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Here is the transcript for:

Unlock Your Sexual Sovereignty and Transform Your Life

with AVAIYA Teacher, Dr. Willow Brown



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Ande Anderson [00:00:00]:

Hello, Avaiya Family. I'm Ande Anderson, and this is my cohost, Brielle Starr. My partner, Ike Allen, and I are teachers, mentors, and the co owners of Avaiya University. Avaiya is the creator of over a 1,000 books, films, courses, teachings, and other supportive resources. Thank you so much for joining us. Our fellow teacher, doctor Willow Brown, is with us today to talk about claiming sexual sovereignty through erotic empowerment. Welcome to Avaiya.

Dr. Willow Brown [00:00:26]:

Yeah. I'm so excited to be here. Thanks for having me.

Ande Anderson [00:00:28]:

It's great to have you. Why not? You have such amazing background in all the great different modalities that you include in your work. How did you get into what you do today to get us started?

Dr. Willow Brown [00:00:38]:

Gosh. That's a good question. I think I've been on the healing path since I was about 19. I I had a a sexual experience that was, pretty devastating when I was young, when I was 19, and that kind of just got me on the sexual healing path. And from so it got me on the healing path. And then, you know, I I started doing acupuncture, Chinese medicine, nutrition, all of that. Started working with women around their hormones and did a lot of doula work, a lot of birth work, and helping people with their fertility journey. So I think then, over the

years, you know, sexual healing and the Taoist sexual practice was always part of my personal practice.

Dr. Willow Brown [00:01:19]:

But then, I just got called to, like, bring that forward in my work as well and have since brought in more tantric practices as well. And what I've found through all the different myriad of modalities of healing that I've, you know, dappled in and mastered over the past couple of decades is, that the sexual healing practices are like a fast track to healing your consciousness, your psychological, patterns, and a lot of the disease and disorders in your body as well. So I love, bringing that to people's healing plate, you know, because there's so much, so much there that never really gets tapped into, that never really gets seen by, when you're working with, you know, maybe just like a a psychologist or a therapist or something like that. So

Ande Anderson [00:02:14]:

Right. They're not necessarily ask asking you about your sex life or anything like that. Just working through other things or whatever. But, yeah, it's amazing how that all connects together. And, thank you for sharing a little background on you. And, Brielle, do you wanna take the next one?

Brielle Starr [00:02:28]:

Yeah. So to get us started, what is sexual sovereignty?

Dr. Willow Brown [00:02:33]:

So sovereignty is the authority the authority to choose what's authentically true for you. Right? So having the confidence and having the the, like, reign of this is what's my authentic truth. This is what's really going on inside of my heart. And so we have to be clear about what that is. Many of us are not. Many of us don't know what's actually authentically true for us. So that would be the first step in in, you know, claiming sovereignty, and then being able to express it and being able to claim it and being able to really stand in the the power of that. And then when we bring sexuality, so that's sovereignty right in anything.

Dr. Willow Brown [00:03:20]:

And then when we bring sexuality into it, it's like we have to know our own bodies. We have to know our own pleasure pathways. We have to understand what it is that really ignites us, turns us on, lights us up, softens us, allows us to surrender, brings forward arousal, knowing that about your own body so that when you are in a, in a situation with another person, a sexual encounter with another person, that you can claim the authority to speak that and to share that with the other.

Brielle Starr [00:03:53]:

Lovely. Thank you for sharing about that. I've never heard that term before, so it's very interesting. Sovereignty? Like sexual sovereignty.

Dr. Willow Brown [00:04:01]:

Sexual sovereignty. Yeah. Yeah.

Ande Anderson [00:04:03]:

Yeah. And neither and yeah. Just the the marrying of the 2 and and what that entails. And okay. So we've established sexual sovereignty. What about Daoist sexology? What is that?

Dr. Willow Brown [00:04:14]:

Okay. Let's break that one down. So sexology so any ology, we got biology, psychology. You know, any ology is the study of or the observation of. So sexology is the study of or the observation of your own sexual energy. So that's, you know, there's 2 legs to that. So there's the the one leg of what we know, like, are we having good sex? Are we having orgasms? Are we getting our needs met? You know, what we think of as sexuality. So studying that and observing that in your own life, is it something that's always been elusive? Is it something that you've never had a problem with? Is it something that you'd like to, you know, get better at? Really, like and and that includes also intimacy and relationships and all the the 9 yards of what we think of as sexuality.

