



*Light
Your
Sexual
Fire*

*Create the Love
and Connection
You Secretly Crave*

By Courtney Long

Sacred Sexuality Coach, International Speaker & Best-Selling Author

Light Your Sexual Fire

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Light Your Sexual Fire

Welcome, Gorgeous!



I'm so happy you found your way to this e-book. It may look like an ordinary e-book, but inside, a magical journey awaits you.

Set aside any stress or distractions, and **let's look at what's really going on in your love and sex life**, so you can create the love and deep connection you crave.

I am Courtney Long, Sacred Sexuality Coach, International Speaker, and Best-Selling Author. I help successful, busy women and men to embody the magic of their sexual energy and prioritize pleasure, so they can receive the love, sex, connection, and deep fulfillment they desire (and stay happy and healthy while they help others!).

What's Ahead? In This Powerful E-Book, You'll Discover:

- How to Avoid the **5 Biggest Mistakes** That Lead You to **Unconsciously Sabotage Your Relationship, Happiness, Health and Sex Life**
- A sneak peak at my **4-Step GLOW System for Mariposa Sacred Sexuality™** to Create the Love, Connection, and Deep Fulfillment You Secretly Crave (whether you're single or in partnership!)
- The Potential to Create a **Deep, Meaningful Connection with Your Partner, Yourself, and the Divine** through Mariposa Sacred Sexuality™ (which is sooo different from ordinary, boring sex)
- How to Feel **HOT, Sexy, and Confident in Your Body NOW**, No Matter How Exhausted or Burned Out You May Be
- Hear the **Inside Story of My Transformation** from Single, Sick, Sad and Stressed to Happy, Healthy and Vibrant by Unleashing My Sexual Superpower and Orgasmic Glow™

Free Gift

Be sure to read to the end of the e-book for a **free gift**. Or, if you can't stand the suspense and want to get the surprise right away, I suppose you can just flip to the end now—hehe. Just be sure to enjoy this e-book. It contains so many sparkly treasures for you!



Light Your Sexual Fire

From Stressed to Sexified

Does this sound like your life?

- You are **successful in your business or career**, but you're **tired of working so hard** (too much work, not enough play and pleasure!)
- Your body is **stressed, exhausted, and drained** (maybe even dealing with health issues)
- You've experienced heartache in the past, and you secretly crave a **deep, meaningful romantic relationship** (whether you're single or in partnership)
- You're **unsatisfied sexually** or **not having much sex at all**; Work is taking a priority over sex and your relationship. You're not having mind-blowing, earth-shattering sex that raises your vibration and catapults you into new levels of love, ecstasy and connection with the Divine.
- Life is dull rather than vibrant and passionate. You're not feeling turned on for life! You **seem happy on the outside**, but inside you're **not truly happy or fulfilled**.

Does that sound like you? I'm guessing you've got a great career. You've got money. Maybe you've got a partner, or maybe you're single and looking for a partner. You've got a house. Maybe even kids or a pet. You've done it all. **But, have you learned about sacred sexuality?**

Do you want:

- **More free time** for yourself for self-care, pleasure, fun, and joy?
- **Vibrant energy**, health, and vitality?
- To feel **hot, sexy, and confident** in your body?
- A deep, loving, **meaningful romantic relationship** that honors ALL of you (your power and your shadows), where you grow together?
- **Mind-blowing, earth-shattering sex** that catapults you into new levels of love, ecstasy & connection with the Divine?
- To feel **passionate and turned on** for your life, partner, and career/business?

This is all possible for you when you tap into Mariposa Sacred Sexuality™.

Woo hoo! Let's dive in, shall we?



Light Your Sexual Fire

Ok, Let's Get Real...

Let's take a real look at your love and sex life. How do you know if your sexual fire is lit up and shining your Orgasmic GLOW™?

How do you know if you're truly, deeply fulfilled in love, sex, and life?

Answer **"Yes"** or **"No"** to each question below.

If you get stuck on any of the questions, think of what happens "most of the time".

