**Sacred Sexuality**

**Sacred Sexuality for Top Notch Couples:**

 **Building Sexual Pleasure**

**and Connection with Your Partner**

**By** *Don Boice*

**A Pre-Retreat Workbook**

*Can you imagine taking a full year of your relationship and devoting it to being a better partner, a better lover, a better you?*

*That’s what we are doing here. There is the work before the retreat. We should call it play because it is more like play than work, really.*

*Get to know yourself and your partner and then reinforce that. Then learn more in the retreat itself and reinforce that. Imagine the strength of that habit by the time you leave the retreat. How many days do you have before the retreat? Can you read an exercise a day? Do you need to do a few each day? Set up a plan. No seriously, right now, break down the book and figure out how to get it in before the retreat. You will get so much more out of the retreat if you do.*

*Imagine following that up with a post retreat regimen. 12 months later, the new habits you have are strongly reinforced, the mindset has improved (always room for improvement) and you have feedback loops built in that will keep you improving.*

*All we are asking for is for you to dedicate a minimum of an hour a week to this.*

*Can you picture your new relationship?*

*How big is the smile on your face?*

*How satisfied are you with the path you are on?*

*Let’s do this together*

**Pre retreat and workbook**

Welcome to the next part of your life. It will not be the same if you commit to this process. You will find yourself more tuned in and more alive, more aware. Your partner will appreciate how present you are and how much more of you is in the relationship.

***Step one***:

Discuss what Sacred means to you and to your partner

It is about sacred sexuality. Pay attention to what you think about it now. Write it down and compare it to when you end the retreat process. I’m guessing the high-level view will be similar and that the specifics will be vastly different.

What do you want from the retreat? Think about it before you arrive. Go deep with it. IF you do not know what you want, you are likely not going to get what you want. If you are unrealistic with what you want, you are likely to be disappointed. Think about what is realistic and a slight challenge. Not too easy, not too hard…

What support do you need from your partner in order to get what you deeply want from the retreat? How can you support one another on the most profound level?

***Step two***:

My goal for you by the time you get to the retreat is for you to be in your body, hips, pelvis, and shoulders especially. Move to music and move those body parts. Get acquainted with your body. If you do not know your body, how will you help your partner understand what you want? Know yourself first and then your partner. Do Kegels, yoga, a few mudras.

***Step three***:

Practice how to give and receive.

I have a hard time receiving \_\_\_\_\_\_\_\_\_\_\_ because the story in my head is that I will owe you if I receive that. OR that you are keeping score and I will be behind or be judged.

I have a hard time accepting \_\_\_\_\_\_\_\_\_\_\_ because I get embarrassed and don’t want to ask. I am afraid if I ask, you might say no or judge me for what I want. I am afraid you might think I am greedy.

***Step four:***

Go to Archive.org and type in “Don Boice”

Listen to the recordings-Energy Mudra, reiki exercises of push pull and allow/stop, shoot energy out of fingers, the role of touch. Want to learn more about those? Email donboice@boicecounseling.com and ask Don your question.

***Step five***:

I am responsible for my emotions, my behavior, my orgasms and pleasure. When you learn this and practice it, you will find yourself moving out of the victim role and staying out of it. You will find yourself feeling more responsible for your life and liberated. Other people have some influence over you, but not as much as you used to think. Try it on and experiment with it. Are there natural limits to that belief or are there no limits except what you impose?

***Step six***:

Name emotions. Go ahead and write down as many emotions as you can. Go to the mirror and practice the facial expressions for each emotion. Now say, “I feel\_\_\_\_” and fill in the blank with the emotion. Does your face match the tone and the word? Keep practicing until they all match. In counseling, we call this “being congruent.” Pay attention to emotions. Do you express them or spew them or shove them down or avoid them? Change your patterns

Give an example of how to express the feelings rather than spew

***Step seven:*** Consider listening to the audio of how emotions work, DPA, Validate on archive.org under “Don Boice”

***Step*** ***eight***:

Messages about sex- What messages (not all messages are spoken) did you get that were not healthy? How undo (EMDR) the messages or get through them? Not sure? Consider talking to your counselor about them. Consider emailing me and asking me. OR ask during the retreat.

***Step nine***:

A big goal of mine for you is to talk about sex with your partner, in a way that is more comfortable. What you like and want, preferences… how to talk about it- what is your process for talking about sex, initiating it, saying no nicely, feedback after being sexual. Please, use the words rather than making your partner guess. Let’s attempt to eliminate guesswork.

***Step ten***:

Arousal and Desire are often misinterpreted and confused. Do not wait until you are aroused to be sexual with your partner. Some people would wait forever. Can you get yourself aroused? Can you arouse your partner? Practice that, after asking them how they would like you to do so. Everyone is different and yet there are some patterns here. How do we increase the likelihood of a romantic connection? How do we increase the likelihood of emotional connection? When you do not have the libido, how do you talk about it? This would be a good time to use the job descriptions- talker and listener.

During the retreat, there will be a focus on Communication- we give examples of how people talk about sex in a good way, no guesswork, teach talker/listener before they get there. Practice it repeatedly and be able to use it almost to mastery- best possible experience. Listen to the audio of DPA and validation, Lisa hit me on archive.org

***Step eleven***:

Talk about how you would like conflict to work in your relationship. Do you know how to prevent conflict how to not hit below the belt, how to repair the hurt and how to come back after an argument? In the retreat, we will teach about conflicts- especially when they struggle with differences about sex and talking. Hint- if you practice validation and acknowledge the feelings of your partner on a regular basis, without judging and without trying to change them, you will have better results.

***Step twelve***:

Talk to each other about accountability. Did we do the homework? Are we committed to each other and this process or are we giving it lip service? Go back and make sure you did it to a level that meets your satisfaction. “Practice makes permanent” means that how you practice is how you will live. Are you practicing these in a way that you want to make permanent in your relationship?

***Conclusion:***

*You have finished the preparation portion of the workbook.*

*The main part of the workbook will overlap with the retreat and other parts of the workbooks in the future. Reinforce your knowledge. Hear it over and over in different ways and watch how suddenly it makes sense. It will come together for you.*

*Let’s see what you can do!*

***Who would benefit from this workbook?***

Are you someone who would like to master technique and practice it until you feel like you have made it your own and then add your own twist, not being beholden to it? Would you like to learn it so thoroughly that you don’t need it anymore? That’s the ideal of this workbook.

Are you someone that needs to practice and practice and needs outside support, walking you through it to encourage you to complete it? We have your back. We want you to succeed and will work with you until you are successful. Ask me for help whenever you need to.

Do you tend to start things and not finish them? You might benefit from getting some things in place to coach yourself, motivate yourself, prompt yourself and get your commitment up. Is there a way that you can prompt yourself? Phone reminders? A friend hold you accountable to get it done? Your partner maybe?

You might want to look elsewhere if you are looking for a cheap thrill.

Are you doing this just to seek thrills or to seek connection? It is a good amount of work to prepare yourself for real, authentic, genuine connection.

Are you someone who is interested and is not quite sure if this is for them, but you like the idea of connection and pleasure? It is worth reading and you can do most of the exercises yourself. My guess is that once you read about it, you will find it interesting and want to experiment with it.

Are you doing the exercises for manifesting your soulmate?

Are you looking for “the one” and not sure how to prepare yourself? This workbook might be the best thing to do in the meantime. Prepare yourself. Make yourself ready for when you find that special someone. Remember that knowing yourself, loving yourself, taking care of yourself, finding your highest vibration and your highest good, will help attract the other.

We want you to succeed and spread the word. We want you to be happy and learn how to use your body artfully and with awareness and have the highest good in mind. Energy follows intention.

***What are we attempting to do with this workbook?***

Practical application of theory to prepare your body, mind, and spirit for a level of sacred sexuality that few experience, because they are not well-disciplined.

There are many levels for those that want the highest and most profound outcome. You can stop anywhere, but you might really enjoy the rewards at the highest level. One goal of this is to reach enlightenment through Tantra and we start you here on that path with sacred sexuality. Imagine the preparation that takes.

You can do part of this training and get part of the results. You can do all of it and feel prepared, confident and have faith that you will know what you are doing when the time comes.