Dr. Willow Brown [00:05:00]:

But the other leg of sexology is observing and studying your endocrine system. So what's going on with your hormones? Because your hormones play a huge role in your sexuality, also in your emotionality. So, you know, when we have cortisol flooding our our systems, our bloodstream, we are in that heightened stress state. But when we have dopamine, we're excited. And when we have oxytocin, we're

more receptive. We're more open. We're in that love connective state. So having, a a better understanding of what's going on with your hormones is, really imperative to being an ologist of your own sexuality.

Dr. Willow Brown [00:05:46]:

So that's sexology. And then we bring in the dao, daoism. You know, you may have heard of the dao. You've heard of Buddhism, I'm sure. And and the Dow, they say, is the way. What what does that really mean? The way. The way is the way of nature. So when we look to the seasons, we see summer as this expansive time, and then fall starts to go into contraction.

Dr. Willow Brown [00:06:11]:

Winter is a deep contraction, and then spring starts to expand again. Then summer is expansive. So there's this expansion and contraction that's happening every second of every day, every throughout the month cycle, throughout the year cycle. And so when we start to align our sexual energy, which is actually our most potent creative life force energy that we have access to. Like, we can create with this energy. We can create a whole new human being with this energy. So if we take this energy and we cultivate it inside of ourselves, what else could we create? You know? Could we create a beautiful relationship? Could we create the the, you know, job of our dreams? Could we create the home of our dreams? Could we create a community? What can we use this creative life force energy for? So instead of just, like, using sex to get off and to have a stress release at the end of the day, the practice is to draw sexual energy to different places in your body and open up levels of consciousness so that you can actually use that

highly potent creative life force energy to create your life as you would like it to be, as your heart, your sovereign heart would like it to be.

Ande Anderson [00:07:28]:

Wonderful. Thank you for for clarifying that. And I'm glad you went into even just like the seasons and things like that because we we just had daylight savings, here in the states not a couple days ago. And, man, once that happens, I see such a such a shift in me and how much it it impacts me as I've really particularly gotten older and how I kinda wanna go into, like, hibernation mode. I'm like, okay. It's time to, like, hunker down. Doesn't really get that cold here, but it's still that that connection to, the light and the lack of light and all of that. So thank you for, you know, kind of bringing that into the conversation.

Dr. Willow Brown [00:08:03]:

Yeah. And, you know, with that, the the the darkness and the contraction, that's that yin time. So so we've all seen the yin yang symbol. That's like the ultimate symbol. Right? And so the yin period is this time of deep rest. It's this time of coming home to what's true for you now, this time of going inward and listening, and our culture doesn't really value it. So we don't think of it as a valuable period of of our lives. Because we go through life periods where it's like, god, I've been in this contraction for like 3 years, you know, or or wow, I've been in this expansion for like 5 years.

Dr. Willow Brown [00:08:43]:

And so when we see this yin period in our lives or or in our day cycle or our monthly cycle, if we can actually give value to it and use the time accordingly. Then when that next yang period comes, that next expansion period comes, we're gonna have so much more energy for it. What happens a lot of the time is when we're in an ebb, you know, I'm I'm calling it yin and yang, contraction, expansion, ebb, and flow. So but when we're in an ebb, we just wanna be in flow so bad. Like nothing's happening. Where what's it's just the stall period. And so we we're always, like, in that period, we're reaching to to try to make things happen instead of just being in this the rest of it, being in the replenishment period of it, and trusting and knowing that after every deep contraction comes a big expansion, it's going to happen. That is the way.

Dr. Willow Brown [00:09:41]:

That is the doubt. And it it happens. It just happens. It happens with every breath we take, you know, so we can really trust that process and trust that way. So one of the things the way that I teach Taoist sexology is according to the 4 phases of the moon cycle, which each one of those phases, the the new moon, the waxing moon, full moon, and waning moon, each one of those relates to one of those 4 seasons. Right? So when we're in the new moon phase, we're in the winter, and then we start to wax that spring, And then we start to we're in that full phase, that summer, full moon. And then we're in the the waning period, and that's the fall phase. So each each month, especially if you are a woman who's in her fertility years, you're still having a menstrual cycle.

