

# QUEER IN ESSENCE

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LGBTQ+ RELATIONSHIP & INTIMACY  
MENTORSHIP WITH LUNA VALIN



# THE BACKSTORY

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*why this exists:*

With a decade of professional experience, and my own lived relationships as a queer femme-presenting switch... it became glaringly obvious to me that highly effective therapeutic spaces tailored to LGBTQ+ humans are essentially non-existent. Hence, the *unique* religious, sexual and cultural trauma, shame, body dysphoria, communication challenges and relationship patterns we experience have gone largely untended.

My unique approach is a culmination of my fluency in roughly thirty holistic and science-backed modalities, and working with thousands of diverse individuals. This mentorship journey transcends what's possible within traditional therapy *and* cutting-edge coaching alike.

**I believe our relationships and intimate life are the most readily-available and integrative pathways for healing, personal evolution, self-actualization and liberation.**

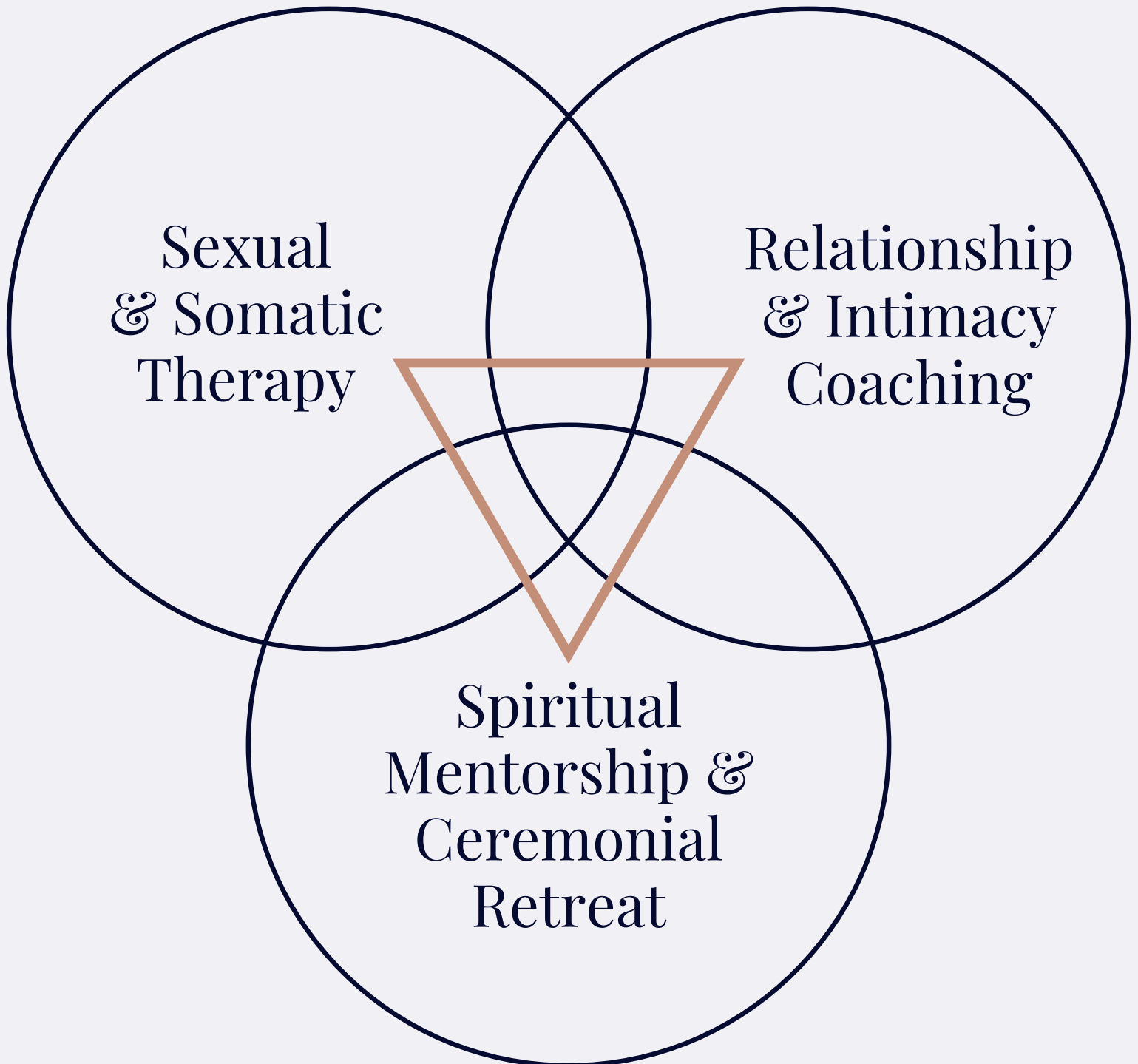
Patterns and limitations established *in* relationship *heal in and through relationships*. I'm committed to breaking the typical molds and rigid agreements of 'professionalism', so you can access what only comes up — and becomes free — within real, raw and playful connection.



