


The Social-Sexual Power of

Infinity Flow

A black and white portrait of Elsbeth Meuth, a woman with short, light-colored hair, smiling and looking slightly to the right. She is wearing a dark, textured jacket over a dark top. Her hands are clasped in front of her.

Meet the Mind Behind
the Five Distinctions of
Human Relationship Mastery.

Creating Harmony in
Everyday Relationships
to Global Leadership.

Proof Scholar
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About the Author

Elsbeth Meuth, Ed.D., is the visionary and founder of the *Human Relationship Mastery* movement, a global initiative to transform human relationships into co-creative thriving partnerships.

She has assisted thousands of men, women and couples create lasting intimacy and fulfillment in their relationships and is featured on *Showtime's* documentary series *Sexual Healing* and the Emmy Award-winning NBC show *Starting Over*. She is the best-selling author of *Sexual Enlightenment* endorsed by world-renowned Spiritual Pioneer Dr. Michael

Beckwith, and the co-founder with her husband and business partner, Freddy Zental Weaver, of TantraNova Institute in Chicago.

Elsbeth has coached billionaires, innovators and power couples all over the world, shared her intimacy secrets at a global YPO (Young Presidents Organization) conference in the city of love, Paris, and got nominated as *Changemaker* at the White House sponsored 2016 *United State of Women Summit* in Washington, D.C.

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Introduction

The relationship between men and women is broken as displayed in the #MeToo movement or TimelsUp, an explosion that revealed the misunderstandings and differences that have been there for millennia.

I would like to invite you to look inside for a moment: Are you furious, feel helpless, victimized or guilty? Or you just don't know what to do? Regardless of countries, governments, organizations, families or intimate relationships, it always boils down to two people interacting and relating with each other.

Then we are left with the question: Where do we go from here?

After 30 years in the 'relationship business' both in corporate consulting as well as relationship and couple coaching, I have identified five key distinctions and practices that cultivate human relationship mastery. My research and learning from working with thousands of men, women and couples has shown that without evolving in these five areas of distinction, human relationships and consequently humanity cannot further evolve.

The 5 Key Distinctions and practices to co-create and thrive in relationships:

1. Partnership Model
2. Sexual Consciousness
3. Self-Mastery
4. Relationship Mastery
5. Infinity Flow

CHAPTER 01

Partnership Model

The prevailing relationship model is no longer working. We need a new model. Until now we've been living in a hierarchical model where *one is up and one is down, where one is better and the other one is not so good, where one is smarter and the other one is not*, plays out within oneself, in relationship and in our total understanding of how we relate in the world with each other. We call this a hierarchical or vertical relationship model as in patriarchy. Of course the same would be the case if we had matriarchy. The model wouldn't be any different.

Vertical Relationship Model

Hierarchical – Patriarchy / Matriarchy

YANG

Dominant – myopic – authoritarian – forcing – oppressive



Subordinate – obedient – suppressed – victimized – helpless

YIN

This vertical model doesn't allow us to create and co-create together in partnership. For that, we need a totally new model. To solve a problem, we cannot resolve it from the place and the mindset that we created it from. Therefore we need a new mindset or consciousness.

We liken this shift of relational consciousness to the shift of 'a flat to a round world' in the 15th century. In a 'flat' consciousness we cannot conceive of sailing around the world. However in a 'round' consciousness we can sail around the world and get to know new peoples, cultures and languages.

Shifting from the flat world of a hierarchical to the round world of a horizontal relationship model, we want to familiarize ourselves with two cornerstone interventions.

1. The first intervention is to learn the distinctions and practices of the Partnership Model.
2. The second intervention is to learn about sexual consciousness.

The Partnership Model is a horizontal model. To live and practice the partnership model we want to learn the distinctions and practices to cultivate that.

What does it mean to live in a Partnership Model?

