



A Complimentary Excerpt from Reclaiming Eros: Sacred Whores & Healers, by Suzanne Blackburn & Margaret Wade

The land of Nubia is a desert divided by the river Nile. Nubia, homeland of Africa's earliest black culture, with a history which can be traced as far back as 3100 BC, is located in today's southern Egypt and northern Sudan. The modern inhabitants of this region still refer to themselves as Nubians. Poor soil, limited rainfall and high temperatures have made it difficult for Nubia to support a large population for long periods of time. Still, ancient Nubia was a land of great wealth. This wealth included gold mines, ebony, ivory, incense and a rich, highly evolved spiritual tradition.

“Ren~a Nut Tmu-Ankh: My name is Great Star Mother Birthing the Seed of Eternal Life who comes to life as Butterfly Dreaming.” Nut Butterfly is an ordained Nubian, Khamite ceremonial priestess. As I did with everyone I interviewed for this book, I asked Nut’s permission to use her words to create this story. She thanked me for asking and reminded me that asking is an important part of ritual, something she knows much about. Nut creates erotic ritual for healing and growth. Ritual is the vehicle through which she works. It was a pleasure listening to Nut’s silky voice for several hours as she shared her wisdom with me. Nut interrupted our interview several times to lovingly attend to her young son. Even a Nubian Priestess must answer the call of a six-year-old.

Nut Tmu-Ankh Butterfly

I don't call myself any kind of a Sacred Prostitute. I don't call myself a prostitute of any kind. I don't sell sex. I don't sell anything. I am a healer, and you cannot buy healing. You cannot barter healing; you cannot command it; you can only surrender to it.

I have had my own doubts and struggles. I was raised in the same society as everyone else. My upbringing tells me that working with sexual energy it is still sex work, and sex work, even with the intention of healing and growth, is still sex work and that makes me a whore. So I dodged this work for seven years but you can only fight divine destiny for so long. I had received the training, the spiritual, logistical and physical training through initiation with my teacher. I had everything I needed to teach and so I began to teach, cautiously, in an extremely underground way. A person had to go through three or four priests before they could get to me.



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There are a couple of converging lines that led me to do what I do today. I was about twenty-four, and I was at a point where I was tired and literally sick of fighting the energy I had always walked with. My grandmother was a well known root worker who practiced out of our house, so having my own platoon of spirit guides was not a weird thing for me. In spite of that, I had always run from anything that smelled of spiritual guidance. Everything changed when I attended a holistic fair that was being held near my house. It was convenient and it was free, so I decided to go. It was there that I met my teacher, my Baba, and it was then that I got a spontaneous, direct experience of spiritual guidance. It was emphatic, insistent and so clear that I could not deny it. One of the basic tenants of African spiritual culture is that "possession is the law." That is to say, there is nothing that we know that does not come to us by direct divine spiritual possession. Books are fine and teaching is fine, but the truth comes from the source, from direct experience with the divine.

Also at that time, I was just beginning to heal from rape. I had been raped twice by men I had known and trusted, and though I thought I was dealing with it, I really wasn't. I didn't go to counseling. (I was too arrogant for that.) What I was wise enough to know was that I had real serious sexual trauma "stuff" that had not been resolved and that I had to reconcile the split in my experience of touch in order to heal. I had to be able to experience pleasurable, safe touch with a man, so I decided to seek out a professional massage. I found someone to work with who gave me a regular massage, a normal, non-sexual massage but what happened energetically was like making the most ecstatic love. It was incredible! This happened before any initiation, and though it wasn't designed to be, it was my first sacred, sexual awareness training.

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I was initiated at the Temple of Kra Ptah in New York City, which has been active for nearly forty years. In the beginning, I was trained in cultural awareness, cultural education. I was taught the things about ancient Africa that are rarely taught. I was taught to see the world in a new way with the center of that world being ancient Africa. One of the ways this happened was that my teacher or “Baba,” Sen Ur Heru Ankh Ra Semahj Se Ptah, the elder high priest of Kra Ptah, turned the map of the world upside down so that I could begin to see the world from a new perspective. To live a totally African-centered perspective in a world that is built on western thinking inspires a major shift in consciousness. The gift of this is that I was able to really open my mind and see many things in a new way.

This is a great teaching tool which I often use with my initiates. When a initiate comes to me I say, “Let’s make a new world.” I surround them with new sights, new smells, new sounds and new sensations. I change their sensory world to create a time and space where they have the potential to create new thoughts, new beliefs and a new way of being in the world. There were and are many, many initiates. Anyone can take this training but, so far, I am the only one to use the training as I do. I was given the very secret sexual training of the Nubian culture, Sh’ti Mer, which is described as a sexual alchemy practice to awaken and apply orgasmic energy awareness for body, mind and spiritual healing. The teaching is held very close; it is very special.

What I teach is Sh’ti Mer. I playfully call that Tantra’s lost great, great grandmother.

