

## John of God cold turkey, meditating at Lake Titicaca, new digs

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As Valentines day draws near and following the amazing Erotic Reading Night Sandbox we turn to the [shadow side of Eros](#) . Just like alcohol, drugs, food, TV it is possible to be addicted to sex. To use it as a distraction from the "now" and from connecting with others and spirit. I have been there myself - using masturbation as stress relief and a way to avoid thinking about my problems for a few minutes. I remember breaking this addiction when after seeing John of God for a spiritual surgery the post surgery instructions said no spicy food, no alcohol and no sexual excitement for 40 days. Not even no sex, beyond that to no sexual excitement. During the 40 days I got close to bringing the "bottle" of fantasy near to drinking a few times but avoiding swallowing. And learned other ways of shifting stuck energy and releasing stress (or avoiding it in the first place!) - such as yoga, meditation and enough sleep.

Meanwhile here in Bolivia week 4 I visited Lake Titicaca last weekend and stayed a night on the Isle del Sol where according to Inca legend the Sun was born. The beautiful azure colored waters, strong sun and high altitude (12000 feet) plus the deep spiritual energy of the land all helped me feel that I was closer to the sun and ready for lift off! There are no cars on the island - but lots of animals grazing or working carrying loads up the steep hills - donkeys, llamas, sheep, pigs. It was nice to breath fresh air (La Paz can be a bit polluted) and was a game to side step the piles of poop from the animals! I had an amazing meditation experience on top of the island - feeling one with all, prana flow up and down my spine. On retuning I moved out of my friend's Jamila's house in the mountains on edge of La Paz and into the city center to live with a new friend Vicky who does Reiki, The Reconnection and other energy healing and spiritual work. I am paying B\$ 840 per month for rent and utilities - that is USD \$120. Economically it is cheaper to live abroad than in US. And with Skype and gotomypc it is no problem to run my US businesses from here. If you interested in more details of how to do this whether you have a job or your own business I suggest you read the " 4 hour work week" by Tim Ferris...