Yes, it is mind blowing. It just is. It is an experience that transforms people, rewarding those who complete the training.

# **Sacred Sexuality Preparation of Your Body**

I would suggest you start by preparing your body. Your body is the vehicle for getting you there. Sacred Sexuality will make use of whatever you have. It is flexible.

Suggestion: Try every single one of these, as described. Come back and do them again in a month, at the least. Some people do these every day to get in touch with their body. Sacred sexuality uses the wisdom of the body to transcend the body. To transcend, you must know your body. Try it.

**Tai Chi**

If your hips are open and relaxed and stretched and flexible, you will find sex more enjoyable, right? Look at the hip openers.

Try this one from Tai Chi: Move your body side to side, super slow motion.

How? Feet are shoulder width apart. Super slowly move to your right foot from standing balanced on two feet. Keep your left foot on the ground, but shift your weight, slowly to the right side of your body. Exaggerate how slowly you can move your weight. Have fun with moving as slowly as you can. Play with it. Once all your weight is to the right, gently lift your left foot. As your left foot returns to the ground, consider shifting your weight to your left. Does it take 30 seconds, a minute? What do you notice in your body, in your balancing, in your hips?

**Belly Dancing**

Dancing has some stretches and movements that get the body into a space for sexual expression, sensuality dripping. Watch a few belly dancing videos on YouTube and watch how warmed up their hips, their bodies are. Do some of those stretches and watch how much better your body does. It is exercise, so it requires more than one repetition. Men tend to have a harder time with flexibility, so they need more practice, more repetitions, if they want to be able to master the exercises.

**Original People**

Have you seen photos of people in other countries squatting when they are talking to one another or enjoying a fire?

Try squatting a few times a day and see if you notice that, with practice, it is easier to squat. Pay attention to your body and be aware. Notice things like how tight your hips are and then after a few days of practicing squatting, what do you notice?

Are you overdoing it at first? Is it comfortable the first week? What makes it easier? Play with squatting and practice rocking front to back. Practice pointing your toes out to the side versus straight forward. Practice stretching your hips before a squat.

Still tight? Do a runner’s stretch or massage the area that is tight. Take a warm shower to help your muscles relax a little more. Take a hot bath and see if that helps with loosening the hips.

**Chi Gong**

This ancient practice has all sorts of exercises to move energy.

Would you like to have more energy before you are being sexual? Would you like to get rid of extra energy by grounding it? Imagine needing a little bit more energy and being able to get it right now.

Try this. Feet are shoulder width apart. Bend your knees ever so slightly. Palms facing down, raise your arms, elbows straight, up to about armpit height. Allow the arms to go limp and just fall. Raise them back up and let them fall. Get into a rhythm. Allow yourself to bend your knees a little more and picture yourself pumping energy into your body. Where does the energy come from? The ground, the roots, the center of the planet… Let energy follow intention.

How much energy do you want? Practice bringing energy all the way up to your belly, then have your belly pump it to your heart and head. Allow the energy to stay and be useful.

**Shamanism**

Carlos Castaneda wrote about magical passes and shamanism

Imagine bringing more energy into your body, using your feet. Warming up your ankles and feet, your knees…

Try this: Standing up, gently roll back onto the heels of your feet. Rock from the balls of your feet to the heels. Do that a few times. See how that affects your balance and what happens with your head/brain when you do something that requires balance.

Try this: gently roll back to your heels and lift your toes into the air. Pivot left and right with both feet, the pivot being your heel. If balance is a struggle, you can do it seated. Otherwise, try doing left, right, left. Repeat that three times, returning to center before going to the left.

What do you notice with the energy in your feet?

Is it subtle?

Are you tuned into your body?

Any tingling sensations?

Shake out your hands and notice the tingling as you shake your hands.

More energy or less in your feet?

Pay attention to your body as you prepare for sacred sexuality. Relax your body and pay attention to what it feels like when it is relaxed. Pay attention and be in the present moment, no matter what you are doing. That is great practice for sacred sexuality. Be right here, right now, no matter what. Keep your heart open and breathe into any discomfort that may come.

Shake your hands gently for 10 seconds. Increase the intensity. What do you notice after 10 seconds?

Extend it to 30 seconds.

Try including your entire arm, then both arms, then your legs. Hard to do both at the same time…

What do you notice when you stop? Do you like how that feels? Do you notice how you can tune into your body with different sensations? Try that and see how sensitive your body really is.

**Five Senses**

Pay attention to each of the five senses. One by one… Take a bit of ice cream, then a piece of fruit or chocolate, something salty. Taste each and every one of them, fully. Let your tongue come alive, not escape. Your tongue can be instrumental in sacred sex. You use your whole body.

Use the parts of you that make love, to make love. Start with the brain and focusing your attention.

Pay attention to your sense of smell, as well. Cinnamon, vanilla, shampoo or soap, vinegar or bleach… Let your body be alive and tuned in. Be conscious and aware. Imagine being conscious and aware during sacred sex.

How much more enjoyable would the experience be if your body were trained to be there?

You are likely tuned into the sense of touch. Soft and silky, a hard brush, sand paper, an ice cube, a warm hand, massage oil on a warm hand, a feather- imagine how wonderful sex will feel when your body is relaxed, fully in the moment and paying attention. Remember that we are focusing on the sacredness of sex. Of honoring one another, not just a quickie or hedonistic pleasure. We are building energy to be used in service to enlightenment. Don’t take that too lightly and maybe not be so serious, either.

***Sound***

This is important- try different music than you usually play. Create a playlist with your partner or each of you create your own and take turns. Maybe highlight the drum? What music do you hear outside your home? What other sounds are occurring that you might not consider to be music? Your partner’s voice? Let your ears be tuned in, as well.

***Sights***

These are wonderful as well. Try keeping your eyes open and being aware of yourself and your partner and the pleasure that you each can bring to the other, and yourself. Keep your eyes open to be in the moment. Look into her eyes. I mean really deeply, into the soul. Very connecting to soul gaze. You can awkwardly laugh the first few times, but don’t break the connection. Try soul gazing on the couch first and then later try it with your partner when you are more physically intimate. Try a few minutes a day at first to get used to really seeing your partner.

***Touch***

NOTE: You have sensitive parts of your body, called erogenous zones. Some are super sensitive all the time and others need to have some warmup time.

Right now, imagine spending 15 minutes massaging, touching, soul gazing and emotionally connecting before even considering where you want the connection to go.

Imagine that. Imagine touching the different places that feel good on your partner and just increasing pleasure and relaxation, mixing it up and keeping them feeling alive and awake. There is no goal, just being with one another.

You also have acupuncture spots. The base of your middle finger deals with sexual issues. Imagine playing with her middle finger during love making, especially right before the climax, if you are going to go for climax this round. Or touching behind the knee when she is stimulated. Imagine figuring out other spots and making sure you include those in your lovemaking.

Maybe gently trace her eyebrow, or massage her middle finger, every time she is about to climax. What might happen if you did that the next 20 times in a row? Would you be creating an association for her? In sacred sexuality, they encourage this.

**EFT**

In **emotional freedom technique**, people tap acupuncture points as a way to relax and to get over triggers. It has many applications. Imagine being totally relaxed and into being sexual with your loved one. No blocking of energy, just allowing it to be what it is. Ahhhh, mmmmm

Sacred sexuality and Tantra are both about letting energy flow and channeling it. Use the energy to build energy. What will you do with the energy you have built? Do you just release it or harness it?

**Heighten Awareness**

You’re getting the pattern. Anything can be used to heighten awareness, to make sacred sexuality. It is your intention, more than your technique. Don’t get me wrong, there are some techniques that are not great. Relaxing, breathing, moving and making sound are all techniques that will help you in sacred sex. Energy follows intention. Show her that you love her and that you want to spoil her and dote on her. She will feel grateful for the intention and the attention.

**Martial Arts**

In martial arts, the center of gravity is generally acknowledged as just below the navel. Tan tien is connected to the earth and it has been called “hara” or the “line of intention”. What if your energy was regularly aligned with the planet? Can you imagine not being in inner conflict or in conflict with others?