Dr. Willow Brown [00:10:31]:

You really wanna be paying attention to these 4 phases of the moon cycle and how those seasons are moving through your body and really taking that period of winter, like when you have your your menstrual cycle, that's your new moon phase. So to clarify, we've got the moon in our womb. If we're having a period still in life or we've got the moon in the sky, if we're a man or we're in our menopausal years or we're we're somewhere in between in that perimenopausal phase. So we can follow the moon in the sky or we can follow the moon in our womb. So if you're still in your fertility years, meaning you're still having a menstrual cycle, follow the moon in your womb. And, when you are on your period, that's your new moon phase. So that's your winter phase. That's your time of going in and recalibrating to what's true for me now.

Dr. Willow Brown [00:11:24]:

Right before you have your period, right before that winter phase is the fall phase. And this is the PMS week. Right? This is the week of the cycle when everyone is like, god, everything's driving me crazy. And the reason is they haven't taken enough stuff off their plate. They haven't taken gotten rid of. They haven't cleared. They haven't used that fall phase right before the period to, clear. Like, that's the time to let go and release.

Dr. Willow Brown [00:11:50]:

When we are in fall, we see the trees dropping the leaves. So it's this clearing phase. So when you clear really well, I think that's the most important of the 4 phases. When you clear really well, then you can drop into that stillness and that hibernation, that recalibrating to what's true for me. I just let go of all those limiting beliefs. I just let go of those

foods that weren't working for me. I just let go of those panties from 1999. You know, who am I now that I've cleared that stuff? What's my truth? And then from that deep stillness, that's where spirit speaks to us when we're really just in that, you know, that yin phase, that yin period, spirit speaks, and then we start to rise up and open.

Dr. Willow Brown [00:12:36]:

And the creative ideas, we don't have to come up with them. They come to us, and then spring comes and we start to create again.

Ande Anderson [00:12:45]:

Love that. Thank you for going through that as it relates to the the moon and the cycles, and I'm a I'm a big fan of yin yoga. So everything you're saying totally resonates, and I I just love really, like, diving into that as it relates to that. Brielle, do you wanna take the next one?

Brielle Starr [00:12:58]:

Yeah. Can really good sex heal your body?

Dr. Willow Brown [00:13:02]:

Absolutely. It sure can. I actually have a whole book coming out called sex as medicine. So how to use sexual practices to heal your body. We've got these incredible we've got this amazing endocrine system inside of our bodies. So we've got these glands. We've got the pineal

gland, the pituitary, the hypothalamus, the thyroid, the thymus, all these amazing adrenal glands, ovaries, and testes. You know, we've got all these incredible glands in our body.

Dr. Willow Brown [00:13:29]:

And when we know how to draw or arousal or orgasmic energy to these different glands in our body, it heals them. It lights them up. It really, gives them so much more chi and energy and power to do the job that they're doing. And remember I said earlier, your hormones that are secreted through these glands, they're not only making you feel physiologically certain ways, but also emotionally. And so when we look at emotions as the language of the body and thoughts as the language of the mind, we can actually change the way our emotions are moving through our body and our endocrine system. All of that can be changed with our thoughts. So, you know, it's a it's a deeper dive into really bringing your level of consciousness to, to a heightened state so that you're really watching everything that's going on in your mind, everything that's going on in your body. Our bodies get really addicted to the feelings that these hormones emit.

Dr. Willow Brown [00:14:41]:

So we we get really addicted to cortisol. Like, we get addicted to stress, you know, and then we look for ways to perpetuate stress in our life because it's just, like, really strong drug that's naturally occurring in our bodies. And so if we want to change that pattern, if we wanna get out of that loop of, like, I'm stressed because I'm creating stress and I'm perpetuating stress, then we can use this is why I say the sexual practices and the sexual healing is a fast track to breaking old patterns and breaking old tendencies and habits. We can actually

use an orgasm to to break that pattern, to break that cycle, and, get out of the the the ways of protecting ourselves and keeping ourselves safe that also block us from the intimacy, from the rapture, from the, just incredible pleasure and power and potential that sexuality holds for us.

Brielle Starr [00:15:43]:

Lovely. Thank you. You mentioned, that there are certain, like, sexual practices that can heal your body. Could you mention a few of those or one or anything like that?

Dr. Willow Brown [00:15:53]:

Yeah. So the Dao has, different practices. One is called ovarian breathing. That's a really powerful practice for healing, anything with the womb. So painful periods, irregular periods, infertility, you know, fibroids, endometriosis, PCOS, PMDD. So anything to do with, with the gynecological issues. Instead of the word issues or disorders, I like to use realities because they're just they're realities. And if we meet these things as realities where they're at, we have a better chance of, of shifting them.