Ancient Nubia stretches from modern day Kenya up to the top of modern day Egypt. The western year 4240 BC is the date that we call “Year One”. That’s important to me, because it tells me that our most ancient ancestors knew that our most fundamental act of worship and connection with that through-line of the infinite within us is our orgasmic core, our awakened conscious love. Love, not as an emotion, but as an absolute power. What I teach is *Sh’ti Mer*. I playfully call that Tantra’s lost great, great grandmother.

In my tradition, the typical initiation of a woman into sexual mastery would have the young initiate woman surrounded by a sisterhood for the purpose of grooming and training her in the knowledge of her body and in the knowledge of a man’s body. A priest or group of priests would then enter and partake in the initiation, but it is always the women who create and maintain the sacred space. The sexual act is only part of the initiation. A young man would be trained in all of the intricacies of his body in the same manner as a young woman. This training, by women, of a young man is particularly important to balance his energy. A man must acknowledge the feminine in himself or he can become destructive. A young man understanding the sacredness of the touch must understand that the healing touch of a man is just as important as the touch of a woman. He has to be comfortable with that because he has to be able to relate to his brothers. He has to be able to hold the hand, arm, back, etc. of a man with an equal degree of tenderness and respect as he does a woman. Awakenning a young person’s sexuality is more than just acknowledging hormones

on the rage. It is consciousness awakening. This is truly divine stuff, god stuff, we're dealing with.

Orgasmic energy is around us all the time. What is amazing is that we are, at any time, ignorant or unaware of it.

I use ritual to open a time and space for something that is already there. It becomes possible to move out of ordinary thinking and feeling when we create extraordinary time and space. I don't create sacred space or orgasmic energy. I simply bring awareness to the omnipresence of orgasmic energy. Orgasmic energy is around us all the time. What is amazing is that we are, at any time, ignorant or unaware of it. That is an amazing feat. Or maybe it's not so amazing. It is very difficult to hold this stuff as real and true when you are living in a world that says it's not.

Can you look at your thighs, your breasts, your legs, what's between your legs, and adore and worship yourself?

Orgasmic energy: it's just pure life force and while we do the best we can, there are no words to truly, adequately describe it. It is just energy. Touch is a very important part of this energy, a beautiful, delicious part. But if you focus only on the touch, then it is too easy to throw off the erotic experience as a purely physical, and locate it or restrict it to a particular time, place and person. It's so much bigger than that. So, when I begin working with a initiate, we have to do a lot of basic cleansing before we ever get to touch. There is a lot of self-love and self-touch that has to be done. We have to clear away shame and self-hatred. We have to get to a place where they can look in the mirror and love themselves. I ask questions like, "Can you look at your thighs, your breasts, your legs, what's between your legs, and adore and worship yourself?" These are important keys. There is so much that has to be done to unlock and open the doors to the absolute glory and infinity of what's inside of sexual desire, what's inside of orgasmic awareness.

Love is really the only tool I have in my box. It's the only thing that works.

A lot of this basic work can be done via the Internet, although I have discovered that I hate typing, so now I work primarily over the phone. Talk is essential and effective. The talk itself is a kind of initiation. The talk brings us into a common ground of language and focus. No matter what seems to be the problem, we start with talk. For instance, when someone comes to me and says "I'm not orgasmic," I begin by asking them when and where they do feel a lot of joy. We focus on what works rather than what appears not to work. We find out what does light them up, turn them on. Is it finding a great pair of shoes? Is it watching the home team win a game? Is it walking along a river? Then I ask "Where do you feel that in your body?" The idea is to increase awareness of delightful experiences. I will also look for what it is that blocks the possibility of feeling delighted sexually. Does he/she feel ugly or angry or unseen or fearful? We're looking to understand what lies at the core of the person's experience. Once we understand, then we can begin to relate to it, not with logic or with words, but just with love and unconditional loving touch. Love is really the only tool I have in my box. It's the only thing that works, and I believe it is the only power that is. I just need to find the things to love on, that's all. I accentuate where someone is alive, focus all the attention on where someone is alive. Orgasm is not a mechanical process or experience. It is

an energetic, spiritual experience. I'm a spiritual healer. My conviction is that the spirit rules the body, not the other way around.

Being turned on is how we can be in our bodies and have infinite awareness at the same time.

I'm a guide, a divine intermediary. I literally turn people on. I'm turned on, I turn you on. That's my job. I'm not talking about titillation. Being "turned on" doesn't mean "getting off." It means really turning on and really staying on -- for life. Being turned on is how we can be in our bodies and have infinite awareness at the same time. Arousal is the one conduit we have with the infinite. It is so appropriate that we refer to an orgasmic climax as "coming." Homecoming is how I think of it, coming home to source.