Instead of conflict, there was alignment… Imagine what you could do when in alignment with your partner. Imagine doing things for the highest good of all- aligning with that energy. Amazing…

Imagine surrendering your limited will to the universal will. Imagine your will going against the universal will- which do you guess would win that? Why not align with what is going to be, instead of fighting nature and the natural order? Lot less conflict…

Go ahead and practice that. With your feet shoulder width apart, knees ever so slightly bent, connect your tan tien (just below the navel) with the center of the earth. Ground your energy so that extra energy leaves your body and you can bring in energy, as needed. There is a dynamic interplay between your energy and the energy of the planet. Much of what we are doing with tantra is the movement of energy together. Can you run your energy in through one foot, cycle it through your body and run it out the other foot? Believe it or not, being sensitive to energy is incredibly helpful for tantra. Practice it and experiment with your ability to send energy and direct it with your intention. Energy follows intention. Practice. Practice. Practice.

*Try this*: Sit near a tree or stand near a tree. What do you notice? Does it feel different to touch the tree? What is different? What do you notice about your energy if you stay there for very long? Can you feel the energy inside you? Can you feel the life energy coming from the tree? Would you consider taking a few moments and sending some extra energy to the tree or receiving energy from the tree? How about seeing if you can circulate energy with the tree? Accept energy from the tree’s roots, up your legs and through your head to the leaves of the tree and down the trunk to the roots and back up through your legs. If you can do this, you might be ready for the intermediate sacred sexuality skills. You will be doing this sort of energy exchange with your beloved fairly soon. How good would you like to be? Would you like to master this skill by practicing now and then when you are with your partner, you can move to the next level?

**Yoga**

Yoga has so many wonderful applications for sacred sexuality and Tantra. Cat/ cow stretch really helps the hips and lower back, elongating the spine… on your knees, toes pointing back, your hands on the floor in front of you, arch your back like a cat. Elongate your spine- make your spine as long as it can be. Hold it there for a moment before lifting your head and buttocks in a motion that elongates the spine as well. I like when we breathe in and arch the back and then flow through the exhalation and do the cow posture. It is natural and the body has a rhythm.

There are yoga stretches for your hips, for your balance, for optimal breathing and a good yoga teacher might remind you to stop taking yourself so seriously. Play is the ultimate, right?

The breathing through the flow in yoga helps you prepare for the inner flute that Margot Anand refers to in her book, The Art of Sexual Ecstasy. Tons of wonderful exercises for Tantra in that book- I highly suggest it. You could easily do a couple months of daily practice just with her book.

**Drumming and Rhythm**

Are you in touch with your inner rhythm? Do you know how to get a rhythm and stay with it? Can you feel the music and be with it? Can you move your body with it?

Try a drum and watch what it does for your coordination, for your rhythm. Can you imagine any part of sacred sexuality that might benefit from being able to maintain a rhythm? Can you imagine your body moving rhythmically and sustaining the rhythm? Try moving your hands to the same rhythm for twenty times (twenty beats). This might come in handy for other uses, later on.

**Didgeridoo and Breathing**

Have you ever played a didgeridoo? Imagine being able to do circular breath. It takes some practice and coordination. Consider looking up how to do both circular breath and inverted breath. Anything you can do to improve your breathwork is beneficial. Your breath is so important in sacred sexuality. Your breath can be in sync with your partner. It can relax you. You can breathe with your partner and you can do inverted breathing with your partner, which takes most people a good deal of practice. Enjoyable practice…

Margot Anand writes about the inverted breath during high sex/tantra.

One breathes in while the other breathes out. Their lips are locked while so doing. Practice breathing slowly and if you need a gap between lips, it is okay to do so, at first. Practice doing difficult things like this. Try mirroring the breath of your partner and see what it does to get you in sync. Try doing inverted breath without lips touching. Coordinate your movements and your breath. Sync up with your partner and try it.

**Chamuel**

I had never heard of Chamuel and then I was skeptical about Archangels. Not anymore…

Specifically: https://youtu.be/8dyj0lIBoQU heal your heart with Chamuel

Attracting my soulmate- https://youtu.be/K6cMyA5S0NA

Healing your heart https://youtu.be/Aprh1uB2\_Ck

Healing rejection https://youtu.be/jywdPMB993k

Prayer to Chamuel https://youtu.be/qQIfkglX8ME

Find what you are looking for Chamuel https://youtu.be/3U3Z8lZyRfs

Manifesting with Chamuel https://youtu.be/dB\_BpCuHi9I

**YouTube Meditation**

If you appreciate a good YouTube video, consider watching a few from Brian Scott- specifically:

Manifesting a specific person or your soulmate https://youtu.be/XLRaO6pI2Z8

Opening my third eye- https://youtu.be/5aJZxjIkWBE

Energy centers- awaken-https://youtu.be/WxlWXsZvfj0

Morning routine- https://youtu.be/GQ2SXIJZskY

**Tibetan Buddhism**

What is my purpose right now, right here?

Feel into your purpose and let it energize you. I am not here for pleasure or ego satisfaction- I am here for a greater purpose- loving kindness and compassion. I am here to heal others and myself in the process. I prepare myself for tantra by taking inventory and being rigorously honest with myself.

What is my motivation for what I am doing?

Can I see beyond what is happening right now?

Can I find the highest good in each situation?

Can I look out for my partner’s highest good?

Can I let go of my attachment to pleasure, to money, to status, to ego and just be authentic and genuine in the moment., can I find joy in all situations, all the good in the world, and the love, am I able to receive it?

I am not my body, I am not my thoughts.

I am consciousness, observing emotions and behaviors.

I am able to identify with my body, knowing that I am not my body. I can dissolve myself and dwell in the void. I can let go of all expectations.

For grins, try these exercises and take your time. You might need a second try because, while they are straightforward, they are not easy.

I can visualize myself becoming Buddha. I am Buddha, I don’t fully realize it- that is the difference between those who are awake and those who cannot see clearly. I can see clearly and work toward that.

If you understand tantra, you will practice these exercises, regularly.

**Healthy Habits**

Hypnosis

In hypnosis, we focus on the use of words to program our brains and make new healthy habits. We can make conscious the associations we all have to certain things or we can allow these associations to remain below consciousness, Dr. Joe Dispenza talks about what percentage of our life is pure habit and no consciousness.

We can build more habits but just having an insight rarely changes the habit. It takes practice, practicing it correctly, mental rehearsal, repetition to change a habit or create a new one. With hypnosis, think about the habit you want to create.

Do you want to create the habit of implementation and following through, so that you do what you set out to do?

What would be the best habit you could create right now?

Create the causes and conditions for reinforcing this new habit.

Remind yourself of your purpose and the rationale for doing it.

Prompt yourself with reminders in your car, on your mirror, on your phone so that it remains a conscious thought for you until it moves into habit.

Check up on yourself at least weekly to ensure that you are doing it as intended. Have an accountability partner checking up on you to see if you have been following through.

**Feelings**

Counseling thoughts –Self talk

In Buddhism, they talk about independent origination. I like big words and concepts and this one is vital.

Fear does not exist outside our brain. (It is not independent of our brain. It did not originate from itself or spontaneously come to be.) We have to create fear to feel fear.

No outside event does it. It might set your story telling into motion. It might stimulate or catalyze you to tell stories. The external event might remind you of another event that didn’t feel good and then you start telling stories in your head.

What story am I telling myself?

In 6th grade, Lisa punched my shoulder. It hurt a tiny bit physically, but emotionally, I was upset because I had a little crush on her and I could not believe she would be mean to me by hitting me.

The event was that she hit me. When my buddy explained that she hit me because she liked me, that same hit took on new meaning.

The story in my head was changed instantly, even though the event remained the same. The meaning I attributed to the hitting changed my emotions.

Yes, outside events have an impact, but you get the final word, in your head.

You create feelings by what you say to yourself.

If you know this, you will change what you say to yourself, right? Practice it. If you could see the big picture, you would likely change how you felt about it.

Which feelings do you have habitually?

How did those feelings get there?

You put them there out of habit.

Always angry? What are you saying to yourself to anger yourself?

What stories do you tell yourself that create anger in you? (I noticed that you are not answering these, just reading. Please recognize and acknowledge that is not the most helpful thing you could be doing right now. Take a moment and create the intention to have this be highly effective by doing the work.)

