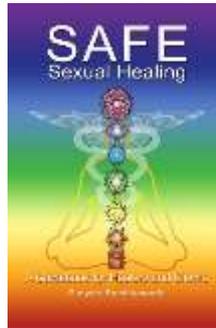


Book Press Release



Sunyata Satchitananda
(707) 483--5390
sunyata.satchitananda@gmail.com
SafeSexualHealing.com

FOR IMMEDIATE RELEASE

New Book Offers Advice on Safe Sexual Healing for #METOO Sexual Assault Survivors

***Sexual Healer Shares What to Ask Your Healer and How to Create a Container of
Trust and Consent for Sexual Healing Sessions***

San Francisco, CA, October 2019 ULC Minister and Sexual Healer, Sunyata Satchitananda takes survivors of sexual abuse behind the veil to reveal how sexual healing works, what to be clear on before healing treatments begin, and what to be aware of during healing sessions to help healers and their clients maintain a beneficial healing alliance that safely facilitates positive healing experiences.

Survivors of sexual abuse make up a large percentage of our population and often go without needed healing treatments. Sexual healing has in recent decades become a formalized alternative healing therapy coinciding with the prevalence and popularity of “Tantra” education events and workshops. Together, there is a great opportunity for survivors of sexual abuse to find the healing they need and reach the state of wellbeing they seek.

To accomplish this, it is imperative that sexual healing -and Tantric healing- sessions and treatments not cause any harm -either emotionally or sexually- to the abuse survivor seeking healing. Survivors of sexual

trauma learn what questions to ask their healer and what to expect from sexual healing treatments and sessions.

Healers learn what to watch out for during a session to prevent causing potential harm to their client or inadvertently diverting a session from its optimum capability. And, Clients and Healers learn what to do to maintain their container of Trust and Consent for healing sessions to have their optimum healing effect.

“Safe Sexual Healing is extremely sensitive and at the same time powerfully transformative. It has the right mixture of professionalism and compassion that touches the heart and reaches the mind with crisp clarity.”—Carla Tara; 1Tantra.com

For the uninitiated public, ‘Safe Sexual Healing’ is an eye-opener revealing the hidden world of sexual energy used therapeutically to heal sexual trauma. For the Tantra initiated audience, ‘Safe Sexual Healing’ provides timely warnings and alerts to create and maintain personal safety while undergoing sexual healing treatments and sessions. ‘Safe Sexual Healing’ comprehensively discusses the multiple exposures to possible harm present in the wide variety of healing treatments that are possible in sexual healing sessions.

[Buy Safe Sexual Healing](#)

“Safe Sexual Healing is a much needed guidebook for navigating a world that is often confusing for healers and those seeking healing. It’s an awesome reference book for those who are in need of healing, providing understanding on what to look for in a healer and what the options are for safe sexual healing. It’s also incredibly valuable for sexual healers who are new to the field to understand the significance of the space they are creating and how to best serve and honor their clients.” —Martina Hughes; Founder of Tantric Blossoming

“As sexual healing becomes more popular and available, it’s important to be informed about the safety and validity of this work. Sunyata offers helpful guidelines for the Healer, the Client and the Public at large.” —Betty Dodson; Author of Sex for One

Author Bio:

Sunyata Satchitananda
sunyata.satchitananda@gmail.com
(707) 483-5390
SunyataSatchitananda.com
SafeSexualHealing.com



Hi-res image link: <https://sunyatasatchitananda.com/wp-content/uploads/2019/09/Author-Sunyata.png>

Sunyata Satchitananda has been certified as a Tantric Healer since 2007 and a spiritual counselor and ordained minister since 1980. He is also a Reiki Master and Fine Art Photographer.

Sunyata began his study and practice of Tantra in 2001 and in late 2006 began offering sexual healing sessions using Tantric energy practices and principles. After several private sessions with mentor Carla Tara in 2007 Sunyata became certified as a Tantric Healer. He has since been in practice as a counselor, coach, and healer serving hundreds of clients--some of whom have come from other countries, and other States in the U.S. to have sessions with him--or they are international clients served via Skype sessions.

Many of Sunyata's clients are also sexual healers as well as erotic guides, shamans, and Tantra teachers and it is insight from that communication that prompted him to write this book. Others in the field of sexual healing revealed that several female clients reported they felt sexually assaulted by their healer due to a lack of consent, communication, awareness and/or consideration. Sunyata realized there was a need for more information to be made available to protect clients from abuse and harm and to inform healers of how they can maintain high ethical standards as well as avoid mistakes that harm their clients.