1. Do you feel **sexy, beautiful, and confident** in your body?
2. Are you having **awesome sex** at least **1-3 times per week** (solo by yourself or with a partner)?
3. Is your **sexual energy flowing** and fueling your work and life?
4. Do you feel **inspired**, like there is a flow of **creative ideas** available at your fingertips?
5. On a daily basis, do you feel **energized, alive, and vibrant**?
6. Do you feel **excited** and **turned on by life itself**?
7. Do you feel **fulfilled and happy** in most areas of life – romance, career, life purpose, health, family, travel, money, community, etc?
8. Are you having **mind-blowing, earth-shattering sex** that catapults you into **new possibilities**, connects you to the Divine, and helps you feel at one with all that is?
9. Are you living in the vibe of **love with an open heart** and **compassion** for others, yourself, and/or your partner (if you have one)?
10. Overall, do you feel **sexually satisfied**?

If you answered "no" or "I'm not sure" to 2 or more of these questions, your sexual fire is not lit up and glowing brightly.

This is exciting to know, because there's an opportunity here to **get your Orgasmic Glow™ on and light your sexual fire!**



Light Your Sexual Fire

A Peek into My Private World

How I Went from Single, Sick, Sad and Stressed to Happy, Healthy and Vibrant!

You and I have connected for a reason. I'm curious if you relate to my story.

I'm a **career woman on a mission** to make the world a better place through my work.

For the last 20 years, I have been teaching professionally. I am a coach, international speaker, and author. I teach retreats in Hawaii, Sedona, and internationally. I work with clients privately and have an awesome online school.

Sounds great, right? Well, before I lit my sexual fire, my **work was my entire LIFE**. I worked 24/7. This led to anxiety, insomnia and tons of stress, which not surprisingly led to burnout. My spirit was weary from taking care of everyone else but **putting myself last on my to-do list**.

Sound familiar?

I secretly **craved love and connection**. I wanted a **deep, meaningful relationship** and fulfilling sex, but I wasn't making time for it. I grew up Catholic, and I was stuck in shame and self-doubt about my sexuality and bisexuality. I didn't know how vital my sexuality was to my well-being & health!

Even though I **smiled on the outside**, inside I was sad, lonely and unfulfilled.

Are you feeling me here?



The Turning Point

My energy started spiraling downward and I didn't know how to stop it. The plane crashed. My adrenals crashed and so did my immune system. I experienced **serious health issues for several years** that significantly impacted my ability to work and enjoy life (not to mention cost me more than \$50K).

My sense of joy was dwindling, like the life force was being sucked out of me. I realized I had to figure this out ASAP!

Light Your Sexual Fire

How I Became Happy, Healthy, and Vibrant!

Diving into **sacred sexuality saved my life**. My own sexual energy rejuvenated my body and health. Before long, I started regaining my health and happiness.

I got the love and connection I was seeking by first connecting deeply with my own body, including my heart and sacred womb. I learned to **love myself rather than look outside myself for love and acceptance**. I healed Heart Wounds from past relationships and childhood hurts.

I learned to **create my own happiness** internally from my Orgasmic Glow™, rather than looking to a partner to make me happy. And I met my dream man along the way! He and I have a deep, meaningful relationship and **MAGICAL, mind-blowing, earth-shattering sex**, which catapults us into higher dimensions, raises our vibrations and helps us fulfill our purposes in the world. It feels amazing to have **the love, connection and intimacy** I craved for many years.

I also started claiming time for myself and created a **balanced schedule** of both work and play! I enjoy a LOT of self-care, rest, and time with my amazing partner.

With the help of Mariposa Sacred Sexuality™, I have overcome health issues, burnout, workaholicism, body image issues, depression, and anxiety. I have manifested a spiritually fulfilling romantic relationship, financial abundance, and **a life of love, connection and deep fulfillment**.

Now I feel alive, passionate, and on fire for fulfilling my purpose in the world.



It brings tears to my eyes to share that I have a magical, meaningful life, **after so much struggle and stress**. I feel lit up from within, inspired, creative, fulfilled, and in the flow of LOVE.

As a result of my transformation, I am now the creator of Mariposa Sacred Sexuality™ and the **4-Step Orgasmic GLOW System for Mariposa Sacred Sexuality™**.