Feel like a victim?

What stories are you saying about the outside events that victimize you?

What is your payoff for that feeling? For example, typically victims hate this line of reasoning because they have to take responsibility, which is the opposite of being a victim.

Victims also get to claim the high road and declare their innocence.

There is a huge payoff for being a victim- they don’t have any blame in the situation, no responsibility, no reason to do the hard work of change. They fight very powerfully to maintain that they are weak. By the way, we all have parts of us that play the victim. Just take responsibility for your actions and creating the areas of your life wherein you feel like a victim and watch how your life changes.

**Self-Talk and Affirmations**

This is how we challenge the brainwashing we have had growing up in our society. When you realize that something you believe is incorrect, that you have been duped or tricked… start using the antidote, self-talk.

We brainwash easily, by the way.

So, repeat the opposite message- make sure it is true and that it resonates with you. Repeating positive self-talk that is true is the basis for an affirmation. Think about what you need to hear, maybe what you wish your elders had said at the time and now you realize you can say it to yourself. Maybe talk to your younger self from your current perspective. You have the power to program your own mind now.

What will you do with that power? (Are you reading still or are you figuring out how you will program your mind? One is passive and will not work. The other one has a high percentage chance of working. Which one will you do right now?)

**Blocking Energy**

In tantra and sacred sex, we talk about things that have happened in the past.

Times when we might not have honored ourselves or others or not been honored. This includes the sexual arena, as well. Sometimes we have blocked the energy in our body when something didn’t feel right, not only physical armoring, but emotional blocking.

When we noticed that we have a negative association, a block, a trigger, we have the tools to heal that.

Self-talk goes a long way once we identify the wound. By the way, triggering can be negative and positive. You may have associations in your mind and body that are subconsciously triggered and they help or hurt.

When you find yourself over-reacting to something, that is a clear sign that there is a wound. A younger part of you was hurt and has not fully recovered from the hurt. Go back and talk to the wound. Maybe it is the 5 year old me who got hurt and now something triggered it.

Can I listen to my five year old self and acknowledge the pain, re-experience it safely and let it go?

Do I need to use a counselor for that process?

Am I struggling identifying the wound or is the wound so big that I am afraid to re-experience it, even as an adult?

How do I listen to my inner self?

How do I acknowledge it and let it go? (These questions are not rhetorical. If you are reading them and choosing not to address them right now, please know that you will be less effective. Is that what you want right now?)

**Root Chakra**

Your root chakra is a ball of light where your perineum is. The color is red. There is a sound frequency that can help you feel it as well. I invite you to check YouTube for this. (“Root Chakra meditation”)

What does it feel like?

You can feel energy coming up from the molten core of the earth, through your feet, if you pay attention. Be aware of your connection to the earth. We deeply want connection. We even call it “going deeper”. We also want connection to that which is above us. We call that a “higher level”.

Imagine if we aligned ourselves from the heavens down to the molten core.

Imagine not being connected to yourself, the earth or the heavens and having sex. The quality of the emotional connection and sexual connection is compromised. It will still feel good, but not near the quality you could have when in touch with yourself, the earth and the heavens (including your partner, of course).

Practice grounding every day. Be aware of allowing the natural energy to flow into you. It naturally flows, so if you are not feeling it, perhaps you are not sensitive enough yet or perhaps you are blocking the flow of energy.

What can I do to improve my connection?

Take off your socks and shoes and walk in nature, on the earth, on the sand. Sit with your back to a tree.

Alternatively, stand with your feet shoulder width apart and bend your knees a tiny bit and visualize that your feet are like roots of a tree and you are soaking in moisture and nutrients into the trunk of the tree.

Or lie down on the ground and let the energy come in. Breathe into that area of your body and see the color red as a ball of energy that is expanding.

Energy is all around us, it flows naturally- just allow it. If you get frustrated, change what you are doing and try again tomorrow.

**Sacral Chakra**

The second chakra is directly tied to sexuality, quality and quantity. It is also related to spirituality. The color is orange and you can also find meditations on YouTube for this sacral chakra (energy center). There is a frequency associated with each chakra.

It should also rotate clockwise (like all chakras) and be about 6 inches in diameter. Approximately two inches below your belt is its location. Rocking your pelvis is one way to energize this chakra.

Or visualize the color orange and breathe into it.

“It is safe to be here, to be sexual and to have sexual thoughts” is a common affirmation for this chakra. If it does not feel safe to be sexual, you are likely to be operating out of fear and shrinking your chakra. If you have had any sexual trauma, sexual abuse, difficult birthing process, abortion, miscarriage etc. you may need to talk to someone about getting reiki or healing the chakras to help assist you.

Please note that our character structure gets in the way, sometimes. We defend ourselves and block energy, which distorts our personality. We think we have to be other than we truly are. Remember who you are and let your energy flow, with an open heart and watch how just being present and in the moment heals almost all issues. Feel the feeling without pushing it down or running from it or making it bigger than it is.

**Energy Follows Intention**

Know what you are intending.

This is helpful for moving energy within your body, which is central to both sacred sexuality and tantra. It is also helpful in order to be more self-aware.

For example, think about why you are having sex.

What is the reason you gave to yourself and to your partner?

Just to escape? Survival sex? To reaffirm I am loved? I want to express love and feel pleasure? I am afraid and need reassurance? I want to expand love and spread it throughout the cosmos?

The quality of your experience will be linked to your motivation and expectations.

Your motivation is huge, pay attention to it.

Let your chakras work in unison, in concert. You likely will feel some sexual energy and let it expand and grow. Practice breathing and relaxing into the experience so that nothing is blocked. Move the sexual energy throughout your body. Let your sexual energy grow during sex. Allow it. Don’t work on pushing it or forcing it. Don’t pull it from your partner.

Practice letting the energy move from particle to wave, as it approaches the crown, the heavenly chakra- and spread love to the cosmos.

**No Limits**

We often come to experiences in life with a host of expectations. We don’t really know what is going to happen, do we? What if you would allow yourself to not know, not control and just go with the connection? That is wonderful practice for sacred sexuality.

Open yourself to the infinite, to all possibilities, where there are no limits.

Let your love grow, your sexual energy build and spread throughout your body. Radiate your light and your love.

Like a radio tower versus a receiver, learn how to be the one who sends the signals, not just the one who receives them.

Tune into yourself and speak your truth.

If you are single: Be open to being with your beloved and feel what it would be like to have him/her in your life. What would it feel like, their skin, their touch, their voice, their scent, how they look? Let your imagination go and experience the thrill of “the one” in your life and sharing this.

**Affirmations**

Affirmations are very powerful.

What messages do you need to help with blocked energy and releasing it?

What do you wish someone else would tell you?

What can you do to reassure yourself and counteract all the negative messages you have heard?

How many times do you need to hear it for the new message to be stronger than the old message?

I sometimes read the affirmations into the recorder (phone) and then play the affirmations back before bed or upon awakening. It helps ground me, it is in my own voice, so I am more likely to accept it and I have control over the messages. Pay attention to what you need to hear and be the one who provides it, rather than being dependent on others to meet that need.

**Massage**

Be conscious. Be aware of your body and how you feel. Being in your body during sacred sex is essential. Be aware and experience your body. Reminder that you can do self massage as well as a way to develop consciousness.

You live in your body, you are not your body.

Some people leave their body very easily and this makes sex challenging.

Let your body feel pleasure. Let your body give pleasure. Do not over identify with your body or under identify. Allow yourself to receive pleasure in your body without blocking energy. If you find yourself tensing, communicate this to your partner and ask for what you need. Relax into it whenever possible.

Look at what you can do to relax deeply because that is great training for tantra. Just receive and allow the energy to move on its own.

Sometimes you move the energy, sometimes you let the energy move you. Practice receiving energy and not blocking, it feels really good. If you are struggling with receiving or letting go of control

Learn some ways to rub feet, neck, shoulders. There are great YouTube videos on how to massage or give back rubs. Note: There are some extreme massage techniques. Just don’t hurt the person because you consider yourself an expert after watching a video.

Try this: Use your thumbs in a circular motion on the feet. Pay attention to the tips of the toes, the fleshy areas attaching to the bone.