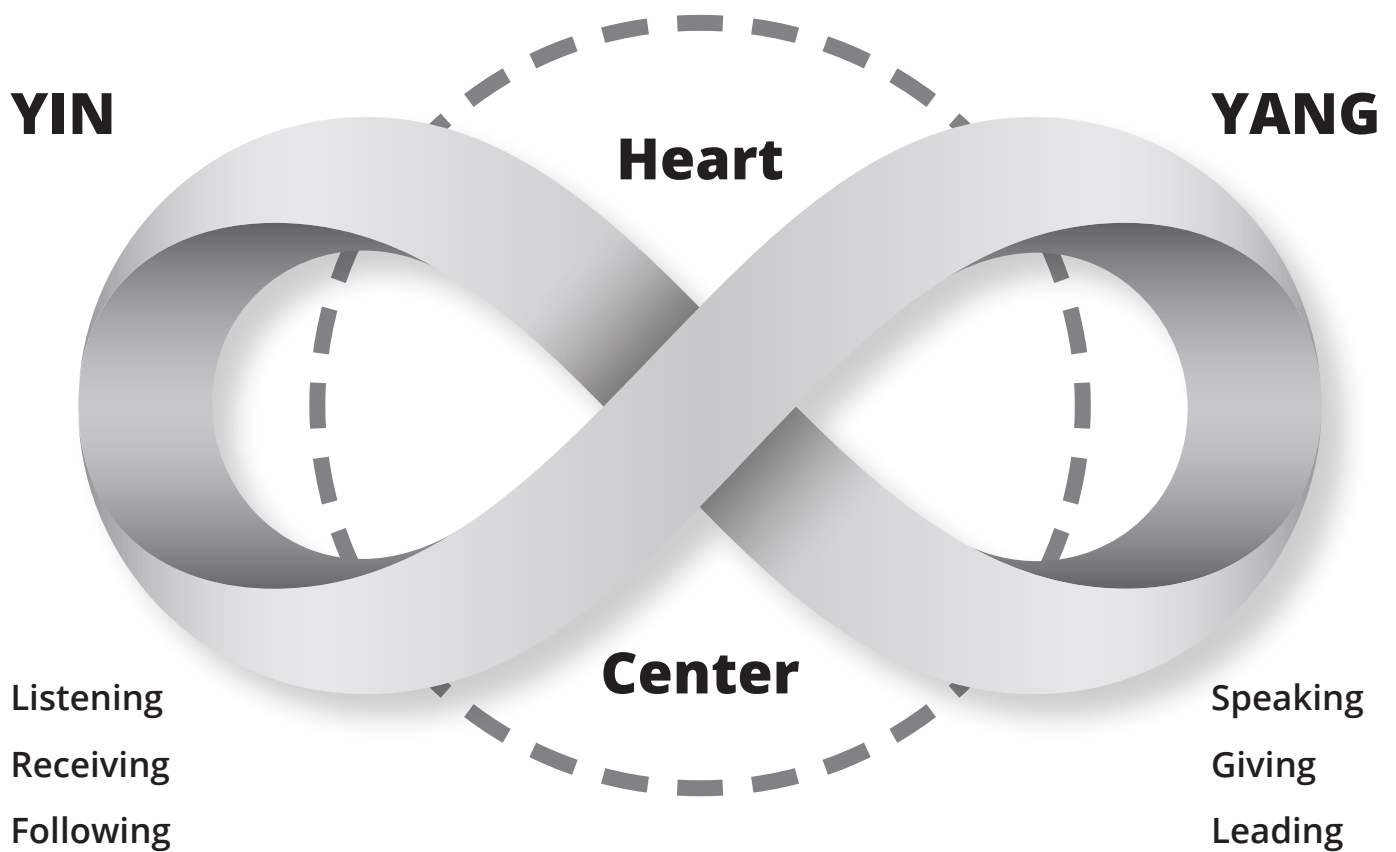
We want to become fluent and skillful in navigating between the polarity of feminine and masculine or yin and yang. We all have this polarity within us since we all are based in estrogen and testosterone. And this polarity is present in any relationship no matter if it's a heterosexual, homosexual, bisexual or transgender relationship.

When we look at relationship in terms of this polarity of *yin and yang*, we could describe yin or the feminine as *flowing, open, circular, listening, receiving and yielding* while yang or the masculine as *directional, focused, grounded, intentional or linear*.