Dr. Willow Brown [00:16:31]:

So it's when we're when we call things disorders and diseases, there's a resistance to it. Like, let's get rid of it. Let's heal it. Let's clear it. But a lot of healing is gonna happen when we go into it, and we actually accept it, and we learn from it, and we talk to it, and we get to know, like, why are you here? What are you doing? 9 times out of 10, those

kind of fibroids and and PCOS and endometriosis, those kinds of disorders are a protective mechanism. Lots of times there is a sexual trauma in the past and sometimes it's not an overt trauma and like no one ever raped me or I never had, you know, incest or anything like that. But, you know, just the the cultural cultural oppression of sexuality. So it could

Ande Anderson [00:17:14]:

be that. Speaking of orgasms, how many different kinds of orgasms can a woman's body have?

Dr. Willow Brown [00:17:21]:

Yeah. I mean, gosh. I don't even know if there's a number. Really, a 1000000 different kinds. Right? Any kind every woman is different in every moment and every situation is different. But anatomically, we've got the clitoral one. That's the one that most of us are familiar with, clitoral orgasm. And then there's g spot orgasms.

Dr. Willow Brown [00:17:42]:

Behind the g spot, there's another point. It's sort of a, an energy point, kind of like an acupuncture point. It's called the sacred spot. And so that point along the further back along the g spot, you can have some pretty powerful orgasms from that, even ones that activate the vagus nerve. So sometimes crygasms can come through. A lot of deep release of old trauma, even just limiting beliefs can really be cleared with those sacred spot orgasms. And then we've got cervical orgasms.

So, if if, the wand or the penis can can reach all the way back, and even if it doesn't touch energetically, it's connecting to the cervix.

Dr. Willow Brown [00:18:27]:

The cervical orgasms are really powerful, and they send a reverberation all the way up into the womb. So then you're having a womb orgasm. In the Taoist, philosophy in Taoist sexology, there's something called superior orgasms. So anytime you're having a organ orgasm, heart, womb, kidneys, brain, you're having a superior orgasm. And it is said that the womb gasm is the most superior of all the superior orgasms. So, a cervical orgasms can be really they can be a little uncomfortable at first, when you're when you're first getting into it. And there's also a lot of stillness that happens with that, a cervical orgasm. It's not you're not going in and out.

Dr. Willow Brown [00:19:16]:

It's not fast fucking. Right? It's more just like, wow. We've hit this point where the gates of my temple and the the gates of your temple are connecting and coming together, and this really beautiful softening happens. And it really opens up the whole heart. There's a strong connection between the the womb and the heart.

Ande Anderson [00:19:36]:

Thank you. Thank you for going through all those different And,

Dr. Willow Brown [00:19:39]:

of course, there's the anal orgasm. I mean, there's so many more. Nipple gasms, we could go on and on.

Ande Anderson [00:19:44]:

Do a whole talk on all all the the gasms. Deepgram. Yeah. Brielle, do you wanna take the next one before we start wrapping up?

Brielle Starr [00:19:50]:

Yeah. What is the connection between sex and expanded consciousness?

Dr. Willow Brown [00:19:56]:

That's a fun question. So one of the thing okay. So what the doubt, there's 2 times in life when we don't have any concept of being, you know, our gender or our our persona, our name, our occupation, what we do. If we're if we're expert meditators, we can go there as well. But otherwise, most of us, there's 2 times in life where we don't have a sense of being male or female. We don't have a sense of being Willow or Brianna. We don't have a sense of who we are, you know? And those two times are, when we die and when we have an orgasm. And so the Taoists call the orgasm a tiny death.

Dr. Willow Brown [00:20:43]:

So it's this window. It's this little portal to absolute unification, absolute oneness, pure consciousness, that that place of non duality. And so

when we expand and stretch that out and and learn how to expand our orgasmic potential, then we can open that window bigger and we can actually experience that for longer periods of time. And when we experience that realm of oneness, you know, our brains go into an alpha state from a beta state of, like, thinking and figuring and organizing, blah, blah, blah, blah, to an alpha state. And when we're in that state, there there's this incredible sense of of contentment and peace and and everything that you need and want, you already have. So there's this really beautiful enlightening experience. It's like we get lighter because we're not trying to figure things out or get the things we want. You know, it's we're just in it.