Ask them if it feels good or whether they would like faster, slower, more pressure or less, powder or oil, what type of oil and how much, areas to avoid, warm enough, feel supported by the furniture, pillows etc.

You are in this together, no one has to guess or read minds. Remember that the massage is about the receiver, primarily. Learn their body and what they like and many people like to keep the talking to a minimum when being massaged. Focus on them and truly learn their preferences. That means the receiver has to be self-aware, focused and living in the moment as well and communicate what they want. This can be challenging for many people, so be extra compassionate and supportive. If someone cannot tell you their preferences, or won’t allow themselves to know themselves or won’t allow you to know them, go more slowly. Offer a menu of options and talk it through ahead of time. Guess work is a death knell to tantra. This person might need counseling to get in touch with what they want and need and be okay with it.

Just a massage, not sex

Talk about expectations- many people have associated massage with having sex right after and so do not want a massage because they do not want to give the massager a mixed message. Let massage be its own thing and communicate that clearly beforehand.

If you want to be sexual later on, make sure you both know what the signal is.

**Yoni and Vajra Massage**

There are muscles all over your body, so why wouldn’t there be muscles all around your genitals? Suggestion is oil based massage oil is fine for outside the body. Water based seems to be better when massaging inside the body and the yoni (vulva/labia/vagina).

Softer is almost always the best way to start. Get into a melting hug, soul gazing, cuddling and establish an emotional connection before massaging so intimately.

But first, let’s talk basics:

Imagine coming in from gardening and there is dirt under my nails.

Imagine I have callouses or micro abrasions on my hands.

Now imagine me giving a massage to her yoni without lubricant.

My hands will feel like sandpaper if it is a dry massage and dirt under fingernails grosses out most people.

Clean your hands, your nails, trim them and file rough edges. Put lotion on your hands to heal your hands. Use lubricant when you are touching sensitive skin, please. If you dry rub, your hands might feel like sandpaper and most people don’t want sandpaper used on their genitals.

Learn how she likes to be touched.

Some people advocate spending a few days on each person, just focusing on receiving and learning their body. This could also be true of their genitals- just take time learning what they like and don’t like. Circular motion, back and forth, one direction, sensitive or less sensitive, harder, softer, more lube or less etc. Ask the questions and listen to the answers in a non -judgmental way. For some people, they have never been asked what they want and this is a new experience for them.

With that in mind, use your thumb and go in circles around the labia (outer lips) gently massaging around the area, taking care not to touch the genitals just yet. Build sexual energy first.

The muscles that attach to the hip are usually tight so you can massage those.

Run your warm hand up the thighs, from the knees, slowly building some tension. Stop at the upper thigh.

Take her outer lips between your finger and thumb and gently, slowly massage from one end to the other.

The clitoris might want to be involved at this point, or not. Try leaving that for last and build the sexual tension that way.

Slowly go deeper until you reach the entrance of the vagina and then most people prefer using the pointer finger or middle finger to continue the massage. Please remember lubricant before you get to this point, because your hands might already feel like sandpaper.

Small circles are popular but you can use any massage technique you know. You can also look on the internet for YouTube for Yoni Massage

Note: You can ask her what she might prefer and give her some options. Some people are incredibly shy about asking for what they want. They might feel embarrassed or ashamed. Many women think that sex is just for the man and the woman’s pleasure is not important. This tends to go away with age. They might not allow themselves to fantasize or they may have received unhealthy messages from family or society. They might not believe that masturbation is okay and so they don’t know their body as well as others might. They are not allowed to know what they want and so presenting them with a couple options can help the discussion.

Some people have the woman pleasure herself or rub herself and then put their hand over the woman’s hand so you can feel the motion, rhythm, pressure etc. Some are not comfortable with that. A mistake many men make is assuming that women like the same exact things men do. They don’t.

Listen to her and her preferences and follow them.

Note: You do not know her body better than she does. She may think you want to hear that you do, but most women in counseling say that is simply not true.

When you find a stroke she likes, consider sticking with it for 10-20 strokes before changing. Many men change strokes too quickly (men tend to appreciate variety and assume that women like the same thing) and the women are too polite or shy to complain about that. Or the men get defensive when told they are not doing it perfectly, so they stop giving feedback.

Believe it or not, most women, as they approach orgasm, say they would prefer different stimulation than men prefer. Ask her what she would like.

*Note*: Many women cannot achieve an orgasm unless the clitoris is involved. Many women cannot achieve orgasm with a partner and they can alone. Talk about it instead of faking the orgasm, please. Otherwise, you are teaching him to do things that you know will not lead to orgasm if you fake the orgasm. Also, every sexual encounter does not have to end with climax.

Some people feel comfortable with his fingers in her vagina stimulating the G spot or going for a cervical orgasm (just outside the cervix- pretty deep- be sure you have sufficient lube) and her hand stimulating her clitoris. Talk about this ahead of time and practice this when doing the yoni massage- practice the physical technique and asking.

Some people are not comfortable with that. Ask for what you want and give context.

If you say no, please explain your preference without being judgmental. If you do not ask for what you want, realize that you are settling and need to take responsibility for your own orgasm. It is not someone else’s job to anticipate your needs and do it before you even know you have the need.

I also recommend not focusing on the orgasm, focus on the connection, the emotional connection and if it leads to orgasm, great, but let’s stop being so goal oriented. The goal is energizing your body, not ejaculation.

*Pet Peeves*: What I hear from women is that the man doesn’t understand how much lube is necessary for a pleasurable experience. That the man doesn’t realize that she needs to be relaxed, have enough energy, be warmed up and that many men are not patient or in tune enough and she feels like she has to fake an orgasm so his feelings are not hurt. Many men are not emotionally connected, but still expect sex to take place and it feels awful for many women to have sex with someone in that way. It almost feels like rape to them and they would rather avoid sex than have sex with someone that they have no connection to. Many men over stimulate the clitoris and don’t read the body language of the woman. Many men come and then go to sleep every single time. Some men only want longer sessions of sex and the woman may want a quickie.

*Pet Peeves*: Many women really dislike oral sex and make excuses to not do it after they get married. There are many woman jokes about walking down the aisle with a smile because they realize they don’t have to do that anymore. It smells, it tastes bad, the hygiene is off, they feel like gagging, it is too big etc. there are many reasons. Some women love anal sex once they are totally turned on and many others have never had it or do not want to try or cannot tell the guy that the amount of lube is much greater if anal is involved. Perhaps the most mentioned trouble in this area is how men initiate sexual relations. How would you like him to initiate? Guys, think about the romance novels that women read. How do they initiate sex in those books? Ask her about it. Talk, talk and talk.

**Massage: The Man’s Turn**

Think about the Vajra massage. What strokes does he like? Two hands or one? Yes, need lubrication, even when masturbating. Does he know what he likes and can he ask for it? How do you feel about him asking? Do you feel like he is being demanding or that he knows what he likes? Is he open to influence, learning new things about his body and variety? Does it have to be exactly the same way each time? Are you open to learning his body and how he likes it thus far and throw in a few variations? Consider that many women have been told that the only thing that matters is the penis. The musculature all around can be helpful. Can you focus on the shaft and then go to the head? Can you focus on the frenulum and then tease him a little, then take the head again? Can you do 2-3 strokes and then mix it up, keeping him guessing? Hands, mouth, hair, texture, temperature etc.

How do you plan to make him pay attention and live in the moment? Can you do the lubricated twisting motion? Can you play with his testicles and perineum? How hard or light? How much? Does he want you to use a finger near his anus or in it? Does he ask for this or is he too shy or does he not want that at all? Has he never had that and doesn’t know? If you touch his anus or insert a finger, does he need for you to wash your hands pretty soon? Talk about these things before you do them. Awkward conversations are better beforehand than after the fact.

Many women say they know what to do with a penis and they feel confident because the guy seems to enjoy himself. What we are trying to do here is get better communication and a better experience for both parties.

Yes, an ejaculation feels good, but that is not the goal with a Vajra massage. You are massaging, not getting him to come. You are learning what he likes and how he likes it. You are helping him stay with his body and breathe, to make eye contact with you, to associate you with pleasure. You are someone who brings him pleasure. This is a good thing.