To learn to navigate both poles at the same time is the opportunity and challenge. Imagine you could be open and listen while grounded and decisive. For example, in a moment of trigger with my partner or a co-worker, I can learn to breathe deeply, pause and tap into my yin self by staying open and attentive without need to impulsively react. While at a later moment I can speak my voice with respect and dignity calling on my yang capacity.

Horizontal Relationship Model

Partnership Model – Equal yet different





CHAPTER

02

Sexual Consciousness

Navigating effectively in the Partnership Model we need to cultivate sexual consciousness. Without this new consciousness navigating in the Partnership Model is not possible.

Here is why this is so:

To raise our consciousness and appropriate new practices and habits, we need to become familiar with our human energy also called life force energy and how this energy manifests in us as human beings.

The three indicators for identifying the manifestation of human life force energy within us are:

- Sensations – physical/sexual
- Emotions – emotional
- Thoughts – mental

How can we become the master of our sexual, emotional and mental self? That is what self-mastery is all about.

Let me give you a little taste of how to more keenly sense your life force energy by guiding you in this short practice:

At first we want to start becoming calm and present.

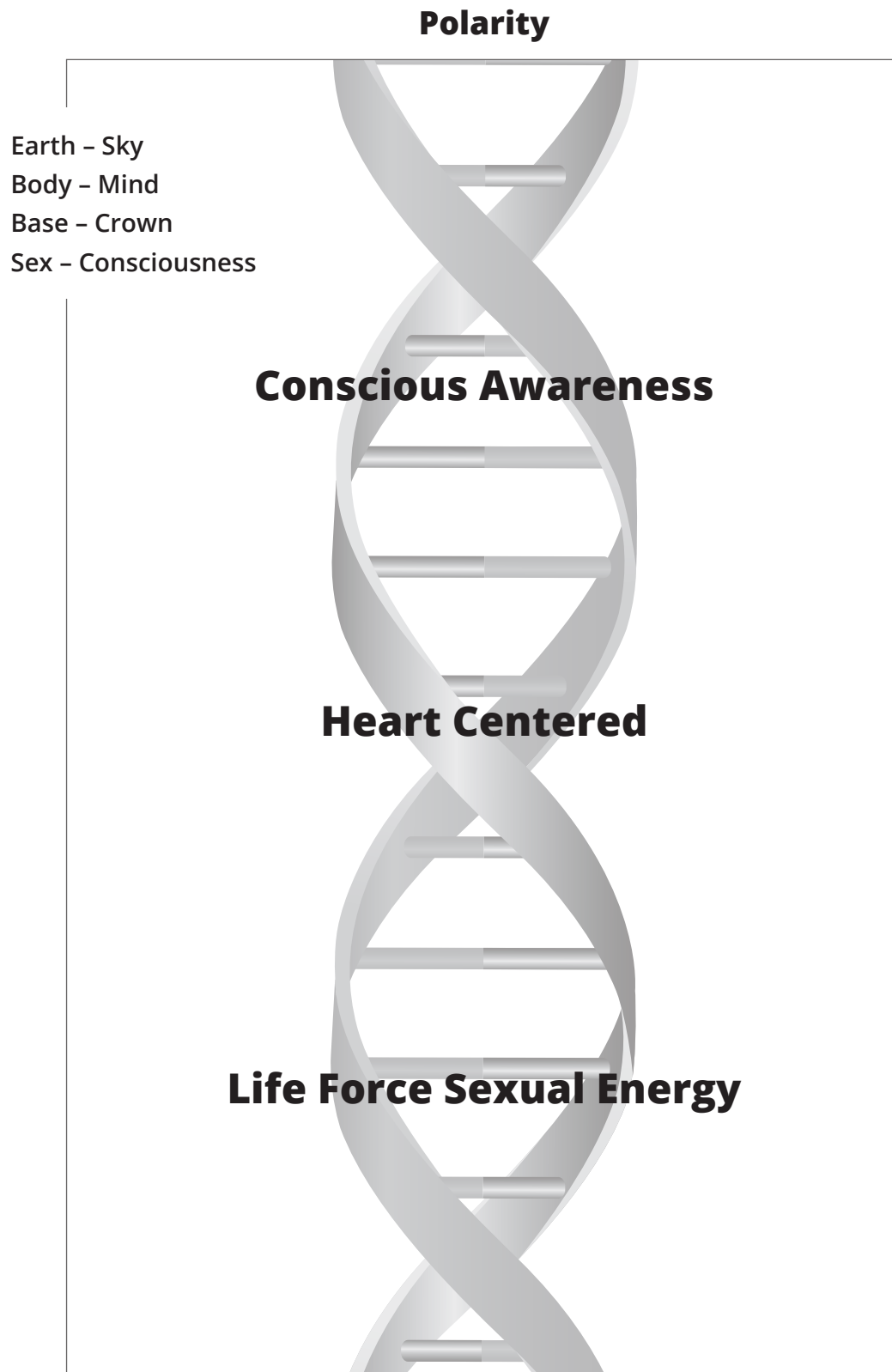
- Please position yourself in a comfortable sitting position and put your hand on your belly. Then close your eyes.
- Exhale all air emptying yourself out.
- When you are ready, take in a deep breath, filling and extending the belly like a big balloon, up into the chest and all the way up to the top of your head.
- On the exhalation, follow the breath down through your torso and out of your base into the seat.

