delighted at being selected by the facilitator for this demo as well, given her powerful orgasmic capacity and skill at moving energy.

The process for full body orgasm is quite similar to the de-armouring one. In fact, there is some combination of both that can occur in a session. And though you can set an intention at the beginning of the practice for full body orgasm, you let that intention go as perhaps what the receiver needs in this moment is de-armouring or emotional releasing. Again, there is an emphasis on using movement, sound, and the breath to move the energy, with the same type of touch and hand techniques used in de-armouring. With energetic orgasms, there is no touch on the sexual parts of the body in the way there would be with physical orgasm.

I knew that full body orgasm is possible but even with that knowing, it was still incredible to witness the process in action. The facilitator again intuitively knew exactly where and how to touch, patiently building up the activation in her body, until she eventually reached a full body orgasm. It was an explosive release that seemed to go on and on, and could be re-activated with another touch on a different part of the body, until she eventually collapsed on the ground absolutely awe-struck. My partner afterwards described this experience as every cell in her body having an expansive orgasm of light.

When it came my turn to receive, I was wondering if this could be possible for me. And while I didn't reach a full body orgasm, what unfolded was still so deliciously and surprisingly pleasurable in ebbs and flows of varying intensity. My partner was exploring my body with her hands, her breath, and her voice as I drank in every moment of it. It was delightful to witness my body's responses to what was happening, such as when it jerked upwards when she simply tapped a finger on my pubic bone. She brought a lot of focus to my throat and it was so liberating to allow myself to moan and cry out every time she ran her fingers down my neck. My back arched and she pressed and tapped and shook all kinds of areas, even pressing on the roof of my mouth. My body was flushing with heat, tingling everywhere, and I was drenched in sweat (and to my delight I could feel my partner's sweat dripping on me). At one point, I sat up almost involuntarily as my body was practically reaching for her, and as she touched me, she moaned into my neck as I moaned into hers. I couldn't get enough of being touched like this. It was the first time I have ever felt that level of activated pleasure throughout my entire body rather than concentrated on the external part of my genitals. I rode the waves as deeply as I could until the session was brought to a close. And as I basked in the afterglow of this experience, I remember dreamily looking up at her smiling face as she sang along to the music that was playing, one that she just happened to know the lyrics to.

As the channeler, it was intriguing to play with my partner's body and energy in this way. I loved watching her breath deepen, low moans coming from her throat. It was trickier in this experience, versus the de-armouring one, to set ego aside and trust in the process. I reminded myself that it can take time and patience to unfold. And as I was finding the sweet spots on her body, she was gradually getting more and more flushed, moans becoming louder, breath even deeper, as she undulated her hips to the rhythm of the energies moving through. As with me, she didn't reach a full body orgasm in this experience, but enjoyed the delicious ebbs and flows of intense pleasure. Afterwards, during the closing,

I sat behind her and held her as we softly sounded together in exquisite resonance, basking in everything we shared throughout this weekend's journey.

I marvel at the experiences we will share in the future as we continue to practice this, as everything we have been learning is either something we've been working on and intuitively know to some degree. I had no idea how profound and powerful the results that are possible with such simple key understandings, even at this stage where we are new to these practices, relatively speaking at this level of awareness. And our eyes were opened to the true depth of what it possible somatically, emotionally, spiritually, and energetically when you work with breath, movement, and sound. I can only imagine from here how our lives will change as a result and I wait with delicious anticipation for what will be revealed in the future.