My mission is to help as many people as possible to **light their sexual fire** so they can GLOW and be happy, healthy, and vibrant and feel passionately on fire for fulfilling their purpose in the world.

I believe everyone deserves to feel sexy, confident and comfortable in their body. **It's not really about "sex."** It's about YOU being your authentic self and feeling confident, happy, and fulfilled in your relationship, career, and life!

Light Your Sexual Fire

What is Sacred Sexuality?

Sacred Sexuality involves **connecting in a deep, meaningful way** with **yourself, your partner** (if you have one), and **the Divine** (whether you call that God, Source, Spirit, Universe, etc.).

Sacred Sexuality is like **making love in a sensual, spiritual way**. It can be done solo by yourself or with a partner. Sacred sexuality involves your mind, heart, and soul, not just your body.

Sacred Sexuality acknowledges that **your body is sacred and beautiful** (no, not after you lose 10 pounds but NOW). Your body is the vehicle for experiencing LOVE and the fullness and richness of life!

What is Sexual Energy?

Sexual energy is your **life force energy**. It fuels your **creativity**. It is your vitality and very life essence. Sexual energy is the highest vibration frequency you can experience in physical form.

That's why **if your sexual energy is not flowing**, you can't possibly feel **beautiful, vibrant, happy or abundant**. Your sexual energy brings feelings of love, joy, abundance, health, beauty, and deep peace.

What is Mariposa Sacred Sexuality™?

Mariposa Sacred Sexuality™ is the special kind of Sacred Sexuality that I created, thanks to 10 years of studying various forms of sacred sexuality, intuitive guidance from the Angels, divine downloads, and the last 20 years of professional teaching and working closely with clients as a Masters Level Social Worker, Certified Transformational Life Coach, Certified Hypnotherapist, Intuitive, and Healer. It's the same system I used for my own transformation.

Mariposa helps you utilize your sacred sexual energy for a higher purpose, such as boosting your health, connecting with the Divine, connecting more deeply with your partner, calling in the right partner for you, or manifesting money and other forms of abundance. The possibilities are infinite, because your sexual energy is infinite!

“Mariposa” means “butterfly” in Spanish. Butterflies represent **transformation, beauty and freedom**. Mariposa Sacred Sexuality™ helps you spread your wings as your beautiful, authentic self through the magic of your sexual energy.

Mariposa Sacred Sexuality™ takes you on a journey of **self-discovery, self-love, self-expression**, joy, healing, deep connection, love, and freedom, thanks to the magic of your sexual energy.



Light Your Sexual Fire

How is Mariposa Sacred Sexuality Different from “Ordinary Sex”?

Ordinary sex is awesome. It’s like a delicious vanilla ice cream cone. However, Mariposa Sacred Sexuality™ is like a chocolate fudge banana split sundae with sprinkles on top. It’s much more satisfying, fulfilling, and divinely delicious.

Benefits of Ordinary Sex:

- Stress relief
- Relaxation
- **Happiness** – studies show that people who have sex once a week or more are happier
- Health benefits (ex. boosts immune system, can improve sleep, can reduce anxiety, can prevent long-term chronic health issues including heart disease and prostate cancer, boosts our mood because of oxytocin, etc)
- **Bonding** and **connecting** with your lover
- Potential for giving birth – creating a child

Benefits of Mariposa Sacred Sexuality™:

All the benefits above, plus:

- **Raise your vibration** (out of the lower vibes of fear and self-doubt; catapult into the higher dimensions of love, joy, and abundance)
- **Connect deeply with your partner** on soul level and heart level; Dive deep into love
- Receive **clarity, intuitive guidance and inspiration** (ex. creative ideas, solutions to problems)
- Feel connected to the Divine (Want to “meet” God/Source? Have sacred sex!)
- Create and give birth to **new projects** (ex. music, art, books, teachings, solutions that change the world)
- Manifest **abundance** (ex. new opportunities, house, partner, money, etc.)
- Experience the dance of the **divine masculine and feminine** (within yourself and your partner); Balance giving with receiving
- Experience wholeness, **oneness, love, beauty**, and deep peace
- Embody your worthiness and your true, **authentic self**
- **Keep your batteries charged** – a way to fill up after giving and pouring from your cup, so you can give from an overflowing cup

Quite impressive, isn’t it? The best part is that the effects of Mariposa Sacred Sexuality™ continue in your daily life, outside the bedroom. For so many of us, sexual energy has been **the missing piece of a fulfilled life**. And it truly is the next step of our spiritual evolution.