Let's do this one more time.

- Take a deep breath in filling the belly then the chest. Feel the flow of the breath moving up through the throat all the way to your crown
- Then on the exhalation follow the breath trickling back down through your torso and out of your base into the seat.
- Now continue breathing in your own rhythm and notice how you're feeling.

By following the breath in this way we can start sensing the flow of energy.

Sexual Consciousness



Chi – Kundalini – Reiki – Life Force – The Force (as in Star Wars)

CHAPTER

03

Self-Mastery

Energy and breath go hand in hand. If we don't breathe, we die. It's rather obvious. So if life force energy and breath go together in dying, they must go together in living. This is what we put to use here. While we don't activate life force energy, it's already there from conception on, we can affect it. Therefore we can affect sexual, emotional and thought energy.

The access to self-mastery starts with coming to stillness through awareness of breath. When we breathe into the belly the parasympathetic nervous system gets activated and with that the feel good hormones like endorphins, serotonin, melatonin and oxytocin. I don't even have to work on it, I already feel better through this simple act of coming to stillness through the belly breath.

And this state of stillness allows for a moment of pause. In that moment of pause I have choice: 'Do I want to stay angry or am I more committed to harmony within myself and in my relationship?' In that moment I can master my emotions and thoughts instead of being mastered by them.

Of course, the same principle applies to our sexual self. We can be addicted to the sexual impulse, live in a state of suppressed sexual energy or be totally oblivious to sexual life force energy and its impact on us individually and collectively. While

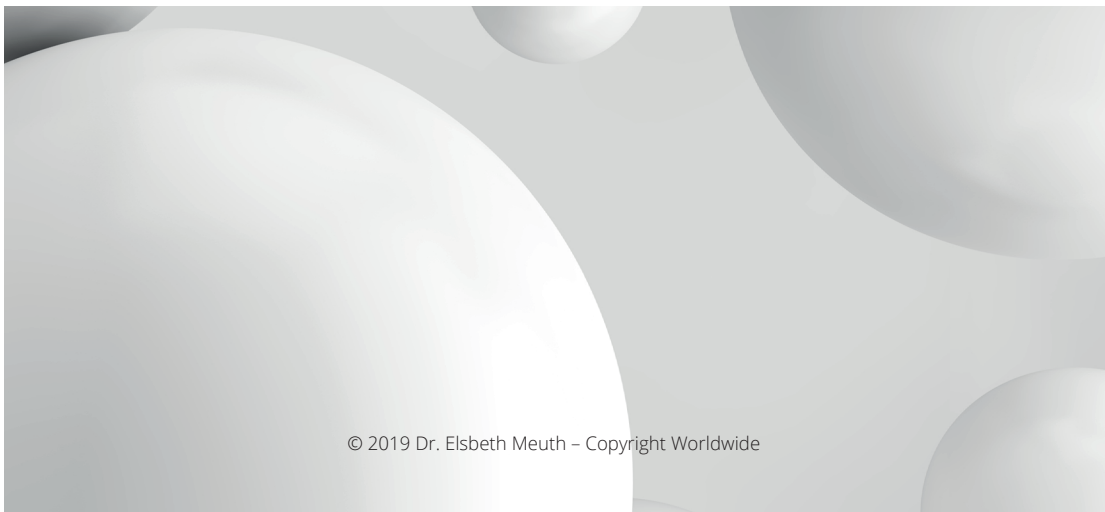
nothing is wrong about being horny or reversely being sexually shut down, however, if this is the only way that is available to us, the relationship with ourselves is very limited and mutually fulfilling human connection is not possible.