The reported serious infractions* of a client's right to consent and safety while going through healing treatments made it clear that some frank and direct guidance on best practices that didn't cause harm were needed. And so Sunyata has spent the last several years researching, writing and editing *Safe Sexual Healing: a Guidebook for Healers and Clients*.

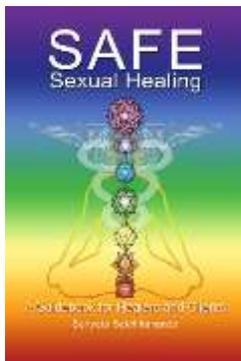
* See Be Scofield's articles exposing sexual abuse in the modern tantra scene on The Guru @ Gurumag.com <https://gurumag.com/tantric-abuse-articles/>

Book Information:

Safe Sexual Healing: A Guidebook for Healers and Clients

Synopsis:

'Safe Sexual Healing: A Guidebook for Healers and Clients' positively and constructively informs both healers and clients about what to do and expect in sexual healing sessions to create a container of trust and safety that facilitates positive transformation and healing. It is filled with real world examples and informative suggestions to guide healers and clients in maintaining their Healing Alliance and in practicing Ahimsa--harmlessness during session treatments.



Full image link: <https://www.safesexualhealing.com/wp-content/uploads/2019/09/SSH-cover-web.jpg>

Paperback: 178 pages

Publisher: Balboa Press (September 6, 2019)

Language: English

ISBN-10: 1982234415

ISBN-13: 978-1982234416

Available on Amazon, Balboa Press, and Barnes&Noble websites

Book Excerpt:

Preface

I've been an ordained minister and spiritual counselor since 1980, trained in helping couples resolve their relationship problems and deal with the issues that affect their spirituality. After my divorce in 2000 I began to study neo-Tantra and the subtle energy system of the body. In 2007 I became a Certified Tantric Healer (sexual healer) and have worked with 100s of clients who have been: psychotherapists, medical practitioners, alternative healers, shamans, sex coaches, sexual healers, and men and women of many other professions. My clients have been mostly cis-gendered women and men, and gay men.

This guidebook came about due to a “perfect storm” of reported complaints about client abuse during sessions with sexual healers—in addition to reported abuse by spiritual leaders, yoga teachers, life coaches, alternative healers, and energy workers. After reading comments in a sexual healing support Yahoo Group email thread which exposed abusive/assaultive treatment some women experienced with male sexual healers, I had a conversation with a fellow sexual healer who told me that several women had shared with him their experiences of being assaulted by male sexual healers during healing sessions.

Also during this time, a female colleague shared with me her experiences with other sexual healers and in sexual healing workshops which crossed consent boundaries and made her feel unsafe. In addition to all of this, I read comments on social media from women who were complaining about men who presented themselves as spiritual leaders or healers but who took advantage of a woman’s vulnerability and acted inappropriately.

The impact of all these reports emphasized to me the extraordinary vulnerabilities that clients face and for the need of ethical integrity and harmlessness in all client-healer interactions if real healing is to have an opportunity. These sexual assault experiences represent what can happen when the shadow side of sexual healing is not addressed and prepared for with education and implementation of safer healing practices.

Thankfully, transgressions like what has been reported are not the experience for the majority of sexual healing clients. However, my reverence and compassion for women and my desire for men to be part of the solution and not the problem inspired me to contribute to this conversation what I feel are fundamental principles and guidelines to providing safe sexual healing. I’m not saying that female sexual healers don’t also transgress with clients—safe sexual healing practices apply equally to them. However, from what I’ve been made aware of, it seems the vast majority of complaints are against male healers, teachers, and leaders in the Tantra/sexual healing, yoga, consciousness, and alternative healing communities.

What I heard directly from clients, colleagues, and saw being expressed concerning sexual healers from their clients, made me realize that there was a gap in awareness and understanding about the potential for harm; and a need for sound guidance on basic, essential principles of behavior to help put an end to harming survivors of sexual abuse or assault who are only seeking healing.

This guidebook is an opportunity to supply some needed insight on a subject about which not a lot is generally known—to help survivors seeking relief to be more aware and informed about sexual healing. And, it’s an opportunity to help potential clients know what questions to ask a prospective sexual healer; and to know what to expect in a sexual healing session.

In addition, this guidebook is an opportunity to help sexual healers further appreciate their solemn responsibility in safely stewarding sexual healing sessions—to know what is important to be aware of and include in a session and to know what's important to do to avoid creating injury or harm to their clients.