# THE PILLARS

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*for the ultimate experience*



# AN ULTIMATE EXPERIENCE:

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- **Relationship and Communication Coaching:** transform ingrained projections and assumptions of others, your self-perception in relationship to others, self-worth, judgment systems, attachment patterns, and more.
- **Somatic and Sexual Therapy and De-Armoring:** transform outdated identity structures, patterns, trauma imprints, and nervous system dysregulation so you have agency to engage the present moment with a clean slate of awareness.
- **Intimacy Facilitation:** real-time liberation of perceived blocks to intimacy and limited tolerance for love; experience body euphoria and expand your capacity for pleasure.
- **Dominant (masculine) & Submissive (feminine) Education and Application:** learn to embody these energetic states and polarities to deepen connection to self, partner and the divine; liberate reflexive gender roles.
- **Tantric Education:** awaken to your true nature through your body; embrace sensation, emotion and sexual energy as alchemical paths to actualize your potential.
- **Spiritual Mentorship:** transcend religious conditioning to develop an intimate relationship with your chosen version of the divine; unlock your limitless imagination and creative power to design your dream life and relationships.
- **Shamanic Journey:** a sacrament-based ceremony to re-establish a state of trust, safety and bliss as your baseline.

# CUSTOM STRUCTURE:

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- 3, 6 or 12 month duration
- Weekly or bi-weekly virtual sessions
- Messaging access to connect, integrate and apply breakthroughs in real-time
- **In-Person Intimate Retreats:**  
together we decide...
  - the duration (from 1 to 5 days/nights)
  - number and frequency throughout your package: you can have a single retreat at the peak of your package, or opt in for retreats every month
  - what this consists of, as well as what our agreements and focus are
- **Companionship Travel**



# THE INFINITE TOOLKIT...

*I have extensive training and fluency working with the following modalities for the last decade:*

## Somatic Therapy

- Integrative Somatic Trauma Therapy
- Nervous System and Subconscious Reprogramming
- Internal Family Systems
- Somatic Experiencing Tools
- Hakomi Method Tools and Principles
- Sensorimotor Psychology Applications
- Somatic Stress Release™
- Revolutionary Sexual and Religious Trauma Healing Tools
- Sacred Sexuality Practices
- De-Armoring and Jade Egg Practices
- Breathwork
- Polyvagal Theory Application
- Holistic Resistance and Self-Sabotage Transformation
- Archetypal Embodiment and Identity Reorientation
- Emotional Intelligence Practices
- Need and Desire Ownership and Fulfillment
- Birth Doula Work
- Womb-Centered Living
- Internalized Oppression Transformation
- Disordered Eating and Body Image Dysmorphia Recovery
- Menstrual Cycle Awareness
- Five Element Chinese Medicine

## Relationship Coaching

- Integrative Leadership and Conscious Influence Tools
- Embodied Communication, Listening and Reflecting Skills
- Somatic Awareness and Body Language Skills
- Conflict Resolution and Rupture Repair
- Co-Regulation Exercises
- Emotional Maturity Practices
- Applied Attachment Theory
- “Know God in Your Partner” Relationship Transformation
- Habit Building, Goal Setting and Accountability
- Masculine-Feminine Energy Dynamics
- Dom/Sub Energy Dynamics
- Conscious Receivership
- Tantric Intimacy and Communication Exercises
- Couple’s and Ethical Non-Monogamy Relationship Therapy
- Non-violent Communication
- Play Therapy
- Partnered Breathwork and Meditation Practices
- Ancestral and Communal Ritual Healing
- Team Culture Building and Vision Alignment

## Spiritual Mentorship

- Quantum Essence Embodiment Method™
- Somatic Reality Animation
- VITA Method™: Vital and Integrated Tantric Approach
- Ceremonial Retreat and Facilitation
- State Shifting and Manifestation
- Quantum Physics “Nature of Reality” Knowledge and Application
- Purpose and Wealth Embodiment
- Shamanic Journeywork
- Queer-Informed Artistic Inquiry
- Traditional Tantric Wisdom and Philosophy
- Embodied Visualization
- Energy work
- Perceptual and Archetypal Alchemy
- Desire to Delight Alchemy
- Gene Keys
- The Art of Ritual
- Temple Building and Stewardship



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Being queer to me is about living in devout curiosity of the myriad ways people perceive and experience life...

It's about acknowledging, honoring and *living* diversity in all shapes and forms.

It's about prioritizing authenticity over acceptance (even though you *do* get to have both)...

It's a lifestyle of active anti-self-abandonment.

It's about seeing everything within our human experience, emotions, relationships, attraction and genders as spectral, rather than binary.

It's about being fully and completely **ALIVE**.

It's about unconditional self-embrace in a world that attempts to compartmentalize and label your essence, and judge it accordingly.

Queerness is seeing and feeling the world in true color.

It's deconstructing the ways we've been taught to other, dehumanize and perceive a threat in people who represent realities different from our own.

It's a continual return to what really matters: **to love**.

- LUNA VALIN

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APPLY HERE