Light Your Sexual Fire

Get Your Orgasmic GLOW™ On!

Are you enjoying the journey so far? I must say, it's getting HOT as the sexual fire is lighting up.

So Far, We've Covered:

- What's **really going on** in your love and sex life
- 10 questions to know if your sexual fire is lit up and shining your **Orgasmic GLOW™**
- The **inside story of my transformation** from single, sad & stressed to happy, healthy & vibrant
- The potential to create a **deep, meaningful connection with your partner, yourself, and the Divine** through Mariposa Sacred Sexuality™ (which is very different from ordinary, boring sex)

What's Next?

- How to avoid the **5 biggest mistakes** that lead you to **unconsciously sabotage your relationship, happiness, health and sex life**
- A sneak peak at **4-Step Orgasmic GLOW System for Mariposa Sacred Sexuality™** to get the love, sex, and deep fulfillment you secretly crave (whether you're single or in partnership!)
- How to feel **HOT, sexy, and confident in your body NOW**, no matter how exhausted or burned out you may be

Oooh la la. Are you ready for it?



Light Your Sexual Fire

Before You Can GLOW... Prioritize Pleasure!

Are you passionate about your business or career? Are you a pro at **working hard** and **achieving success**? That's awesome! However, are you making time for your own joy, pleasure, and sexuality?

Mistake You Might Be Making:

- Too much work and **not enough play and pleasure!**
- Work is taking a priority over your pleasure, sex and relationship

What is Pleasure?

According to the dictionary, pleasure is “a feeling of happy satisfaction and enjoyment.” Pleasure can certainly be sexual, but it doesn't have to be. What brings you pleasure? (Examples: Enjoying a delicious cup of hot tea, a relaxing salt bath, strolling through a park looking at gorgeous flowers, cuddling with a blanket, cuddling with your partner, etc.)

What's Possible When You Prioritize Pleasure:

- Free time for self-care, fun, pleasure, joy, sensuality, and indulgence. Work-life balance.
- An overflowing cup so you have energy to keep giving and making a meaningful contribution in the world.
- The fulfillment and adventure of Sacred Sexuality.

What's a Powerful Career Person to Do?

Stop working so hard and **make love** (no, I'm not joking)!

People talk about the national deficit. Even more importantly, we have a **pleasure deficit**.

Pleasure is just as important as hard work. It relaxes you, and raises your vibration to love, joy, and abundance (rather than fear and stress). Pleasure is the perfect way to refill your cup, which means you will have more to give. Plus, during pleasure is when you receive brilliant ideas and intuitive guidance that will save you time, money, and energy!

You really don't have to work that hard, because the 4-Step GLOW System™ allows you to **accomplish more** in less time with less effort (while enjoying more pleasure, of course!).



Light Your Sexual Fire

Before You Can GLOW... Prioritize Pleasure! (continued)

Before you can implement the GLOW System, you must first Prioritize Pleasure. **Clear Your Calendar** and create space and time for YOU, to relax and enjoy the luxuries and pleasures of life, including sacred sexuality (either solo or with a partner).

Your GLOW Action Step:

- Pull out your calendar right now. **Schedule in a Pleasure Date** with yourself in the next 7 days. Then spend that time in total joy or pleasure, however your heart guides you!

Inspirational Story

By prioritizing pleasure using the GLOW System™, my client Samantha and her husband Tom had an **amazing transformation** in their lives. They owned a super successful company. After realizing they couldn't keep up the pace anymore, they cut their work hours to part-time and started prioritizing pleasure. Samantha and Tom moved from a busy, crowded city to a **beautiful house in the mountains** where they could enjoy peace and tranquility. Samantha even started working remotely instead of being in the day-to-day work grind.

They made time to for **connection and love**, and they ended up having a beautiful baby girl. Their **financial flow increased** thanks to prioritizing pleasure, and their entire family is thriving.