To sexual healers:

Bless you, for taking on this very challenging and sensitive, intimate healing modality—and in shouldering the tremendous responsibility for the safety and wellbeing of your client. In this guidebook, I present some best practices while pointing out some of the dangers and vulnerabilities associated with this vital healing work.

The vast majority of you have integrity and the highest regard for your client. My hope is that this guidebook will help you sustain an awareness that promotes safe sexual healing practices for both your clients and yourself so that no harm is created.

To sexual trauma survivors seeking relief and considering working with a sexual healer:

Some of what you read in this guidebook might push your buttons and trigger your fears about getting help with healing from sexual abuse. The cited examples of misconduct or bad practices are meant to inform and forewarn you so you can make sound decisions in choosing a sexual healer who will be competent and responsible in aiding you in achieving your goal of healing and returning to wholeness.

You might not be ready to work with a sexual healer, and should instead work with a counselor or therapist until you feel ready for sexual healing. This guidebook presents several questions for you to consider which will help you determine if you are ready for sexual healing.

If a sexual healer follows the recommendations in this guidebook you can have confidence that they are someone that respects your safety and will act with integrity to safely steward your healing journey. How can you know? Ask the sexual healer if they have read this guidebook or received other training in sexual healing ethics. Training may be an indicator of competency but doesn't guarantee ethical behavior—so try to get referrals and meet with prospective healers prior to receiving any treatments.

Safe Sexual Healing

Just reading this guidebook won't certify anyone to be a Safe Sexual Healer. To be a safe sexual healer, the advice suggested herein must be put into practice, along with obtaining appropriate training that includes finding a mentor to receive feedback on implementing ethical sexual healing practices.

Sincere and conscientious sexual healers who have their client's welfare as their top priority deserve respect and appreciation for their sacred service in behalf of humanity's healing. My hope is that this

guidebook spreads awareness and fosters discussion about the sensitive and vulnerable exposure to harm that a client faces when seeking their sexual healing.

My intent is to help healers from many methods and backgrounds, as well as help an uninformed public learn about safe sexual healing—and to strongly support a client's right to safe and competent healing services.

May this guidebook be included wherever ethics in sexual healing is the topic of discussion and be part of promoting a broader and deeper insight into this complex and much-needed healing modality.

—Sunyata Satchitananda

Target Audience:

In this era of #MeToo with more survivors of sexual abuse coming forward to out their abusers, there have also been reports of healers sexually assaulting their clients during sexual healing sessions. Safe Sexual Healing is a guidebook for anyone who has sexual trauma and is seeking relief from their symptoms by working with a sexual healer, or Tantric healer. It is for an expanding population learning about the ancient sexual science of Tantra and becoming familiar with sexual energy and healing via Tantric healing treatments as it is taught and practiced in the West (aka “neo-Tantra”). As more people seek relief via sexual healing treatments, more reports of healers crossing boundaries and causing harm are coming to light.* Safe Sexual Healing equips potential clients with what to ask healers and what to expect in healing sessions and treatments, as well as what to be aware of to foster safe and productive healing experiences.

* See Be Scofield's articles exposing sexual abuse in the modern tantra scene on The Guru @ Gurumag.com <https://gurumag.com/tantric-abuse-articles/>

Book Reviews (by noted leaders in the field of sexual healing)

- Sunyata, I found your book extremely sensitive and at the same time powerfully transformative. It has the right mixture of professionalism and compassion that touches the heart and reaches the mind with crisp clarity. I honor you for having been true to your goal to become a sexual healer; you are one of the best! —Carla Tara www.1tantra.com
- As sexual healing becomes more popular and available, it's important to be informed about the safety and validity of this work. Sunyata offers helpful guidelines for the Healer, the Client and the Public at large. —Betty Dodson Author of Sex for One

- Sunyata has created a much needed guidebook for navigating a world that is often confusing for healers and those seeking healing. It's an awesome reference book for those who are in need of healing, providing understanding on what to look for in a healer and what the options are for safe sexual healing. It's also incredibly valuable for sexual healers who are new to the field to understand the significance of the space they are creating and how to best serve and honor their clients. Sunyata has been very thorough in creating a guidebook that covers off all the important considerations, and it has the added benefit of being very easy to read. It includes understanding of the physical, emotional, mental, spiritual, sexual and psychic aspects that are all part of sexual healing. In these times where more and more people are seeking sexual healing, I highly recommend this as a resource for understanding the fullness of the journey that you are choosing to embark on.

—Martina Hughes, Founder – TantricBlossoming.com