Bringing self-mastery to our sexual self calls for raising our awareness of life force energy that is sexual in nature. Without this energy none of us would be here on this planet.

How can we raise our sexual consciousness?

First, we want to learn how to *channel and circulate* our sexual aroused energy instead of *spilling and wasting* it. Through the conscious breath and Third Eye focus we move that enlivening energy through our whole being from the sexual center up to the top of the head and circulate it back down again. We connect our sexual with our consciousness self so we can fuel our dreams and visions with this life-giving nectar.

Now you get a sense of what the potential could be for you and your relationships. This is not about forgoing pleasure, it is rather making use of the pleasure to imbue our physical health, emotional wellbeing and consciousness self.





CHAPTER

04

Relationship Mastery

Now we're ready to bring self-mastery of our sexual, emotional and mental self into our relationships that may be intimate relationships, family relationships, friendships or professional relationships.

In order to shift a relationship, the other person doesn't have to be in the same place as you are. Sometimes I will find myself in a relationship where the other person may have hardly any awareness of themselves. In intimate relationships, however, I do recommend to partner with another who's equally committed to evolving. Otherwise, it can get really difficult to create a sense of fulfillment because of discrepancies in consciousness.

In partnership we want to cultivate the same principles as laid out above in self-mastery. We want to have practices of listening as in being in our feminine or Yin energy while the other trains themselves in being in their masculine or Yang energy by speaking their truth or delivering an upset with dignity and respect. An upset or complaint is always correlated to some promise or expectation that didn't get fulfilled. How can we deliver a complaint in a way that the other one can hear it? Then it's no longer a complaint that produces dissatisfaction. It's actually then opening up a possibility for a new creation. We want to learn how to do that.

Let's look at how this plays out in intimate relationships: Each of the partners needs to do their work in self-mastery on sexual, emotional and mental levels otherwise creating intimacy and love consciously is not available. Most of us are familiar with falling in love, which is a rather unconscious thing. When it disappears or dissipates we are at a loss (as in separation, divorce or perpetual misery in one's relations). Since we don't know what we did at the time of falling in love, therefore we cannot replicate it. What I'm bringing here is really about creating intimacy and love as an ongoing practice. There I need to be in my self-mastery and then invite the other to be in their self-mastery.

For example, when I am dissatisfied with something in my relationship with my beloved, I know coming to him and acknowledging him for taking me to a professional meeting just for the sake of supporting me and then making a request like, "You know darling, yesterday I really would have liked to receive your support when it was time for doing the dishes. Actually, I would have liked for you to do the dishes. Next time when I cook dinner, could you do the dishes?" Instead of, "Here we go again. I'm cooking. I'm doing everything. You're just sitting here doing nothing." Guess what the first thing that happens is that his testosterone drops. When his testosterone drops, he doesn't want to connect with me. It's a biological thing. Yes when I can stay open in my Yin place – which does not mean to be nice and pretty, no that's not what I'm talking about – yet open from my heart and asking for what I want, then he can hear it. His testosterone goes up when I say, "Darling, thanks so much for taking me to the meeting, and I'd love for you to do the dishes next time when I cook dinner."

Can you feel the difference?