If they can do it, YOU can do it!



Light Your Sexual Fire

GLOW Step #1: Grounding (Mariposa Multidimensional Grounding)

Get Your Body Happy, Hot, and Sizzling!

The “G” in GLOW

Are you experiencing “**Stressed Body Syndrome**,” where your body is stressed, rather than **relaxed, confident, and sexified**? Do you feel drained, exhausted, and depleted? Are you even dealing with health issues?

Most successful people live in a state of **constant stress**, which does NOT help us to feel hot, sexy, or confident in our bodies. Do you relate to that?

I get it. My deepest pain has been denial of my body. And my deepest healing of health and body issues has been through **Mariposa Sacred Sexuality™**.

Mistake You Might Be Making:

- Scoring low on your **Self-Care Scorecard** (rest, workouts, healthy foods, sex, sleep, etc.). Take note that sex is part of self-care!

What’s Possible When You Get Your Body Happy, Hot and Sizzling?

- Feeling **turned on** for life! Feeling hot, sexy, and confident in your body (imagine no longer criticizing your body).
- **Vibrant energy, health, and vitality** so you can have the energy and zest you need to enjoy life and be there for the people you love (to work out, dance, travel, have outdoor adventures like hiking, make love, spend time with loved ones, etc.).
- Self-Care Splendor. To enjoy an abundance of self-care like a **queen, king, or goddess**.
- Activate your body to its full capacity for **love, pleasure, ecstasy, and healing**.

GLOW Step #1 is all about getting your body happy, hot, and sizzling through Mariposa Multidimensional Grounding. Contrary to popular belief, grounding is not about connecting with the earth. It’s about **awakening your body’s sacredness** and integrating your soul (higher self) with your body, so you can **FEEL PLEASURE, and live confidently and joyfully** in your everyday life (and of course in the bedroom).



Light Your Sexual Fire

GLOW Step #1: Mariposa Multidimensional Grounding (continued)

Get Your Body Happy, Hot, and Sizzling

GLOW Step #1 involves discovering your **Sacred Body Treasure Map**, which leads you to the hidden treasures within your body. Do you consider your genitals sacred and beautiful? Your **Sacred Genitals** are your **power center**. They are your **soul's essence** concentrated in physical form. Isn't that mind-blowing?

Within your genitals are energetic portals or gateways into the higher dimensions of the Divine. How cool is that? There's so much to learn about your body's hidden treasures.

You are walking around with hidden treasures, but if you don't see them or know how to access them, you'll be lost without directions. If you don't discover your Sacred Body Treasure Map, you will **miss out on your most sacred gifts**. When I work with my clients, I help them actually tap into these sacred places, light up their body, and rejuvenate themselves with their sexual energy.

Your GLOW Action Step:

- Here's one thing you can do to get started. Start to light up your Sacred Body Treasure Map with this simple practice called "**Spark Your Sensuality.**"
- **Rub lotion or massage oil** on your arms, legs, stomach and breasts. Instead of doing this in a hurry, be present and focus on how it feels. Notice the sensations and *really* enjoy it. Start to give your body the love and attention it needs.

There's a full practice of finding the hidden treasures in your body and getting your body **happy, hot and sizzling**. I take people through it in my **Mariposa program**. If you want to explore this more deeply, apply for a free Spark Your Sexual Fire Session (see last page for details).

Inspirational Story

No matter how exhausted I am, when I do the 4-Step Orgasmic GLOW System™, I experience SO much **energy, joy and creativity!** This is how I created greater health and energy within my body. Plus, some of my **most successful business ideas** have come during Mariposa Sacred Sexuality™ or just after, while basking in the afterglow.

Within your body are deep reservoirs of **infinite bliss and endless energy** (not to mention pleasure too!). You can tap into this, and it starts with Mariposa Multidimensional Grounding and discovering your Sacred Body Treasure Map.



Light Your Sexual Fire

GLOW Step #2: Love

Activate the Orgasmic Power of Your Heart

The “L” in GLOW

Do you secretly **crave a deep, meaningful romantic relationship**? Do you feel sad or resentful that you’re not getting the love, sex and connection you want? Do you sometimes blame your partner for the lack of connection or think you just haven’t found the “right” partner yet?