Dr. Willow Brown [00:21:57]:

We're just it's there. It's all right there for us, and we all have access to it. It's just a matter of learning to take off the layers of stress and, you know, materialism that we're stuck in this 3 d world, that we're so caught up in. You know? And so it's a it's a beautiful, beautiful the sexual practice. If you are a meditator, you do have that kind of, you know, connection to the one, to the isness already, bringing in, a sexual practice where you're cultivating your sexual energy and you're expanding your orgasmic potential is going to enhance your meditative practice, for sure.

Brielle Starr [00:22:40]:

That's very interesting, the connection between the consciousness and an orgasm. I that's not a very common thing talked about for sure.

Ande Anderson [00:22:47]:

Mhmm. Yeah. And also the, like, the the two things you mentioned is, like, death and orgasm. Yeah. That's, yeah. I never heard it, said that way. Okay. One quick question before we start wrapping up because I forgot I really wanted to ask you about this one.

Ande Anderson [00:22:59]:

Okay. The jade egg. What is the jade egg practice, and how does it help women experience better orgasms?

Dr. Willow Brown [00:23:07]:

Oh, okay. So, the jade egg is it's a yoni egg, and there's all different, styles of stones these days for yoni egg practices. The jade was the one that was originally used, nephrite jade, which nephrite jade is actually really good for your kidneys and your adrenals. So, one of the most important things that when I teach in my course, my J day course is I teach women how to, use the egg to co create with the universe, you know, to get into those expanded states of consciousness and to, plant a seed in their womb. Think about your womb as, like, this fertile soil, you know, and so you put an intention into your egg. You put that egg inside and then you do practices with it, or you go to a yoga class with it, or you go to a dance with it, or you, or you just, you know, just walk around with it all day inside of you. And every time you feel it, you're like, oh, yeah. There's that there's that intention.

Dr. Willow Brown [00:24:05]:

There's that thing that I'm co creating with the universe. Let me get into the feeling of what it feels like to have that in my life already because there's just time between what you desire and what you're able to have. It's just a matter of time. So if you can really just sit in the frequency of already having it, then you're co creating with the universe. You're magnetizing things to you with a lot more ease. That's another piece of sexual sovereignty is it's like instead of I'm gonna go out and make things happen, I'm gonna sit here and be in this vibration, in this frequency, in this feeling, and things are gonna come to me with ease. So it's like you're the, you know, the sovereign one, like the queen on your throne, and you're just the subjects are bringing it to you. You know, like, life is bringing it to you.

Dr. Willow Brown [00:24:57]:

So that's one way to use the jade egg. Another way is really to heal the endocrine system. So there are, each one of your endocrine glands is related to one of your chakras. So you can do these beautiful chakra meditations with the jade egg. I teach those in my course as well. And, there's just a a myriad of different things, not to mention just bringing, pelvic floor tone and health to your with JJ. The egg, I like to think of the egg as as adaptogenic. You know? It's like if you have a hypertonic pelvic floor, just let it be inside of there and rock around and start to soften the inside.

Dr. Willow Brown [00:25:36]:

So it starts to relax some of that tension in your pelvic floor. Or if you've had a few kids or you just happen to have a less tone down there and you want more tone, you put the egg in, and then you'll have to squeeze and really, keep the egg in. So then you're you're

strengthening and you're tonifying those muscles. One thing I do wanna caution real quick about using any Yoni egg is if there is an imbalance in your pelvic bowl, just like we have imbalances in our neck and shoulder, like right shoulder's really tight and it's causing my head to do this, and now I'm doing this with my whole body. We have that same thing in our pelvic bowl. So we really wanna, instead of tonifying the imbalance, we want to clear the imbalance first by doing some pelvic floor release work with our fingers or a wand or or seeing a therapist. And then once we've got that that symmetry going, then we can tonify that. Mhmm.

Ande Anderson [00:26:36]:

Thank you so much for going into that. That that's all new to me. I didn't know much about that at all, so I appreciate that. And, any last insight you would like to leave us with before we wrap up?

Dr. Willow Brown [00:26:47]:

Just, you know, this human experience is it's an interesting one, and it's gonna expand and it's gonna contract. So trust that process. If you find yourself in a deep contraction, I happen to be in one right now. It's very challenging, but it's like, I know that on the other side, there's going to be a really big expansion. So that keeps me connected. Mhmm. Mhmm.

Ande Anderson [00:27:11]:

Yes. Awesome. Well, thank you so much for doing this with us. We so appreciate it.

Dr. Willow Brown [00:27:15]:

Thank you both.

Ande Anderson [00:27:16]:

And thank you, Avaiya students watching or listening for showing up for yourself today on your own journey, and we will see you again soon. Take care.

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