CHAPTER

05

Infinity Flow

I want to introduce you to a simple yet profound practice called *Infinity Flow*. You can use this practice at any moment when you feel there is some dissonance, difference or fighting coming on. It's all about shifting our energy. When we get upset, angry or don't feel heard, we usually go into either fight or flight mode coming from the reactive sphere of the brain supported by a shot of adrenaline, the stress hormone that gives us a temporary sense of feeling powerful.

So, how can I shift out of reactivity?

- Take in a deep breath, just do it with me, and fill up your belly all the way into your heart. Open your heart.
- Then on the exhalation let the breath trickle down and out into the ground.
- Again, take a deep breath filling your belly up into your heart. Open your heart like a flower.
- And then let the breath go.

The heart is the center of love and compassion first and foremost for oneself and then for someone else. When we connect with our heart center, we become more connected with our love-self that allows us to listen to ourselves and then to another from our heart instead from our head.

The opening of and listening from the heart is the access to relating in partnership, the horizontal relational model that is based in the Infinity Flow, the figure eight symbol. We can tap into the Infinity Flow at any moment so that we can shift our energy to being available from that listening heart space that allows us to be truly present with another, to be able to actually listen to their upset without getting confused with our own upset.

Being able to drop into your heart space is great mastery that of course needs to be developed. However, when you practice this everyday, it'll be available to you. Then you can use this in your business relationships, friendships and with your

kids. Then apply the Infinity Flow to your beloved, intimate relationships. Just try it out. Experiment with it.

This reminds me of this couple that came to work with us recently. They love each other very much yet have some differences or disconnections in their intimate life. He loves to have sex everyday. She loves to have sex with him too, but wants to be cherished and invited.

To reconcile the differences they needed to become aware of the locus from which the desire to connect with the other originates from. The one who's more centered in their masculine energy, no matter if it's a heterosexual, homosexual or bi-sexual relationship, starts feeling the desire for connection in their sexual center. The one who is more based in their feminine energy, starts feeling the desire for connection in their heart center. You can see they were like two ships passing in the night.

However, when the one who is more in their masculine or yang energy could just breathe up their alive testosterone energy into their heart, and the one who is in their feminine energy connect and breathe into their heart center, they can come together in the Infinity Flow. When the woman's heart opens, her sexual center opens. When the man's heart opens while grounded in his sexual testosterone energy (versus driven by it) he becomes integrated in his sexual-emotional

self. And then an energy circuit arises between the two people where attraction, connection and mutual desire come into synchronicity.

Regardless of what kind of relationship you are in – you may be a world leader or talking to the cashier at the grocery store – develop the awareness of where you are in the Infinity Flow and where the person you're relating to is in that Flow. Have both of you fallen out of it? Or one of you is in it and the other one has lost it? That awareness will assist you in coming back and returning to the Flow, which may at times include to invite the other to come back into their heart space that allows for partnership horizontal relating.

It's all about bringing our awareness to our heart center to open the heart to listen, connect and invite.