Have you experienced **heartache in the past** from romantic relationships and childhood (example: breakups, divorce, arguments, hurt, rejection, bullying, or even abuse)?

Every time we are hurt, we try to protect ourselves from further hurt by building energetic, invisible **Heart Walls**. But these walls just cause further heart, because we are blocking LOVE!

Mistake You Might Be Making:

- Unconsciously **sabotaging** your romantic relationship or **pushing love away** and not even realizing that your current relationship problems are coming from your Heart Walls

What’s Possible when you Activate the Orgasmic Power of Your Heart?

- A fulfilling, meaningful romantic relationship (take your connection deeper with your partner or find the right partner for you). It’s possible. You can have this!
- A relationship filled with an abundance of **sex, deep connection, and spiritual growth**. Yes!

If you want a deep and fulfilling romantic relationship, you must first do your **Heart Wound Healing** and break down your Heart Walls.

Most people don’t realize that their heart walls are blocking them from the relationship and sex they want. They often **blame their partner** for it. Your job is to address the blocks within yourself. Your partner likely has some Heart Walls too, but when you break down yours, it gives him or her permission to break down theirs.

Also, did you know there is a **connection between your heart and sacred genitals**? Unfortunately, invisible Heart Walls block the flow of energy from your heart to your sacred genitals. This **blocks your sexual pleasure** and prevents you from experiencing deep connection with a partner and the full joy and magic of Sacred Sexuality.



Light Your Sexual Fire

GLOW Step #2: Love (continued)

Activate the Orgasmic Power of Your Heart

The more open your heart is, the stronger your genital-to-heart connection can be. Once this connection is strong and the energy is flowing, that's where the magic starts happening. This allows for orgasmic joy, love, and deep fulfillment in sex, love, and life.

You must do the **deep work** of breaking down your Heart Walls and **reconnecting your heart and sacred genitals** in order to **experience deep, divine LOVE and the orgasmic power of your heart**.

You might be thinking “**I don't want to open my heart**. That's scary, that's a territory I closed off in 1982 when my boyfriend left me. Or when Mom and Dad got divorced. Or when Dad ran off with the waitress.” Or whatever your story is.

No matter what happened in the past, you can **dive deep into love now**. Thankfully, I have several tools that will help you do just that.

Your GLOW Action Step:

- **Get out some paper** or open a blank document on your computer. **Make a list** of all the people or situations from the past and present that have **affected your heart** (especially any that you have emotional charge around).
- As you do this, give yourself permission to **feel whatever sensations arise** in your body. Allow yourself to journal or express your body in any ways you wish, whether crying, punching a pillow, giving yourself a hug, cuddling with a blanket, etc.

This action step will help you **know where to start**. If you want to take this journey deeper and free yourself from your Heart Walls, I would be honored to help you! (see last page of e-book)

Inspirational Story

My client Candace had a husband who lived in his head and was not willing to go into his heart. Candace and he did not share an **emotional or spiritual connection**, and they **got divorced**. She was on a mission to find the right partner. However, before that happened, she had to learn to get out of her head and go into her own heart. With GLOW™ techniques and my coaching, Candace did lots of **Heart Wall Healing**, releasing Heart Walls from childhood and the relationship. She got in touch with her **body, intuition and sexuality**. She focused on fulfilling her life purpose, and when the timing was just right, **she met her Soul Man**. Now, they are **SO happy, in love and in bliss** together.



Light Your Sexual Fire

GLOW Step #3: Orgasmic

Open the Flow of Your Sacred Sexual Energy

The “O” in GLOW

Are you **undersexed or unsatisfied sexually**? Or even worse, is sex the farthest thing from your mind?

It is your **birthright** (and part of your life purpose) to have **mind-blowing, earth-shattering sex** that raises your vibration and catapults you into new possibilities and new levels of love, ecstasy and connection with the Divine.

Mistake You Might Be Making:

- **Shutting down your desires**, including desires for love, connection, and sex.
- Not taking sex **seriously**. Thinking it is a luxury, not a necessity.