Now imagine that you can bring him the most pleasure possible, bond with him and feel not only emotionally connected but spiritually, as well. Yeah, that sounds good to most guys.

Imagine him feeling loved instead of just sexually satisfied.

Most men settle for sex when what they really want is to feel loved.

It isn’t a popular thing for men to say, but they say it to me during a counseling session, “If women only knew, we just want to feel loved and desired.”

*Pet peeves:* Many women have been told that the woman is just there for his pleasure, not their own. If you are blaming him for this, take inventory.

Did he make this rule or is it your rule?

Are you expecting him to do all the work in sex, which is not an uncommon expectation, I have learned. If you are expecting him to do all the work for sex, imagine how that lands. “All I have to do is show up,” a woman said. No, that is not accurate for satisfactory sex. That is an exploitive mindset, someone who just takes. If that describes you thus far, please adjust your thinking or you will not move to the next level.

**Signaling “I would like to be sexual”**

What are your signals for being sexual?

Most couples have not talked about this.

As a counselor, I can tell you that this leads to trouble.

I suggest a policy of no guesswork. If he has to guess when she is willing to be sexual, he is likely to guess wrong.

Check out your relationship and your history of anticipating one another’s needs. How good are the two of you at mind-reading? Then you have to talk about it.

What would you like to be the signal?

What would you not want to be the signal?

What about how to say no?

Can you say, “I would love to have sex with you this weekend. Right now, I am too exhausted to enjoy sex. Let’s plan on tomorrow morning.”

Both genders are incredibly sensitive to rejection. Men have to suck it up and deal with it. I have heard women say those exact words. Or “He better not say no when I ask.”

I gently challenge them to have full empathy and put themselves in their spouse’s shoes. Most women are aghast at how awful they have been when rejecting their partner- that had not considered that it feels terrible to keep asking and being rejected and that is why so many men just give up or stop pursuing them.

It is not the man’s job, no matter what you have been told. This does not work in a healthy adult relationship. This is on both partners to initiate.

The woman somehow needs to know that she is receptive to an advance or he will not advance well.

He will be awkward if you put him in the position where he has to second guess himself all the time. You may think your signals are direct. I will suggest that most men would not agree with your assessment. Also, the initiation gets really tiring if just one of you is suggesting and initiating it. Have signals that both of you can use.

Have a guaranteed way to say no nicely when you are not in the mood.

I don’t care what words you use, the message you want to convey is “I am not saying no to sex, I am saying no to the timing.”

Most couples talk about charity sex or pity sex. Most people agree that this is not a good thing. They want to feel desired, wanted and if the other person is not into it, it feels like they are using their partner and it just is not as enjoyable or bonding.

*Note*: Most men were never taught that women take longer to warm up sexually. Women often are not in the mood until they have been cuddling for a while, kissing, and feeling emotionally connected. At that point, they might start thinking, “Hmmm, maybe I want this to go further.” Guys, this is huge and women, if your guy doesn’t know this, tell him. Be Direct!

*Note*: Talking about previous sexual partners and what you like. I assume that you are a virgin and have never had sex with anyone, but still know what you like and do not like. I have quirks, okay? I can tell you that I have heard people go into graphic detail about what they like and since I hear stories and they translate into pictures, telling me about a sexual event will be lodged in my brain for years. Imagine telling your boyfriend all the gory details of a sexual adventure you had and him having that play in his head, then when you ask him for the same thing, the image that comes up is you and the other guy.

What do you think that would do to the mood? Do you think he enjoys conjuring up that image of you being sexual with someone else? I suppose that is a possibility. My suggestion would be to talk about things you think you would like rather than be explicit that in the past you have liked it this way.

**Visualization**

In your mind, picture what you would like to do with your beloved. How would you like to be physically romantic and get one another in the mood? Write it down for her/him. Consider recording it and sending it to her/him to listen on the way home from work or when anticipating you coming back from a trip.

Sample script:

Include all five senses and tell her what you are going to do, preferably things you already know she loves. Walk her through it like you might read a romance novel- use your imagination. “Slowly, I unbutton your blouse, letting it slip down your shoulders and arms, dropping onto the floor. I kiss your neck…”

**What are your preferences and how specific can you get?**

Here is one man’s description (used with permission)

“Variety of experience, touch, sensation, body part, kissing, faster, slower, more intense, just barely there… I don’t do well with too warm room- like when we were profusely sweating- I was distracted. I also know that when I get cold, I shut down in general. Guessing that would happen with us, too. I have a room heater and always have fans.

Letting me know you are excited and desire me and cannot keep your hands off me- that was wonderful hearing that.

You telling me that you were thinking about something to try together. HOT!

You suggesting we brainstorm together-go through the card deck and tell each other what might be interesting- definitely

I appreciate how you took the emphasis off performance or gymnastic sex- it is about love and sometimes we’ve gotten really hot and heavy and gymnastic and that was fun, but not the whole focus

Together- Let me be in charge or you be in charge but be clear about it so the other can surrender a bit

Your honesty and openness is a turn on

Lots of kisses all over body, yum

Whisper in ear got me going a few times- really like when you do that

Senses -all 5

I look forward to playing -a playlist set up for you way back when

I like when we are soft and tender then more intense, following the lead of the connection itself and a little aggressive (not a lot aggressive, love tap on butt or waking up a body part but not “pain”)

Loud moaning sent me over the edge a few times. Whimpering and soft moaning on the way there and telling me that you are almost there or you asking permission- wow

Being 100% where you are right now

Pleasure self while you’re pleasuring me

Or tease me and back off and touch the thighs, the tease again and caress my chest, then use your hand, then get close with your mouth for maybe one or two seconds, then away, so I never know when you are going to touch- have to stay fully alert and not drift off or get distracted by thought- more meditative. Put your hair on me- front and back.

Let me know how much you are enjoying yourself doing what we are doing

I don’t want to know about your (previous) experience with it, but if you want something or to try or experiment, can you talk about it as if it has never happened before?

When you got on top and used your hips like that to grind… wow! Or lean back with me inside and you on top…

Eye contact at all times

Remind me to breathe

Lots of nerve endings in the butt (outside of butt) and at the end of the spine

When you tell me what you like, it turns me on

Communication about likes and dislikes, preferences and no guesswork

It is not about sex but connecting and pleasure and enlightenment

Equal time for each person- relational not transactional- shared love making, not a “recipient” or a “giver” but two people co-creating love (excluding the first three for each of us, while we get to know each other better)

Openness to experience and clear no and clear yes. If you cannot clearly say “no” then your “yes” is less convincing to me. I think you have been very clear.

Thinking about me between us seeing one another and telling me about it.

When you claim me

**Bad Triggers**:

Pretending sex is less than sacred

Dirty talk

Unclean

BDSM stuff- talk about

Other people involved- in person and imagery

Fake orgasm

Quickie without connecting

I tell you what I like and it never happens again

Hearing “I never liked when we...” after doing it for awhile

No go: surprise and pain, porn, recording in photos or other ways”

**Build up Energy With Breath**

Build up sexual energies with breath. If you were raised in India, you would have heard of Asanas or breath practices. There are hundreds of them. Edgar Cayce also used breathing techniques to move energy.

Some relax the body, some stimulate the brain, some approximate hyperventilation, some are through the nose and others through the mouth and some alternate. There are alternate nostril breathing techniques and some focus on the inhalation and let the exhalation take care of themselves.

*Try this*: Breathe in using 7 short sniffs to fill the lungs, then release in one breath. Do this 3 times. Just pay attention to how you feel.

*Try this*: Use your thumb to close your right nostril and breathe in through your left nostril. Breathe out through your left nostril. Variation – breathe in through your left nostril, then close your left nostril and breathe in through your right one. Keep changing for up to five inhalations. Pay attention to how you feel.

*Try this*: Breathe in through your nose to the count of 6, then exhale through your nose to the count of 8. Variation- breathe in through your nose and then out the mouth

*Try this*: Breathe in through your mouth the count of 6, then exhale through your mouth to the count of 8. Variation- breathe in through your mouth then out the nose

**Energy With Brian Scott**

YouTube

Pull up the energy that you pooled in your lower body- with just your eyes (do not move the head) look up and to the left, down and to the left, now down to the right and then up to the right, straight down, straight up, over to left ear, right ear.