Every encounter is different. A person has a need and as they begin to confess that need, I see how to respond. It's like a key fitting in a lock. There was a beautiful man I was blessed to work with. He was very stressed out. He had no interest in the esoteric or energetic parts of what I had to teach. He was just hurting. Initially I worked with him online. He began to tell me his story which is a common one. He was having trouble in his marriage. He was not getting his sensual, emotional or erotic needs met. In an effort to keep peace he had avoided approaching the subject with his beloved, his wife, but by doing so he had created an emotional and spiritual wall between them. He was, and still is, very much in love with his wife. He wasn't interested in going out and having an affair and so he was left with this gigantic hole. This lack was causing him to doubt the fundamentals of himself as a human being. What had happened was the erosion of his sense of wholeness. He didn't realize that once the erotic connection had fed him in a way that helped him feel whole and capable in the world, and now that was gone. His ability to do his work was suffering, so his business was suffering. His ability to speak up for himself was suffering, and he was suffering. He even had trouble with very simple things like asking for the right order when the wrong food was brought at a restaurant. This person, who had been very decisive in the world, had become a doormat, incredibly disempowered.

I believe that water can draw out memory. It can draw emotional and spiritual toxins.

After a time, we met and I interviewed him to determine if working with me physically was what he really needed. Not everybody needs that. For some people it's the worst thing in the world because they just go off to some escapist place. For him the physical sessions were right. What I decided to do was to build all of his sessions around receiving. This man was a person who wanted to give, give, give. His identity was wrapped up in his ability to provide, so we used the session to help him learn to receive acknowledgment and adoration; to accept that the world desires him as much as he would desire; and to accept that there is love available for him. During each session, I created a sacred bath ceremony for him and he allowed me to wash him. He was surprised by the profound transformation he experienced from that simple ritual. I wasn't. I believe that water has certain detoxifying capabilities. I believe that water can draw out memory. It can draw emotional and spiritual toxins out. So I was not surprised by the transformation, but he definitely was.

Our first “hands-on” training was simply learning how to give a real hug. Then he learned that he had the power to ask for what he wanted and to expect to receive, given that he asked with respect and within reasonable parameters. We created a space where he could begin to see that it was okay to ask for me to do certain things. This can be hard – asking and expecting to receive. I did not allow our sessions to become a substitute for what was missing at home. I made requirements of him to be emotionally and spiritually present at home as well as with me, because I wanted him to integrate what we did with his life at home. My basic teaching for him was to receive, receive completely for himself, then to take a piece of that back to his wife. My initial instruction was for him to offer things like a hand massage or a foot bath. He was to stay away from any “hot spots.” Soon, he and his wife actually made love for the first time in two years. He was able to reach her using a lot of the things that I taught him. We made a lot of progress; good things happened.

One of the key things I taught him, as I’ve taught others, is to discover the wisdom within. Everything you need is right inside of you. There is no book, no teacher who can give it to you. You already have it, but it requires a frightening responsibility to wake up to that knowledge. You can’t defer to a higher authority when you know that you already have the highest authority.

Wet is good. The flowing, sensual quality of water permeates everything and it relaxes every muscle.

Working with couples is like being a midwife to a marriage. It is such a privilege, and it can be great fun! I always start by guiding the couple to speak clearly and to listen attentively, beginning with good basic verbal communication. Then I have them be quiet. I have them simply look at each other. I give them hand movements, a series of strokes to communicate through touch. Again, I often use the ritual bath, having the couple wash each other with loving intention and honor. Wet is good. The flowing, sensual quality of water permeates everything, and it relaxes every muscle. It’s a very good start. Next we might move from the bath into some form of touch, maybe a massage. Now, with this ground work laid, there is no way they can’t be open to the heart space of joined orgasmic awareness. My training with couples is to teach them how to rely on that joined orgasmic awareness as the catchall for everything that can possibly come up in the marriage. Whether the couple is struggling with some argument or trying to manifest something new in their relationship, this is a very good place to begin. I always use real issues when I am working with a couple. It is important that this stuff is real. If there has been an ongoing argument, I have them hold that big issue, whatever it was, that necessitated the weird and off-the-wall step of bringing this woman (me) into their bedroom. This is not what couples commonly do and certainly not what they do when things are going really well. If they are seeking help, then there are problems!

There is no greater mind than that between the thighs of orgasmically alive women!

Privately, I work primarily with men and with couples. When working with women, I prefer to bring them together in groups. Working one-on-one seems like cheating or short-changing a woman. There is a wonderful synergy that happens when women get together -- talk about a master mind! There is no greater mind than that between the thighs of orgasmically alive women!

In the Nubian-Khamite language, the word for knowledge and the word that describes the female sex organs is the same word, “sh'tet.” It gives me solace to know that this, this teaching and initiation isn't new. It's only been a short time in our history that we haven't educated and initiated our young people. That people have grown to age in a state of ignorance as we do now is an anomaly in the human story.

My job is to bring about orgasmic awareness as a counter act to the denial-induced unconsciousness so prevalent today. Orgasmic awareness means having an awareness of this ever-present energy. Most of us are just kind of deaf, dumb and blind to it until we get titillated, and then we're enslaved by it. We have an unconscious, automatic response to sexual stimuli because we don't have awareness, and we don't have awareness because we have our Puritanical denial of all things sexual. If our response is something that we choose, then it becomes a point of knowledge and power instead of a handicap.

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