GLOW Step #3 is all about **opening the flow of your sacred sexual energy**. It is an important part of who you are. You cannot love yourself without loving your sexuality.

Remember that your sexual energy is your life force energy. It fuels your creativity. Sexual energy is the **highest vibration frequency** you can experience in physical form.

Even if you have **shut down your sexual energy** due to abuse, disinterest, relationship issues, aging, health issues, etc., your sexual energy is still there, waiting to be reactivated and liberated.

It's your birthright to enjoy your body in the most sacred of ways!

Sex has been bastardized and used for abuse and unhealthy domination. It's up to us to restore sex to what it was truly meant for—**connection, health, and co-empowerment**.

What's Possible When You Open the Flow of Your Sexual Energy?

- Mind-blowing, earth-shattering sex that raises your vibration and catapults you into new levels of **love, ecstasy and connection** with the Divine.
- Feeling deeply fulfilled in **sex, love, and life**.
- Feeling alive and **passionately turned on** for your life, partner, and career/business; Feeling even **hotter, sexier, and more confident** in your body!



Light Your Sexual Fire

GLOW Step #3: Orgasmic (continued)

Open the Flow of Your Sacred Sexual Energy

Your GLOW Action Step:

- You must **make a decision** that you actually want to **light your sexual fire** fully and completely. Decide that you are no longer available for being undersexed and unsatisfied. You must be willing to put your foot down and **draw a line in the sand**.
- Put your arms out to each side (with your heart open, in a receiving position) and say aloud, **“I’m ready for satisfying, sacred sex!”** and **“I’m ready to light my sexual fire!”**

Once you make this decision, **dormant forces come alive** and you have the opportunity to step into a whole new reality. It may feel like stepping through a portal or gateway into love, joy, abundance, fulfillment, all your heart’s desires. **What you want is possible**, right there on the other side of this decision. But first, you must **claim this** for yourself.

“Everything you've ever wanted is on the other side of fear.” - George Addair



Light Your Sexual Fire

GLOW Step #4: Wonderment

Tap into the Magic & Creative Power of Your Sexual Energy

The “W” in GLOW

Is your life dull rather than **vibrant and passionate**? Do you smile and seem happy on the outside, but inside you’re not truly happy or fulfilled, like **something’s missing**?

Are you manifesting everything you want in life, including love, fulfillment, new opportunities, money, travel, free time, fun, etc.? Or does it feel like the flow is stuck or stopped?

Are you stuck in “**doing mode**” rather than “being”, relaxing and enjoying life? Are you trying to **control** every aspect of your life, rather than relaxing, receiving, and **going with the flow**? Are you pushing and trying too hard?

If so, it sounds like you are driving **too much masculine energy** and not tapping into the power and beauty of your **feminine sensuality**.

Mistake You Might Be Making:

- Stuck in “**do, do, do**” mode.
- **Blocking the flow of love, joy, and abundance** by forcing things rather than relaxing, receiving, and allowing the Universe’s magical flow to work for you (not against you).
- Not accessing the creative power and magic of your sexual energy.
- **Overgiving** rather than receiving.

GLOW Step #4 is called “wonderment.” Wonderment means amazement or a feeling of great surprise or wonder. When you tap into the creative power and magic of your sacred sexual energy, it is **AMAZING! Life becomes full of wonder, awe, and delight.**

What’s Possible When You Tap into the Magic of Your Sexual Energy?

- Feeling **turned on** for your partner, business/career, and life!
- Passion, freedom, and **true happiness**
- A reason to spring out of bed in the morning besides work, because you are living a **magical, fulfilling life**
- The ability to relax and receive like a **queen, king, or goddess!**



Light Your Sexual Fire

GLOW Step #4: Wonderment (continued)

Tap into the Magic & Creative Power of Your Sexual Energy

In order to tap into the magic and creative power of your sexual energy, you must learn how to access your feminine energy. The first step is to get to know your “**Feminine Sweet Space of Surrender**”! (FS3)

Would you love to have a **warm, safe, comforting place** to escape to, to take a break from the everyday stress of life? (to me, it reminds me of the comfort of being held in my partner’s arms). The good news is you have this space **inside you**, waiting to be accessed and experienced.