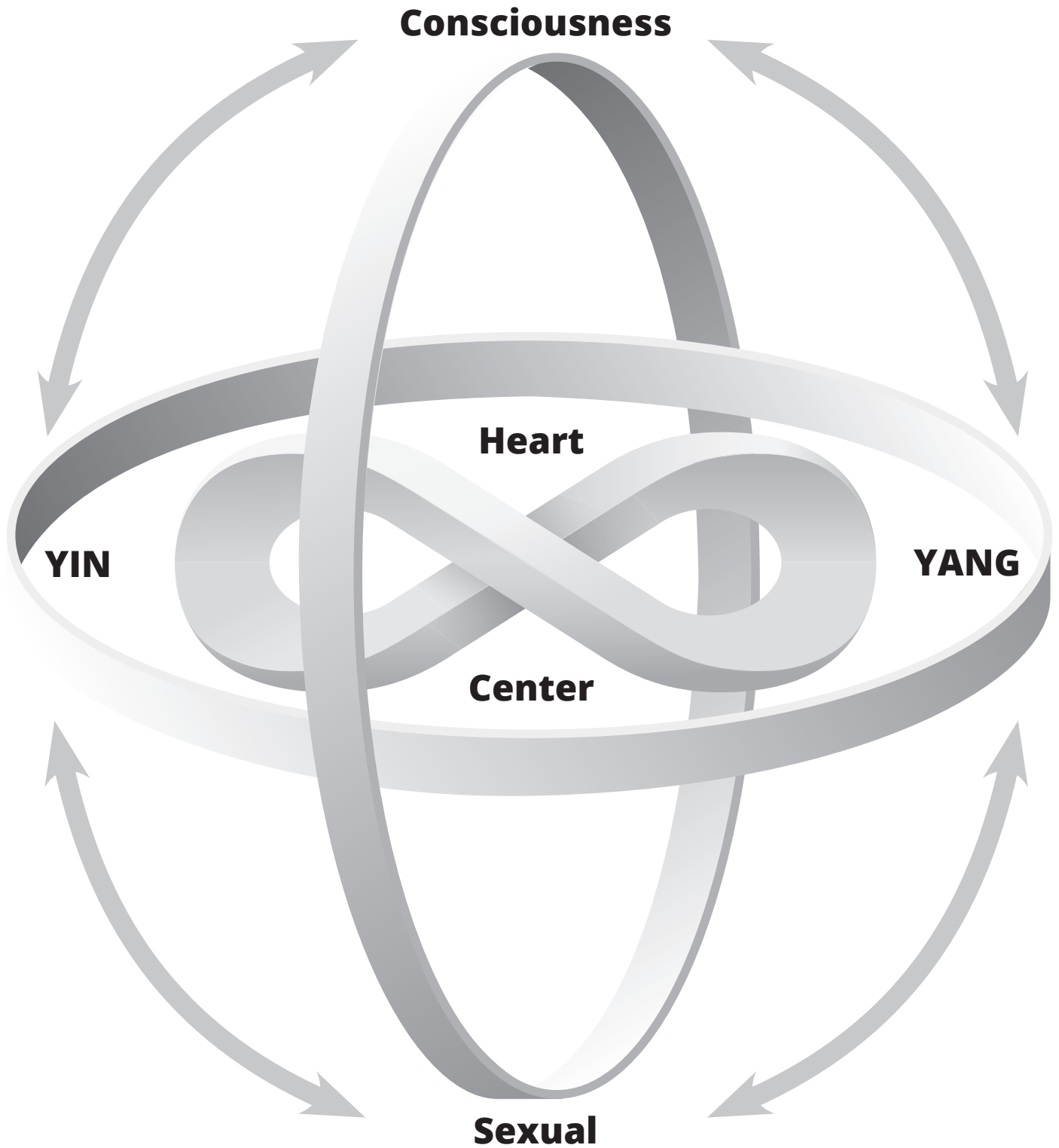
The heart center is in the midpoint between our sexual center and our consciousness center. I call it the reconciler since the heart is the center point of love connection where the horizontal Infinity Flow (Partnership Model) and the Sexual-Consciousness axis meet.

And herein lies the social-sexual power of the Infinity Flow being embodied and expressed in the way we act, behave and relate with ourselves and with each other.

'Round World' Model of Relationship

Holographic

Brings about Partnership and Co-Creation in Infinity Flow



Invitation

Imagine a world where we can live in the Infinity Flow together, be it as world leaders, corporate managers, the business owner or with your partner or spouse, where we are in our feminine and masculine balance, where we can co-create and thrive together in mutual respect and appreciate each other's gifts.

Would you like to live in this world?

Join me in the daily practice of the Infinity Flow coupled with Sexual Consciousness so we may shift from a flat world stuck in discord to a round world of human relationship mastery.

How to get involved

To learn more about *Human Relationship Mastery* and to participate and contribute to the *Human Relationship Mastery Movement*, please connect with Dr. Elsbeth Meuth at:

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Call to Action - we are looking for

Team members - who want to become part of a global team to share the teachings of Human Relationship Mastery with their respective communities

Organizations - who welcome to benefit from the teachings of Human Relationship Mastery in their organizational communities

Philanthropic Sponsors - who are committed to supporting the evolving of human relationships towards harmony and co-creation through Human Relationship Mastery