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## Healing the brain from shame and guilt with Sensual Meditation: PART 2 of our interview with Dr. Marcus Wenner

In [part 1 of our interview with Dr. Marcus Wenner](#), we learned how anti-topless laws can harm the brain. The good news is that we can undo that damage by practicing the techniques Spiritual Leader, Rael who inspired the founding of GoTopless, describes in his book *Sensual Meditation*. In part 2, Dr. Marcus Wenner explains how.

**GoTopless:**

What is Sensual Meditation?

**Dr. Wenner:**

Sensual Meditation is a meditation technique from spiritual leader Rael that teaches "the awakening of the mind through the awakening of the body."

**GoTopless:**

Could you give us a practical example of how it works?

**Dr. Wenner:**

A simple way to illustrate this concept of mind-body connection is to imagine a depressed person walking in the street. She might be stooped over, a sad expression on her face. One approach would be to suggest she alters her posture, to stand tall, to smile. Changing body posture and facial expression will alter the brain chemistry and help change the way that person feels.

**GoTopless:**

How would Sensual Meditation techniques be used to rewire one's brain for body acceptance and empowerment?

**Dr. Wenner:**

Rael's *Sensual Meditation* book is the ultimate guide for human happiness because it does more than explain the indispensable and pleasurable sensory wiring between our minds and body parts. For example, one of the meditations consists of sending love to every part of the body. This act of feeling love reinforces the neural connections between each part of the body with its corresponding brain site, and so develops and maintains that part of the brain, waking it up from atrophy if it has been neglected in the past, and which then returns the compliment and develops the health and sensitivity back to that part of the body. It also introduces another dimension: infinity. Opening the mind to this concept allows human beings to absolutely thrive!

Since we've been speaking about breasts, let's take that body part as an example:

The Sensual Meditation technique will help our brains connect with our breasts. With a little practice, we'll be able to feel the skin of our breasts, and all our breast tissue will tingle just by thinking about it. That connection will bring us immense joy. In time, it will help us wipe away any feelings of body shame. It will rewire our brains for health.

But the meditation goes a step further. Our breasts, and our brains too, for that matter, are composed of cells, atoms and tiny particles that go down in size all the way to the infinitely small. So when we feel your breasts and entire body with our mind and senses, we're actually tuning into infinity. We're tuning into both the infinitely small and the infinitely large, and that's a bath you definitely don't want to miss!

**GoTopless:**

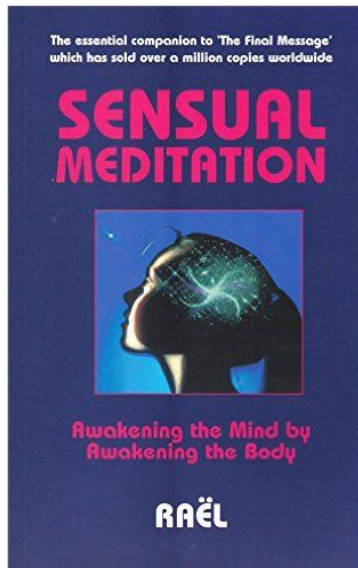
What specific meditations would you recommend for our GoTopless readers?

**Dr. Wenner:**

Using [Rael's Sensual Meditation book](#) as a guide, I suggest:

Meditation #1: Tuning to Infinity and Meditation #5: Discovering Our Body.

**GoTopless:** Thank you for all this wonderful information!



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## RECOMMENDED READING

Read for yourself the message for humanity that was given to Rael during his UFO encounters of 1973!

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