Most of us are **SO busy** and stuck in **masculine “doing” mode** that we don’t even know what the feminine space feels like. We don’t know how to “surrender” and experience magic. **We are missing half of life!** That’s why things aren’t flowing and why we don’t feel fulfilled. How can we feel fulfilled when we are hardly even feeling? We are mostly DOING.

Have you ever had your breath taken away from a beautiful sunset? Or a moment of sweet connection, like a long, heartfelt hug? That is the “Feminine Sweet Space of Surrender”! We are meant to be there a lot longer than a fleeting moment.

You can create amazing things with your sacred sexual energy, such as love, joy, health, abundance, new opportunities, and more. However, in order to do that, you must know **how to dance in your feminine energy**. You need **both your masculine and feminine energies** in order to experience the magic and creative power of your sacred sexual energy.

Mariposa Sacred Sexuality™ is a divine dance of the masculine and feminine energies!

In this e-book, I mentioned that you must make the decision to light your sexual fire. You must heal those heart walls. And you must activate the connection between your heart and sacred genitals.

Right now, in order for you to actually feel happy and fulfilled in life, you must understand the **Feminine Sweet Space of Surrender** and **how to tap into it**. You must balance your feminine and masculine energies.

Your GLOW Action Step:

- Right now, put one hand on your heart and another hand on your lower belly (Sacred Womb), and say “**I am willing to tap into the “Feminine Space of Sweet Surrender.”**” Then take a deep breath and FEEL whatever you feel in the moment.



Light Your Sexual Fire

Let's Recap...

Wow, we covered a lot!

The 4-Step Orgasmic GLOW System for Mariposa Sacred Sexuality™

- Sacred Step #1: **Grounding**: Get Your Body Happy, Hot and Sizzling!
- Sacred Step #2: **Love**: Activate the Orgasmic Power of Your Heart
- Sacred Step #3: **Orgasmic**: Open the Flow of Your Sacred Sexual Energy
- Sacred Step #4: **Wonderment**: Tap into the Magic & Creative Power of Your Sexual Energy

This e-book has given you a brief overview of the **Orgasmic GLOW System for Mariposa Sacred Sexuality™** plus some **action steps** you can get started with right away.

I know from personal experience and working with my beautiful clients that this GLOW System can create **powerful transformation** in your life, including your **romantic relationship, sex life, health, happiness, money flow**, and even your **business or career**. It's the exact system I used to go from single, sad, and stressed to happy, healthy, and vibrant.

There is sooo much more to the GLOW System than we have space for in this e-book, which is why I have a very special gift for you on the next page!



Light Your Sexual Fire

Free Gift: Spark Your Sexual Fire Session

If you loved this e-book and it spoke deeply to you, let's connect, shall we?

As a gift to you, my team and I have set aside time to speak with you personally about how to light your sexual fire and improve your love and sex life.

This 60-minute “**Spark Your Sexual Fire Session**” is **FREE** and happens via Zoom or phone.

To apply, go to: www.courtneyfaelong.com/apply

Here's what you may discover in this session:

- Your vision for a **happy, healthy, hot, and sizzling life** – what your higher self is guiding you to experience
- The **3 biggest blocks** that are keeping you **stressed** and stuck rather than **sexified**
- How you can start to **tap into your sexual energy now** (with 2-3 tangible action steps)

We're doing these sessions because it means SO much to me to see people lit up in the world. I don't want more people getting super sick like I did because they're working too much and not tapping into the power of their sacred sexuality.



During your session, you will receive professional recommendations, based on my 20 years of supporting clients. If you would love to dive deeper into Mariposa Sacred Sexuality,[™] we will share which classes will help you most.

Your sexual energy is waiting to be unleashed. Are you ready to create the love and connection you crave? Are you ready to feel happy, healthy, fulfilled, and passionately turned on for your life, partner, and business/career?

No matter what's happening in your life, it can all change in an instant, with the right knowledge, tools, and techniques. If you're ready and now is your time...

*** Claim Your Free Gift: Spark Your Sexual Fire Session! ***

www.CourtneyFaeLong.com/apply