Roll your eyes up to forehead- third eye- almost like looking right at third eye

Crinkle your forehead, Roll your eyes to look out crown of head- with a little pop- go up three feet and look around, go up 100 feet and do the same, go past the sun, the moon, go past millions of stars and galaxies and past the universe and you do not see any of these things

Pull your energy to the top of your head- breathe in and hold that energy a little longer than is comfortable. Feel the pressure right at your crown. All the energy you have built is right there. It is moving from particle to wave. Your body does not want you to do this, it gets scared.

Tighten your perineum and your abdominals- squeezing energy up, like a straw. Don’t let it stop, push it all to the top, like a tube of toothpaste. All the energy is in your crown right now.

Don’t let your body be in control of your mind, you can discipline your body to release the energy you have pulled up.

**Masculine and Feminine Energy**

An important thing to contemplate during tantra is that you have a mix of energy. It is not all or nothing. Each side of you represents a gender. Your left side is the feminine and the right side is your masculine energy. If you have a left and right side, you have both energies.

How well do you balance these sides?

Are you out of balance?

Do you over identify with one gender?

Are you able to use the benefits and good parts of each gender?

Are you willing and able to see yourself as a balance or a mixture of the two?

What might this mean differently for you when you approach sacred sex? (think it through and see if you can open your mind even more- there are benefits for people who open their minds)

**Focus**

Do you get caught multi-tasking a lot? Don’t do this during sex or you lose out on the higher quality. Be where you are in the here and now. You are focused and grounded. Be in your body. Dispute thoughts like, “Am I doing it right?” or “How do I look?” Those are straight from the ego.

Pay attention to your relaxed sensations- prioritize these. You must relax your body and practice this relaxation if you want to be successful at sacred sex. It is about relaxing into it, not acrobatic or gymnastic sex. Remember that all this is practice. Enjoy the practice as well as the end result. Not just the destination, but the journey.

**Meditation**

Try this: Keep bringing your attention back to your breath. Just sit for two minutes at first. For two minutes, can you focus on your breath? You will get distracted every few seconds. Just practice bringing your attention back to your breath, every single time. It is okay to get distracted, just bring your attention back to the breath. In a two minute session, you will be amazed how many times you lose your focus.

Just like in sacred sex, bring your focus back to the breath. In sacred sex, your body will want to clench and then release and your breathing practice will help you breathe into the tension and relax into it, deepening the pleasure and ecstasy. Remember that the goal is not orgasm, but channeling pleasure and sexual energy and moving it to your entire body and then bringing it to your crown. When you discipline yourself to breath into it, you increase your likelihood of being able to do this.

**Pelvic rock with chest still**

(From Margot Anand) Keeping your chest still (not rocking with the rest of your body) move your pelvis forward and backward. Slow and small movements at first. Notice your range of motion in your hips and pelvis. Stretch the muscles and keep practicing. Watch how your range improves with your practice.

Feet shoulder width apart.

Slightly bend your knees. Hands at your sides.

Slowly move your pelvis (only your pelvis) an inch forward, then two inches back. (5 reps)

See if your pelvis is flexible enough to do a fluid motion forward then back two to three inches past center in each direction

Want to add breathing in and out through your mouth to that?

Breathe in as you move your pelvis back and exhale as your thrust your pelvis forward. Practice with this to see if you can do it in a rhythmic fashion.

Want to add complexity?

Tighten your pc muscle as you move your pelvis back and inhale simultaneously, once your breath is filling your lungs, relax your pc and thrust forward, exhaling. As your pelvic muscle is getting a work out, you will find that the man is able to hold his erection longer and stronger, your orgasmic sensations are enhanced and both men and women will develop a greater capacity for pleasure.

**Circulate sexual energy**

Microcosmic orbit guided meditation- deep slow inhale and exhale, spine is straight but not ram rod straight, inhale and exhale through the nose, send energy up from the back to the crown and send it down your front, draw it your back up to the top of your head. Hold your breath at the top of your head and exhale with control. Focus on what it feels like in your body to draw it up to your crown. Roll your eyes up to the crown. Focus on pc until exhaling, then release the muscle

Note how many different breathing exercises we have done. Breathing really helps with your energy cultivation.

Charging breath- fire breath

Wake you up, recharge you (instead of coffee) focus on the exhalations and the inhalation will take care of itself

Inhale 7 times exhale once

Exhale repeatedly forcefully 10 times and the inhalation will take care of itself

**Kim Amani** On YouTube she says, “How are you using your energy to create the life you want? Is sex highly pleasurable and rejuvenating, life changing event for you?” “You can use this fuel for your own benefit and become more of who you are. You can access deeper parts of yourself. Sexual energy is a great fuel and renewable!” “How do you use the energy you cultivated from sex? Have an orgasm and pass out- or stay with it after- does sex give you energy or take it away?”

**Running energy**

How do you run your energy?

Did you know you can have more control over your energy? Picture the energy moving through your body. Energy follows intention. Try it.

Think of holding hands with your partner. Your energy goes from your right hand into her right hand. If you are facing one another, hold both hands and create a circuit of energy. From her right hand into your right hand. You can reverse directions as well.

OR

From her heart to your heart, down to your solar plexus and to her solar plexus and up to her heart and back to your heart. You can reverse directions, as well.

If you are alone. Circulate the energy, coming into your right foot, all the way to your crown and then down to your left foot. You can reverse directions as well.

Try this: tonglen – I will take on your energy and filter/circulate it for you and send you good new energy.

**HeartMath**

Breathe in to the count of 6 and breathe out to the count of 6, Brain and heart are coherent.

Keep practicing this for 5 minutes a day. Watch how you have now reset your nervous system. Your nervous system will remember how to naturally do it from here.

**Yin and Yang**

Most relationships complement one another. What are your complements? Where, in your relationship, do you find the harmony, active and passive, masculine and feminine? Do you talk about it and be conscious about it or are you winging it? Homework: Talk about how you complement one another so that it does not become a matter of “We do things differently”

**Express Feelings**

Feel what you feel and let the feeling evaporate.

Don’t stuff down or suppress emotion or they will block you later on. Release the feeling once you have observed it.

Don’t engage the emotion, just observe it and learn its lesson.

Don’t push it away or pull it toward you. Allow it to be what it is. That is what tantra does.

I would rather hear, “I feel angry” than someone putting a hole in the wall. They are both angry, one has figured out how to express it.

**Soul Seat**

What do you really want? Feel the soul seat just above your heart.

Remember when we mentioned “hara”? The complete hara line is from three feet above your head, through the soul seat (your deepest longing) to the Tan Tien and to the core of the earth, according to Barbara Brennan.

What is your deepest longing?

What would you attempt, if you knew you could not fail? (Kobi Yamada)

Allow yourself to feel passion and enthusiasm. Allow yourself to know what you want most deeply. Allow yourself time to bathe in that, to see it to its fruition.

Allow yourself to align with the universal will. If your will lines up with the universal will, chances are really good that you will get what you want. Or you can attempt to get the universal will to line up with you. Your choice;)

**Synchronize the Breath**

Breath in sync with your partner. Try to do it without coordinating it verbally, just observe and mirror one another, first.

Want to coordinate it? Both of you inhale to the count of 6, then exhale to the count of 6- heart math.

You will feel more peaceful because your heart and brain are coherent and you are connecting to your partner.

Try this: Now add looking into their eye as you sync your breathing. How do you feel after 5 minutes of doing this? Can you do this for a couple minutes a day? If you want the more complicated version, check out Margot Anand’s Inverted Breathing exercise in her book The Art of Sexual Ecstasy.

**Sexual Transmutation**

Sexual energy is fuel- ours to use for whatever project we want. Pay attention to edging and building sexual tension that way. Pay attention to using your intention to move the sexual energy to the entire body. Fill your body with this wonderful fuel.

What parts of your body seem to accept the energy more easily?

Once you have a body that is filled with energy (fuel) you can do what you want with the energy. It does not have to be used in the traditional sexual way. Remember that in tantra, orgasm is not a goal. It may happen, and that is okay, it is not the goal, though. Channeling energy and using the energy for spiritual pursuits is the goal.

You can use the energy you generated to write poetry, a book, run a marathon etc. It is ultimately a creative fuel.

**Breathwork**

You’re breathing anyway, why not harness that energy and have it do what you want? It can build awareness for full body energetic orgasm. That sounds good, right?

What breathing does is help you release a blockage or stagnation in your energy body, so nature can take over. Your nature wants you to have bliss, to have joy, pleasure and ecstasy. You want that, right?

Try this: Breathe deeply, strongly in and then out through your mouth without interruption- almost like the deep breathing after being winded from running intensely. Pay attention to how you feel. Be conscious and aware.

**Chakras**
From the book 8 Circuits

How much do you know about chakras and energy centers? Much of Tantra deals with moving energy and a cursory knowledge of the chakras might be handy.

The term “chakra” refers to spinning centers of prana, or vital energy, within the human physical body that correspond to specific glands, meridians, veins, plexuses, and nerves.

The overall purpose of this chakra cosmology was to evolve a human being through an active awakening and refinement of the body and its many interactive, complex biological systems.

It helps to have a cognitive understanding of these things and yet experience is everything. Experience initiates spiritual authority.

When we learn to invest more trust in our direct firsthand experiences, an awakening occurs to the inner wisdom of our innate autonomy. We are all freer than we realize. And isn’t that what tantra is all about?

Tantra sounds like it is just sex to some people.

It is sacred sex, it is high sex, not just a physical thing.

Don’t make it less than it is.

Ground yourself before you do an adventure and then ground again when you come back to Earth. Never forget to bring your body with you.

It can be both dangerous and foolish to explore upper experiences until we are ready and willing to bring our body with us.

Grounding helps stabilize and integrate the upper circuit and its shocks of ecstasy, uncertainty, indivisibility, and impermanence.

Ecstasy can be unsettling the first few times.

It can feel like pure power and the ability to create can confuse people.

Ground yourself and stay humble, gentle and kind.

The most powerful people I have known have also been the most gentle and kind. Seems to me that true power amounts to having the capability to empower others.

The more work you do in non-ordinary consciousness, like ecstasy, the more you have to, at the same time, raise the level of consciousness in the body. Hike, jog, do yoga, bring your body with you, overall physical fitness needs to be strong.

Develop the whole human being who is sound asleep within us; a human being who perceives, understands, and acts within all layers of reality without exception, without preference, and without value judgments. In the whole human being the soul is wholly expressed.

Remember that, in the beginning, the soul is perfect and functions perfectly. We need to be “educated” in order to begin feel a limit. Limits don’t exist -you need to be taught that limits exist- to believe it.

**Finding God Through Sex** by David Deida

I suggest you read this book. I have compiled many quotes and put them together- none of this is my own

“To grow in freedom is to develop the capacity to remain open as love- even in the most difficult as well as the most pleasurable circumstances.

Breathe the sensation fully rather than clamping down and holding your breath. When your heart is exposed to an unloving partner, you grow by relaxing the body and staying in the ache of relationship with your partner rather than by turning away and closeting yourself behind a shut door of tension.

Your growth as a lover, as a partner, involves counter practices to your childhood habits of withdrawal, closure, and self-absorption. Instead of seeking peace and safe comfort by curling inward, feel through everything, inside and outside, so that nothing is avoided at all. Feel every emotion and relationship exactly as it is. Accommodate every passion, scuffle, expectation and struggle in this fundamental openness of love and trust. It is not always fun; it can really hurt.

Feel even through your partner’s sensations, feeling beyond them, until you can feel the nature of feeling itself.

Spiritual growth can be painful and difficult. Spiritual growth depends on cultivating a depth of attention or awareness in spite of the condition of your body and mind.

You’re only true choice is to go deeper. Practice feeling through your most physically pleasurable sexual moments, relaxing as the openness of deep being, again and again. Meet every moment of unfulfillment as a call to feel through the present objects of attention and relax more fully as the openness of deep being.

Feel through everything to what you pay attention- opening as the depth of being, over and over. Sex is only as deeply fulfilling as you’re willing to feel. The capacity to feel through the surface into the depths of any moment is learnable. Its strength grows with practice. When you can practice feeling through experience, then you no longer hope for the impossible, that this or that particular experience will fulfill you.

Feel through it all, and in doing the very bliss of being dawns overwhelmingly obvious, suffusing all experience.

Relax as the bliss that you are, over and over until fear and desire lose their hold in the fullness of unfettered emergence, realized anew every moment.

The only surrender that is truly fulfilling is to the love that is the substance of every single moment, the love that moves as you and the universe. You will serve the world as love. Only that will be fulfilling.

Surrender directly as the flow of love.

Learn to relax your muscles your heart, your belly, your thighs, so that the energy of love can flow through you without obstruction.

Receive and give the bliss of deep openness with every breath. This love fills your body and heart with a pleasure so deep that even your own thoughts and emotions cannot sway your fundamental happiness. You live in love’s rapture even as your day to day life continues in the form that you choose.

Your love is larger than your man or yourself. You have nothing to fear or protect. Love has already worked its way through your secret hopes and dreams and opened every speck of you as light. You live as love. You are love. You are neither possessed by your lover’s needs nor by your own.

Practice surrendering more deeply as love. Practice receiving love deeply into your body and giving love from every cell. You were thus transfigured.

Your bodies are simply vehicles through which to feel and express your deepest truth, your unbounded openness, your divine nature, the love who you are. Practice being love and being penetrated by divine love.

This feeling of two merging into one is the epitome of sacred and secular pleasure.

Merging with the divine -the mystery and depth of open being -has very little to do with infantile oneness, losing yourself in athletic flow, or merging with your woman emotionally. Where is all these mergers or with a particular state a pleasure, excitement, or empathy, divine merger is not with any particular state at all, but with the deep openness of all states.

Practice opening as the depth of being in the midst of sex. Then, spiritual bliss will include and exceed the merely sexual.

Women need dance, massage, and yoga to start this process finding the divine- start with finding their body, feeling their breath, freeing their emotions, and allowing themselves to be wracked with unbearable pleasure.

Sex is often the place you most desire and resist the infiltration of divine love.

One of the basic lessons of spiritual growth occurs when you realize you will never be fulfilled for very long or very deeply by anything in life. Devote your life -devote your relationship to realizing the truth of this and every moment this moment is spacious, full, aware, and luminous, regardless of the love you feel you’re getting or not. Even if you’re not being treated like you wish you were, you can do love and give love because you are love.

Devotion to divine love does not eliminate the pleasures and pains of relationships.

You simply no longer depend on relationships to give you what you already are: blissful fullness surrendered as radiant love.

I need to be this love, spread wide and large, and in harmony with all, beyond all, or I suffer. The tension of ignoring this vast truth is unbearable.

Consciousness is another word for love, the open space of existence, the cognizant radiance of being, in which all things shimmer, including your body. The only way your woman is truly fed by your consciousness is through your body.

Because they identify with light and energy, most women want to be seen as beautiful and felt as love. Your woman probably wants to be worshiped, adored, and desired as the main attraction in your life, just as you probably want your woman to treat you like God.

Women confuse their fullness in radiant love with their personal worth just as men confuse there fullness of consciousness with their sexual prowess and success in the world altogether.

Life in this moment is as deeply fulfilling, blissful and free as you are willing to be, right now and the same is true of every moment. Your capacity to relax as the openness of the moment does change over time - the things you do in your life never amount to a fundamental change in how fulfilled or free you are in any particular moment. You will not be satisfied as long as you are waiting to be satisfied!”

**Conclusion**

Thank you for reading and doing the exercises. Sacred sexuality is about mindset, different ways of thinking and being aware, not just sexual techniques. You have improved your ability to be aware and conscious of your intent. You have learned how to move energy, how energy follows intent.

If you want more spark in your relationship and want to get the spark back, I have another workbook for you. I also have a presentation that you might appreciate, called Getting the Spark Back Workbook. In other workbooks, there will be overlapping quotes and material.

If you want more physical techniques, rather than recreate the wheel, I recommend you read Margot Anand’s The Art of Sexual Ecstasy. She has multiple physical exercises and reinforces the mindset behind Tantra.